

Ian Moore, Jason Staczek & Waterlogged A Cedarsong Nature School Fundraiser



Ian Moore and Jason Staczek will perform at the Cedarsong Nature School Fundraiser, October 22 at 9:30pm

The musical event is headlined by Ian Moore w/ Jason Staczek and Waterlogged finishing up the night. This will be the first time Ian Moore has played on Vashon since his national tour with Jason Mraz and the release of Ian's new album. The ticket cost is \$15 which will go to support the Scholarship Fund and the programs of Cedarsong Nature School a 501c3. Tickets can be obtained (cash only) at the Red Bike, or by calling 206-708-5945.

Fresh off his tour with Jason Mraz, Ian Moore's set will start at 8:30 p.m. creating an ideal time for an intimate atmosphere while enjoying a drink, dinner, and/or desert. "Those who have yet to experience the depth of his performances, either recorded or live, would be remiss to categorize him as another guy with a guitar. Sure, it's what catapulted him into the spotlight, but it's

his attention to detail that truly makes his music complex and worth a long listen." - Santa Fe Reporter Bob Dylan said it best: "He who is not busy being born is busy dying." Singer, songwriter and guitarist Ian Moore lives and creates by that precept. And his new album on Justice Records, To Be Loved, vividly displays the artistic benefits of doing so.

It's a way of living has led Moore from emerging as, at first glance, a teenage guitar prodigy in the early 1990s in his hometown of Austin, Texas to fruition as a full-blooded musical artist, now based on Vashon, whose rich and keenly intelligent compositions invoke critics' comparisons to some of the most respected names in both classic and contemporary rock'n'roll music.

There's a satisfaction in listening to how Moore absorbs the spectrum of music that he loves and finds inspiring



and then follows his muse to places that awe, delight and touch those key, deep places within the human soul. As Harp magazine observes of Moore, "Since the early '90s the native Texan has refused corporate molding in favor of freedom and the artistic rewards are staggering."

It may have been Moore's guitar talents that first won him attention. But as Tucson Weekly recently noted, "His recent albums have positioned him as one of the most soulful singer-songwriters around, and one of the most diverse." Or as Seattle's influential weekly The Stranger said not long ago, "Your new favorite artist has arrived." Similar praise greeted Moore on his national debut nearly 15 years ago, because for Moore. the path and process to where

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VFW Essay Contests

Students of Vashon Island, did you know that the Veterans of Foreign Wars (VFW) organization sponsors Essay Contests for students from 3rd Grade through High School that provide the winners around one hundred dollars to thousands of dollars, depending on the grade level. Students from the 6th Grade through High School are provided an all expense paid trips to Washington DC. The Vashon public schools and the Harbor School has this information, but Home School students, may not have this information and you or anyone else are invited to participate in the following three VFW sponsored essay programs:

WASHINGTON STATE YOUTH ESSAY PROGRAM: The 3rd through the 5th Grades are involved in this program. The winners will be given the following awards at the VFW Post 2826 level: 1st Place - \$75; 2nd Place - \$50; 3rd Place - \$25. The 1st place winners, in each grade, at the Vashon VFW Post 2826 Banquet will be sent to VFW District 2 level, schools at Seattle and Vashon, and the 1st place District 2 winners, in each grade, at the District 2 level will be sent to Washington State level. The awards are typically higher at the District 2 and State of Washington levels.

PATRIOT'S PEN (A NATIONAL PROGRAM): The 6th through the 8th Grades are involved in this program. The winners will be given the following

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Only On Vashon

Sixteenth in a series

The Tree of Love

By Peter Bond



I've been invited to a wedding located in an unusual setting next week. It's being held up in a tree, and no, my friends are not raccoons. Here's the story:

The Treelovers were having problems with their marriage. Though still close after twenty years together, life was woodpecking (sorry about the tree metaphors) at them, whittling away a relationship forged when they were in high school. They were true childhood sweethearts.

But issues with their troubled teen, and disagreements on how to deal with that, among other things, had created a gap. The Treelovers are not the battling type, so that meant silence in the house, things left unsaid, a kind-of simmering. Sometimes that can be even worse than a dramatic end to a marriage, as many of us know. Maybe, as in death, it's better to go quickly?

One balmy summer evening, just before dusk, as Mr. Treelover pulled into his driveway after a long commute, he glanced over at his back yard towards the large Fir tree centered there. As he tells it, it was as if seeing the tree for the first time. How long had those lower branches been so accessible, as if they were ladder steps?

It had been a frustrating workday and there'd been tension with his wife that morning, so he dreaded going inside.

And then he didn't. He went directly around to the backyard and began climbing the tree. When he stopped he was over thirty feet high, where the air was clear and the view magnificent.

He'd settled on a huge branch, which grew just underneath and outside a smaller branch, so the effect was that of a bench. A bench made in heaven! And that's where he stayed for about an hour of blissful serenity.

Midway thru and far below he saw his wife come outside, check out his car, look around a bit, then go back in. But his cell didn't ring. She was leaving him alone.

This was the beginning of their new beginning.

Back inside, there was a noticeable lift in the emotional cloud cover. They had a brief chat about where he was, a couple of smiles were actually cracked, and dinner went pretty well. Maybe some of it was that the son had finally returned to college and his energy was gone for now. But they will both swear that it was more than that. It already was the tree.

For days and then weeks after, deep into August, Mr. Treelover went directly to the tree after work. Like many men go

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THE DORSAL SPIN: Orca-tober

By Orca Annie Stateler, VHP Coordinator



K21 has a new dorsal fin nick. Photo © Mark Sears, 10/1/10.

Southern Resident orcas surprised us by shuffling through the Vashon-Fauntleroy ferry lanes early on the morning of October 1. Their autumn arrival in Vashon waters has not been at the dawn of October for about a decade. I cannot say "thank you" enough to the ferry riders and others who stepped up to the plate and phoned in reports to the VHP. Apparently, you read The Dorsal Spin - you rock!

VHP associate Mark Sears extensively documented the October 1 encounter with approximately 50 killer whales from J, K, and L Pods. In addition to obtaining ID photos, Mark collected samples of fish scales, a regurgitation, and orca scat. The samples provide invaluable clues about diet, stress, disease, and parasite loads in

these endangered whales. Indeed, Mark is almost certain that adult female Polaris (J28) hurled the regurg, as we whale geeks call it, and it was wiggly with parasites, fish bones, and prey fragments. Mmm, show and tell!

The orcas did not linger that day; they turned north at Dilworth by 10:00 AM and, at Loop deadline, have not revisited the Island. Since the whales departed, heavy rain brought in a wave of orca snacks -- chum salmon. The finning, breaching salmon in Colvos Pass enthrall the easily amused tenants of Chez VHP. Migrating chum attract the Southern Residents to our waters in fall and winter. Perhaps the killer whales will return now that the larder is not so bare.

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.

Permaculture in Cultures: Examples from Turkey

Permaculture is in ancient roots!
This engaging slideshow will bring a scope of interactive cultural connection from Anatolia/Turkey. Permaculturist Emet Degirmenci who is native to Turkey recently took interesting shots which includes traditional sustainability and community stories.
When: 1-3pm, October 29th, 2010
Where: Vashon Library
Cost: FREE!!!

General Community Council Meeting

The next meeting of the VMICC will be Monday Oct. 18th at 7pm at McMurray. There were 4 motions read at the Sept. meeting and up for discussion/ voting this meeting. One of these motions is asking King County to unrecognize the VMICC as an Unincorporated Area Council. You can find these motions at www.vmicc.org.

Dream Projects Program

If you are a youth or an adult who has an idea of something you would like to do, like starting a newspaper, combating an environmental issues, creating a media show, hosting an event or an open mic, the Dream Projects Program is for you! If you don't have an idea but have things you are passionate about, contact us and we can help you come up with something! Check out our website at www.vashonyouthcouncil.org and click on Dreams for more information about the Dream Project Program. Everybody has a dream!

Make a date with Vashon!
www.VashonCalendar.org
Vashon Library Events
Art & Music Events
Submit your Event on line at
www.vashoncalendar.org

The Vashon Loop
Writers: Kathy Abascal, Deborah Anderson, Marie Browne, MEarth, Eric Francis, Troy Kindred, Melissa McCann, Orca Annie, Kevin Pottinger, Rex Morris, Ed Swan, Mary Litchfield Tuel, Marj Watkins, Peter Bond.
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PO Box 253, Vashon, WA 98070
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© October 14, 2010- Vol. VII, #21

Fiber Artist Workshop

Learn to make Handmade paper objects created from pulp of plants indigenous to Vashon.
You are invited to come to any or all of the other ongoing workshops. Just call Natalie at 907-250-3658 or gramnat@gci.net ...then bring yourself, an old towel, a sponge, and an old knife. Please join us for the next open workshop.
These are open workshop for this community; an extension of Natalie's course at the Vashon Allied Arts, and a workshop she has done as a university professor for many years in many wonderful countries. She is invited to do them, because the workshops use plants indigenous to their environment. ...Such fun!.....

NO PREVIOUS EXPERIENCE NECESSARY...Come to play and create personalized handmade paper . The variety of plants gathered here on Vashon, are rich with diverse fibers for making pulps as a base for you to create : unique decorative papers, journals, stationary and envelopes, handmade books, lampshades, covered gift boxes, bowls, Japanese style screens, and much more.
Cost is \$50 for 8 hours of workshop time. Split your hours across any Saturday/Sunday workshops to fit your weekend! you decide how to use your 8 hrs.. you may begin class and end it at any hour, then come back anytime on any Saturday or Sunday to continue on.
Workshops are held Saturday 9am-5pm, Sunday 10am-6pm. Workshop Dates: Oct, 16, 17,23, 24, Nov, 2, 3, 9
Studio location: 24349 Dockton Rd sw(across from golf course.) Class sizes are limited (to individualize instruction) 5-10 participants.

TO REGISTER FOR WORKSHOPS THROUGHOUT/ OCT./NOV. contact: Natalie at 907-250-3658 or gramnat@gci.net

Caregivers Support Group

Vashon Community Care Center hosts a monthly Caregivers Support Group. The group meets on the second Thursday of every month at 7pm. We are now offering care for your loved one during the meeting! Call Julea at 567-6142 to reserve a spot.

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

WANTED!!! Youth Artists to Paint a Mural

YVC has been awarded a grant from the Vashon Park District to paint four 3-paneled murals on the North wall of Pandoara's Box. Once finished and displayed for a few months, these murals will move to parks around the Island.
So, if you love to paint or would like to contribute ideas, contact Youth Advisor, Amy Ezzo at 206-463-7350 or email her at: amy.vyc@gmail.com

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

Computer Business Re-Opens Under New Owner

Vashon Tech Support has a new owner and is now open. Terry Peters, a native of Canada, has been working with computers since 1995. Terry ran "Serious Gamers" a successful online game review site for 5 years. After teaching for 16 years in public and private schools in Canada, he moved to Vashon in 2006 to marry Gillian Callison, resident of Vashon for over 18 years. Terry has a true passion for computers and quality workmanship. He combines this with superior customer service which results in satisfied customers. Terry will take the time to thoroughly diagnose and understand each customer's computer system and needs in order to provide efficient and effective solutions.

Prior to purchasing Vashon Tech Support from Jordan Soltman and partners, Terry did independent contract computer work for individuals and businesses on the island. The store is located in downtown Vashon and offers a small retail selection as well as computer service, consulting and classes. Some new additions to the services VTS will offer include conversion of VHS to DVD and video editing. Maintaining the Vashon Tech Support tradition, we will still offer house calls.

Vashon Tech Support will be open six days a week, closed on Mondays. Tuesday through Friday you can bring your computer in for service between the hours of 10:00 am and 6:00 pm. On Saturday and Sunday the shop will be open from 11:00 am to 4:00pm. House calls will be by appointment and mostly in the evening hours.

VTS has a goal of offering high quality service at reasonable rates. Our per hour tech rate is \$60 and there is a ½ hour minimum charge for any work. We can also consult with you if you have questions for the same rate, but the minimum is for 15 minutes.

In the future, we hope to expand to selling refurbished computers and building high-end custom computers.

Museum Seeks 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 Vashon; pre-1970 sports uniforms and equipment; pictures and information about non-school organized sports, such as Little League, soccer, softball, lacrosse and rowing; old letterman sweaters-men's and women's - old trophies and copies of newspaper articles.

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



ROAD TO EMMAUS
Walk with us as we find
ישוע Jesus in תורה Torah
Saturdays, 5:00-7:00 PM
See website for location
www.torahinmyheart.com

Ballot Issues

Are you confused about all the ballot issues? Do you feel well-informed? Have you decided how to vote?
Some of your Vashon neighbors are getting together for an informal discussion about the ballot issues on Sunday, Oct. 24, from 2:00-4:00 PM in the Vashon Library meeting room. Please bring your State of Washington Voters Pamphlet and a friend.
If you have any questions, contact May Gerstle at 462-0974 or Ellen Kritzman at 567- 4837.

Halloween "Goth" Ball and Costume party

Hey teens! Join us for the Halloween "Goth" Ball and Costume Party at Club BARC on Saturday, Oct. 30th, 7:00 to midnight. Directly after trick or treating in town, come on over to Ober and catch a free shuttle van ride to BARC!
Be sure to check out the BARC Facebook page and our G-mail Buzz page at vashonclubbarc for more information and to find out about the Spooky Phrase contest. Remember as many of the spooky phrases as you can and win prizes!
There will be lots of Halloween fun, music and dancing, "Costume" contest, scary movies, prizes, games and treats! Hope to see you there!

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Professional, knowledgeable, fun & friendly to work with.

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Next Edition of The Loop Comes out Thursday, October 28
Deadline for the next edition of *The Loop* is **Friday, October 22**



HOME TEAM REALTY

Troy and Marie Offer Some Great Listings

Call us if you are interested in seeing any of these properties, or any others that are listed for sale.
We can be reached at 206.463.LIST (5478)

4.3 Majestically Forested Acres

Corner of Old Mill Road SW and SW 204th Street

Majestically forested land featuring Douglas fir, western red cedar, western hemlock and red alder awaits your peaceful and private dream house. Mostly level, with some gentle slopes. Currently in forest stewardship plan with a 10,000 sft area set aside for building. Excellent county maintained dead end road ensures easy access while maintaining privacy. Fully fenced, with water available from existing well. Owner will consider financing.

\$199,000

MLS#: 124802



Perfect Waterfront Home, complete with a dock

Here is your perfect waterfront home, complete with a dock for waterskiing, boating, and swimming. Enjoy picturesque views of the Inner Harbor from the huge multi level deck. Five bedrooms - 2 on the main floor - and a large living room all take advantage of the view and provide lots of space for enjoying life. The lush yard features beautiful landscaping, and the location on a charming dead end lane in a great little neighborhood can't be beat for friendliness and convenience.

10223 SW Tillicum Lane SW



A Real Deal at just \$689,000

Recreational lot in highly desirable Ellisport.

Water view, short walk to Vashon's most beautiful sandy beach.

Bring an RV, pitch a tent, have fun!

20423 Chautauqua Beach Rd SW

MLS#: 81119

Only \$35,000

Sold



\$1 off

SOUPS • SALADS • PIZZA • SANDWICHES • STIR FRY

\$1 off

Open
Monday thru
Saturday
11am to 5pm

**UPTOWN
TAKEOUT**

206-463-1600

A Family Run Restaurant that Serves Healthy Good food!
Located at 17722 Vashon Hwy sw, across from the Vashon Theatre.

\$1 off

TAKE OUT • DAILY SPECIALS • VEGAN DISHES • PHAD THAI

\$1 off

\$1 off

**Open Wednesday thru Monday 9am to 3pm
for Breakfast & Lunch**

\$1 off

\$1 off
Minimum
Purchase
\$3.50
Exp 1/1/11

**Heather's
Homegrown Grill**

17614 Vashon Highway Southwest
Vashon, WA 98070

206-463-4120

Dinner Served
Thursday
Friday
Saturday
Till 9pm

\$1 off

Now serving Beer, Wine and limited Spirits

\$1 off

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.

Fall Writing Classes with Peter Bond

Drop ins welcome

Wednesday evenings 7 PM

**Fun atmosphere, relaxed
setting, all levels welcome**

For more information
206 - 408 - 7420
peter@vashonloop.com

Live Entertainment Weekly

October 15, at 9:30pm
Jason Lollar Blues Band

October 22, at 9:30pm
**Ian Moore, Jason Staczek &
Waterlogged - A Cedarsong
Nature School Fundraiser**

October 23, at 9:30pm
Shark Biscuit

October 29, at 9:30pm
Star Anna & Alison Shirk

See our schedule on our Website
www.redbicyclebistro.com

17618 Vashon Hwy SW
206.463.5959

Sunday - Thursday
Bistro & Sushi service
11:30am to 9pm
Lounge is Open
11:30am to midnight

Friday & Saturday
Bistro & Sushi service
11:30am to 10pm
Lounge is Open
11:30am to 2am

Advertise in the Loop!
Fall is a great time to get back in the Loop.
ads@vashonloop.com
Next Loop comes out October 28

Request for Farmers

Vashon Island School District (VISD) and Experience Food Project (EFP) are announcing a Request for Farmers. The RFF is in direct response to the agricultural communities' interest to support the districts commitment to a healthy, sustainable and fiscally viable school meals program.

EFP and the Vashon Island Growers Association (VIGA) will facilitate and engage local growers during the RFF process with the goal of establishing a capacity building effort, identify existing opportunities and barriers, identify joint funding opportunities and develop a long term strategic plan.

The RFF process is as follows;

Interested participants should submit a Letter of Intent (LOI) to participate in the RFF on or before October 31, 2010. The LOI should be submitted to VIGA at the following address:

VIGA
PO Box 2894
Vashon, 98070

The letter of intent should include the following;

- 1) Your name and the name of your farm.
- 2) Total number of tillable acres.
- 3) Your background and experience as a farmer.
- 4) Existing efforts (farmers market, CSA, wholesale, other)
- 5) Why you think this would be a good fit.

EFP, VISD and VIGA will sponsor a workshop on Wednesday October 20, 2010 at Vashon High School at 6:00 pm. VIGA, EFP, and VISD will present a working draft of long term goals and outcomes and will be available to answer questions. All interested parties are strongly encouraged to attend.

Please RSVP to: VIGA at the address above or by e-mail at vigamarketmanager@me.com

**Eagle Eye
Proofreading and
Editing**
Nancy Morgan
onvash@hotmail.com

206/567-5463
819-2144

VFW Essay Contests

Continued from Page 1

awards at the Post level: 1st Place - \$100; 2nd Place - \$75; 3rd Place - \$50. The 1st Place winner, in each grade, will be sent to District 2, but District 2 only sends one winner forward from the 6th, 7th and 8th grades to Washington State and Washington only sends one winner forward to National. The 1st Place winner from Washington State is sent on an all expense-paid trip to Washington DC and will receive a \$1,000 to a \$10,000 savings bond.

VOICE OF DEMOCRACY (NATIONAL PROGRAM): The 9th through the 12th Grades are involved in this program, but only one winner is forwarded from Vashon VFW Post 2826 to the VFW District 2 contest and from VFW District 2 to Washington State. The winners will be given the following awards at the Post level: 1st Place - \$300; 2nd Place - \$200; 3rd Place - \$100. The 1st Place winner from Washington State is sent on an all expense-paid trip to Washington DC and the 1st Place winner at the National level will receive \$30,000 scholarship paid directly to the recipient's America's university, college or vocational/technical school. 2nd Place will be \$16,000 and over 40 other awards will be given for \$1,000 or more. All awards will be given to their school as noted above.

Now you have an idea of why you should participate in the VFW Sponsored Essay Programs, but you do not know how to participate. Most of you are more computer savvy than I, I hope. This is the way to get information on the

National Programs for grades from 6th through the 12th Grades: Click Internet; search for vfw.org; place cursor on PROGRAMS and click VFW Scholarship Programs; Copy this data: click "Voice of Democracy" or "Patriot's Pen". Copy this data. Click Student Entry Form and copy this data. This should provide all the data that you need. You may be interested in reading the winning Patriot's Pen or listening to The Voice of Democracy recording to give you an idea what the judges liked to read or hear. The VOD and PPS score sheets inform you how the judges evaluate your essay.

The following data is applicable to all three Essay contests and will disqualify the essay if not adhered to: a. Students name, city or school must not be on the essay. That data is on the entry form and is staples to the essay. b. No added color or art work is permitted. c. You can not write in poem form. d. All essays must be submitted to Olde John Croan by Monday, November 1, 2010.

If anyone needs the technical data for the Washington State Program or need the National data, please contact Olde John Croan, 206-463-2852 or oldejwc@comcast.net. Everyone will receive a certificate and all 1st, 2nd and 3rd place winners will receive framed certificates and cash. The Vashon VFW Post 2826 Essay Banquet will probably be conducted in very early January, 2011 at the McMurray Middle School during the week.

Lets make this Essay Contest, the best ever.

Island Life A Wearing Cycle

by Peter Ray

I was thinking about Spandex the other day, although my thoughts re branded my thought line with the term Lycra, as that is how I know it. I had just arrived back on the planet after a hop across the country with the folks at jetBlue. In truth, this had not been my first choice in the realm of transcontinental travel options- I really wanted to go by train. As it turned out, being politically and/or environmentally correct in this case costs you twice as much, and since I was not paying for this trip (thanks, Sis!), the role of beggar was awarded to me, as opposed to becoming a chooser of choice. As we know, the role of decider has already been taken, but that is another story.

As it turned out, this trip was one not only of distance, but also one of time. It was to celebrate, as a surprise, my parents' 60th wedding anniversary. I was, I guess, the biggest part of the surprise. Beyond their not knowing that the thirty some other attendees were going to be attending, it seems that I was the biggest shocker of the bunch. Surprise! And of course, any party built around any anniversary had its share of memories to pick up and toss around the room. There were a few people there that I have traveled with here on the planet on vastly different paths for pretty much of the entire duration of my cycle, and not having



Street Legal

seen them in varying degrees of breadth and depth of water under the bridge, we had a lot to catch up on. On one of these tangents, and without knowing really how we got there, one of the stories I revisited with my sister concerned a controversy that erupted in and around one of our home towns- that of Rochester, New York. It had to do with a mention in a column in the local paper about how the housewives in the suburb of Webster dressed in Spandex pants, and that the resulting visual gave the impression at either the local grocery store or K-Mart of a roving collective of shopping bodies moving around on chubby stilts of stuffed sausage. The answer to the implied question- do these pants make me look fat?- as it was crafted by the newspaper columnist at the time, was not greatly appreciated by the shopping women of Webster, but that is another story.

As it turned out, the reason I was thinking about Spandex, via Lycra, the other day was in large part because of an article that appeared in these pages a few issues back which spoke ill of cyclists wearing cycling gear in public places and how that was somehow an offense and offensive to the writer of that column. In truth, what was said there offended both members of this cycling household, in large part because it painted cyclists as a group hell bent to offend because of an apparel choice. As it is, cyclists as a group are already painted in a broad brush in the colors of renegade and scofflaw, which in turn make the cyclist, any cyclist, a target in many peoples eyes, both in terms of ire

and as something that should be forced off the road- their road. This makes it difficult for many of us who choose a bicycle as a means of exercise and/or as an alternative to driving a car. When I chose the bicycle alternative last week to go into Seattle for some supplies I was stopped on my way back when the lower level bridge was open over the Duwamish. Waiting at the gate was a bike messenger chick in requisite messenger gear- single speed bike, retro helmet, skin tight jeans, ink and piercings. We did not talk. I was wearing Lycra and on my 18 speed. There is a certain degree of attitude attributed to either mode, but both work equally well. I would say that the renegade bike messenger and the radical sport cyclist represent the two extremes of what pisses the Average Joe off about bicycling, but that is another story.

As it turned out, we had had a plan about my getting picked up at the airport- it got changed. Instead of my driving with Wendy to her place of work and dropping her off with her bike as her return vehicle and her truck as mine, I was left off at the dock with my bike, bike shoes and helmet. I rode home in my street clothes, as is done all over Europe and elsewhere, and as I have done on Island many times on the bike I had thirty some years ago in Rochester, and just this summer cleaned up and rebuilt to ride again. Back then I did not really know about cycling gear- I just rode. In learning about it, the way it wicks sweat, the way some of it sheds wind and rain, the way bicycle shorts never allow for the offense of

An Evening of Hallowe'en Horror at Ober Park

Get Ready to be SCARED!!! This year's VoV & VPD sponsored Radio Theatre Program has a HORROR theme. Our audio thespians will perform old time radio stories to chill your bones.

Not recommended for young children or the faint of heart.

Suggested donation: \$8

The live performances will be recorded for broadcast on VoV web radio and VoV TV Channel 21. The audience is part of the show!

Plays are:
The Undead
Slurp! The Amoeba
The Dark
Three Skeleton Key
Beyond Death's Door

Radio Theatre , October 29 & 30 , 7pm at Ober Park
Two Performances, Friday & Saturday



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

plumber's crack, I came to appreciate that it was a more comfortable and practical way to get around on a bike. Most recently, champion cyclist Andy Schleck commented on the banning of race radios at the World Championships as being like the cycling union requiring all racers to go back to wearing wool shorts and jerseys. As Lycra, and many other things, is a part of the oil based world of now, there may be a time in the not too distant future when a return to wool may be a necessity. When that day comes- perhaps sooner than one thinks- the bicycle will be seen in a much more favorable light, and it won't really matter what the cyclist chooses to wear. I do know one thing- it won't only be on Vashon, but that will be another story.

Paper Making

Come to play and create personalized handmade paper objects using fibers from plants indigenous Vashon Island

Cost is \$50 for 8 hours of workshop time.

Split your hours across any Saturday/Sunday workshops.

Saturday 9am-5pm, Sunday 10am-6pm
Workshop Dates: Oct, 16, 17,23, 24
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Workshops open to adults only

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www.VashonCalendar.org

Vashon Library Events
Art & Music Events
Submit your Event on line at
www.vashoncalendar.org

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

Pulling Punches

by Rochelle Gravance
NAFC Master Level Certified
IYCA Level 2 Conditioning Specialist
Physique Transformation Specialist
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Not gonna do it. Nope. Square in the chops, I say. Best medicine and quickest resolve. Not facing something head on is like continuing to feel the sting of a sliver every time it’s rubbed the wrong way. Get the needle and the tweezers, feel the initial sting momentarily and be done with it. Action=Result(s).

Or, succumb to the fear of pain (or failure, the unknown, rejection, success, commitment etc.) and continue to experience the sting regularly. Your choice. Either way, pain (effort) is eminent. The question is how long are you prepared to experience the pain?

Obviously this reasoning can be applied to just about any quandary in life. The sting of facing a small predicament head on doesn’t seem so insurmountable. It’s the big ones that get us. And then the inevitable happens.

Goes something like this:
Fear leads to excuses and then denial and then more excuses and finally self sabotage and even resentment and self hatred. Essentially that little sliver just became a cedar shaving that is a constant, stinging reminder of your failure to face the problem head on and take action.

When attempting to face a “big issue”, I find it’s easier to break down the problem at hand to determine the twisted interworking that has created the monster it has become. Face the problem and really examine why it seems so daunting.

Let’s use weight loss as an example.

Many individuals struggle to lose weight. They assume they’ve tried everything possible to resolve their weight loss issue and fall victim to believing losing weight is impossible for them. Unfortunately, what they fail to realize is they are missing pieces to the weight loss puzzle.

I’ll be the first to tell you taking on the task of losing weight can be extremely difficult...or not so difficult at all depending how you go about the mission at hand. It’s our hang-ups and facing the reality of the situation that makes a not so difficult undertaking seem hopeless.

If I were keen on losing body fat I would break down what it takes to get the job done and tackle one piece at a time...until it became routine. Make adjustments as needed before attempting the next piece of the weight loss puzzle.

Example:

- Determine how many calories are eaten each day for a week using Fitday.com.
- Continue to track and make dietary adjustments
- Cut out all sugar and processed foods
- Eat only whole, organic foods
- Drink plenty of water and cut out caffeine and all calorie laden drinks
- Cut out or reduce all highly allergenic foods like wheat, soy, dairy and peanut butter
- Move my body doing various activities and chores a minimum of four hours daily. Track this too
- Be sure I kept my body sound and strong by incorporating resistance and flexibility training a minimum of 3 days per week
- Check my progress using a tailor’s tape to measure my waist line once per week
- If all else fails, hire a coach

The difference between this approach and the common fly by the seat of my pants approach is I took the time to ferret out the sink holes so progress is realized. By taking the time to face the task head on with a thoughtful plan of action eliminates the guess work and produces results.

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Herbs and the Movement of Water

By Kathy Abascal



One of the things herbs do is change the fluid dynamics of our bodies. We are, of course, mostly water. Our structure -- and our ability to function -- depends on the flow and circulation of water in our body. In essence, we have two “oceans” of water in our body. One is held in the cells and the other is held outside of them. By varying the concentrations of minerals, proteins, and other compounds on the inside and outside of cell membranes, we control and direct the movement of water. The water in turn moves substances we need into our cells and removes those we do not.

Herbs play a dynamic role in helping the body move our watery body fluids appropriately. Take for instance licorice (*Glycyrrhiza* spp.). Licorice tends to move fluid to the intestines and lungs. Thin, wiry individuals will often move too much of their fluid through their kidneys. As a result, they tend to be constipated. Adding licorice to their lives shifts some of their fluids from the kidneys to the bowel. This gently overcomes constipation without interfering with bowel function the way laxatives may. Licorice also has an ability to increase blood pressure so we do not automatically use it as a treatment for constipation. Instead, we use it in people with very specific body types who also tend to have low blood pressure. Licorice also shifts fluids to the lungs and is one of the ways that licorice helps soothe dry, irritated coughs. Licorice is a complex plant and has many other actions. For instance, it is a strong aid in many viral infections and is an adaptogen that helps us cope with stress.

Another interesting plant is psyllium (*Plantago* spp.). Psyllium seeds are covered with a husk that contains a compound that strongly attracts and holds water in a gel; a real benefit to the seedling. This compound is not absorbed into our bodies but instead acts in the intestines. In a person with diarrhea, the husks absorb the excess water present in the intestines, alleviating that condition. In a constipated person with too little water in the intestines, the husks attract water from the inside of body, forming a gel that softens the stool. Because of its many remarkable effects (it also provides fiber that reduces hunger, lowers cholesterol, and helps regulate blood sugar), psyllium is the top selling herb in the world. It is a very safe herb as long as you drink fluids when you take it. If there are no fluids to attract, psyllium can form a dry mass and block the intestines.

The gel that is formed when the psyllium seed absorbs water is very soothing to the lining of the intestines. Many herbs have a soothing effect on mucus membranes and are referred to as demulcents. Slippery elm bark (*Ulmus rubra*) and marshmallow (*Malva* spp.) are two well known demulcents. In the body, marshmallow has two main functions. It forms a “false” mucus that protects the membranes of the throat and also increases the production of mucus in the respiratory tract and the bladder. In both respiratory and bladder infections, the microbes damage the mucus membranes, and reduce the production of mucus. The result is a dry, scratchy throat that bacteria can more easily penetrate. By absorbing water to form a gel, marshmallow forms a soothing barrier for the throat and also turns up the production of real mucus. Marshmallow cold infusions are wonderful in children who have a tendency to develop strep throat. The increased production of mucus in the bladder similarly inhibits bacteria from

attaching and soothes the inflamed bladder tissue, reducing pain and irritability.

Some herbs contain compounds that affect fluid movement in the lymphatic system. They have a strong affinity for boggy lymphatic tissue. (Boggy describes a condition where fluid accumulates and movement through the tissue stagnates). As a result, waste is not removed and healing nutrients cannot access the area well. Red root, and other similarly acting herbs (such as butcher’s broom (*Ruscus aculeatus*)) pull the excess fluid out of the lymph system and get things flowing again. Red root has long been used in mumps and other conditions that cause swollen lymph glands. Butcher’s broom has been widely studied in conditions that cause swelling, mostly in the legs and ankles, but it has also shown a benefit in lymph edema of the arms. These plants contain interesting flavonoids that are responsible for their action. Both also affect how blood flows through the circulatory system. They somehow keep red blood cells bouncing through the twists and curves of the blood vessels, preventing them from sticking to each other along the way.

Many, if not all, herbs act by affecting the way our bodies use water to maintain vitality. No doubt they have these properties because plants also need to control the flow of water. We are all (plants, humans and animals) living proof of the importance of water to health.

Only on Vashon

Continued from Page 1

straight to the television, or the computer, or to play with the kids, this became his routine. He’d take a glass of wine up sometimes, but mostly not. He’d watch the critters and micro-critters, and gaze off at the boats and the sunset, and then he’d come down. Chilled, so to speak.

His wife would be waiting with dinner and gradually, over that month, things began to settle between them. Once or twice they mentioned the tree, but really they left it alone, it was just what it was. They started to enjoy being with each other again

About six weeks into this, during an especially colorful sunset, Mr. Treelover drove in as always, only this time his wife was standing outside waiting for him. He got out of the car and she asked if she could join him in the tree. Without hesitation he took her hand and (her version), as if he was courting her, escorted her carefully up to his once-exclusive realm.

By now, the branches were molding into the perfect aerial loveseat. So that’s what they did. They lovesat. (And,

he says, they made out like teenagers again).

For the balance of the summer the new routine was for her to meet him at the car with a picnic, or drinks, or a flower, or nothing! They’d gently climb to their spot, hold each other until dark, go downstairs to dinner/bed, look forward to the next day.

Both of them now say this past summer was the best summer of their lives. And they’d like to thank the universe with a renewal of their vows on their 20th wedding anniversary.

For the guests’ comfort, and to keep the loveseat their private domain, the ceremony will be held on the lower branches. There will even be chairs on the ground for those who prefer to gaze up at the action.

But my friends will be up in the tree, the Tree of Love.

peter@vashonloop.com

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Aries (March 20-April 19)
When you reach a communication impasse, that's the time to take a new approach. It helps if one declares the impasse. That means admitting you've reached a place where you cannot pass through. It's a kind of stalemate, which is an interesting word as well. The planets look like you're at such a point, and the best strategy that I see is a change in the overall direction. This might seem like a reversal, but what is described is a reorientation that takes into account elements of the past and needs of the future that are factors in your current get-serious moment. The obstacle is not insurmountable. In fact no matter how heavy or loaded with gravitas the issue may seem, it will yield to communication if both parties can agree on a common goal and a couple of common values. Start there.

Taurus (April 19-May 20)
The theme of applied creativity continues this week. It's one thing to 'be creative'. It's another to put the creative mind to work in a constructive way. One thing that will help is shifting your perception from seeking insight into the psychological level of a partnership to the emotional level. The concept applied means that once you have an understanding of how things are, you put that to work right away. That may take some persistence and focus, but it will pay off fairly soon. You may face the perception that you're up against something much larger than yourself, which will fade once you start to consciously explore the situation for what it is. What seems like a limit or a boundary is really the key to exploration and adventure -- and a way to balance your life.

Gemini (May 20-June 21)
The key to easing an emotionally challenging situation is by not being so emotional. I'm not suggesting you be cool or chilly, but rather that you take a full-spectrum approach to the question you're facing. Let's start with money. What role does that play? Then there is the question of how you handle the impulse by another person to be emotionally independent. Does that turn you on, does it make you insecure or do you have mixed feelings? And how do you feel about having a little more autonomy? One other matter to investigate is how your relationship to authority is influencing your feelings. You may be bringing past feelings about one of your parents into a relationship that wants equanimity and level ground. The power relationship is actually a lot more level than it seems.

Cancer (June 21-July 22)
You seem determined to break free of emotional patterns that have served their use. This in turn is leading to a revolution in how you experience yourself, and how you perceive yourself. Granted, it's a subtle revolution, but there's no doubt that your perception of yourself is thawing, and as the ice melts, what is emerging is a deeper level of emotional confidence. This may initially be the confidence to stand on your own, and to honor feelings and desires that you're pretty sure aren't espoused by most other people. Yet you feel what you feel, and you're beginning to understand what matters to you. There is little point in trying to convert anyone to your cause. Be available and you will notice that the people who understand are available to you.

Leo (July 22-Aug. 23)
It's all about ideas. Labor counts, the time you invest counts, but the ideas you have count for a lot more. I suggest you pause if you keep having the same ideas over and over, or if the new editions of the old concept don't do what they're supposed to do. There is an ease factor involved, and this is true no matter how large, old or insurmountable a problem seems. Extremely challenging situations sometimes have elegantly simple solutions. I suggest, in exploring the possibilities, that you be driven by your sense of fairness, and that you remember what you've learned in the past. It seems that you need to take into account some prior experience or lesson and make sure you extract every bit of value that you can.

Virgo (Aug. 23-Sep. 22)
Venus retrograde is suggesting that you account for the ways in which you try to hide your feminine side. For a woman this could mean trying to conform to male values or rules, or to the desires of early caregivers who wanted a boy. For a man this could mean the ways in which so much as being aware of your feminine side can threaten people. If you find yourself asserting your authority, power or sex drive, check for the equal and opposite reaction. For example you may be trying to veil your passivity or desire to be dominated. More likely, you feel two distinct ways: a profound submissiveness and a potent sense of drive. That may be a contradiction you don't want to talk about, but it's as natural as the blue sky and the green sea.

Libra (Sep. 22-Oct. 23)
You seem unusually willing to admit something that you cannot usually get a grasp on. Yet for whatever reason, you've now got a handle on what it is. It's almost like catching a dream in a net, or dropping a screen in front of a movie projector. What you have now that you may not have had lately is contrast. This is providing the opportunity to discern what is and is not pleasing to you, and to make some decisions based on what you're noticing. Contrast is a useful tool, though it implies an exaggeration in perception -- so be aware that things that seem off-putting are not as weird as you're experiencing them, and things that seem appealing are not quite as potent as they appear -- but overall your perception is accurate enough to make better decisions than you have in the past.

Scorpio (Oct. 23-Nov. 22)
What are you obsessing over? It seems like you can't get your mind off of a mistake you've made several times in the past, and that you fear you're making again. You may be wondering when you're finally going to learn how to stand up for yourself, or how to change your mind when you find yourself doing something self-destructive or exerting too much energy for very little return. The current episode may be exaggerating your sense of isolation. Yet there is a simple enough lesson available, which is that when you assert yourself, you help yourself get what you want. Asserting yourself is another way of saying that you're committed to what you want, as evidenced by taking action. Yes, part of you still wants to hesitate, but you cannot do both.

Sagittarius (Nov. 22-Dec. 22)
There are certain people who may

not agree with you, though I suggest you go mellow on any authority trip and keep a flexible position. Someone you're in contact with, or are about to be, has an idea, and they want to share it with you. I suggest you not take the role of the older and wiser one who knows more, but rather the wiser one who listens to people with ideas and those who are willing to express them to you. This person could become a good friend, and have a positive influence on your financial fortunes as well. Whether you agree with what you hear or not, I suggest you listen carefully, take it on board and consider what you hear. What's interesting is that this person isn't as influenced by certain biases as you are and is likely to be presenting an aware, intelligent point of view.

Capricorn (Dec. 22-Jan. 20)
Take assistance as it's offered, and as it comes to you. You've got a lot of responsibility and you're handling it beautifully, but you will do better with the right assistance. This is likely to come in the form of information about how to handle a technical matter that you may not be familiar with. On anything involving an international situation, I suggest you get advice about the customs of the country you're dealing with. What you learn in the next day or two can influence you to alter your longterm plans and expectations, and that would be a positive change. The whole point of knowledge is to take action. There are some parts of your plan that are going brilliantly and others that need revision. Remember not to delay things that are going well, and to take control of whatever you want to reevaluate.

Aquarius (Jan. 20-Feb. 19)
You're looking for the balance between what you want and what you must do; between what you inwardly desire and what you're driven to achieve. This is an emotional state that's pulling you in a few directions, and it will take some time to work out, and I suggest that you not take any perceived split in your feelings too seriously. You actually have some immediate situation or opportunity to work with, and it may be particularly exciting or a fresh twist on what you can do if you want. The thing is, you may be hesitating because of this emotional split. I suggest you consider the opportunity that seems appealing, and let your deeper stuff work itself out over the next couple of months. Life is an experiment; anything new that you try will give you valuable experience and information.

Pisces (Feb. 19-March 20)
The most interesting aspects in your solar chart -- Venus and Mars in Scorpio, and lots of activity in Libra -- describe your rapidly evolving ideas around sex, commitment and religion. I suggest that there's no limit to how thorough you can be evaluating these attributes of your life, because you want to be clear on all of them: such would facilitate your happiness. You need a working concept of relationship that embraces all three and that evaporates the concept of guilt having any value at all. Guilt is merely toxic. As such it is menacing. You have much better alternatives available now, and you have the option to recover parts of yourself that you've lost to these useless internal power struggles. Your existence is right. Your relationships are mutual. Desire is beautiful.

Read Eric Francis daily at www.PlanetWaves.net.

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

Eric Francis to Visit Vashon
Eric Francis who once lived on Vashon sland, will be visiting sometime soon. If you would like to help host his visit to the Island or would just like to say hello, reach out to him, he would love to hear from you.
You can contact eric through his website. www.PlanetWaves.net.

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Deadline for the next edition of *The Loop* is
Friday, Oct, 22



www.spiritualsmartaleck.blogspot.com

Miracles Have Their Downsides

by Mary Tuel

It is miraculous what medical, scientific, and engineering geniuses have been able to do for people with kidney failure. Millions of lives have been saved by dialysis.

But what is it like to be saved? Fact is, the only reason anyone would do dialysis is to stay alive.

Think about it: your kidneys work every minute of your life, waking and sleeping, filtering out toxins, removing excess fluid (urine) from your body, keeping your body in chemical balance. Dialysis tries to do all that in 12 hours a week – three sessions of four hours each. Your blood gets sucked into tubes, run through filters, and treated with various additives. You are tested to monitor blood composition and chemical balances so that kidney techs can do by hand what your kidneys used to do without you having to give it a thought. You have endless medical appointments, exams, tests, and surgical procedures. Fistulas develop aneurysms; you get headaches and cramps; you pass out from low blood pressure (the Aid Car is called to the Kidney Center almost every day for a crashing patient); infection is a constant threat; your diet consists of chicken and white bread and not much else.

My husband Rick would go in for dialysis three days a week, and spend the other four days of the week exhausted

and recovering from dialysis. When he went on Monday, Wednesday, and Friday, his favorite day of the week was Sunday. By then he was somewhat recovered from his Friday dialysis and he didn't have to go anywhere.

Like him, most people who are on dialysis are not able to work. Like him, most have to go on disability, or retire.

Sometimes the techs who hook you up to the dialysis machines don't hit your fistula on the first poke with the size 16 needles. Sometimes they get it wrong and cause an "infiltration" of blood into the tissues of your arm. This happened to Rick early in his dialysis experience, and his entire left forearm turned the color of a ripe plum. We have pictures.

The dialysis techs work hard and have to move fast. They dismantle used tubing and filters after a dialysis session, clean the chair with antiseptic solution, and set up the new, clean, sterile filters, tubing, IV bags, iron and other supplements that are added to the patient's blood. They hook the patient up and monitor the patient – actually, they monitor several patients at a time - during dialysis. They are the foot troops in the battle against kidney failure. I read that they are paid on average \$20 to 30 thousand dollars a year.

Have you tried to live on or raise a family on \$20 to 30 thousand dollars a year lately? Granted it sounds like a lot of money to me right now, but that's from our perspective here in disability land. I'm saying that it's a shame that people who work so hard and are necessary for the survival of renal patients are paid so poorly. It's part of that inverse economic model we live in where the more important your work is, for example raising children, the less pay and respect you get.

Still, the techs do their jobs as quickly and efficiently as they can, while the patients sit in their individual worlds, reading, watching TV while wearing earphones, or sleeping, while time goes by in an eerie silence broken only by the alarms and beeps of the dialysis machines. Most patients are grateful to be alive. Patients are told that the more you dialyze, the longer you'll live. Dialysis is a miracle.

One day while Rick was waiting for his chair at the Kidney Center a frail lady in a wheel chair who had finished her dialysis was parked next to him. She reached a bony pale hand over and rested it on his arm. "How do you stand it?" she whispered to him. "How do you stand it?"

It's a valid question.

Maybe next time we'll talk about kidney transplants.

Drama Dock Presents Into The Woods Junior

by Shannon Flora



adaptations, the show will give these young actors a chance to tackle a tricky and sophisticated score.

Participants the first night of auditions displayed an already strong spirit of cooperation and teamwork, singing as a group, learning the choreography for the closing number led by Vashon Island High School Junior Lizzie Schoen, who is choreographing this, her first show.

If auditions were any indication, this cast is more than up to the challenge.

Drama Dock Presents: "Into the Woods Jr"

Fri. Oct. 29 at 7:30 p.m. and Oct. 30 and 31 at 2pm

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To request additional information contact Elizabeth Ripley:

eripley13000@hotmail.com or 463-6388

THE DORSAL SPIN: Orca-tober

Continued from Page 1

Mark's 10/1/10 photo of male Cappuccino (K21), included with my article, shows a new nick he acquired on the trailing edge of his tall dorsal, in the lower third of the fin. First noticed in July, what caused the nick is still a mystery. Roughhousing and toothraking with other orcas? A run-in with a sharp object?

Cappuccino will have this nick the remainder of his days, and it endows him with another distinguishing mark. Because he has such a lovely, open saddle patch, K21 serves as a model for Odin's designs that feature a representational orca. You can see Cappuccino-as-model in a painting by Odin currently on display at the Heron's Nest.

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 Vashonorcas.org and send photos to

Orca Annie at Vashonorcas@aol.com.

Join Odin and me for the November 17 Audubon talk at the Land Trust, 7:00 PM, when the Vashon Hydrophone Project (VHP) presents "Kéet Shuká: Killer Whales from Native and Western Perspective."

Our program features spectacular slides of whales in Puget Sound by researcher Mark Sears, along with our distinctive blend of Native science, culture, art, and natural history. 2010 was the year of the Transient Killer Whale in Vashon-Maury waters, though our Resident Orca season is typically from mid-October to January. We will explore why Transient visits are on the rise and address conservation issues pertaining to endangered Southern Resident orcas of J, K, and L Pods.

Recently, Odin and I presented a scaled-down version of this talk at an environmental educators' conference. The enthusiastic response was unexpected and uplifting. We dearly hope our hybrid VHP/ Kéet Shuká program will resonate with Vashonites, as well.

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What's Your Take ... On Taking the Ferry to Work?

By Peter Bond

Lately I've been working in the city so much I feel like a commuter. But what a beautiful commute! Since the ferry is such a major part of our lives here, I thought I'd pop the question to a few smiling ferry-goers on a glorious October day. I love everything about the ferry, even the racing-to-get-there part.
But that's just my take ... what's yours?



Donna - Vashon
I Love LOVE Love! Taking the ferry!
Make sure you put that all in caps!



Colleen - Port Orchard
I enjoy commuting this way. It
sure beats driving and gives me time
to relax.



Daniel - Olympia
My mom really appreciates the
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Eddy - Vashon
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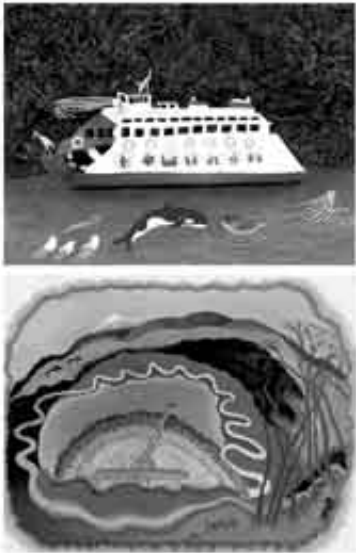
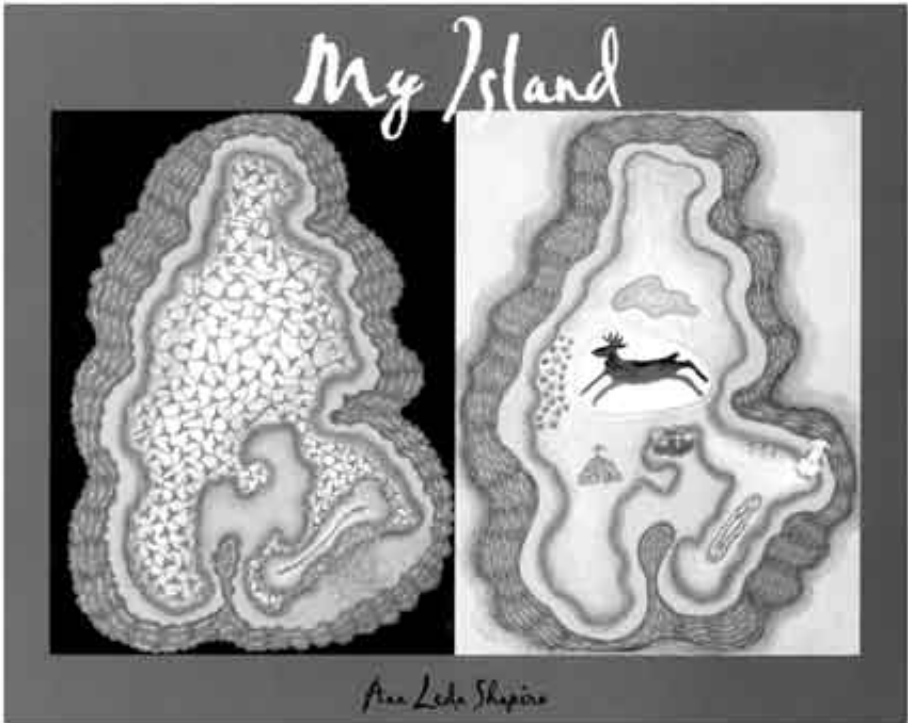
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Positively Speaking

“Of Guns and Love and Those Who Snap”
(with great compassion for parents of Western Washington U students)

By Deborah H. Anderson

Before THE CALL, this column was going to be about pushing past obstacles using a bout of intestinal flu and four broken toes in three months as an example.

THE CALL came at 6:40 AM Tuesday 28 September 2010.

“Mom...before you turn on the news and freak out, I’m safe. I’m in my apartment and I’m OK. The gunman is in the library”

I cannot even relive hearing those words without tearing up. Fear, panic, relief, and suspension of time as we know it all happened at the same moment.

She then proceeded to give me the details her friends passed on of what his face looked like as he dashed passed them before and after he put on and took off the ski mask. ‘He was very cold and creepy and almost laughing Mom’.

I called family and friends to let them know she was OK and turned on the TV to watch, what I assumed would be breaking news coverage. Matt Lauer droned on about something. Nothing. I called King 5 news. ‘We’re just getting the feed even as we speak m’am’ We’re showing it on Kong.”

I had to get ready for work. My whole soul was in anticipation of mourning like we all have so often, prepared for a day of clinging to the news.

Aunt Nancy called. She’d gotten the message wrong I left with Uncle Dick. She thought Caity was in the library. She called CNN. ‘CNN is trying to reach Caity. I gave her the wrong number’. I corrected Aunt Nancy’s assumption about Caity’s locale.

On the news...nothing.

My cell registers a call from CNN. Nigela Green (is that her name) has left a number to call. I return it. “Caity’s number is...” “She’s on the other line! “ The reporter yells at me and hangs up. I knew they wouldn’t be interested. She was safe and had no first hand information.

On the news ...nothing.

Caity calls again to say the sirens have gone off again. They are still in lock down. She announces she is going to a coffee shop. They think the guy is dead but there may be another person because of conflicting reports. “Caity...do you



have coffee in your apartment?!“ Long pause.... ‘Yes Mom’.

“May I point out you are in lock down and I would rather you were not the part of the story where the escaped gunmen takes a coffee shop hostage because he didn’t kill enough people on campus.” “OK” Ah...the immortality of youth.

Hours later a text...the all safe has blown. We have the day off. I’m going to go by jeans with... (was it Allison)?

I dash home that night still shaken. Turning on the news. Twenty minutes into Katie Couric and small blip with crime tape. I start to cry again with the thought of what might have been. Fifty five thousand students were spared.

When Caity first went to UT I walked across campus under the clock tower I remembered from the news reports when I was teenager. “Caity, someday someone will attempt a copycat. You’re a sitting duck on this Plaza. Every time you walk across here you keep on eye on where you could run for cover.” She knew I was serious.

An excellent student they said. No one knew why they explained. Distraught parents they detailed. I want to write....“Mr. and Mrs. Tooly. I know your hearts are beyond devastated right now, but I want to thank you for raising an excellent son. In his moment of darkest despair, he continued to be an excellent person and shot his AK47 in the air hurting no one else. I’m so so sorry he hurt himself. But he spared everyone around him. He died with the values he was raised. Thank you. My prayers are with you.” I know that doesn’t make sense. But that’s what I wanted to write.

The way to make it through obstacles is to remember all the times there was not a tragedy, all the times you were miraculously saved. I’m just so grateful.

Love
Deborah



We’ve Got a Lot of Kids

by Kevin Pottinger

Noodles and Clam Sauce

Not to be morbid, but I’ll die someday. Not soon I hope. I have no inclination or indication that it will be anytime soon. Permanently out of pager range, unable to respond to email, just a half a bar on my cell phone, for all eternity.

As the Primary Cooking Parent, I’ve chiseled down a few very simple recipes that I serve night after night. I’ve determined that I will in fact be gone someday, and our kids see me most often at our evening meal, so I thought I’d write down one of my weeknight recipes. The recipe assumes I’ve died and can no longer cook supper very well.

So here’s my recipe for noodles with clam sauce. Although it’s a distant second to Carol’s Spaghetti and Clam Sauce at the Rock, it’s still our kids’ favorite meal. I’m addressing this to our children, but it’s OK if you want to read along.

First, grab a bucket and a clam gun and go dig some clams. Yes, they’re hard to catch, but remember when we dug some clams when you guys were little, and how much better they tasted than the big cans of Costco clams, because we dug them up together.

Perhaps you have children of your own. Try to convince them to come down to the beach with you and dig. Tell them your favorite (or at least some sort of positive) memory of their grandpa, and describe in aching detail the delicious noodles and clam sauce I made when I got home tired from work and everyone was hungry and crabby. Put the clams in your bucket with a little seawater.

When you get about thirty clams you can go home and warm up. Throw a handful of cornmeal in your bucket and let the clams fill up on that overnight. Or, you can substitute the big can of Costco clams; I always did.

Wash your hands. Clearly, I’m going to have to remind you of that, from beyond the grave even. Look at your hands, and if they still look dirty, what that means is that you have to wash them again. And remember that I’ve always loved you, no matter what, and even if

October 14, ‘10

I’m dead and in the place where dead Dads go, I love you still.

Put a big pot of water on the stove. Wait, I mean a clean pot: make sure the pot, as well as your hands, are clean. It’ll take a while for the water to boil; that’s pretty normal. While you wait, you could call your Mom. Maybe invite her to supper. When the water boils, throw in your noodles and some salt. I always used about a pound of dried noodles for our supper.

While the noodles cook, put a big lump of butter and some nice olive oil in a big saucepan and throw in some finely chopped onion and a couple cloves of chopped garlic. Although a couple of you kids probably still dislike onion, trust me, you won’t notice the onion in the sauce, and it will always be important to tell the truth, about everything, as often as you can.

After the onion and garlic become fragrant and you’re thinking this might actually turn out pretty good, dissolve a tablespoon of cornstarch in a half a cup of white wine and pour that in. Turn the heat down a little and whisk the wine and butter and cornstarch together. Pour your Mom a little bit of leftover wine in that little crystal glass she always uses and set it at her spot at the dining room table.

Rinse your clams and throw them into the pan, shells and all, or if you’re using the big Costco can like I always did, use a third of the clams and a third of the clam juice and reduce it for a few minutes.

Add a little ground oregano, a tablespoon of dried parsley and a few leaves of fresh basil. Stay close to your brothers and sisters, you guys were always together growing up. It will warm your Mom’s heart to see you and your families all together. I always loved your Mom, no matter what, and even if I’m where dead husbands go, I love her still.

Drain the noodles and combine them with the clam sauce in a big bowl and throw a handful of grated parmesan on top. Boom, you’ve made enough to feed six. Serve the noodles with a loaf of crusty sourdough and a nice green salad. Remember to say grace and don’t smack your lips when you chew.


Love, Dad

Class Schedule for this Fall

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...free showing of “The Kid” starring Bruce Willis at VYFS Playspace 6:00 to 9:00 PM
Dec 4th “Raising the Contemplative Child” (call for place 1:30-5PM)
Dec 11th “Like a Child” (call for place 1:30-5PM)

Register now 206.853.2388 or dha@lgcmin.com

Brutus Needs A Home...



Brutus may sound like a tough guy but he is pure love. He is friendly with cats, loves children and gets along with other dogs when properly introduced. Brutus is about 7 years old, neutered, up to date on vaccinations and microchipped. He is housetrained, loves to ride in the car and go for walks. He is used to lots of exercise even though he recently had surgery to repair a fractured leg. If you would like to meet Brutus, contact Vashon Island Pet Protectors at 206-567-5222. There is a \$125 adoption fee.

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Island Epicure

By Marj Watkins

The Fruits of Fall

It’s mid-October, and we’re sweeping leaves off the walk and perfuming the house with the aroma of beans baking for hours in the oven, of spicy applesauce, pumpkins and squash, cabbages and kale. Long evenings and hot cider, of foggy mornings brightened with a cup of tea entice us to kick back and take it easy.

Cook a big pot of beans. This is an all day recipe, but you’ll have enough two or three meals for a small household. Put part of the finished product in freezer containers and stow for those busy pre-Christmas shopping days coming up, or for when you need a quick meal.

This recipe works well with other beans than soy, too. Try it with pinto or great northern beans if you don’t care for soy. Sprouting the beans increases digestibility and builds up Vitamin E. Long, slow cooking preserves it. The caraway seeds both flavor the dish and make the beans less apt to cause flatulence.

SPICED SOYBEAN BAKE
6 to 8 servings
1 pound dried soybeans or great northern sprouted slightly.
Water to cover generously
1 small bay leaf
1 teaspoon crumbled dried savory or marjoram leaves
1 teaspoon caraway seeds
Bring to a boil in a large kettle. Cover, reduce heat and simmer all day. Check occasionally to see that the beans are covered with water all the time. The beans skins will float to the top. Skim them off or stir them in.

At some time during the day, stirfry and add:
1 onion, chopped
2 or 3 Tablespoons olive or canola oil
1 Tablespoon whole mustard seeds
2 Tablespoons whole coriander seeds

About 45 minutes before serving time, stir in:
1 (8-ounce) can tomato sauce
¼ to ½ cup molasses (optional)
Beans may be served at this point, but their flavor improves when you

bake them at 350 degrees for 30 to 40 minutes.

P.S. Don’t try to pressure-cook soy beans. Their foam will clog the vent. Your pressure cooker could explode.

DUTCH APPLE PIE
Makes a 9-inch pie
Preheat oven to 450 degrees
Pastry for single crust pie
5 or 6 Granny Smith or other tart apples
1 Tablespoon flour or cornstarch
½ cup brown sugar
½ teaspoon cinnamon powder
1/8 teaspoon nutmeg or ¼ teaspoon ground cloves
1 Tablespoon butter cut in ¼-inch dice
¼ cup hazelnuts
Butter a deep baking dish. Peel and slice the apples. Put them in the baking dish.
Mix the flour, sugar and spices and sprinkle over the apples:
Dot with the butter dice. Sprinkle with the hazelnuts.
Roll out the top crust. Top the dish with it. Cut a breathing hole in the center.
Bake at 450 for 10 minutes. Reduce heat to 350 degrees. Bake about 45 minutes more, until crust is light brown.

GLAZED BAKED APPLES
4 servings
4 apples, peeled 1/3 of the way down
½ cup brown sugar
Core the apples. Put them close together in a saucepan, peeled side up. Add water to ½ inch deep. Cover. Cook on medium heat until tender when fork-pricked.
With slotted spoon, transfer to a baking dish, still peeled side up. Sprinkle with the brown sugar.
Preheat oven to 450 degrees.
Bake, basting frequently with water you cooked the apples in, until the sugar dissolves and the tops get crisp and lightly brown. Serve with cream or vanilla ice cream, if desired.

GINGER BIT APPLES
2 to 3 servings
2 apples, peeled and sliced
2 large or 4 smaller slices sugar ginger
Dash salt, optional
Whipped Cream, optional
Place apple slices in one or two layers in a baking dish. Sprinkle lightly with salt if desired. Cut the ginger into narrow strips. Scatter them over the apples.
Microwave 2 to 4 minutes, until apples are tender but not melted into applesauce.
Serve with whipped cream, if desired.



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PANDORA'S BOX

Lots of new stuff and a little rearranging for you to check out. Prunella has a tumor in her head; the old man has been back in and out of the hospital; Volleyball is going well and you can now buy a bag of goat chow with your pound of nails. Life is grand.

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October Events at the Q

Thursday Night Special Dinners (Reservations required, 6:30 seating)

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

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 (excluding wine)

Music at the Q

Friday nights – it’s Steve Amsden and Friends.

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

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As part of the admission procedure in the hospital where I work, I ask the patients if they are allergic to anything. If they are, I get busy and print it on an allergy band placed on the patient’s wrists.

Once when I asked an elderly woman if she had any allergies, she said she couldn’t eat bananas. Imagine my surprise when a few hours later a very irate young man marches himself up to the nurses’ station and demanded, “All right now, which one of you has labeled my mother ‘bananas’?

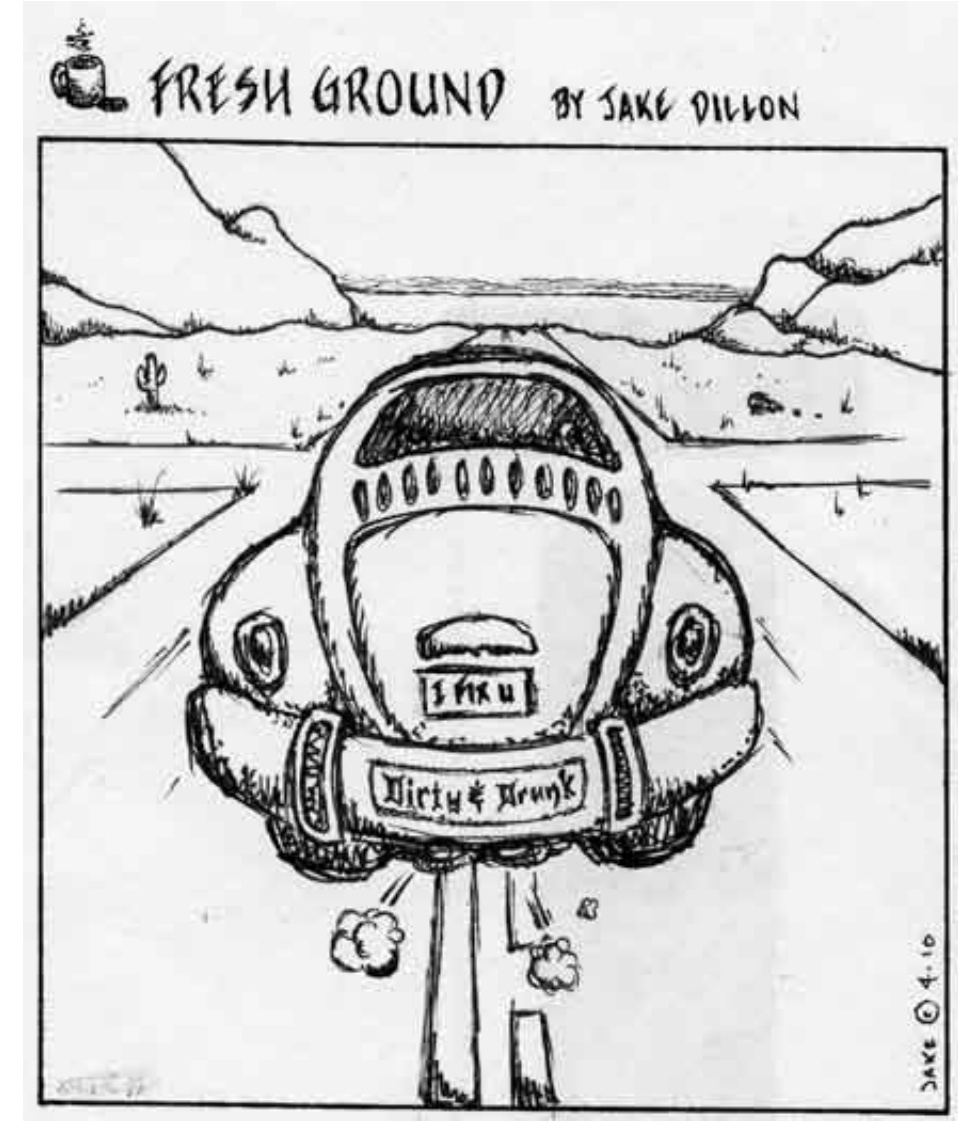
A woman was trying hard to get the ketchup to come out of the jar. During her struggle the phone rang so she asked her 4-year-old daughter to answer the phone. “It’s the minister, Mommy,” the child said to her mother. Then she added, “Mommy can’t come to the phone to talk to you right now. She’s hitting the bottle.”

Two cannibals meet one day. The first cannibal says, “You know, I can’t seem to get a tender Missionary. I’ve baked them, stewed them, roasted them and barbecued them. I just cannot seem to get them tender.” The second cannibal asks, “What kind of missionary do you use?” The other replied, “You know, they have those brown cloaks with as rope around their waist and they’re sort of bald on top with a funny ring of hair on their heads.” “Ah, that’s it!” the second cannibal replies. “No wonder - those are friars!”

There was a knock on St. Peter’s door. He looked out to see a man standing there. St. Peter began his interview with the man but, all of a sudden, the man just disappeared. A short time later there was another knock. St. Peter got the door, only to see the same man again. He opened his mouth to speak, but the man disappeared once again! This same scenario occurred on two more times; and the man disappeared each time.

“Hey, are you playing games with me?” an exasperated St. Peter called after the man.

“No,” came the man’s distant voice anxiously. “They’re trying to resuscitate me.”

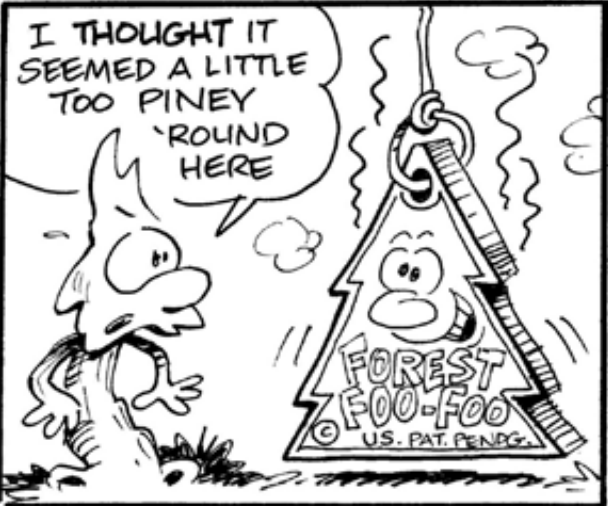


I’ve sure gotten old. I’ve had 2 By-pass surgeries. A hip replacement, new knees, fought prostate cancer, and diabetes. I’m half blind, can’t hear anything quieter than a jet engine, take 40 different medications that make me dizzy, winded, and subject to blackouts. Have bouts with dementia. Have poor circulation; hardly feel my hands and feet anymore, can’t remember if I’m 85 or 92, have lost all my friends. But..... Thank God, I still have my driver’s license!

While reviewing math symbols with my second-grade pupils, I drew a greater-than (>) and a less-than (<) sign on the chalkboard. Then I asked, “Does anyone remember what these mean?” A few moments passed, and then a boy confidently raised his hand. “One pointing right means fast-forward,” he exclaimed, “and the other, pointing left, means rewind!”

An old man strode in to his doctors office and said, “Doc, my druggist said to tell you to change my prescription and to check the prescription you’ve been giving to Mrs. Smith.” “Oh, he did, did he?” the doctor shot back. “And since when does a druggist second guess a doctor’s orders?” The old man says, “Since he found out I’ve been on birth control pills since February.”

Moose Lake



Performing October 14-16

Salsa Dancing with Instruction offered

The first 30-45 minutes will be instruction and then students are on their own to dance the night away. No previous Salsa experience necessary. No charge. Hosted by Darryl Caldwell.
Thursday, October 14, 7pm.
At Cafe Luna, 9924 SW Bank RD
www.cafelunavashon.com



A Double Bill Featuring
Local Singer Songwriters
Cosmo Harrigan & Mark Wells

Twenty two year old singer-songwriter, Cosmo Harrigan, plays the guitar and accordion. He was introduced to a Marching Band Gypsy Jazz at the Oregon Country Fair when he was young and later got into the underground punk scene in Seattle. His direct inspiration comes from mostly folk and pop-punk groups. His songs are stories of places he has traveled to, people he has met and the future he would like to see. He believes we must all learn to be much closer to each other in the years to come.



themes ranging from the deeply personal to social commentary. In addition to his solo work, Wells performs with various other Island musicians, most recently several times at Luna with Robyn Landis and Charles Reed, and with The Diggers. He's versatile too, having worked as well with the groups 5:01 (country-rock) and Geordie's Byre (Celtic).
Friday, October 15, 7pm.
At Cafe Luna, 9924 SW Bank RD
www.cafelunavashon.com



Mark Wells, originally from Australia, is a singer-songwriter and guitarist, and his vocal style has been described as dynamic and light, with hints of James Taylor and Paul Simon. Wells' songs feature lyrics with

One More Mile - Jason Lollar Blues Band

Islander Jason Lollar, for those who know him, is a workaholic and rarely finds the time to go to the grocery store, let alone play any gigs these days. In addition to designing and producing extraordinary arch top, solid-body electric and lap steel guitars, Jason is a noted authority on nearly everything related to electric pickups. Jason has played with numerous bands through the years, most recently with Blue Monster and Shakey Jake.

Sam Veatch found himself headfirst in the world of percussion when he entered middle school in 2004. Under the guidance of Todd Zimburg, Sam attended lessons regularly and the Vashon Island Percussion Camp twice. He has been a member of the Vashon High School Percussion ensemble since it's beginning in 2008, as well as playing in several other groups, including Party Fowl with good friend and bassist David Salonen.

David Salonen started playing music when he entered elementary school, but has been immersed in music of all types since he was born. With the strong influence of Cajun and Zydeco music in his life, David began playing bass, and quickly found himself involved in numerous productions, ensembles, and bands. Although David plays music a great deal with his peers, most of his bands are founded and dominated by older generations. Besides playing in 'One More Mile', David is a member of the island bands 'House Engine', 'The Diggers', 'Party Fowl', and 'The Riptide Ramblers', playing mostly bass, but occasionally fiddle and guitar.

Mike Nichols has been playing harmonica since the mid 70's and took a serious interest in 1981 when he was part of the Great Divide band. The band was well traveled, playing



many venues in the Pacific Northwest and British Columbia. Mike got serious about the blues after attending blues workshops at the Port Townsend bluesfest and considers this new project one group of very talented musicians.
Tom Bean has been playing guitar since he was just a child, playing in numerous bands through the years. Tom prefers to play primarily heavy electric blues rock these days. Tom's biggest memory is hanging out with Lurrie Bell at the Port Townsend Blues Camp and jamming with him. Tom thinks that this band connects on so many levels that it is hard to say anything other than it is the best group I have had the chance to perform with!
Come check out the debut performance of this band at the Red Bicycle, it's going to be a real treat! This is a free all-ages show until 11pm, then 21+ after that.
Friday, October 15, 9pm.
At the Red Bicycle,
17618 Vashon Hwy
www.redbicyclebistro.com

A Cedarsong Nature School
Fund Raiser

Continued from Page 1

he is going has always been his focus, and it has consistently made arriving at each destination that much sweeter.....

Like so many others, Jason Staczek started his musical training on the piano. Father brought home an old upright and insisted that the 3rd-grader learn how to play — or else. Piano lessons eventually gave way to serious study of the 'cello and a casual acquaintance with the guitar. Never quite good enough on the six-string, he started playing a cheap electric piano in the junior high rock ensemble. By high school, he added percussion to the list, joining every school band and orchestra that would have him. An obsession with analog synthesizers of the day led him to fill boxes worth of cassettes with early attempts at electronic composition and sound design.

Formal music study ended at college, but Jason continued to play rock-and-roll. After graduating from the University of Michigan with a degree in physics and electro-acoustics, he took his band on the road. One band after another led him to discover the Hammond B3 organ, his main instrument today. Private study continued on jazz piano with Joanie Metcalf, jazz organ with Norm Bellas and conjunto accordion with Yva Ebarra. In the last twelve years, Jason has performed with and written for many different groups, in styles including R&B, soul-jazz, singer-songwriter acoustic, 70's rock and country blues. He has performed as a session keyboardist on many records and is a voting member of the Recording Academy. In the last year, Jason began to develop a longtime interest in composition for film. He completed the summer film scoring class of the Pacific Northwest Film Program and has been steadily building relationships in the film community.....

Waterlogged's 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.



Waterlogged

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.

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 Raite, the Nevilles and Stevie Ray. So he added his patented brand of tasty, powerful drumming and a fourth vocal to the mix. Watermark now masquerades part-time as Waterlogged!

Throughout all of Cedarsong Nature School's programs the goal is to increase awareness of and connection to the natural world in order to foster compassion and empathy for the earth and all its inhabitants.

Cedarsong Nature School has received worldwide attention in 2010 for the service it provides to the community of Vashon Island. Cedarsong Nature School is a registered program of the Ancient Forest Education Foundation, a 501c3 organization on Vashon Island. Cedarsong Nature School through its mission, to provide opportunities for direct experience with nature, has established a preschool for ages 3-5, nature immersion camps for kids ages 4-12, classes, workshops, and apprenticeships for ages ranging from 5 to 99, and programs for kids with ADHD and Autistic children through the trademarked technique of Sensory Integration Nature Therapy™.

For more information please visit www.cedarsongnatureschool.org or 206-708-5945. This show starts at 8:30pm and is open to all-ages until 11pm, then it's 21+ after that.

Friday, October 22, 9:30pm.
At the Red Bicycle,
17618 Vashon Hwy
www.redbicyclebistro.com

The Drews
Americana with Twisted Roots

To say The Drews have a wide variety of musical influences would be an understatement. Sure, perhaps upon first listen, you might slap the duo with a simple "folk" or "Americana" label, but it doesn't take long to find that there is much more to it than that.

The basis for these songs may be folk and country, but tossed into the mix are elements of everything from rock and blues, to classic cartoon soundtracks. The end result is an energetic and truly unique listening experience that, like it or not, is going to stick with you long after the music actually stops. From drinking songs, to stories about misguided optometrist serial killers, this duo's music gives listeners a chance to do a little bit of everything, from relaxing to rocking out, and from listening closely to laughing out loud.

The Drews is a duo that consists of Andrew DiMartino (guitar, vocals) and Jen DiMartino (accordion, bass, percussion, vocals). This unique setup allows them to fit in just about everywhere, from intimate coffeehouse



performances to larger stage shows. They have given performances all across the United States and Europe, making stops at benefit events, television shows, and everywhere in between. Along the way, they have put together an impressive following, achieved steady radio airplay, and earned rave reviews.

Friday, October 22, 7:30pm.
At Cafe Luna, 9924 SW Bank RD
www.cafelunavashon.com

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

Rebecca Wittman Performs with Panache

By Janice Randall



Vashon Allied Arts Panache Jazz Series 2010 resumes this Saturday at the Blue Heron when Island jazz singer Rebecca performs everything from Brubeck to McCartney, Bacharach to Gershwin, Jobim to Midler, Wilder to Rogers and Hart, and more. Wittman will joined by five respected regional jazz players: Bill Anschell, piano; Rich Cole, saxophone; Chris Symer, bass; Milo Peterson, guitar; Jose Martinez, drums; and a guest appearance by fiddler brother John Peter Wittman.

VAA Panache Jazz Series 2010
Rebecca Wittman Jazz Singer
Saturday, October 16
7:30 pm
Tickets: \$16/\$19
Heron's Nest, Books by the Way,
Brownpapertickets.com

VAA New Works Brings Bozophobia to Stage

By Janice Randall



Self acknowledged class clown Susan Harris performed for her mother's friends as a child. Now as an accomplished actress, preschool teacher and professional clown, Harris will debut her first one woman play in VAA's New Works Series. Harris says her passion for performing, humorous stories from her years as a children's entertainer along with the ever-pressing question, "What's it like to be a clown?" motivated her to write the one-woman monologue about

her life as Pookie the Clown, full of humor. Not a show for kids, Bozophobia is directed by Stephen Floyd and will have with guest appearances by Lisa Breen and Jeff Woolen.

VAA New Works
Bozophobia: a one-woman show
Saturday, October 23, 7:30 pm
\$12/\$15
Books by the Way, Heron's Nest,
BrownPaperTickets.com, Blue Heron

Vashon Celtic Players & Knitting

Here's a Vashon institution that just happens to find its home at Cafe Luna every Third Sunday of the month. It's the kind of music that you can enjoy with both ears, or just half an ear, while talking to a friend or quietly relaxing. So, grab a beer and have a great time with these fun-loving folks; at least a dozen of the 70 musicians show up to play most of the merry melodies (mostly Irish, jigs, reels, and polkas) from memory. Beginners are welcome; staying with the beat is the only requirement. Get a head start with the 250 tunes on their website, home. Comcast.net/~saustin98/lark/.

Knitters of all abilities are invited to drop in and bring their projects to the Cafe. Knit, schmooze, and learn from each other, while the Celtic Players



work their understated and very merry music.

Sunday, October 17, 8pm.
At Cafe Luna, 9924 SW Bank RD
www.cafelunavashon.com

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One Volume One, Fixie Photos at Two Wall in November

For the month of November, Two Wall Gallery on Vashon Island is pleased to present a collection of bicycle-related photographs by Gary Tussey and Joseph Musselman of Denver, Colorado. There will be an artists' reception and opening Friday evening, November 5, from 6 till 9 PM.

Due to be published in early 2011 as a new coffee table book entitled "One Volume One," Tussey and Musselman will present their photos that celebrate the interplay of the "fixie," the cyclist and the culture surrounding both. From studio photography to portraits, this team has set out to capture the simplicity and raw beauty of these bicycles and the obsessed cyclists who ride them.

A "fixie" or fixed-gear bicycle is a bicycle that has no free-wheel, meaning it cannot coast. Like many machines that enhance human ability, the fixie merges with its rider in an individual statement of simplicity and functionality. The personalities of these riders are often echoed on these bikes; their components, aesthetics and each paint chip, scratch and scar are often mirror images of their rider. Machines such as these are chosen for their simplicity and ruggedness by people who ride every day. The minimalist look and clean lines of a fixed-gear bicycle make for an aesthetically beautiful machine with an amazingly functional design. This durability and functionality has been the driving force behind peoples' obsession with these bicycles.

As Tussey says, "It never gets old taking photos of bicycles and the people that ride them. This project has taken me inside the underground culture of bike messengers, polo, sprint races in the backs of bars, and the insane speed of alley cat races through



city streets. I want to share my own passion for these bikes and photography allows me to do that."

Musselman adds, "Photography is the art of capturing man, nature and their interplay with the environment. Fixed-gear bikes and their riders embody art and are the definition of individuality. This synergistic dichotomy is so natural to its environment that they often go unnoticed in the urban landscape. It is my privilege to give a glimpse of these natural artists."

Get an insiders' look at the fixie and its rider at the opening celebration, Friday, November 5, from 6 till 9 PM, at the Two Wall Gallery, 17600 Vashon Hwy SW, Vashon Island.

Joanna Gardiner

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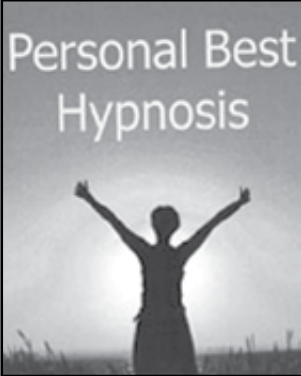
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Next Edition of The Loop Comes out Thursday, October 28

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