



VASHON

# THE LOOP

Vol. 7, #22

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

October 28, 2010

## THE DORSAL SPIN: Superpod Sonata



Kasatka (L82) with new baby L116. Photo © Maya Sears, 10/14/10

We obtained our first VHP recording of the fall season on October 14, a rainy night, between 6:45 and 7:30 PM. A highly vocal superpod of J, K, and L Pod orcas ventured into north Colvos Pass after dark. In addition to the opulent array of calls emitted, the orcas' echolocation clicks and buzzes signified enthusiastic chomping of chum salmon. A soggy VHP Welcome Committee kept vigil on the deck, listening for blows and percussive activity such as tail slaps. Alas, those wild killer whales changed direction before reaching Chez VHP. From the

abrupt cessation of calls in the recording, we surmise the orcas rounded the north end of Vashon and journeyed back to East Passage shortly after 7:30 PM.

The photo accompanying my article suggests one momentous reason for the orcas' excited chatter: the Southern Residents are celebrating a new relative! Earlier on October 14, VHP associate Maya Sears (Mark's daughter) captured this endearing image of Baby L116 traveling beside Mother Kasatka (L82),

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## Vashon Ski School Kicks Off Season with Ski Swap & Movie Premiere

Vashon Ski School is getting a "lift" during its annual ski swap on Nov. 13 with the addition of a winter film making a special stop on its US tour at Vashon Theatre (17723 Vashon Highway SW.). "Look on the Bright Side," a ski-board-skate film presented by Canadian ski apparel company Voleurz, stars some of North America's top athletes in their fields and makes the perfect kick-off to Vashon Ski School's winter season.

The ski/board swap, which begins at 8 a.m. (Sat., Nov. 13) in the Vashon Theatre parking lot, is an opportunity to bring re-sellable ski and snowboard gear and apparel. Ten percent of the sales will benefit Vashon Ski School and 90 percent goes back to the seller. Anyone can bring their gear or shop for gear. Unsold gear must be collected no later than 3:30



p.m. that day. Arrive early! Adding atmosphere, sound has been donated by Ruben Arnot of Rez1 productions.

The "Look on the Bright Side" movie starts at 1:30 p.m. and the suggested donation of \$5 for students and \$7 for adults/general will help benefit Vashon Ski School's scholarship fund to extend winter recreation opportunities to those with demonstrated financial need. The big screen viewing, with daring cliff jumps, aerials, rail riding and epic wipeouts, promises to be breathtaking. The movie will also be available online as a free download in Nov.

"We're thrilled to help out Vashon Ski School and bring this awesome film to winter enthusiasts," Andrew Salter said, Voleurz U.S. film tour coordinator. "This is the Voleurz family's sixth feature film and its best yet based on the

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## Only On Vashon

Seventeenth in a series

### Game Over

By Peter Bond



The other day I found myself inside one of the most magnificent vintage farmhouses on Vashon Island. The owner runs a sort-of boarding house for the elderly, an alternative to the typical nursing home environment. She is a nurse, but the place is by no means a hospital. It feels like a warm country home.

I was doing some volunteer driving on a Saturday for a senior friend who needed to transport some stuff to her daughter's house, where she anticipated she'd eventually move. Being a loyal Husky, the football game against USC was on the truck radio as I pulled into the driveway. It was a close game; the Huskies were down by two with a few minutes remaining.

But I had given my word and now, standing outside the truck looking at me like a jilted lover, was my friend. She tapped on the window, so I reluctantly turned off the radio and stepped out.

Kiss Kiss! (she's a big kisser) and we're inside the house, and yes I started to admire it, and the smell of something amazing from the kitchen. But, more importantly, wait! Is that the game I hear blaring from a room down the hall?

I shuffled towards the sound as my friend headed off to her room. At the end of the hall the door was propped open and there it was. The most beautiful sight I had ever seen (that day anyway), a 42-inch flat screen covering a wall, with the entire

Husky offense appearing nearly life-sized, on a scoring drive that would fill a man's heart.

On the other side of the room was an elderly gent lying in a four-poster bed, deep in sleep.

"Get up man"! I wanted to yell. "How can you sleep? Can't you see we're about to make a field goal and win the game?" But of course I didn't say this, he looked so calm, and besides, the owner and another housemate stepped in just then to watch the game, so I had company to get excited with.

Sure enough, the Huskies did make that field goal in the final three seconds and we all jumped up and down and high-fived like college kids. Between the tremendous volume on the television, and our antics, I was somewhat surprised to see that the old guy was still asleep. But I'd visited many nursing homes and really, other than these passing thoughts, didn't think much else of it. Old guys sleep, just like my old dog. I intend to sleep a lot when I am old too.

Meantime my friend had made her way back to find me so we continued on. For about twenty minutes I carried several boxes and pieces of small furniture out to the truck from her beautifully appointed room, which overlooked a pasture filled

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## Eat Vashon

This Thursday October 28, people who eat dinner (oh, that's you???) are invited to make reservations at the Quartermaster Inn for a sumptuous dinner of Vashon grown and produced products. Chef Steve Knoder and his capable assistant Felicia Saathoff are preparing a meal of Wolftown's USDA certified lamb smothered in a fig-port sauce, accompanied by chanterelle frittatas, roasted squash, fresh apple crisp, bread from Monkey Tree, and more. A vegetarian option featuring Island Springs tofu will also be served. Dinner will be accompanied by the finest Burton water, and diners will also be able to purchase wines from Vashon Island Winery and Palouse. If you read this and it's not dinnertime yet (6:30), you may still be able to get reservations by calling 206.463.5355. Price is \$40 per person, excluding wine.

In other news from Burton, Quartermaster Inn owners Troy Kindred and Marie Browne announced that they have installed an ATM machine at the Inn, so that their customers can access cash if they need it. As of November 1, the restaurant will only take cash or checks for amounts under \$100. "The credit and debit card fees are killing us," said Browne. "It is among the top line item expenses in our budget, which is a silly way to spend our very limited money."

## Last Minute Halloween Ideas for the Guys!

By Peter Bond

Every year you wait until the last minute to decide what you're going to do/be for Halloween, and every year it's the same story on October 30. You're left with the pathetic costume rejects at Goodwill. The tattered grass skirt, the frayed giant pink bunny smelling vaguely of urine, the Hobo get-up probably donated by a real homeless person's family after his untimely death under a freeway bridge.

But this year is going to be different. You're going to represent your neighborhood at that party, and you're going to do it in drag! I expect to see all of you macho redneck pick-up driving beer-bellied lugs (okay so there's only three of those guys on Vashon, but still) lacing up and partying down as:

Ella Sport (Tramp of the Harbor)

If your abode is on the eastside you'll be heading out with a giant scarlet letter A plastered across your ass. I'm pretty

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# Get in The Loop

## Submissions to the Loop

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

### Vashon Toastmasters are a “Scary” Bunch

Join the Vashon Island “GhostMasters” for an afternoon of scary ghost stories, this Saturday October 30th at 3pm in the Library Conference Room. The meeting will feature a few “GhostMaster” story-tellers. There will also be part of the meeting for guests to tell an optional story of their own.

It’s a common perception that Toastmasters is only about giving formal, polished speeches. While it’s true that public speaking is the emphasis of the club, the benefits of membership extend far beyond this one aspect. Toastmasters is about using good communication skills throughout our daily lives. It’s also about self-expression and fun. Join the Toastmasters this Saturday Oct 30th – costumes encouraged! See [www.vashontostmasters.org](http://www.vashontostmasters.org) for more details.

### Cold & Flu Talk

Local naturopath, Dr. Nicole Maxwell will be offering a free talk on how to prevent and treat colds and flu’s this season. Learn what you and your family can do to stay healthy this season!

November 4th, 6:30pm at the Vashon library meeting room. All attendees will receive 10% off coupons for the Minglement.

### Vashon Free Range Folk Choir

The Vashon Free Range Folk Choir’s next concert is Nov.21 at 7 PM @ The Methodist Church. Please put it on your calendar and join us in singing folk songs from many countries. Singing with your friends and neighbors is what Vashon is all about.

*Make a date with Vashon!*  
**[www.VashonCalendar.org](http://www.VashonCalendar.org)**

**Vashon Library Events  
Art & Music Events  
Submit your Event on line at  
[www.vashoncalendar.org](http://www.vashoncalendar.org)**

### The Vashon Loop

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**Paid advertisements in The Vashon Loop in no way express the opinions of the publisher, editor, or staff. We reserve the right to edit or not even print stuff. Published every two weeks or so by Paradise Valley Press**  
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### Kiwanis Announces Dinner Speakers

The Vashon Kiwanis club meets every Tuesday for dinner at the Sound Food at Valley Center on Vashon Highway SW at 6 p.m.

Most meetings have special programs. Programs are usually speakers on topics of local, state, national, or international interest. However, the first meeting of the month is a business and planning meeting without an otherwise special program.

Call Jay at 206-790-9457 for more information or to sample a meeting or two. [www.vashonkiwanis.org](http://www.vashonkiwanis.org)

Nov. 2, Board meeting; Toy Drive, Holiday Senior Dinner  
Nov. 9, Rex Morris, Isle Entrepreneur, Sharper 21st Century Knives  
Nov. 16, Larry Stockton, Kingco water leader, Isle Nitrate Mystery  
Nov. 23, Dan Willsie, Explorer, Just Do It, Hike Mt. Everest at 72  
Nov. 30, John Runyan, Facilitator, Change Angst to Ideas  
Dec. 7, Board meeting, final Holiday Senior Dinner plans

### Celebrating Creation: An Exploration of Ecological Spirituality



Come and explore how our relationship to Creation is an essential component of Christian Spirituality. We will consider insights from Scriptures, Jesus of Nazareth, Christian mystics and scientific insights to enhance our understanding of ecological spirituality. All who are concerned about the environment are invited to participate and explore how they are called to incorporate these insights and traditions into their own spirituality. This workshop will include stories, music, presentations and rituals.

**WHEN:** Saturday, November 6, 2010 from 9:00 to 4:00

**WHERE:** Vashon Presbyterian Church

THE workshop will be led by Alexandra Kovats, csjp, PhD. Well known in the United States and internationally as a teacher, lecturer and workshop facilitator on ecological and creation spirituality.

**SUGGESTED DONATION:** \$15 or what you can afford

**BOX LUNCH** available – \$10.00--prepaid by Oct. 29th

**RSVP:** Melania Weller 463-2286 or Julia Lakey 463-6423 [VashonEarthCare@gmail.com](mailto:VashonEarthCare@gmail.com)

This is the first event sponsored by Vashon Earth Care an ecumenical group of islanders devoted to stewardship of our planet.

### Holiday of Art & Collectible Sale

Saturday Dec. 11th 9-6 p.m at the Land Trust Building on Bank Road.

Everything from fine art by local and nationally known artists to stocking stuffers – this is a holiday show you won’t want to miss.

There will be a raffle with great items to win and all money goes to support the Vashon Foodbank. There is limited space still available for artists. Call 206-300-2392

Come and enjoy good food and hot cider while you shop for unique gifts for the holidays.

### 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](http://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!

### Transportation Ferry Meetings

The Washington State Transportation Commission is holding a final hearing on November 15th from 3pm to 5pm in Seattle at the Puget Sound Regional Council building. This is the last opportunity to weigh in on the proposed fare increases. Comments can be written and emailed in, sent to the Vashon FAC Chair Greg Beardsley or presented personally at the meeting on the 15th. The fare proposals are listed through the link below:

<http://wstc.wa.gov/Rates/FerryFares/default.htm>

WSF will be holding their Vashon meeting on Thursday, December 9th, probably around 6:30. Folks are encouraged to come listen and learn about the emergency 2 boat schedule and what WSF’s plans are to initiate some of the findings in the Passenger Vessel Association (PVA) report and what is anticipated in the next legislative session. I’ve attached the report here. The FACs are still working on their response, as is the Ferry Community Partnership.

The Vashon/Maury Island Transportation Committee holds their monthly meeting the third Thursday of each month at 7pm at the Chamber of Commerce.

### Water District 19 Special Meeting

The Board of Commissioners of Water District 19 have scheduled a special meeting to be held on Tuesday, November 2nd, 2010 here at the district office beginning at 4:30 PM. The purpose of the special meeting is to begin the process of working on a master resolution and other business as necessary.

Our next regular meeting is scheduled for Tuesday, November 9th, 2010 @ 4:30 PM here at the district office.



### Social Network Oct. 29 - Nov. 4

### Mega Mind Starts Nov. 5

*Best Rural Movie Theatre  
2010- Seattle Weekly*

For show times and info check [www.vashontheater.com](http://www.vashontheater.com)

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### FPU Coming to Vashon

Dave Ramsey’s Financial Peace University coming SOON to Vashon! FPU is a 13-week life-changing program that empowers and teaches you how to make the right money decisions to achieve your financial goals and God’s plan for your life. The video-driven course includes practical lessons on eliminating debt, building wealth, giving like never before, and much, much more! Class starts on Sunday, November 7th (5-7pm) Contact Brady Aldrich for more information (206-351-7539, [bradyaldrich@gmail.com](mailto:bradyaldrich@gmail.com)) and/or visit [daveramsey.com](http://daveramsey.com)

**Find the Loop on-line at  
[www.vashonloop.com](http://www.vashonloop.com).**

### Compost the Loop

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

### Next Edition of The Loop Comes out Thursday, November 11

Deadline for the next  
edition of *The Loop* is  
**Friday, November 5**





# HOME TEAM REALTY

## Troy and Marie's 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)

### Prime Downtown Commercial Space

Rare opportunity to buy or rent a corner lot commercial property in the core of Vashon with ample parking, great signage, and recently refurbished interior. Suitable for a variety of businesses. Owners are licensed agents in the State of Washington. Call 206.463.5478 for more information.



- 1200 sft
- 3 rooms (office, conference, etc.) plus spacious reception area
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- ample storage
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\$550,000 to buy \$1500 per month to lease

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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**



# Chamber Announces New Director



The Vashon/Maury Chamber of Commerce would like to announce the appointment of Deborah Richards as its new executive director. Deborah has worked the past five years as the administrative assistant to our retiring director, Lee Ockinga.

Deborah will bring extensive experience, a fresh prospective and creative ideas regarding how the Chamber of Commerce can improve its service to members and the community.

The Vashon/Maury Chamber of Commerce, which is not associated with the National Chamber of Commerce, has undergone some major changes over the past few years, including a move of their offices to a downtown location. Future plans include a new visitor's web site and new business related programs. Deborah is a person who comes to us with vision and detailed new ideas. These characteristics have the potential to raise the bar for our organization in ways that will be beneficial to all our membership.

The board of directors for the Vashon/Maury Chamber of Commerce would like to thank our outgoing executive director, Lee Ockinga, for her dedicated years of service to our organization.

# Chamber of Commerce Annual Garland Sales Open to Everyone on Vashon!

Vashon Maury Island Chamber of Commerce is now taking orders for fresh cut cedar garlands. This is the beautiful greenery you see hanging on Vashon businesses during the holiday season. We are now opening orders to all Island residents to enjoy in their homes. Order forms can be picked up at the Chamber office or you can also download an order

# Merchants Trick or Treat Night



Halloween Trick or Treat Night is Saturday, October 30th from 4:30 pm to 7 pm, an earlier start than originally planned. Young and Young At Heart wear your costumes and come up town to enjoy Halloween Trick or Treat at your favorite Vashon haunts. At 6:00 pm the UMO ensemble will be riding in on the Halloween Coach with ghosts in tow for the official Ghost Walk ending at SW Bank Road and Vashon Highway SW for spooky ghost stories at 6:30 pm. OOOooooo.

Vashon Island Fire and Rescue Explorers will hold the annual Costume Contest from 4:30 pm to 7:00 pm in front of US Bank on SW Bank Road. Costume photos by Rebecca Douglas will be taken at Café Luna from 4:00 pm to 7:00 pm. Come and listen to Spooky Stories at Vashon Book Shop at 6:30 pm.


For the safety of all, roads will be closed and detours in place between SW Cove Road and SW 178th Street (Vashon Theatre) from 4:00 pm to 7:30 pm.

Trick or Treat Night Brought to You by The Vashon Island Merchants.

Sponsored by Vashon Maury Island Chamber of Commerce.



form from our Chamber homepage at [www.vashonchamber.com](http://www.vashonchamber.com). The cost is \$1.00 per foot. Orders with full payments must be into the Chamber office, located in Vashon Village, no later than 1:00 pm on Thursday, November 11. Garland is available for pickup on Sunday, November 21st until 12:00 pm. For more information call 463-6217.

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## 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.

# Head Lice 101

Vashon has always had lice, but lately outbreaks seem worse than usual. So, endure the Heebie-Jeebies and read on, help is out there. First and foremost lice don't care how old or clean or rich you are, they are equal opportunity bloodsuckers. There are three human types: head, body, and pubic. Each prefers its own habitats and the body louse is the one that spreads disease.

**The Life Cycle** is about 30 days on a host and about 55 hours without a host; nit to adult takes about 14 days. They feed about five times a day, light colored after hatching; they darken after a bloodmeal. They look like of a grain of sand or small freckle. Feeding is itchy (they attach to one spot for hours) and tickly as they move around. They do not jump, fly or live on pets. They breathe thru holes in their sides and can close them for several hours, so smothering agents must be left on for 8 - 10 hours. Shampooing will not kill them.

**Females lay eggs** during the adult stage, about 4 daily that hatch in about 7 days. The nits are light colored and resemble dandruff except they are attached firmly to the hair. New eggs are laid very close to the scalp and nits one or more inches away have hatched or the embryo is dead.

**Sensitive to heat and light**, they prefer the dark, warm area at the back of the head and around the ears. The lifespan, movement, and nit hatching are all dependent upon body heat: faster in the summer and slower in the winter.

**They spread thru** head to head contact, brushes, combs, clothing, or public seating: schools, planes, busses, cars, restaurants, or theaters. Girls are three times more likely to be affected than boys because of longer hair. Small children are more affected than older children or adults because they snuggle and often can't articulate discomfort

**Consistently Methodical** is the best strategy, whether treating the person or the environment. Make scalp checks part of the daily routine and teach kids about prevention don't share personal

items, hang coats on separate hooks at school, and avoid head-to-head contact. A buzz cut eliminates most nit laying, while pony tails and braids literally shed light on a problem area, the back of the head, and make it harder for lice to climb aboard.

**Recurring outbreaks** mean: 1) The method is ineffective, 2) Bugs or nits were left on the scalp, or 3) Contact with an infested person or environment.

**Scalp Check:** Wet hair is easiest. Part hair, bangs to nape, and pony tail one side out of the way. Part hair, crown to nape, in a 1/8" section and spread the hair to either side along the part. Visually check the entire length of the part for nits and lice. Repeat the process from back to front, then secure that section in a pony tail and do the other side. For short hair, use the palm of the hand flat against the scalp and move in the opposite direction of hair growth.


**Nit Pick** by sliding the nits down the hair shaft with a nit comb or your fingernail. Remove from fingers and combs with a bowl of rubbing alcohol or hot water and bleach. Catch lice with fingers or tape, sticky side out.

**Smothering:** Put the smothering agent around the edge of the hair to stop bugs from escaping. Use the parting technique above and put the agent liberally along each part, then add enough to coat the hair to the ends. Nit pick as needed. Cover with a plastic cap (or wrap), pat to get air out and leave on for 8 to 10 hours.

**Smothering agents** must be thick enough to stay on the scalp. Oil products and conditioners have been used with some success. Mayonnaise is not recommended because of salmonella concerns, nor is Vaseline because it is hard to remove. Cetaphil Cleanser must be dried into the hair with a blow dryer, see [nuvoforheadlice.com](http://nuvoforheadlice.com) for complete directions.

**Insecticides** (RID, NIX, Ovide, Kwell, et. al.) are under scrutiny because Super Lice are resistant or the product

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**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

## Live Entertainment Weekly

**October 29, at 9pm**  
**Star Anna & Alison Shirk**

**October 30, at 9:30pm**  
**Subconscious Population**  
**Halloween Masked Ball with**  
**Posse Impossible**

**November 5, at 8:30pm**  
**vanNorman**

**November 6, at 8:30pm**  
**Redperl**

**See our schedule on our Website**  
**[www.redbicyclebistro.com](http://www.redbicyclebistro.com)**

# Advertise in the Loop!

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

[ads@vashonloop.com](mailto:ads@vashonloop.com)

Next Loop comes out November 11



# Island Life Enthusiasm Gap

by Peter Ray

I was going to title this “Don’t Vote”, in honor of a decision I’d thought I’d made a short while back, but a voice from the radio this morning suggested what appears above instead. I like this choice better for two reasons. The first is enthusiasm, which is the least likely feeling to come to the fore for me when politics or political candidates are mentioned. It is probably not a surprise that the second reason is the word gap. In truth, I would have preferred chasm, as I like the rhythm and rhyme aspect it brings to the game, as well as the implication of a much greater distance between me and excitement in this regard. But there was also that recent dust up in the advertising industry over a change to the font of the corporate logo for that certain, three-lettered clothing retailer. As the experts from the designing industry weighed in throughout the breadth and, dare I say, depth of the vast expanse of think-and-do pages that make up the corporate media, it seems that the consensus was that change for that brand was not only unacceptable, the designed re-brand was tacky and tasteless and “what were they thinking?” Two better questions off the top of my head might have been- why is this news and who cares?

While I understand that for some people, a brand is important, I have never been of that mindset. I will admit that on occasion- one occasion- I have voted Republican. I voted for John Spellman, and yes it was against Booth Gardner. In many ways it was a vote against change. Spellman was against the Northern Tier pipeline, which seemed a sensible, environmental stance to me. There were other things he said and did that sat well with me. And every so often he would appear on a now defunct radio station in Seattle and spin jazz discs on a Sunday morning, and he would speak enthusiastically about them. This was an act that seemed to transcend politics and at least give the impression that he was truly a governor of the people. At the time of that election, we had a choice to move Washington forward, and I seem to remember Mr. Gardner being an advocate of this. We are always told the progress fable and warned of the consequences: “We must move forward or they will get there before we do”, regardless of who “they” are. As it is, as we “move forward” we are at the same time looking back to the “better times” of yesterday. We forget that we had a choice in the matter, which is always an all too convenient out- the forgetting that is.

One could say that the Spellman defeat was the beginning of my disillusionment with politics, but that wouldn’t quite be true. I really didn’t have any political capitol invested in that election at the time other than the time spent on that brief foray to the ballot box, back when we had a ballot box to foray to. It wasn’t till the years of Bush II that I felt like I was owed at least something- something remotely resembling the truth. It was a time of the awakening of the documentary film as the new medium of newsworthy expression and true information dissemination, as it was also the time when what were formerly



reliable news organizations had now become prevaricators by reframing, fabrication and omission. Not much has really changed since then. Add to that current mix a pant load of assurances from our elected officials that they are doing something to move forward toward making things better, only if you give them a little more time to just do it. My suggestion here would be to go to the congressional record and peruse, as I have done, exactly what they are “doing”. Then take a walk around any town, any block, and see the effect of what they aren’t doing. And now we are asked to fear the worst if we don’t drop our carefully marked ballots down the King County elections memory hole so that life as we know it will be saved from the dire consequences resulting from a possible Republican avalanche. And I was just so sure that the promise of Obama magic was teetering on the brink of kicking in at any time now.

Some might see the problem here, and the root of my quandary. Fans of Frank Baum and Judy Garland may start to get it as well. From this perspective, I have watched Toto grab the end of the drapes and expose the man behind the curtain. I have listened to what he has to offer as the solutions for the pressing problems of the Yellow Brick Road posse- a fake diploma for a brain, a clock for a heart and a medal as a substitute for courage. And oh, you want your home back? Sorry Dorothy, I don’t know how this thing works. I would like to believe in the wizard, but I know he really sells snake oil. I would like to believe that the horse of a different color offers a change of any kind for the better, but from where I’m standing it’s business as usual and that business is a smelly mess. Will I fill out and send in my ballot? Maybe. But if they ask me to come to Tukwila again to verify my signature I think I’ll take a pass on that golden opportunity.

## Allie Needs A Home...



This adorable little girl is about a year old and full of fun! Ali loves to run and play and is a perfect playmate for other dogs, large or small. She is very sweet, but doesn’t know much about walking on a leash yet ... she definitely thinks faster is better! She’s had all her shots, is micro-chipped, and is ready to keep you on the go. If you would like to meet Ali, contact Vashon Island Pet Protectors at 206-463-0941 or 206-567-5222. There is a \$125 adoption fee.

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## Hallow Promises

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



Yes, I stretched the title definition a bit. But if you think about it, a hallow promise is one to be honored...sacred, if you will. And being that we are approaching Halloween, this article is meant to be a friendly reminder of the promise you made to yourself.

You remember the one, right? Not to overindulge in the sugary goodness of the holiday. If you've been paying attention, I recently outlined the detrimental effects of a diet saturated with sugar. In the last issue I gave you the recipe to successfully take on and overcome your most daunting tasks. So if you are concerned about your health or attempting to drop a few pounds, this is not the time to lose sight of your goals.

Maybe it's time we take a new look at how one can lose their vision.

Consumed by unconsciousness. It's the new disease pharmaceutical companies have yet to manufacture a pill for. You know you have it when you find yourself regretting your previous actions. That's because memory loss is one of the symptoms. You go about your day before you realize you've done some things you wish you hadn't and didn't do some things you wish you had. Tragic...

To combat the slow progression of being consumed by unconsciousness you must have a plan of action in place. You must have strong motives as your support system. You must know what those motives are and keep them in your conscious mind. You must also have the guts to hold tight to your motives without victimizing yourself as if you are going without and inevitably feeling deprived.

What do you want? Start by asking yourself that question. If the answer is to be healthy then a rocket scientist need not be present to tell you eating handfuls of Halloween candy isn't the answer.

So what if it tastes good? Big deal if it's sitting around in bowls at work. If all that Halloween candy was little

packets of cyanide would you still eat it? Jim Jones I have a convert for you. No, I doubt you would. So why the sugar?

Well, because it tastes good and because it doesn't kill you like cyanide... it's a much slower death. I get it...but do you? There's a reason every diet plan on earth suggests you cut out sugar. Again, not rocket science. Sugar is a highly caloric food that contains zero health benefits.

If I were a pharmaceutical company I'd make up a packet and sell it as the cure-all to combat the new disease consumed by unconsciousness. Probably change the name to make it look official. In that packet would be some sticky notes and a pen. The instructions would be to write down in detail every meaningful motive you have to live healthy and strong. You would then be instructed to post those sticky notes in every place that temptation seems to arise; your wallet, frig, cupboards, computer screen etc.

Also included in the packet would be a small ball ping hammer made for your key ring (just in case you think about slipping or do slip). Total cost= \$497.00

I trust that this holiday season finds you healthy and well. At least well enough to appreciate the humor and glean the importance of treating yourself well. One piece of chocolate...just one.

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## Only on Vashon

Continued from Page 1

with flowers and geese. I hoped her new place would be as special. I almost asked her why she didn't just hang out here until the cows came home. But I wasn't sure if we were quite at that frank stage in our friendship.

Anyway, just as I was roping the load in, an ambulance pulled into the driveway without a siren or flashing lights, and a couple of white-coated men hopped out and entered the house. Moments later they returned and removed a gurney and went back in.

The next time they came out they were carting my sleeping Husky fan, visible for a few seconds before they slipped the sheet over his face. The men nodded over at us, pushed the gurney in, slammed the door shut, got back in, and drove away. Just like that.

Then the owner came out to say goodbye. She waved at the guys in the ambulance as they pulled out of sight.

"Poor dear, didn't get to see the winning drive," she said to us. "He sure loved his Huskies. Passed away in the third quarter, and I didn't have the heart to turn the TV off."

peter@vashonloop.com

## Head Lice 101

Continued from Page 4

contains a neurotoxin, like Lindane or Malathion. Read and follow the directions CAREFULLY and never use on children two years or under.

*Never use gasoline or kerosene; many children have been critically burned. Any alcohol based product should never be used with a heat source.*

**Clean environments** regularly by vacuuming, heat, isolation and smothering, use water at least 130 F. Put items in the clothes dryer for at least 30 minutes. Use a black plastic bag for smothering and seal the bag tightly. Leave the bag in a hot car for 12 hours or sealed for 5 days.

Carpets, furniture and mattresses should be vacuumed and isolated for 5 days, cover furniture with sheets that are washed daily. Wipe floors, counter tops, etc., in hot water and bleach. Brushes and combs can be soaked in hot water with bleach. Don't forget the car.

Sources: Vashon School District, Vashon Pharmacy, CDC.gov, Headlice.org, Kidshealth.org, Wikipedia.org, Headliceinfo.com, Nuvoforheadlice.com.

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

# Commercial airplanes over Vashon-Maury

It is a nice day today, high overcast, sun peeks through every now and again, not raining. However I am grouchy. WHY?

Last night I was rattled 6 times out of my slumber by the vibration and NOISE of Sea Tac commercial airplanes. The following information comes as no surprise to you I am sure, sleep deprivation and interruption causes, in the least, disgruntled individuals.

Scientific studies have clearly defined the impediments created that develop often into life threatening results by consistent interruption of body rest patterns, consistent noise exposure and air borne environmental emission pollutants. Aptitude is diminished, physical agility impaired, rate of heart attacks in people living under airplane overfly is higher than average, neurological and respiratory impaired conditions develop at an elevated rate for those who reside under flight patterns, just to mention a few of the side effects cited in various studies.

So why, on quiet, rural Vashon-Maury Island are we allowing this invasion to ebb into our homes, life style and environment? Why are we turning our minds and ears off to this continual day and night onslaught? Perhaps because we are so busy we haven't

had the time to stop and take notice. LISTEN, Vashon-Maury Islanders! Next time you are out & about find a place to gather some repose. Inside or out, parks or private, take 15 minutes and LISTEN. LISTEN to the birds, LISTEN to the rustle of the autumn leaves as they topple and float from limb to nestle on the ground and the crunch made as you meander about. LISTEN.

Take that beach walk on Burton, watch the moon rise at Point Robinson, do a trek on a Maury Park trail. LISTEN. What do you hear? Odds are, within a 15 to 20 minute time span depending on time of day or night, you will hear up to 15 commercial airplanes careening overhead. Ask yourself, "do I wish to allow the noise and exhaust emissions to continue in ever increasing numbers over me, my family, animals and environment?"

If you conclude that these ever increasing invasive factors as mentioned need to be stopped for the best future of Vashon-Maury Island, get involved by contacting Vashon-Maury Overflight Committee & Fly Higher Over Vashon, at: vashonoverflight@yahoo.com, join us on facebook www.facebook.com/vashonoverflight, P.O. Box 2771, Vashon 98070 or contact (206) 605-4776.

If Vashon-Maury Island can collectively create a voice to be heard about the Glacier issues we can certainly build volume to be heard above Sea Tac commercial airplane noise and jet fuel emission pollutants.



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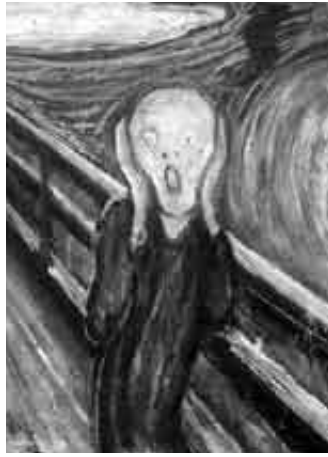
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**Aries (March 20-April 19)**  
You may be questioning whether someone you desire is ready for what you have to offer. Given the astrology, this is a fair question. You may be sensing that someone is distant, and attributing it to this question. Now is the time to set your doubts aside. Your confidence, and your simple knowledge of what you want, can make up for what anyone else may lack in the way of initiative. I would suggest this, however: place no attachment onto any unusual encounter that may occur. Allow whomever you're thinking of to take the experience away and absorb it for themselves, giving it their own meaning. A cosmic door is open, and what comes through now may not be available again; and you increase the likelihood of more experiences by having no attachment to this one -- generosity, love and appreciation are enough.

**Taurus (April 19-May 20)**  
A relationship is at a crossroads, though you may not understand the nature of the junction. The circumstance is more about you and how you perceive yourself than it is about any encounter with another person, though the two are connected. It would, however, help to have cause and effect in the right order. How you experience yourself determines how you experience yourself in any encounter with another person. You will see anyone else through the filters of your self-perception. So start there. What are you seeking in a relationship? Figure out where you can give it to yourself. What are you seeking in your creative life? You're the source of your own creative energy. The more fire you bring into any encounter in your life, the more fire there will be. Relationships are an exchange, which begins with you.

**Gemini (May 20-June 21)**  
I've sometimes teased about the second kinkiest sign of the zodiac, without revealing my notion of who gets the ribbon. That would be Gemini; it's the whole twin thing, which is a way of bypassing differentiation and merging with the other. If you're not a Gemini don't worry -- everyone has the Twins in their chart (it's just a matter of where), so anyone can tap into this benefit. For you, now, the sky is a playpen. It's a waterworld of ideas and sensations, of feelings and the potential for deep nourishment. More than anything, the experiences you have can allow you to connect with something deep in yourself that would qualify as a core creativity, a source of pleasure and a mode of healing -- all at once. Words are vital to this process: dare to speak the unspeakable and let that experience work its wonders on you. Speak to yourself or someone you care about, but learn to connect feelings with words and see where that leads you.

**Cancer (June 21-July 22)**  
All sex involves risk, and an element of the unknown. Study personal ads for half an hour and you will get a taste of the certainty that people are seeking. Usually, they look for people who claim to be 'disease free' and to have no emotional baggage. I suggest you look, or rather feel, for chemistry and authenticity. These are human qualities you can count on in the immediate moment, and the long run. At the moment, keeping a sense of adventure is essential. It's true that part of you wants to blaze forward, and part of you is hesitating. You have some dark secrets you're keeping, and you have a burning desire to speak about them. That would count for adventure, and it could lead to

others -- based on whether you feel heard, and whether you like what you hear. So speak and listen.

**Leo (July 22-Aug. 23)**  
Stay close to home -- that's the point of maximum fulfillment and adventure. And I dare say quite an adventure is possible, right where you are (and at most within a mile or two). I suggest you plan some kind of gathering for Saturday night, at the center of which is a fire. A campfire, Chiminea pot or even a display with lots of candles will do (put someone in charge of fire safety if you take the candle route). Arrange the fire in the center of the space, so that it's a focal point. In another time and place I might have suggested inviting over some sexually adventurous adults, arranging childcare for 24 hours, and disconnecting the phones and the computers. Food would be light fare, for maximum alertness; and easy on the libations -- not too much: just enough. Who does these things anymore?

**Virgo (Aug. 23-Sep. 22)**  
Wow, your mind looks like a morph between NASCAR and stock car racing. Except for the part about everything making such perfect sense, when you look at it the right way. The intensity is hot, and you may be wondering how you're going to get all those words, pictures, concepts and emotions onto paper. May I suggest you start with clay? You need something kinesthetic: something you can squash your hands into, that entirely bypasses the language and logic centers in your brain. Rather than abstraction, you seem to want the direct feedback of the sensual world. Even the most modest craft store has cheap clay -- give it a try. Phase two would be images. Again, try to bypass any form of syntax or rationality. As you work with the parts of your mind and emotions that are oblivious to reason, your ideas will evolve into something you can handle, and you will love them when they do.

**Libra (Sep. 22-Oct. 23)**  
Is masturbation sex? Most people would say no -- it's something you do in the shower. I would say yes, and that it's an attribute of the most important relationship you have, which is with yourself. Right now your masturbation practice is the canary in the coalmine of your erotic life; what you might call the indicator that will tell you about all the other erotic encounters in your life. Remember that a key element is imagination, which in this situation is the ability to simultaneously feel, conjure images and be in your body at the same time. How do partners feel about the sex you have with yourself, including what goes through your mind? Who that you know inspires you to go deeper into yourself? Who actually honors your inner relationship? That is a lover -- especially if it's you.

**Scorpio (Oct. 23-Nov. 22)**  
You may be concerned about your image, or living up to some pretense of glamour, desirability or youth. What I suggest you invest your energy in is connecting with the eternally young person you contain within you, which is best described in the metaphor of a fire. The concept 'old fire' and 'new fire' don't really mean much; hot fire, well-tended fire, and having enough fuel are more practical and useful. In the human journey, that fire is contained within. Others may inspire you, remind you of new directions that you might take and even pass some heat your way -- yet you alone can tend to your creative flame. A

rare alignment in your birth sign suggests that this is the moment where a little love will go a long way.

**Sagittarius (Nov. 22-Dec. 22)**  
Your imagination must be running utterly wild. It may be wild with the possibilities, and among them may be a touch more fear and hesitancy than you're accustomed to. It looks like there are moments when you're afraid of falling off a cliff in your mind. I'm not making the case for mental instability or anything, but I would say that the edgy nature of your charts right now would accurately reflect an edgy state of mind; and that is something you can safely explore. Yes, explore responsibly, in a secure place and a nourishing, nontoxic way -- but in many respects the usual rules are off. You simply have more flex in your swing and your thoughts have a bit more space between them. Perhaps you want to be alone, perhaps you want to be with someone you care about. Whatever the case, if you can name three people who love you, you're fine.

**Capricorn (Dec. 22-Jan. 20)**  
Let the peak of energy connected with the Full Moon carry you to another place. You may have one destination or concept in mind; that will work as long as you hang loose and be ready to take another kind of ride. This weekend's astrology really is a case of 'one thing leads to another', whatever that might mean for you: it could involve a partner, it could involve a project, it could be social. Speaking of projects, you seem to have one that's been on your mind. It looks like a deeply personal endeavor of some kind, probably of the creative ilk. You may feel tension between whether you engage with others or engage with yourself. The astrology suggests that the truly one-of-a-kind, lavishly fulfilling opportunity involves your inner process rather than any kind of gathering.

**Aquarius (Jan. 20-Feb. 19)**  
Everyone has his or her own reason for respecting you, and the most likely one right now is that you're in alignment with yourself. You have the ability to be who you are, with everyone, all the time. This is a particular kind of integrity, and it's one that's rarely seen in the world -- so if you happen to get on this wavelength, you're likely to stand out. Yet the quality that will stand out the most is quiet inner confidence that exudes both self-sufficiency and warmth. That is the key, the part about emitting heat. One thing we both know about Aquarians is that aura of cool detachment. You have another side, a passionate aspect of who you are, that is tuned directly into your emotions and your empathy. Put that forward first.

**Pisces (Feb. 19-March 20)**  
Remember that in order to divide 'sexual' from 'spiritual', someone had to use an axe. Fortunately, this can only be done in concept, not in reality. In reality, loving, fully aware existence is what the seeker of truth reaches for. The thing to remember is that it's not distant: it's right with you now. Any aspect of existence, such as your own desire or passion, thirst for knowledge or loving drive to connect, would qualify as 'spiritual'. You would be wise to pause and question any doubts you may have about whether this is true: whose doubts are they? If you think they're your own, where did they come from? The simple truth of existence is that while you're roaming around on this planet, you have the privilege of enjoying your life, and sharing your pleasure. At the heart of that is the privilege of desire.

Read Eric Francis daily at [www.PlanetWaves.net](http://www.PlanetWaves.net).



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# Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

## The Holy Halloween Candle Story

by Mary Tuel

The plan was to write about kidney transplants this week, but my cousin Charlotte called last night. She said she and Nancy were talking and she remembered the story of the holy Halloween candle, and the two of them decided that she should tell me. So she called, and here is the story, as close as I can make it to Charlotte’s telling:

“I don’t think you ever went to my house in Tracy. It’s an ordinary three-bedroom one-story wood framed house, and it’s on a tree-lined street. The whole street is lined with Modesto ash trees.

“Tracy was just a small town when I moved there back in 1977, only about twenty-five thousand people, but now it’s grown so much, with condos and shopping malls. There are about 100,000 people there now.

“Around the corner from my house was the Parker Avenue Market, a little mom and pop store. When Nancy and I were kids visiting at Grandma’s she’d give us each a nickel and we’d walk to a mom and pop store a couple of blocks from her house for a Popsicle, so we have good memories and we’re so fond of mom and pop stores.

“The house had a small front porch, just the tiniest porch, and every Halloween I got the biggest pumpkin I could find and

carved it and put it out on that porch where the kids came to trick or treat.

“Well, this one year I went and got this huge pumpkin and I got it all carved and put it out on the porch and then I went to get a candle, and I couldn’t find one! So I went to the Parker Avenue Market for a candle.

Parker’s Market had every little thing you might need – light bulbs and milk and everything else, but when I got there they only had one candle left, and you know what it was? It was a holy candle. One of the ones in the glass holder.

“Well, here I am, this Christian Baptist Catholic Pentecostal girl looking at this holy candle, and what am I going to do? This is the only candle Parker’s has left. So I made the sign of the cross, and I said, “Oh, Lord, please forgive me for this sacrilege.” Then I bought the candle and went back home and put the holy candle inside the pumpkin.

“Pretty soon kids started coming for candy. The little ones came early with their parents, and then as time went on the older kids came. There were a lot of trick or treaters in those days. I think I had close to a hundred and fifty of them.

“It got later, after 8:30, and they weren’t coming any more so I decided to turn off the porch light and close up shop. I was getting ready for bed when all of a sudden I remembered the candle.

“Now you know I’m very safety minded, and I was careful with candles because it was a wood frame house with a tree hanging over it, so I didn’t want to leave that candle out. So I went out to get the candle to put it away, and it was gone! It had been stolen!

“I never figured out who stole it or why – was it kids being pranksters because it was Halloween? Did someone need a candle? Did they take it because they thought using it in the pumpkin was a sacrilege? Were they just thieves?”

Whatever the reason, that’s the only candle that was ever stolen from one of Charlotte’s Halloween pumpkins. We’ll never know why.

So that, dear hearts, is the story of the holy Halloween candle. Wishing you all a good Halloween however you observe it, and a blessed All Saints’ Day on November 1, when we remember all who have passed from us this year and in the years past.

## Vashon Ski School

Continued from Page 1

audience response.”

“Look on the Bright Side” features some of North America’s finest freestyle snowboarders, skiers and skateboarders, including Braden Dean, Justin “V.D.P.,” Matt Margetts, T.J. Schiller, Mike Riddle, Jesmond Dubeau, Shayne Zwickel, Mike Mertion, Jeff Boake, Max Hill (from Puget Sound), Warren Williams, Ian Cosco, Josh Stack, Corey Klim, Joe Schuster, Andrew Jackson, Jan Schuster, Nick Moore, Cam Schuster, Josh Bibby, Tyler Holm, Colston JB, Scott Sych, Barry Hartman, Reed Speedman, Jordan Gibson-Fraser, and Simon d’Artois. Learn more about Voleurz at <http://voleurz.com/>.

Vashon Ski School’s winter 2011 season will include trips to The Summit at Snoqualmie on the following Saturdays: Jan. 8, 15, 22, and 29, and Feb. 5, 12, and 26. It services Vashon Island with ski buses making day trips for youth and adults, and extends its winter recreation opportunities to South Kitsap and West Seattle families (the “ski bus” makes a West Seattle stop at Fauntleroy en route). Register at Vashon Park District.

About Vashon Ski School:

Since 1947, the Vashon Ski School has been instrumental to get Vashon youth and adults up to the Cascade Mountains for winter sports. Administered through Vashon Park District and operating at The Summit at Snoqualmie, it offers a host of options from ride-ups on the “ski bus” to tremendous ski and snowboard lessons from the veteran Northwest ski

program, Ski Masters. Ski Masters also has many different classes aimed at different age groups and all skill levels. Vashon Ski School is a 501 (c)3. Learn more at the Vashon Park District. Find the Vashon Ski School online at, [www.Facebook.com](http://www.Facebook.com)

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**Find it on**  
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## Vashon Library November 2010 Programs

**Great Books Discussion Group**  
Monday, November 1, 2010  
7pm  
The Great Books Discussion Group meets on the first Monday of the month, October through June. The selection for November is “Death in the Woods” by Sherwood Anderson, in “Great Books #3”. Visitors are welcome. The only requirement to participate is that you have read the material under discussion.

**ESL Classes**  
Tuesdays, November 2, 9, 16, 23, 30  
6pm-7:30pm  
Come to the Vashon Library for free weekly lessons in speaking English as a Second Language. Childcare can be provided. You must request it one week in advance, by speaking to the teacher or calling the library, 206.463.2069.

**Toddler Story Time**  
Tuesdays, November 2, 9, 16, and 30 (no story time on Nov. 23)  
10:40am  
ages 18 months to 3 years with an adult  
A 20-minute program of stories and songs just right for toddlers.  
No registration required.

**Preschool Story Time**  
Tuesdays, November 2, 9, 16, and 30 (no story time on Nov. 23)  
ages 3-5  
Join us for 30 minutes of stories, songs and fun!  
No registration required.

**KCLS Study Zone**  
Drop in during scheduled Study Zone hours for homework help from volunteer tutors, Tuesdays 3-6pm and Thursdays 3-5pm.

**Baby and Me Story Time**  
Wednesdays, November 3, 10, 17 (no story time on Nov. 24)

Newborn to 18 months with an adult  
A 20-minute program of stories, songs, rhymes and bounces for babies and a caregiver.  
No registration required.

**SAT Preparation with Daphne Purpus**  
Saturday, November 06, 2010 (last session of a 4 week series)  
1:00 PM  
Teens  
Presented by Daphne Purpus  
Four sessions will help you prepare for the SAT. They will focus on the exam format, how the questions are ordered, when to guess, how to guess, and general test-taking strategies. Students will receive suggestions about how to prepare further on their own. Prerequisite: students must take the SAT practice test online BEFORE the first session. A library card is necessary to log in to the Testing & Education Reference Center, a database that can be accessed from the KCLS web site.  
Please register at the library or call 206.463.2069.

**Libraries Closed for Veteran’s Day Holiday.** Thursday, November 11, 2010  
All King County Library System’s Libraries and Offices will be closed.

**Microsoft Word, Level 1**  
Saturday, November 13, 2010  
9am  
Learn basic skills for entering, correcting and revising text on a computer. Prerequisite: Ability to use the mouse and keyboard. Please register in advance by calling the library at 463-2069.

**Libraries Closed for Thanksgiving Holiday.** Thursday, November 25, 2010  
All King County Library System’s Libraries and Offices will be closed.

## Last Minute Halloween Ideas for the Guys!

Continued from Page 1

sure that’s where Nathaniel Hawthorne’s literary character wore hers. The rest of your get-up should also be straight out of the red-light district, stilettos and all. Make Ellisport proud!

Tallulah Bankroad  
If you live in the village you’ll be strutting the streets as a 1940s screen siren. Arm yourself with some of your character’s famous clever quotes. My favorite: “If I had to live my life again, I’d make the same mistakes, only sooner.” You might also try this one, after a few beers, as a pickup line. “ I’ll come and make love to you at five o’clock. If I’m late start without me.”

Glenda Acres  
Are you from the Northeast part of the island? Doll yourself up as the good witch, sprinkle some stardust in your hair and get yourself a wand. If anybody gives you any grief about getting around you in that ridiculous birdcage of a dress poke ‘em in the eye with the wand. For bonus points hide a midget under the dress and have him pop out occasionally to frighten little children.

Liza (with a Z) Boola  
Westside resident? Grab your top hat and cocaine; you’re going as a faded Musical Theatre Star. You’ll need gallons of pancake and eye-makeup, and smoke a few packs of cigarettes the day before the party for that raspy sound. Dress a couple of friends up as has-been fashion-world designers, dribble some vomit on their chests and you’ve got an entourage!

Granny Static  
Lucky you if you’re from the center of Vashon. You’re going as a lusty grandma! You’ll need to hit your Aunt Mabel up for some of her old lingerie (fill the bra with saggy water balloons) and stockings, and her husband Al up for his flasher raincoat, and you’re a done deal. And Granny likes ‘em young, so head directly to the beer pub, there won’t be anybody at the VA party granny would even glance at. See how many times you can flash/flirt with the boys at the bar before you get punched.

Luana Bitch  
From the beach? This one’s too easy. You have everything you need in the boxes in the garage, the ones you keep forgetting to toss. You’re going as your ex! Make sure you wear something she hated that made her look really fat. She made you promise to throw that old rag out, now you’re not only going to town in it, you’re going to attach a picture of her wearing it! Right over your heart! Can’t find a pic? Photoshop one. Maybe even pierce an arrow thru it for added emphasis.

This costume works best with smeared eye-makeup, matted hair, a huge prosthetic butt, and ratty old slippers that might have been yellow once. Coax a friend to come along as her deadbeat alcoholic new boyfriend with the bad toupee.

So how about it Guys? Aren’t you glad you waited until the last minute now? This is going to be the best Halloween ever!



# What’s Your Take ... On Your Most Memorable Halloween?

By Peter Bond

With all due respect to everybody else there is nothing more frightening than having a son born on Halloween to the woman who bore him (do I sound bitter?). The fact that just weeks earlier she had insisted his name be Damian makes it all the scarier. Luckily, I won the name battle but she still got her Halloween baby. Oh well, he turned out to be a pretty good kid and now I have a spooky story to tell my grandkids (I might already have one of those too – but that’s a VERY scary sequel for another year). Anyway that’s my memorable take ... what’s yours?



Juli – Vashon

A “bunch” of friends and I hit the streets of Chicago one year as a bunch of bananas, with an attachment at the top for all of our heads and the whole bit. It was very funny.



Sarah – Vashon

A couple of years ago I got up on the Red Bike stage with dyed purple hair and sang with Trolls Cottage and SubPop. It was an amazing show.



Nick – Vashon

One year I helped a friend with his teletubby costume. We attached an old laptop to his stomach (tummy) which had the hinges broken, so it flattened back. That way we could broadcast the internet while we walked around Port Townsend. We alternated between horror flicks and porn and caused quite a stir.



Art – Vashon

Once I went out as a bag of trash. I was completely enclosed with my hands hidden, with a tie around the top, so I really looked just like an abandoned bag of garbage. I went from place to place on the streets and parked myself anywhere for awhile, and people would walk around me, avoid me, or comment on why a bag of trash was just sitting there in the middle of the sidewalk.

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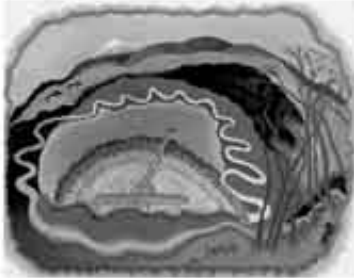
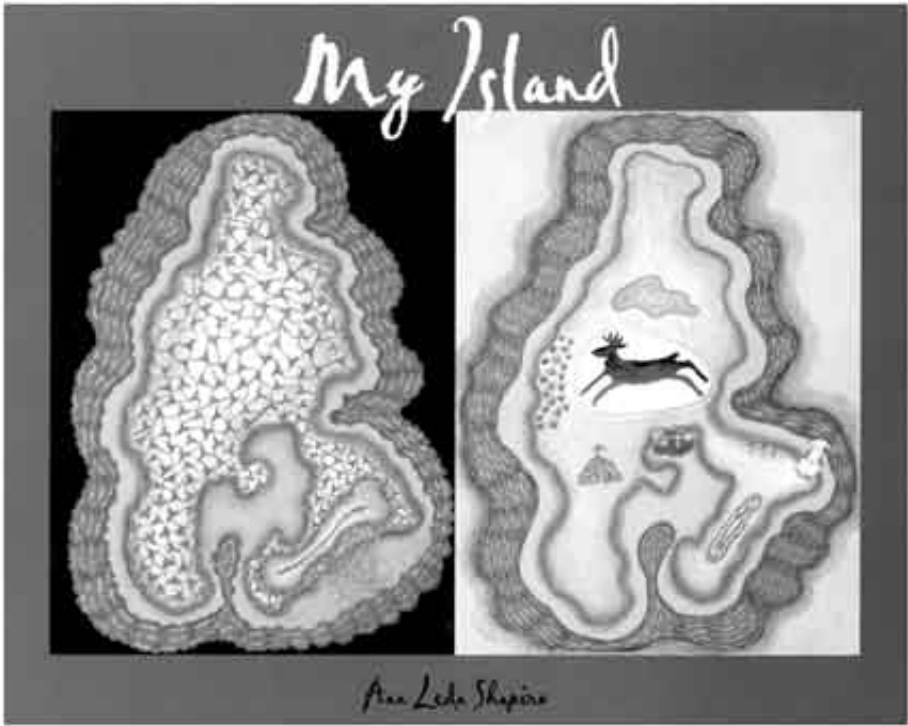
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## Don’t Forget the Birds

by Ed Swan



### Bufflehead Back Around the Island

Bufflehead returned about on time this year with the first showing up in Quartermaster Harbor near Portage on October 19. The third week of October proves to be their usual return date for the Island. Their characteristic big bulky head with the large white patch in the males and distinctive bright white and black sides stood out from afar from the surrounding dark scoters and grayish grebes. The attending females appeared much less flashy with their grayish-brown bodies and only a small, oval white ear patch. The name Bufflehead comes from a corruption of the name “Buffalo head,” the blocky head of the males earning that name from their first scientific description in 1791. Over the years others called them Butter Ball, Dipper and Hell Diver. Many of the diving ducks received the “Hell Diver” in the past.

Buffleheads are easily the most common diving duck seen around Vashon. Groups of 50 or more occur during spring migration and now, as the fall movements continue, many groups of 5-10 might be found around the ferry docks, bays and inlets around the Island. As winter comes on, Bufflehead appear in ones and twos or even large groups of 10 or 20 around the length of the saltwater shore. One or two will

show up in about every freshwater pond bigger than a mud puddle. One winter, I received a report of one in a driveway puddle after a big rain.

Washington Department of Fish and Wildlife reports indicate that a 20% increase occurred in the Bufflehead population in the north Puget Sound area based on the Marine Ecosystem Analyses of 1979-80 and the Puget Sound Ambient Monitoring Program surveys of 1992-99 (Nysewander et al. 2001). Numbers in the central Puget Sound, the area including Vashon, showed a smaller increase (Nysewander 2003). Vashon Christmas Bird Count data look more complex with an increase in the first half of the decade followed by a decline for several years and ending with an up tick (Trevathan 1999-2009).

The overall stable population of the Bufflehead contrasts with that of the scoters, goldeneye, scaup, loons and grebes which all show significant to drastic declines in numbers. It’s thought that a difference in prey populations and the wider habitat use of the Bufflehead play a part in its better survival rate. The other diving birds mostly winter on saltwater and depend on various fish stocks at several points of the fish life cycle. Bufflehead utilize freshwater, where they prey on insects and larvae

and occasionally weed seeds, as well as saltwater where they concentrate on crustaceans and molluscs such as shrimps, crabs and snails.

Other waterfowl continue to return with Barrow’s Goldeneye near Portage in Quartermaster Harbor on October 20, shoveler in Fisher Pond also on the 20th, Northern Pintail and a hybrid AmericanXEurasian Wigeon seen by the monthly Audubon field trip on the 9th and Black Scoters and heard in Dockton regularly since mid-September by Bob Hawkins. Mike Feinstein reported that the Harlequin Ducks arrived in late September as well along Luanna Beach Road. Zillah Copper recently gave a rare fall Townsend’s Solitaire that died as a window kill to Gary Shugart for the Audubon and Slater Museum collection. On a Cub Scout boat trip on October 18 from Dockton to the entrance of Quartermaster Harbor, I saw a number of Common Loons in mid-harbor and several Pacific Loons in the channel entrance across from Manzanita. If you have a question about Vashon birds or a photo or sighting to share, call me at

463-7976 or email at [edswan@centurytel.net](mailto:edswan@centurytel.net).

I’m also available as a guide for finding birds around the Island and the Puget Sound region. The next few months represent some of the best birding time for Vashon with all of the region’s waterfowl on display and easy to see from the Island’s shores. If you have birding friends or relatives coming, give me a call or visit my website at [www.theswancompany.com](http://www.theswancompany.com) to find out more.



Find the Loop on-line at  
[www.vashonloop.com](http://www.vashonloop.com).



# Positively Speaking

## “Of Love, Courage, and Money as Energy not Power”

By Deborah H. Anderson

What once was a coping mechanism for seemingly impossible stress has now become a self care treat. And so I found myself at the Monkey Tree hearing myself say ‘I want one of those eggy thingys” and a decaf coffee please.”

Moving my way to the back for a little more privacy I reached for the paper only to remember the next stop was 20/20 to have the lense put back in the right side of my eyeglasses. I concentrated on the experience of a fresh hot cup of coffee. A conversation to the right of me drifted over. ‘It’s official today’.

When he was done, I invited Adam to share with me. “I’m under deadline today, but I can morph things a bit if you would like to get the word out through the Loop”.

The Monkey Tree is officially for sale as of Friday 22 October 2010. If you are interested in the sale details contact Jean Bosch at John L Scott. It will be open for regular business, regular hours through Dec 27th.

The details I was interested in were different. “This week’s column is on Love, Courage and Money as Energy not Power” I explained.

“What was the Love piece to the Monkey Tree?”

“Because we had financial freedom with a lease from an older time on Vashon we had the freedom to be gracious to people. It’s your birthday? Have a free muffin. We taught our staff to celebrate. Recognizing we have a well traveled , well educated population here on the Island we’ve been able to bring together remarkable people under one roof as our customers. Since we were bakers from the old Sound Food, we wanted to bring that to this new place.”

“With the recent urge ( on the part of the popular world) for the local and sustainable, we have an inheritantly sustainable place. Sure we could charge \$16 for this egg dish (pointing to my entrée) but then not everyone could buy it. We set our prices to include all demographics so everyone could enjoy themselves here.”

“But it’s been four years with three owners it’s exclusive daily management and none of us is twenty five anymore. 4:30 AM to 4:30 PM just isn’t working anymore. After our break these last few weeks we returned knowing it was time for a change. But we’re hoping to find someone to who will love it and keep it in



the community.”

“What was the courage part?”

“Well”, he said, “ it was a risk taking a defunct pizza factory and turning it into this, but it had good bones and we just trusted it would work.”

And since he had already talked about money as energy and not power and he had to go back to work, a few words with his wife Megan and I returned to the joy of my meal. A trio of women with active preschoolers came in and sat at the double table across from me.

Ah me. What a benchmark the morning repast was to become that day.

Before October was taken over my breast cancer awareness , it was the month to lift up Domestic Violence. I started my breakfasts out as soul sustenance when I was in a very abusive marriage with a man who was at best passive aggressive and controlling in the sneakiest way. At worst, the night I came home and found my oldest daughter huddled in a corner in her bedroom with a bloody nose, or the day he ditched my oldest son were a tie for nauseating moments. Little by little I had gotten the courage to confront and set limits over breakfast out about twice a month early in the morning.

I (and the children) were miraculously lucky ones. We victims are kind women who give people way too many chances. If you are in a seriously hurtful relationship go out to breakfast and get some perspective on the strength within you. You CAN get out and live to tell the story.

For me , today....fifteen years later, I returned home to daily chores I kinda sorta welcomed and a peace and tranquility and absence of fear and love of self I never thought I would be privileged to experience.

Go have an egg thingy at the Monkey Tree before they close and consider your life in the peaceful loving atmosphere that leaves you with enough money for groceries. And if you’re interested in continuing the option of such a place here on Vashon...call Jean.

Love  
Deborah



## Class Schedule for this Fall

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

**Advertise in the Loop!**  
**Fall is a great time to get back in the Loop.**  
**ads@vashonloop.com or call 253-237-3228**  
**Next Loop comes out November 11**

# It’s Good to be Back

By Mike Ivaska

The island is an amazing place. I really love it. Having spent the last several years living over in Seattle and the last two working over there, I have developed a new appreciation for the island. After high school, about twelve years ago, I moved to the city for a few years to work and play bass “professionally” in a blues band. Those were fun years, and we did actually get paid to play, even though I was too young to drink and the waitresses had to turn a blind eye to the underage guy wandering around the bar between sets. I moved back to the island the first time because I was broke and needed to save money. Mom and dad’s house can look pretty good to someone in that position. No rent. Free food. What’s a ding in the old self-esteem now and then when you don’t have to pay for your own cereal? The island absorbed me back into its rhythms after not too long.

The second time I left the island was from burnout. My mom was sick with breast cancer and my dad was struggling to make ends meet. I was working at Thriftway part time and at my church part time, which together made for a fulltime paycheck and an eighty hour week. There is really no such thing as working for a church “part time.” When you are laying awake at three in the morning praying about the next day’s events, are you “on” or “off” the clock? At this point, I had been back on my own feet for some time, and because of my parents’ situation, they had actually come to live with me. In many ways this was really a beautiful time. Eventually, though, the emotions brought on by everything became too much. I moved myself and my folks off to West Seattle, gave my church one year notice I was leaving, and began investigating colleges. I had never gone to school and now was the time.

Well, we don’t order our own steps as much as we would like to believe we do. I’m back. I’m married. I’m a year away from my BA in Religion from Faith Seminary, Tacoma. I’m working for my old church. I’m excited to be here. I love the island. I’m so happy I am back.

I think that Christians in particular don’t appreciate Vashon the way we really should. Because of our belief in the Bible, we often find ourselves at odds culturally with much of what happens here. We can agree with our neighbors that loving others is the most important thing in life (Christians and some others would add, “second only to loving God”). We can agree that the world is hurting, that people are hurting, and that something needs to be done. We could all live somewhere else but we all choose to live here,

so we must all agree that the island is a place worth living, too. I am a political skeptic and tend to be offended by both the left and the right, but I know that many of my Christian brothers and sisters would be considered “conservative” and often feel alienated by things like the pro-Democratic Party floats during the Strawberry Festival parade.

At the heart of the Christian faith, too, is an alienating message. After all, Jesus didn’t get crucified for being a nice guy and talking about love. He was crucified for being offensive, for calling himself God, for eating with prostitutes and telling religious people they were going to hell. Jesus’ message was inclusive precisely because it was exclusive. Anyone can come to Jesus because everyone has to repent. Anyone can be born again because everyone must be born again. As Christian believers, we often forget that we are sinners too. But just like everyone else, Christians have a lens we view the world through that determines how we see life. No one can view the world around them without viewing it from somewhere. Christians, at our best, are viewing the world from our relationship to Christ and through the “lens” of our beliefs. And one of the things we believe is that faith, while personal, is not a private matter. That’s the sticky thing about claiming something is true. If something is true, then one way or another it affects everybody. So I guess we are left either to talk to each other or about each other. What will it be?

I have to say that I am really excited being back on Vashon. I love it here. I love how quirky and odd we islanders can be. I love knowing hundreds of people by name, as opposed to being surrounded by thousands of people I will never meet. I love the churches on Vashon Island and I am excited for their future. I know some of the things I have said relate more accurately to the “evangelical” churches like Bethel and VICC, but I have friends in almost every church on this island and I love them all.

It’s good to be home.

*Mike Ivaska moved to Vashon Island with his parents and brother in 1988. He grew up on the island and graduated VHS in 1998. Returning to Vashon in 2002, he worked three years as youth pastor at Vashon Island Community Church from 2005-2008. He and his wife Nichole are back at VICC, where he serves full-time as Associate Pastor, which lets him still work with youth among his other responsibilities. Mike and Nichole are excited to be islanders once more.*

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# Island Epicure



By Marj Watkins

Life for the Pumpkin after Halloween

Were you lucky enough to find an edible pumpkin for your jack-o-lantern? If so, you can peel it, cut it into 1-inch squares, and steam it. When it's very tender, puree it in a blender or food processor to a smooth pulp. Now you can turn it into Pumpkin Bread, Pumpkin Soup, or Pumpkin Pie.

My breads have to be gluten free. You can substitute all-purpose flour one-for-one in this recipe. Or use one cup white flour and 3/4cup whole-wheat flour.

- Gluten Free
- SPICY PUMPKIN BREAD
- Preheat oven to 350 degrees
- Beat well:
- 3/4 cup brown sugar
- 5 Tablespoons butter, softened
- 2 eggs
- Combine and stir in:
- 1 cup home-cooked, pureed pumpkin
- or 1 cup canned pumpkin pulp
- 1/3 cup milk (dairy, soy, or almond)
- Sift and mix in with a wooden spoon
- 1 /34 cups sorghum flour
- ½ teaspoon baking powder
- 1 teaspoon baking soda

- 1 teaspoon cinnamon
- 1 teaspoon ground ginger
- ¼ teaspoon ground cloves
- 1/2 teaspoon salt
- Stir in, optional:
- ½ cup raisins
- Oil a 9x-9-inch baking dish. Preheat it 6 minutes. Pour in the batter. Bake in the center to 1 hour. This is a very moist, cake-like bread. It tastes great warm or cold.

- PUMPKIN CURRY CREAMSOUP
- 3 Servings
- Combine in a saucepan and heat to steaming:
- 1/2 cup pumpkin pulp
- 2 teaspoons chicken granules or 2 bouillon cubes
- 1/4 cup hot water
- Blend to a smooth slurry and stir in:1
- Tablespoon cornstarch
- 2 teaspoons curry powder
- 2 Tablespoons water or milk
- Stir-cook until thickened. Serve hot.
- Wholegrain bread or toast goes well with this.

Nutri-Tip: Milk, cream, and real butter all contain Omega-3 fats that help reduce heart attack risk,m lower triglycerides, and enhance retinal health. They are vital ingredients for healthy cells of all sorts. Every little bit of Omega-3 helps to balance the plentiful Omega-6 and Omega-9 fats in our diets. Olive oil, canola oil, and walnuts also yield Omega-3 fats.

All eggs give you some Omega-3s. An ordinary egg has about 25 milligrams of DHA and 25 mg. of ALA, but ALA Omega-3 is not as useful to our bodies as DHA and EPA.

Salmon is the richest source of these two most valuable Omega-3 fats, DHA and EPA with about 125 milligrams of DHA per serving plus some E

THE DORSAL SPIN: Superpod Sonata

Continued from Page 1

north of Seattle. L116 is the first known calf of 20-year-old L82. The Center for Whale Research initially observed L116 with L82 near San Juan Island on October 13. Baby L116 still had fetal folds, indicative of recent birth.

Working judiciously under a research permit that allows close approaches to killer whales to collect samples and take photos, VHP associates Mark and Maya Sears, along with NOAA Fisheries biologist Brad Hanson, had fruitful encounters with approximately 50 widely scattered Southern Residents on October 14 and 15. From a NOAA research vessel, the trio collected orca poop, fish scales, prey remnants, regurgitations, et al, and obtained ID photos. They conducted most of their work in north Puget Sound, near the confluence of Admiralty Inlet and Possession Sound.

The orca chow (chum) are jumping in Colvos Pass -- to the delight of eagles, sea lions, gillnetters, and seiners -- however the Southern Residents have yet to return to Vashon-Maury during daylight.

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 [www.Vashonorcas.org](http://www.Vashonorcas.org) and send photos to Orca Annie at [Vashonorcas@aol.com](mailto:Vashonorcas@aol.com).

A young "weaner" seal is hauling out on the boat ramp by La Playa Restaurant. The bright yellow sign Odin posted is a reminder to keep your distance and feed your leftovers to humans, not seals. The VHP appreciates your Dall's porpoise reports.

Currently, our endangered Southern Resident orca population teeters at 86.

J Pod has 26 members, K Pod has 19 members, and L Pod has 41 members with L116, though newborns are not officially included in the census until they have survived one year. L116's existence is clearly meaningful to the orcas.

Each pod lost family members in the past year. The five Southern Residents who died: Lummi's presumed daughter, 77-year-old Georgia (K11); L114, a calf born in February 2010; three young males - 14-year-old Keet (J33), 24-year-old Flash (L73), and 24-year-old Saanich (L74), both of breeding age. These losses hurt. Ouch.

In our limited human way, and with the help of Mark's stunning photos, Odin and I will pay tribute to these beloved, departed orcas during our free Audubon presentation, "Kéet Shuká: Killer Whales from Native and Western Perspective," November 17, 7:00 PM at the Land Trust. Visit [www.vashonaudubon.org](http://www.vashonaudubon.org) or call the VHP at 463-9041 for more information. Join us to learn why these exquisite killer whale souls are Kéet Shuká.

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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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# Lopy Laffs

Why don't witches like to ride their brooms when they're angry?  
They're afraid of flying off the handle!



A man learned shortly before quitting time that he had to attend a meeting. He tried unsuccessfully to locate his car-pool members to let them know that he would not be leaving with them.  
Hastily he scribbled a message to one fellow and left it on his desk: "I have a last-minute meeting. Leave without me. Dave."  
At 7:00 p.m., the man stopped at his desk and found this note: "Meet us at the bar and grill across the street. You drove."

Co-workers sympathized as my mother complained that her back was really sore from moving furniture.  
"Why don't you wait till your husband gets home?" someone asked.  
"I could," my mother told the group, "but the couch is easier to move if he's not on it."

While transcribing medical audiotapes, my co-worker came upon the following garbled diagnosis: "This man has pholenfrometry."  
Knowing nothing about that particular condition, she double-checked with the doctor. After listening to the tape, he shook his head.  
"This man," he said, translating for her, "has fallen from a tree."

New to the United States, I was eager to meet people.  
So one day I struck up a conversation with the only other woman in the gym where I exercised.  
Pointing to two men playing racquetball in a nearby court, I said to her, "There's my husband." Then I added, "The thin one--not the fat one."  
After a slightly uncomfortable silence she replied, "And... that's my husband - the fat one."

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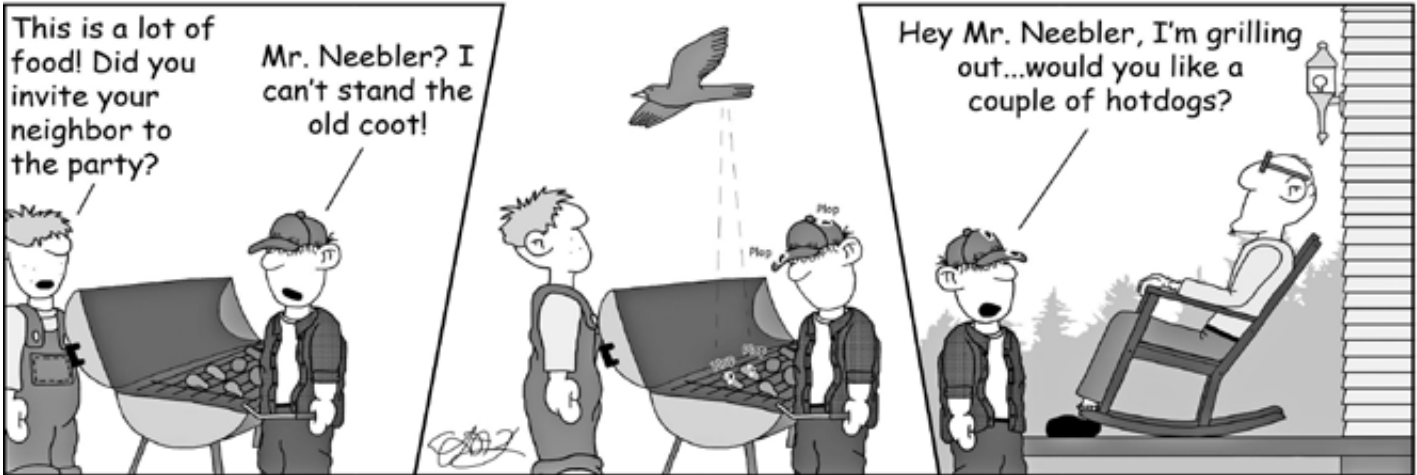
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Answers from kids to science test questions:  
Q: Define a vacuum.  
A: Vacuums are nothings. We only mention them to let them know we know they're there.  
Q: What is evaporation?  
A: We say the cause of perfume disappearing is evaporation. Evaporation gets blamed for a lot of things people forget to put the top on.  
Q: How are clouds formed?  
A: I am not sure how clouds get formed. But the clouds know how to do it, and that is the important thing.  
Q: What makes it rain?  
A: Rain is saved up in cloud banks.

The stockbroker's secretary answered his phone one morning. "I'm sorry," she said, "Mr. Blanton is on another line."  
"This is Mr. Wellington's office," the caller said. "We'd like to know if he's bullish or bearish right now."  
"Well," the secretary replied, "He's talking to his wife, so I'd say he's mostly sheepish at the moment."

A teacher arranged her pre-school students into a circle. She then went around the circle and asked each one a question.  
"Davey, what sound does a cow make?"  
Davey replied, "It goes 'moo.'"  
"Alice, what sound does a cat make?"  
Alice said, "It goes 'meow.'"  
"Jamie, what sound does a lamb make?"  
Jamie said, "It goes 'baaa.'"  
"Jennifer, what sound does a mouse make?"  
Jennifer paused, and said, "Uhh ... it goes ... 'click!'"

## Moose Lake



## V.I.P.S.





Performing October 29-30  
**A Double Bill Featuring  
Brian Ellefson & Chris Marshall**

Born in Honolulu, Hawaii singer/songwriter Brian Ellefson and has the laid back, down to earth sound reminiscent of Jack Johnson. He spent 6 years as a studio musician before releasing his own album Panoramic View. The album was a one-man effort with Brian writing, recording and producing the tracks over the last year. As a studio musician, he spent a lot of time playing alongside other guitarists and learned to play complement to root guitar. That accent-style guitar carried forward into his own music and is prominent on most songs on the album. [www.brianellefson.com](http://www.brianellefson.com)

Portland country singer, Chris Marshall, has an Americana sound underpinned with spiritual roots. He performs with a guitar and harmonica. The passing of a friend influenced him to live out his dreams and



solidify the record he had spent a lifetime envisioning in his head. His forthcoming debut CD "August Light," is an exploration that encompasses themes as universal as love, travel, finding one's self, friendship, betrayal, heartache, and redemption, "August Light" examines these life lessons through the ultimate lens of faith: Whether it is faith in a higher power, faith in the partner sharing your bed, or faith in something as simple as a flower growing out of nothing.

[www.chrismarshallmusic.com](http://www.chrismarshallmusic.com)  
Friday, October 29, 7:30pm.  
At Cafe Luna, 9924 SW Bank RD  
[www.cafelunavashon.com](http://www.cafelunavashon.com)



**Star Anna & The Laughing Dogs  
with Allison Shirk**

Allison Shirk is a local singer songwriter who has a distinctive voice with a slightly southern accent. Her songs take life experience and weave stories to which people can connect. She describes places and people that linger in your mind long after the song ends. Heartache with a sense of humor are prevalent in her songwriting.

Allison is putting together a one-time band for this event to showcase her original songs the way she wrote them - for playing with a band. Todd Zimberg will be playing drums and Doug Ringer playing bass.

Star Anna is one of Allison's favorite contemporary artists and she is thrilled to be opening for her. "I heard her play live for the first time early in the summer. I was blown away by her energy and her lyrics. There are few musicians out there right now that are as original as Star Anna is."



Allison fronted a punk rock band in Honolulu before recording the solo demo album in 2000, "Reason to Believe." Moving to Vashon Island in 2001, she formed the alternative country band, American Standard, switching to playing the bass. She took a short break from playing gigs while she started a family, and re-emerged with a new band called The Shirks in 2009 as the lead singer and bassist playing all original songs. For the past several months, Allison has been playing solo with all original songs. She played over twenty gigs in the last three months in Seattle, Tacoma, and Vashon and has been making appearances with her sweethearts - the Doily Brothers.

Friday, October 15, 9pm.  
At the Red Bicycle,  
17618 Vashon Hwy  
[www.redbicyclebistro.com](http://www.redbicyclebistro.com)

**Subconscious Population Halloween  
Masked Ball with Posse Impossible**

Subconscious Population....a band that everyone knows and is a huge part of Island history when it comes to music. If you think that maybe, just maybe... on a quiet summer night, sitting on your porch perhaps...you might have heard wisps of "Jah Lee Kali", "Funkified" or "One In A Million" floating through the air...you just might have. Yes, one of the island's most mysterious and captivating bands ever is back at it and having a blast blazing through their classic songs, as well as creating their own spin on some very cool covers. Like Pink Floyd's "Wish You Were Here"....or Jimi's "All Along The Watchtower". These boys are having some fun and if you're lucky, you'll hear some of that from your porch, if the wind carries it just right. If you saw them at last year's Halloween show last October, you witnessed one of their best shows ever. They're back in full force and tighter than they have ever been.

Posse Impossible is a Vashon Island



based music collective that mixes up a booty shaking blend of funk, rock and hip-hop. The rhythm section consists of Gabriel Blake (Trolls Cottage) on drums, Brian Forsythe (Little Big Man) on bass and Ian Bradley (Stoney Beach) on guitar.

Saturday, October 30, 9:30pm.  
At the Red Bicycle,  
17618 Vashon Hwy  
[www.redbicyclebistro.com](http://www.redbicyclebistro.com)

**Head Into the Woods  
This Halloween!**



This year Vashon's Halloween weekend offers a plethora of activities, productions and down home entertainment. One of these is Drama Dock's fall youth musical, the Broadway Junior version of Stephen Sondheim's Into the Woods.

Into the Woods Junior features a lively ensemble cast featuring many familiar Grimm's fairy tale characters in a colorful forested setting that interweaves the old familiar stories while presenting them in a new light. Witches, princesses, mysterious characters and fairy tale favorites will grace the VHS theater stage throughout the weekend. Show times are convenient and allow theater goers to attend all other fun Halloween events offered on the island this year. "Into the Woods' ponders what might happen if the characters explored the consequences of their quests. What happens when wishes do come true...but not in the way you imagined?

Rehearsals started at beginning of the school year and Director Elizabeth Ripley has rehearsed the cast at an accelerated pace to offer another quality Drama Dock production. Ripley has been ably assisted by first time choreographer Lizzie Schoen, costume and scenic designer Lillian Ripley and Stage Manager Oren Askenazi. The cast, consisting of Vashon middle and high school students includes many who are already seasoned stage veterans having appeared or starred in other Drama Dock, VHS, and other youth theater productions. The Junior version of Into the Woods runs about 1 1/2 hours

vs. the full Broadway version which clocks in at 3 hours.

Ripley does not hesitate to add "Although this is a young cast, the caliber of the performances and production values are very high. I would encourage anyone to make this part of their Halloween weekend plans... I can promise they will not be sorry."

The Into the Woods cast includes: Devan Barnes , Kaia Boonzaier, Camille Charnews , Haley Charnews, Marika Charnews, Franklin Easton, Hannah Fellbaum , Brette Flora, Maria Gilmour, Michelle Gilmour-Meyer, Kalie Heffernan, Katrina Heffernan, Emma Hennessey, Ellie Hughes, Isaac Hughes, Maya Krah, Ellie Leonhardt, Max Lopuszinski, Olivia Mangione, Quinn McTighe, Charlotte, Schoen, Lizzy Schoen, Lili Stenn, Roman Twisdale and Anna Rose Warren.

Sondheim is known for his challenging music and the show offers these young actor/singers a chance to tackle a tricky score woven together with non-traditional story telling. Ripley reports, 'The score is challenging, but this cast has proven themselves worthy of the challenge!'

Drama Dock Presents:  
"Into the Woods Junior"  
Fri. Oct. 29 at 7:30 p.m. and Oct. 30 and 31 at 2pm  
Vashon High School Theater  
Tickets available at Books By the Way and Vashon Bookshop  
Adults: \$15 - Seniors/Students: \$10

**Russell Clepper  
Folk/Americana/Acoustic**

Russell is a singer/songwriter, born and bred in Texas, but who is now living in the Pacific Northwest on Whidbey Island near Seattle, and he shows up at Luna every six months or so. He moved to Whidbey to be with the love of his life, Sarah Dial Primrose, longtime Northwest resident, artist and businesswoman. Russell has performed all over Texas and in many other states solo and with other musical artists. Most recently he collaborated with Jimmy George of Austin, Texas in the acclaimed Clepper George duo, and they took a March tour of Texas to support the new CD the duo created Earlier, in San Antonio, he founded the Trebelmakers with Mike Phelan. His cousin Mo Pair has often contributed to both those projects. Emilie Clepper is Russell's singer/songwriter daughter, who has had much success and critical acclaim in her native Quebec City where Russell lived for 17 years. For more information, visit Russell's Myspace page and view his EPK at [www.sonicbids.com/RussellClepper](http://www.sonicbids.com/RussellClepper).



Russell Clepper  
Friday, November 6, 7:30pm.  
At Cafe Luna, 9924 SW Bank RD  
[www.cafelunavashon.com](http://www.cafelunavashon.com)

**Find the Loop on-line at  
[www.vashonloop.com](http://www.vashonloop.com).**



# Panache Jazz Series includes local percussionist

By Janice Randall

Seattle jazz guitarist Lonnie Mardis and his talented Quintet will play straight ahead jazz from the group's 2007 album, *About the Day*, 8 p.m., Saturday, Nov. 6, at Blue Heron Art Center. Tickets include complimentary champagne and desserts.

Mardis, who has performed and composed for more than 30 years, will be joined by a stellar group of players: saxophone player Sandon Mayhew, Director of the Jazz Ensemble at College of Idaho and Boise State University; saxophonist Chuck Smith (Paul Anka's long time music director); keyboards and electric bass player Rick White (who has shared stages with Tito Puente and Clark Terry); and Vashon's own drummer extraordinaire, Todd Zimberg known for his role in Island Jazz Quintet. Hear a music sample at [LonnieMardis.com](http://LonnieMardis.com).

Tickets, \$15/\$18, are available now at Blue Heron, Heron's Nest, Books by the Way and [brownpapertickets.com](http://brownpapertickets.com). More information at [www.VashonAlliedArts.org](http://www.VashonAlliedArts.org).



Seattle jazz guitarist Lonnie Mardis

# Little Red Riding Hood skips into the Blue Heron

By Janice Randall



Vashon Allied Arts' Family Series 2010-11 launches October 31, at 2 p.m., with Thistle Theatre's Bunraku-style puppetry version of *Little Red Riding Hood*. Bring the kids and wear a costume if you like!

Designed for ages 3 to 103, Thistle Theatre's lovingly created puppets include Rudy, an impish squirrel who befriends Red and warns her of the dangerous wolf lurking in the woods. Arrogant, wily Wolf assumes a variety of clever disguises in his attempts to deceive Little Red Riding Hood. Fritz the telegram singing bird and Greta, a woodland rabbit (with a carriage full of baby bunnies) round out the zany characters Little Red Riding Hood meets along her precarious journey.

Nationally-recognized songwriter, Sue Ennis best known for her work with platinum-selling Seattle

rock band Heart, penned the hilarious *Wolf Aria*. The tune has grown to become one of Thistle Theatre's most popular songs.

The Series, October 2010 through March 2011 at the Blue Heron, includes a variety of family programming: theatre, rock music, clowning and more, all designed for families with children up to age 13, and anyone interested in professional, G-rated shows. VAA Family Series is cosponsored by CenturyLink and Thriftway.

Tickets for Little Red Riding Hood, \$5 VAA members and all children/\$8 general adult, are available now at Blue Heron, Heron's Nest, [brownpapertickets.com](http://brownpapertickets.com) or at the door.

For more information about VAA's Family Series, please go to [VashonAlliedArts.org](http://VashonAlliedArts.org).

Joanna Gardiner

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# Church of Great Rain's Spooktacular Exposes the Funny Side of Halloween

Need a little brain boost as the days get shorter? For a little pick-me-up come to Church of Great Rain's Halloween Spooktacular on Sunday, October 31 at 6pm at Open Space for Arts and Community.

If you haven't yet been to Church, beware of the brainwash. No matter how they enter, churchgoers usually depart with a silly grin from ear to ear. While no one knows for sure who or what causes the grin, there are many suspicious candidates.

It could be the hauntingly mellifluous (and often downright droll) Church House Band, playing a wide range of tunes from long ago right up to the hippest sounds of the day. CHB songs can sway even the most ardent critics into feverish frenzy with mesmerizing lyrics like "I'm too sexy for my cat." Or, maybe it's the Holy Roller Radio Players, reading clever scripts written to pull laughter deep from within.

While new to the Church, this month's special guest, Subconscious Population could easily instigate some



positive brain vibes. Synonymous with Halloween on Vashon because of their Masked Ball (now in its 18th year at the Red Bike on Saturday, October 30th), this mysteriously magical musical group blends funk, rock and hip-hop to rock your brain silly.

Whatever the cause, Church of Great Rain is the indisputable destination for making your Halloween a happy one! Tickets (\$8 adults/\$5 kids) are on sale at Vashon Bookshop, Books by the Way and [www.brownpapertickets.com](http://www.brownpapertickets.com). The show begins at 6pm; doors open at 5. For more information, go to [www.greatrain.com](http://www.greatrain.com) or visit us on Facebook.

# vanNORMAN

Islander Chuck vanNorman performs his original works accompanied by Jason Everett on bass/vocals and Fletcher Andrews on percussion. Chuck incorporates a variety of techniques and styles on his steel and nylon guitars. The audience relates to his real-life lyrics while enjoying the soothing power and flow of his voice. Chuck has been praised for his strong songwriting among musicians and listeners. "Performing with some of Vashon's top players makes my good songs into great songs... that's exciting!", says vanNorman. All-ages show 'til 11pm, 21+ after that.



Friday, November 5, 8:30pm.  
At the Red Bicycle,  
17618 Vashon Hwy  
[www.redbicyclebistro.com](http://www.redbicyclebistro.com)

# Redperl

RedPerl is Vashon Island's favorite (and only) guitar-playing and fiddling dynamic duo. With Daryl Redeker on guitar and Sarah Perlman on the high wires, RedPerl is an energetic band whose camaraderie comes through onstage, whether they're singing an original tune or cranking on an instrumental. Their music swings, it has soul -- and it is appealing to all ages. All-ages 'til 11pm, 21+ after that.



Saturday, November 6, 8:30pm.  
At the Red Bicycle,  
17618 Vashon Hwy  
[www.redbicyclebistro.com](http://www.redbicyclebistro.com)

# Trick or Treat Photo Shoot

Vashon Photographer, Rebecca Douglas, will take portraits of all costumed Trick or Treaters. There is no charge from the photo shoot. Halloween portraits will be displayed during the month of November. Portraits are available for viewing and purchase on [www.rebeccadouglas.com](http://www.rebeccadouglas.com).

Saturday, October 30, 4pm-7pm.  
At Cafe Luna, 9924 SW Bank RD  
[www.cafelunavashon.com](http://www.cafelunavashon.com)

*What's Upcoming?*  
Friday, November 5, 6pm - 9pm  
**Halloween on Vashon**  
**Rebecca Douglas Photography**

Rebecca Douglas will display the best of Vashon's costumed creatures from photos taken on Halloween night. Rebecca Douglas Photography  
[www.rebeccadouglas.com](http://www.rebeccadouglas.com)







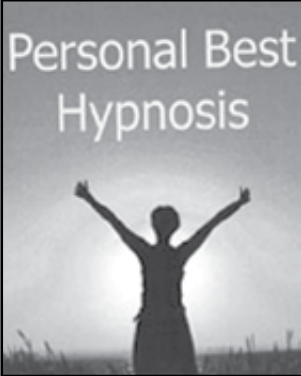
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## Next Edition of The Loop Comes out Thursday, November 11

Deadline for the next edition of *The Loop* is  
Friday, November 5

Vashon's Yellow Pages on line.  
Find it on  
[www.VashonPages.com](http://www.VashonPages.com)

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