



THE VASHON LOOP

Vol. 8, #21

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

October 13, 2011

VashonBePrepared Honored with Executive's Award



King County Executive Dow Constantine and King County Councilmember Joe McDermott with members of VashonBePrepared, Chief Lipe and John Cornelison

VashonBePrepared and the Carnation-Duvall Citizen Corps Council were both honored with the first-ever Executive's Awards for Community Preparedness.

"When storms knocked out power and blocked roads last winter, I saw firsthand how members of VashonBePrepared jumped into action to open warming shelters and deploy a 'bucket brigade' to distribute fuel for generators - keeping Island residents from suffering in the cold," said Executive Constantine. I am pleased to honor the spirit of self-reliance shown by these hardworking volunteers and encourage others to follow their lead."

VashonBePrepared was chosen for its quick action after last year's Thanksgiving week winter storm that knocked down power lines and left many Vashon and Maury Island residents in the dark. Volunteers also coordinated

the emergency response with King County and Puget Sound Energy to restore power to the area in half the time originally forecast.

"The impressive work done by VashonBePrepared in those cold, dark days went beyond the basics," Executive Constantine said. "Their ongoing actions demonstrate a 'whole community' approach to disaster response."

"Island communities can be isolated from emergency resources if disaster strikes. Preparation is the most important thing a community can do to ensure their safety," said Councilmember Joe McDermott who represents Vashon and Maury Islands. "VashonBePrepared is a model for other communities, and I commend them, their volunteers and partner organizations, and all the people of Vashon and Maury Islands for their exemplary work preparing for the unexpected."

Amanda Knox: Home At Last



Amanda Knox, center, is comforted by sister Deanna Knox, right, and mother Edda Mellas, left, at a press conference after her return to Seattle. Photo by Stephen Brashear / Getty Images

October 4, 2011, 5:13pm PST, SeaTac Airport. The British Airways jet touches down and Amanda Knox is home! Those are the words that I have wanted to print for years.

October 3, 2011, 1:30 am PST, Raffaele Sollecito's statement to the court: "I never hurt anyone, never in my whole life. The charge against me, it was so outlandish that I thought that it could disappear within a little amount of time, everything could be clarified. But this did not happen and somehow I had to endure and go on day by day and I've

been living a nightmare.

On this bracelet is written 'Free Amanda and Raffaele.' It's a bracelet that I've have never taken off after I received it as a present; I think is time for me to take it off. It's a companion that gives me different emotions. There is a desire for justice for the efforts on the path I've taken in this dark tunnel. There is also the desire for freedom. And there is also the affection and the tenderness which we've shown each other ever since we've met. This bracelet is part of history and

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Road to Resilience

Keeping the Big Picture in Mind

By Terry Sullivan, Transition Vashon

of the planet and future generations, they are primarily concerned with short term profit. I could go on, but suffice it to say that they are driving us towards oblivion at 90 mph!

It is likely that resource scarcity and more dramatic climatic events will create such political and economic instability that centralized corporate power will collapse of its own weight and utter irrelevance, but, until that happens, they will continue to make an already bad situation much worse. In particular, the economic and social dislocation they continue to cause is creating an anxious and fearful attitude amongst people that will make it doubly hard to make the cultural changes we will need to make to adapt to the changing world. That is why we need to support Occupy Wall Street.

Suspecting that the media was belittling or, at best, misconstruing what appeared to be a popular uprising, I went to Westlake Part in Seattle on Saturday afternoon to see for myself. What I found was a fairly orderly crowd of the usual left political rally folks. There was a lot of union representation, though no union agenda evident, and no political representation. Since there was a permitted indigenous people's rally scheduled for the afternoon, there were a good number of them there

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Find the Loop in the
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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.

Scholarstic Book Fair Oct 19-28

Support Reading and the Fifth Grade Camp Waskowitz Experience.
The Scholastic Book Fair will be held in Chautauqua main floor common area, open Oct 19-28th, 8:30am-4pm. The fair will also be open on parent/teacher conference days and during the Harvest Party Carnival. Shop for birthday or holiday gifts using teacher and student wish lists. All proceeds go to fund Camp Waskowitz for the fifth grade class.

Wildlife

Wolftown Rehabilitates all species of Island Wildlife including birds.
We have successfully rehabilitated hundreds of wild animals here at the project for over 10 years and will continue you to do so.
You can help buy contributing funding for feed and medical supplies and Vet care.
we always need towels donated.
Thanks Vashon!
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Holly Daze Are Here Again

Once again Vashon Island will enjoy its traditional Holly Daze Bazaar. It will be held on November 19, 2011 from 10 a.m. to 4 p.m. at 17727 100th SW (the former NAPA store). This will be a wonderful place to get handmade presents for your friends and family. In addition to the displays of items made by Vashon crafters, there will be hot beverages and doughnuts as well as a Make It and Take It booth for kids to make gift items. Join us for the perfect kickoff to the holiday season. For further details call Ann Zbryk 206-463-9428.

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

The Vashon Loop

Writers: Kathy Abascal, Deborah Anderson, Marie Browne, Eric Francis, Troy Kindred, Terry Sullivan, Orca Annie, Kevin Pottinger, Steve Amos, Ed Swan, Mary Litchfield Tuel, Marj Watkins, Peter Ray.
Original art, comics, cartoons: DeeBee, Ed Frohning, Rick Tuel, Jeff Hawley, Alex Soriano. Steve Krueger
Ad sales and design: Steven Allen
Phone 253-237-3228
Email: ads@vashonloop.com
Editor: Steven Allen
Email: ads@vashonloop.com
Publisher: Steven Allen
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Auditions for Dicken’s A Christmas Carol

Drama Dock Theatre announces Auditions for Dicken’s A Christmas Carol!
Saturday, Oct 15 and Monday Oct 17, at Ober Park Performance Space.
The Director, Christopher Ott, requests that you bring a one-minute memorized monologue and be prepared to sing a wee bit of one of your favorite Christmas Carols. (A memorized short poem will also work if you don’t have a monologue). There are parts for all ages-- from Young Fan to Martha, to Mrs Fezziwig, to Mrs. Cratchit; from Tiny Tim to Peter to Fred, to Bob Cratchit to Scrooge himself... and let’s not forget the ghosts and Marley!
Performances will be at the Blue Heron Art Center between Dec 16 thru 26!
Questions: contact Elizabeth Ripley 463-6388; eripley13000@hotmail.com

Dog Poo and Garbage Everywhere

Dog owners/garbage dumpers I need your help with our cesspool/garbage dump Quartermaster Harbor. It’s still full of dog feces and trash. 20 years ago evidence suggested that dogs going on the beach every day is a large contribution to the nitrogen and fecal bacteria in the water. Dispose of it with the garbage please. Do the math. Each dog goes half a pound per day. Not every household on the Islands has a dog but many have 4. We have approximately 3000 dogs which equals 1500 pounds of doo doo a day. If half gets picked up that still leaves the other half which adds up to 273,750 pounds of poop running into the water every year. 136,875 tons of feces makes the stew of poison that feeds our annual red tide/paralytic and diuretic shellfish poisoning and many other problem organisms. Lots of people enjoy walking their dogs on the beach and still leave their dog dung for the water to wash away. Dung is all over our trails and road sides and if you walk along not looking where you are stepping you will take a big gob home on your shoe. Please keep your dogs on a leash and take your dog’s \$#!+ with you before there is a big stink. NOTICE DOG OWNERS with a yard full of dog or any manure, it may be in your well water and that’s no BS? Also I think we need NO DUMPING signs out in the water? Please help me try to get free garbage dumpsters around the islands so we can help keep all this stuff from being dumped the water. A clean ecosystem is my goal for Quartermaster but clean fresh and salt water is up to all of us.
Bill Rowling

Raw,Vegan Potluck

At Dorothy’s- Call 463-5664 for info and directions, 5:00-7:00, Raw,Vegan Potluck.
Bring garden delights, pates, dehydrated crackers, avocados, gazpacho, nuts, seeds, dehydrated cookies, etc. (call for ideas) as well as yourself and friends and plates!

Reach Your Fat Loss Goals!

Have you veered off your weight loss plan? No worries, it happens to us all. The key is to get back on that path towards good health. I’m here to help. We’ll tackle this problem together! You see, healthy weight loss isn’t all about what you eat. It isn’t all about exercise. And, it isn’t all about your mental motivation. It’s about all three. Without all three areas covered, you’re going to have a difficult time getting on that path and staying on course.
Three Paths, One Destination: Healthy Weight Loss!
Path Two: Exercise
Path Three: Mental Wellness
Start visualizing the body you want and stay positive! Nothing ruins results more than having a negative attitude and outlook.
If you want help reaching your goals and are looking for motivation and fat-burning workouts then perhaps the 30-day fat loss bootcamp challenge is exactly what you need.
The challenge begins Monday Oct 17th at the Vashon Athletic Club.
When : Oct 17th – Nov 14th
Where : Vashon Athletic Club
Time : Mondays and Wednesdays 12-1pm. Cost: \$75
Contact: Jill @ 206-660-2853 or runwithjill@gmail.com

Vashon Chamber Open House

Vashon Island Chamber of Commerce And Visitor Center Cordially invites you to attend our Open House
Thursday, October 20, 2011
6:30 PM to 8:00 PM
Please Join Us at Our New Location
17141 Vashon Hwy SW (just north of Vashon Village)
See the New Vashon Island Visitor Center. Meet the Chamber Board of Directors, Staff and Volunteers. Enjoy Ray Pfortner Art Exhibit. Meet the Vashon LEADS Networking Group
Refreshments Will Be Served
RSVP Appreciated
4 6 3 - 6 2 1 7 or discover@vashonchamber.com

Reusable Building Materials Collection Event

Got some old doors, sinks, windows and other building supplies taking up space in your garage? Now is the time to gather them up and bring them to the Transfer Station. King County is partnering with Second Use to keep this stuff out of the landfill. Did I say that this is FREE!!
Bring your doors, windows, hardware, sinks, plumbing fixtures, low-flow toilets, tubs, extra tile, stone and bricks, wrought iron, garden design materials, wood trim, wood flooring and misc lumber, cabinets, shutters and shelving. All of this needs to be in relatively good condition. Which means you would use it if it weren’t hanging out at your house for the last couple of years so keep in mind that not everything may be accepted.
Help clean up your garage. Help clean up our Island. Bring these reusable and therefore recyclable building products to the Transfer Station on Saturday October 22nd between 11am to 3pm.

Fire Board Commissioner Debate

Wednesday October 19th, 7pm at the Penny Farcy Fire Training Center. This is our only contested Island race this November. Come ask your questions of the candidates. Hear what they have to say. Make an informed choice. The candidates are:
Position 1:
Deborah Brown and Ron Turner

Position 4:
Candy McCullough and Joe Ulatoski

Caregivers Support Group

Vashon Community Care Center hosts a monthly Caregivers Support Group meeting. The group meets on the second Thursday of every month at 7pm.
This group is geared toward family or friend caregivers, rather than paid caregivers. If interested or if you have questions, please call Julea at 567-4421.

Early Childhood & Nature Education Talk

Nationally recognized early childhood and nature expert Erin Kenny, founder of the non-profit Cedarsong Nature School’s Forest Kindergarten (or outdoor preschool) will give a presentation about her recent participation at the International Nature Action Collaborative for Children conference, which included many site visits to Forest Kindergartens and nature preschools in the Netherlands and Germany. The presentation consists of a slideshow, with commentary and discussion. Sat., Nov. 5, 7-8:30pm, at the Land Trust building. This is an adult event and the charge is by donation.



“Open my eyes, that I may see wonderful things in Your Torah”
Psalm 119.18

torahinmyheart.com

Next Edition of The Loop Comes out Thursday, October 27

Deadline for the next edition of *The Loop* is
Friday, October 21

Compost the Loop

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

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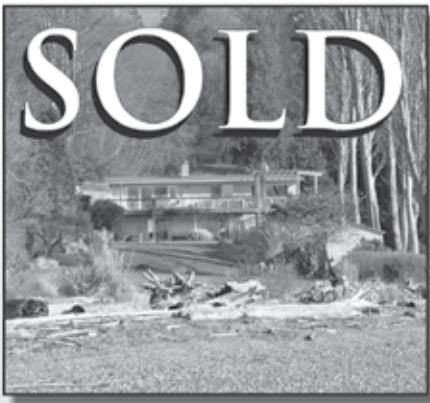
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Live Entertainment
October 15, 8pm
"Pink Zeppelin"
Backbone Benefit Show

October 21, 8:30pm
Lynann Politte's
One Woman Show

October 22, 9pm
Blue Monster

"King County's proposal to allow Vashon roads to deteriorate is flat out wrong. The Fire District depends on good roads to reach us quickly when we need them. The safety of our community is at stake."



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Fire Commissioner
Position 4**
www.JoeForVashon.org

Paid for by the Joe for Vashon Committee, Doug Skove, Treasurer
PO Box 1424 • Vashon Island, WA 98070
Campaign Co-Chairs: State Senator Sharon Nelson, Truman O'Brien, Scott Rice

VMICC Meeting

Most of the Alaskan Way Viaduct will close for nine days beginning Friday, Oct. 21. Want to know how to maneuver through the maze and on and off the West Seattle Bridge? Come to the Vashon maury Island Community Council at 7 p.m. Monday, Oct. 17. A representative of the Washington State Department of Transportation will discuss the implications of the closure especially on the use of the West Seattle Bridge. The meeting will be at the McMurray School.

In addition, the King County relationship with Vashon Island, will be the topic of Julia Larson, Bong Sto. Domingo and Marisa Alegria. Larson is the lead in developing new programs for gathering and disseminating information to the rural, unincorporated areas.

Bring a new pair of warm socks to the meeting. These are being collected

to give to Debbie Rieschl of VIVA, a program providing for people's basic needs. She says these are really needed for the cold winter ahead. In addition, Emma Amiad will talk about the Social Services Network which is comprised of Youth and Family Services, the Food Bank, Senior Center, Community Care Center, Interfaith Council, Vashon Household, Learn to Earn and Neighbor to Neighbor. What are these services, how can they be accessed, how can we help and what is needed? Come with questions and leave with answers.

Three motions are on the agenda for voting; shellfish inventory, the Unincorporated Area Councils contract extension and the letter to King County regarding the highway five tier system and the Vashon Island Fire and Rescue safety concerns.

Purple Lights mean Violence will not be Tolerated

By Allison Shirk

Vashon's streets and neighborhoods will soon be shinning purple lights to send a strong message that, 'Domestic Violence has No Place in Our Community.' The campaign is part of a national awareness initiative that involves businesses and residents shining a purple light bulb or string of purple lights on their front porch or front windows for the entire month of October to remember the victims and honor the survivors of domestic violence.

In the past ten years, 359 people in Washington were murdered by their abuser. Here on Vashon, there were 6 reported rapes or attempted rapes, 8 assaults, and 71 criminal incidents of 'family issues.' in 2010. This campaign hopes to heighten awareness and support victims of domestic violence as well as honor those who have lost their lives.

The idea for bringing Purple Light Nights came from Allison Shirk, community advocate, who wanted to do something highly visible to increase community awareness about domestic violence issues and the work of our own local DoVE Project. The DoVE Project launched this year to support domestic violence survivors and provide on-island services. At the October 3 Merchant's Meeting, Shirk explained the idea of the Purple Light Nights and the merchants present were enthusiastic about participating.

The lights will slowly be going up across town and in neighborhoods for the month of October, which was proclaimed by Congress as the National Domestic Violence Awareness Month. Supporters of the campaign can purchase a string or more of purple lights to place in your own business window for \$20 per string or purchase one or more light bulbs to place on your front porch for \$3 each or two for \$5. Lights can be purchased at VYFS and order forms are being distributed to businesses door to door by Shirk. All proceeds will benefit the DoVE Project, sponsored by Vashon Youth and Family Services.

"I hope that all the perpetrators on Vashon see the purple lights shining on them and know that it means we are watching them, and that we will not stand for violence in our community. And for those who live where no neighbors are around, I hope you will participate too as a way to support the DoVE Project, talk to your family (especially your daughters) about violence, and tell anyone who stops by what it is about," Shirk commented.

The Purple Light Nights was started in Covington, Washington in 2007 and has since spread to 21 states in the nation as well as Canada and Guam, according to the website www.purplelightnights.org.

Other fundraisers for the DoVE Project over the next month include:

- Eve Was Framed, a comedy about misogyny at the Red Bicycle on October 21 at 8:30. Tickets are \$15 to \$25 sliding scale and available at VYFS, Books by the Way, and the Vashon Bookstore.
- Voices Against Violence - the White Ribbon Campaign will be at the Red Bicycle on the First Friday, November 4th at 8:00 p.m. Tickets \$20 at the door or at VYFS.

• A lot Like You, honored as the best documentary film by the Montreal Film Festival, and Top Ten Audience Pick at the Seattle Film Festival, will be playing at the Vashon Theater on November 10th at 8:00 p.m. Tickets \$10; \$8 Students/Seniors. Planning for a reception for the Director and Producers is underway, as a plethora of Vashonites were involved in the making of the film.

The DoVE project is running on a shoe-string budget and without funding, the project will not be able to continue. For more information, or to make a donation to the DoVE Project, go to www.vyfs.org. There you can also read a report by Allison Shirk about the prevalence of domestic violence on Vashon-Maury Island.



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Harvest Party Carnival

A "CARNIVAL" family friendly event!

The Harvest Party at Chautauqua Elementary from 6pm-9pm on Friday, Oct. 28th, sponsored by the PTSA.

The night will be fun raising & fund raising for multiple programs and activities in our schools.

Evening events include: Costume Contests, Zombie Konga, Pumpkin Bowling, Eyeball Relay, Harvest Arts and Crafts, Face Painting, Manic Hula Hoops, Games and Prizes, Twisted Balloons, Bounce House, DJ with Ghoulishly Good Music in the Gym, Cake Walk, Pumpkin Pie Contest, Food Galore and a 50/50 Raffle.

All three schools will be participating...

The Class of 2013 will host the cake walk fundraiser.

McMurray will host sno-kones, popcorn and beverages to raise money for Exploratory Week.

The 5th Grade parents will cater the food and bounce house for Waskowitz.

Menu: (Food sold separately) Chili, Hot Dogs, Baked Potato Bar, Apple Dipping Station

The Harvest Party falls on the last day of the Book Fair which will be open from 6pm-8:30pm. The book fair is located in the main lobby of the school. Not only does the book fair raise money for Camp Waskowitz, it also promotes reading. Find great gifts for friends and family...Reading is out of this world!

Tickets go on sale next week.

Pre-sale tickets can be purchased in the office at CES for \$5 per child ages 5 to 12 or

\$7 at the door on the eve of the event. Adults, teens and children 4 and under are free.

Education Forum with Sharon Nelson

As most know by now, the news on the budget front is not good. The revenue forecast for the 2011-2013 biennium (July 2011-June 2013) dropped last week by \$1.4 billion. That is a significant drop given that the general fund budget, which funds education among other programs, is \$32 billion. There is pessimism regarding the November revenue forecast which may bring revenues down again. The Governor and Legislature are probably looking at a \$1-\$2 billion deficit in the current biennium. For this reason, the Governor has announced that she will call the Legislature back into special session November 28th in advance of the regular session that begins in January.

It is a matter of debate as to how the Governor and Legislature will fill the hole: budget cuts, tax increases, or a combination of both. Initiative 1053, passed last November, requires that any tax increase receive a 2/3 majority vote by the Legislature unless it is sent to the ballot. For this reason, there is considerable discussion on enactment of a revenue package that could be sent to the voters as early as February.

Vashon's State Senator Sharon Nelson, who serves on the Education Committee, has agreed to meet with us to answer questions on the potential budget consequences for Education. 7pm, Oct 18 @ McMurray Multi-Purpose Room. This will be an opportunity for her to give us the latest update and for PTSA members to ask questions. Please mark your calendars and attend with your Education questions and suggestions. Given the tight budget, we need to be thinking about how we can achieve flexibility within budget constraints. Suggestions by everyone are appreciated.

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Send us your Art, Music or Show information
and get included in The Vashon Loop.
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Island Life

Clear Cut

by Peter Ray

The first thing I noticed was an abundance of sky where leaves and branches used to be. I knew what had been there, why it was there and where it had come from. I also knew what had been there just a year before and, like the present vanishment, had come and gone with little to no fanfare. As there was not much fanfare when we put them in, one could say that it's easy come, easy go, although for some the going part is not so easy.

It was either late 1983 or early 1984 when Ken Fulton came to me and asked if I would sketch out a plan for a pocket park to be constructed in the vacant lot next to the pharmacy. As I had been intrigued by the idea of what they had called "urban infill", or the reclaiming of wasted spaces, in landscape design school, this seemed a good opportunity. The sketch went to the then Vashon Business Association, a group even more ineffectual than the current chamber of commerce, and it sat waiting for some sort of approval. Sometime in late spring of '84, Ken came to me and said that he was tired of waiting and if I was willing we would move ahead with the installation without a stamp of approval. I had the plants and the plans, and we had donations of railroad ties from Bacchus Lumber, bench building materials from L.S. Cedar and a work crew of high school kids. In the parlance of a certain sportswear company, we just did it.

The park construction took most of the day, with finishing touches coming over the next week or so. It was



more grand than this dual tree slaughter. Plants, it seems, are not the material that lasting legacies are made of.

While it continues to baffle me, it really should have come as no surprise. In slipping back to landscape design school I am reminded of the project we did for an athletic facility being built in the wilds (yes, there are some) of New Jersey. It was new construction and in walking the site it was mostly young deciduous shrubs and trees. There was, however, a magnificent native plane tree in the middle of the space that I spent a

about planting for the future. I guess there may be some kind of zen message in this which I both accept and reject in the temporary memorial I constructed for the missing trees and the video record I made of it, for what it's worth. Watch it here: <http://www.youtube.com/watch?v=2VFKR1nPyI4>



interesting being there to hear comments from people passing by who didn't think I was listening. Mostly there was scoffing about the eucalyptus I had put in and the oft-repeated: "Those will never grow here." Having since weathered record low temperatures as well as ice and snow, these skeptics were apparently incorrect in their assessments.

Unlike the nay-saying passersby, there was one person who actually stopped to talk and ask what was going on there. When I informed him of the plans and intentions for the mini-park, I can still recall what he said just before turning to walk away. The three words that he spoke that changed my day were these: "That's just grand." Even though I had barely been on the Island two years, I knew that this was Fred Eernisse, and his endorsement seemed a good thing to me. In looking back though, there was a bit of irony in getting a nod from a person whose botanical wonderland was wiped away in a fit of excremental change even

bit of time writing a recommendation for that suggested this become a focal point of the design. We were informed not long after that that it was the first tree to get cut down.

There was of course the demise of the Monkey Tree for the crime of dropping branches in a violent windstorm and the insurance risk that apparently posed. There were the cedar trees next to the firehouse that made a slow but sure recovery after having their roots ripped on three sides to make way for more asphalt. They were cut down to make way for a concrete slab and apparently a memorial for more heroes created by mayhem caused by our own government. And then there were the two more public gardens that I did at the athletic club and the entrance to Roseballen where over seventy of the plants I had put in and nurtured were removed in the dark at shovel point for someone else's garden. I guess it is no wonder that I have become cynical

Vashon's Yellow Pages on line.
Find it on
www.VashonPages.com
Kronos, Palouse Winery, Pandora's Box, Northwest Sport, Frame of Mind, Country Store, LS Cedar, Vashon Business Info
www.VashonPages.com

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PANDORA'S BOX

October is more than National Breast Cancer Awareness Month. Celebrate lots of other things. October 16th is National Bosses Day. October 10th was Canadian Thanksgiving. And lets not forget Columbus.

In more practical terms - it is now officially outdoor apparel season for dogs. Come see the new stock of sweater and Windhorse Dog Coats. Get 'em while they last!

Buddy's Pick of the Week: Nutrisca freeze dried food, and Etta Says freeze dried treats. Way too expensive, but worth it.

(206) 463-3401
\$8 Nail trimming with no appointment
17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch

Find it on
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*The Loop's soy-based ink
is good for composting.*

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Friday, October 21

Community Cinema Vashon Screens DEAF JAM

Community Cinema Vashon will be screening the film DEAF JAM this Sunday, October 16th at 3pm at the Ober Park Performance Room. This event is FREE and happens on the third Sunday of every month. The Community Cinema monthly series from ITVS, Independent Television Service, premieres documentary films which will soon be aired on the Emmy Award-winning PBS series Independent Lens. These films cover a wide range of interesting topics about important issues of our time as well as audience favorites from film festivals across the country. Viewers are taken to places that they would not otherwise see, and encounter people that they would not otherwise meet.

There are many types of poetry in the world today, but one that may be new to many people is ASL. ASL - American Sign Language- is the dominant mode of communication for deaf people using sign, and is a highly expressive three-dimensional art form. The filmmaker Judy Leiff explores its beauty in DEAF JAM, the story of Aneta Brodske, a deaf teen living in New York City, who discovers the power of American Sign Language poetry. Performing in ASL involves dramatic visual language using rhythm, movement, and body language to create a cinematic equivalent to oral poetry. Aneta, an immigrant from Israel, is passionate, fearless and expressive and works hard at developing her poetry. As she prepared to be one of the first ASL poets in a spoken-word slam she met Tahani Salah, a Palestinian spoken word poet. The two young women embark on a collaboration, creating a new form of slam poetry that transcends politics.

Utilizing high energy music, animated graphic text and other innovative techniques, DEAF JAM

illuminates ASL poetry’s extraordinary potency and power. Taking us inside a fascinating and vibrant world where self-expression and cultural identity are fiercely pursued, DEAF JAM may change the way we think about the non-hearing world forever. We encourage you not to miss this film opportunity.

Before the film the audience will have a chance to met some Islanders who know ASL who may lead the group to sign several concepts. ASL is not a signed version of English but is manual and visual, with information conveyed with the shape and movement of the hands and other parts of the body and with facial expressions. It is our hope that a brief introduction to this form of communication will enhance appreciation of the film. After the film there will be an opportunity for discussion.

Those attending will also have the opportunity to experience poetry in another art form by islander Thomas H. Pruiksma. Tom is a poet, magician, writer, translator, teacher, musician, and lover of life. When he is not reading or writing, he is performing what he calls “The Poet’s Magic,” combining poetry with the art of illusion. (See www.thepoetsmagic.com) It will also be interesting to talk with Tom about his response to DEAF JAM as a poet. We hope that we will hear from many more poets and poet lovers.

Community Cinema Vashon is hosted by We All Belong - FREE film & discussion, a project of Welcome Vashon. For more information you can contact: ccnw.tv (Community Cinema Pacific NW), communitycinema.org, itvs.org, vashonmovienews.blogspot.com (Vashon Movie News) and jane.e.berg@gmail.com or 567-4532.

Sea Change: A Call for Community Action

By Jenny Bell

I see our society in the middle of a sea-change. It seems to me as if we are leaving a time and space behind where it has seemed reasonable to look to our government entities or ‘someone else’ to look after us as a community. These ‘someone elses’ filled a kind of parenting role where we could ask for what we needed and normally expect that it would be delivered. We could also criticize them and have a reasonable hope that things might change.

No longer. Financial pressures alone are making it harder and harder for public bodies to function. Our individual needs as a community are more easily lost in the pressures faced by administrators, no matter their good intentions. For their part, administrators are more ready to embrace stronger community governance.

I see us inevitably moving into a new era. A time when we need to do much more as individuals and accomplish more as local communities. A place where we must take more responsibility for our own governance and maintenance. This is the only way to close a widening gap between our expectations and the ability of larger governmental bodies to take care of those needs.

I notice community groups all over the island apparently feeling a pull to bring more and more people together so that we can decide and act more collectively to be ready for this new future. As one of the initial organizers of the new All-Island Forum (AIF) I have this instinct.

I believe that we ought to practice truly making decisions as a community, informing

ourselves on complex topics and creating action on our own behalf. We need to be able to truly engage and dialogue, encounter and move through conflict, and not be defeated by our differences. It’s time to shake off our dust. If we are to reach our potential as an Island community, we need to step up. In this new way, all of us – novice and knowledgeable – can connect around issues that matter to our quality of living – and then move forward together – with our differences acknowledged and used as complementary strengths. Community Action.

Fortunately we on Vashon have recent experience with what true community action feels like. Consider the Preserve Our Islands movement aimed at stopping the Glacier Mining project. Our actions on behalf of this cause took many forms:

- Wearing a black or white t-shirt and being part of a giant orca mural
- Listening to some of our favorite music with donations going to a campaign
- Talking to our friends and neighbors about things that mattered to us and sharing ways we knew we could participate and make a difference – along with the stories of our actions
- Paddling a canoe or kayak with a banner on it when something felt really important
- Listening to a neighbor talk about something, that made us feel uncomfortable, with the potential of understanding their point of view more and maybe seeing a place we could connect
- Becoming much more knowledgeable on a subject and sharing information in a way



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that someone new might more easily digest it

- Not being afraid of being new to a subject – and then listening, expressing opinions and engaging despite being nervous that we may not have known enough
- Just turning up!

I want to open-heartedly invite you, our friends and neighbors, to come to AIF’s first full-scale forum on ‘Water on Vashon: Vitality, Resilience and Growth’ at the Open Space for Arts & Community on Thursday Oct 27 from 7-9pm. Join us in this more proactive, responsibility-taking community

action. Our focus will be on the important water-related issues and concerns raised by those at our first gathering on September 22. We will draw out and rely on our combined wisdom to make progress on what matters most to us.

Remarkably, 35 of the 41 people present spoke at our earlier meeting. To me, we heard the lovely sound of many voices. Let’s do that again – and continue to act together as an island community!

Seeking more information? Join the All Island Forum yahoo group www.groups.yahoo.com/group/All-Island-Forum



Aries (March 20-April 19)
Beware of subtle tensions that could be brewing under the surface of your professional or social contacts. Things you barely notice have the potential to trigger disproportionately large reactions from you or from others. The first person to monitor is yourself; in particular, any sense of pressure that has the feeling, ‘if I don’t deal with this, I might explode’. The real subject matter may be masked by more obvious dramas or conflicts that are in truth meaningless. Carefully look past any drama for the actual subject matter, which will relate to circumstances that you have not been able to change no matter how hard you try, or qualities in yourself that seem intractable. Don’t wait for any kind of straw to break the camel’s back, or the fire to start that runs out of control. There’s a long-established pattern pointing back to what you are trying to work through here. Be patient and connect the dots.

Taurus (April 19-May 20)
How often, or rather how dependably, do you see the world from the viewpoint of others? Now it would seem that you have little choice, though to do so means indulging in some complexity and sorting out what may be a mixed message or some exaggerated point of view. The real information you’re seeking will come more in the form of a whisper. When you really notice something about another person, your confirmation will be that it tells you something about yourself. The sensation will be one of closeness rather than alienation; of common ground rather than a polarity, and your own desire to grow and evolve. It’s true, there is plenty you can point to that is different about someone, and the helpless sensation of a deadlock is always available. Go below the surface and tap into something more creative, a feeling or observation that draws you toward contact and empathy.

Gemini (May 20-June 21)
Most people choose to remain ignorant because they think that exposure to new information will not only threaten their viewpoint -- it will threaten their identity. I suggest you let go of any such irrational fear. I suggest you be most willing to embrace anything that contradicts or challenges your point of view. Make a conscious effort to see all of the sides of any situation without being judgmental or dismissive. Pay special attention to your environment, and notice the agendas of anyone involved. Someone seems determined to create a conflict where there otherwise would be none, but they are leaving clues along the way and you may have had a run-in with them recently. Listen carefully and keep your sixth sense on. You have the ability not only to defuse this situation, but to make sure that it’s turned into a positive gain for everyone.

Cancer (June 21-July 22)
The feelings of others may be especially compelling right now, but don’t lose your center. You could easily have your emotions drowned in an issue that someone is claiming is extremely important but is really just an over-reaction. The key will be to listen without getting caught up in the current. Over the next few days you may have a tendency to forget yourself, or at least to forget what’s important to you. Meanwhile, if you keep your focus and maintain a sense of perspective, there is an opportunity brewing that is likely to appear quickly and disappear just as fast

if you don’t take notice. The opportunity relates to a financial situation that you recently determined was top priority. It’s not just about money; you have a lavish creative opportunity that’s on the verge of opening up. Remember your potential and how many times you have promised yourself to do something about it.

Leo (July 22-Aug. 23)
I suggest you directly confront something that you don’t understand, no matter how confounding it seems. You will benefit from doing so, even if you have to encounter some confusion along the way. You may think you have to sort everything out, but what you’re really trying to do is get yourself out of a corner you’ve somehow gotten yourself into. Your sense of being overwhelmed has more to do with your viewpoint than it does with your environment. The more flexible you become, the clearer you’ll feel about what’s going on in your environment. You may have to feel really, truly stuck before that happens, but it won’t last long; and as you get to the breakthrough point, you’re likely to recognize that you can make many similar adjustments to your thought patterns. Looked at another way, you’re seeing the beautiful difference between thinking clearly and not thinking at all.

Virgo (Aug. 23-Sep. 22)
Something has been bothering you -- potentially for years -- and you are about to discover what it is. I may have used this analogy before: imagine you got a shard of metal embedded in your skin as a child, then forgot that it happened. Over the years, your body has gradually pushed the shard up toward the surface. Then one day it breaks the skin, and you can grab it with a tweezers and pull it out. The little injury that you get from the skin breaking is nothing compared to the sense of relief of the thing coming out. An odd tension you barely noticed will release itself, giving you new flexibility. What is this thing? It’s something old, and it’s directly related to the ‘self-critical’ thing that so many astrologers -- and Virgo natives -- have noticed about your sign. Working out the unfinished business of the distant past has been a theme of recent years of your life, and this is one tangible result.

Libra (Sep. 22-Oct. 23)
You are different than the people around you. We all are, I know -- but you’re in the midst of a major discovery right now. Certain individuals in your life can stand a lot more chaos, uncertainty and instability than you can. Yet the more you hunker down and cling to stability, the more you notice how much instability annoys you. Let’s see if we can figure out what’s really going on. One way to look at the situation is that everyone is just being who they are. Another way is that you and the people around you are influencing one another, as living things coexisting in one environment will always do. There are specific things you can learn about how to integrate change into your life. For you, this is more about working with variables than it is about embracing chaos. There are patterns that make perfect sense, and which point to viable options -- as long as you look at the world with an open mind.

Scorpio (Oct. 23-Nov. 22)
You seem to be considering something you never would contemplate otherwise. I get the feeling that you like the sensation of doing this, and you seem poised to make a spontaneous decision

that might leave everyone wondering what got into you. From the look of your solar chart, this involves your career -- you finally figured out that you could not be boxed into an old idea or goal, and the desire to grow took on a life of its own. Even if you make a significant change now, you will be able to find the roots of that thought process going back years; you’re reaching the critical mass point now. Carrying through on a decision is sometimes more challenging than making the decision in the first place, so make sure you take one step at a time and keep going till you get where you want to be. Let your passion guide you. That will be a lot easier now that you know in which direction to head.

Sagittarius (Nov. 22-Dec. 22)
You can indulge your fantasies -- no matter how lurid, ‘inappropriate’ or hormone-drenched. If I had to guess these won’t feel like your usual erotic daydreams but rather like some form of actual, living contact, though on a slightly different plane of existence. I’ve noticed that the more vivid and easy a fantasy feels, the more likely it is to happen. It’s like you think a thought and then it thinks you back just as fast. The contact between you and the focus of your desire is so palpable, it’s vivid and alive. I would ask you a simple, potentially controversial question -- how does it feel to be so turned on? Do you feel drawn in, a little panicky, or both? I would say that a touch of fear would be normal given the placement of the planets, but it’s something you can brush aside to claim the pleasure that’s directly on the other side.

Capricorn (Dec. 22-Jan. 20)
Someone may be getting on your nerves. Since you’re the kind of person who can handle really, really annoying people, this is saying a lot. Translated into Goat Speak, someone who has been irritating you for a while is on the verge of becoming such a significant pain in the ass you might have to whack them with your head once or twice. However, the planets suggest one fact pretty clearly -- this person is more of a hazard to themselves than they are to you. So I suggest you keep your distance and let the situation unfold. I think you’ll get one of those ‘lessons of leadership’, which amounts to: sometimes you don’t need to do anything. Therefore, keep your agenda moving forward; focus on what you want to create rather than fixing anything that’s bothering you. Many other forces are working in your favor; your friends love you and want to help you.

Aquarius (Jan. 20-Feb. 19)
Belief is a strange thing. Consider how if you believe something that is utterly and absolutely wrong, it can have the full force and effect of being true. You may have just discovered something like that in your life. This is why it’s really healthy to challenge your beliefs before they get around to challenging you. This one had something to do with whether you feel confident enough to assert your authority. That in turn may have involved the confidence of whether you will be liked or loved. This is the thing you sometimes have to chance when you assert yourself. It could be that you’ll be liked more for being authentic, but in any event, the real issue is integrity. And this you have demonstrated, and you’ve learned something in the process of doing so: as in, don’t always believe your beliefs. Take them out for a spin and see if they actually roll.

Pisces (Feb. 19-March 20)
When sexy planets show up in Scorpio, I like to remind you that sex

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is your religion. By this I mean that your notion of what is spiritual is what most people think of as erotic, or at least it starts there. You can leave it to others to proclaim that ‘God is love’ or ‘God is everything’, and then you get to experiment with living as if that’s actually true. Keep that in mind over the next few days, especially the part about this all being an experiment. That would include having faith in passion and exploring the ways in which beauty is nourishing. I would offer you one last idea: when most religious leaders use the word ‘sin’ they mean sexual sin. What if this were absolutely not true? What if there were no such thing? There may not be one answer to that question, but rather a doorway to a world of possibilities.

Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

Pay Attention

by Mary Tuel

Once upon a time, a friend’s heart stopped. It was 4:30 in the morning. His wife awoke, there was a 911 call, there was CPR. The EMTs got his heart going again, and he was transported to the hospital, but a doctor told his wife that her husband was not expected to live.

She called the priest to come and give her husband last rites. She called their children to come and say good-bye. All who knew him prayed for him, hoped for the best and feared the worst.

Then, against all the predictions and expectations, he lived.

We have all heard of near-death experiences. You know – people going toward the light, seeing their dead friends and family, that sort of thing. It was impossible not to wonder if our friend had experienced anything like that.

So when our priest was visiting him one day he asked, “Did you see anything?”

“Yes, I did,” our friend replied. He said that he was lying in the hospital bed, and, “Jesus was sitting in that chair right there, watching me.” He pointed to the chair where his wife was sitting. “I asked him, ‘What do I do?’ And Jesus said, ‘Pay attention.’”

Pay attention? That’s it?
As I sit and write, I pause to pay attention. It is a quiet Northwest morning. The sky is the high white overcast that is so common here. I hear the fan in my computer, and the ticking of the second hand in the clock on the wall, and the small clinking of fork against plate as my husband eats his breakfast in the next room. I hear the clicking of the dog’s claws as he walks through the kitchen. I notice that my back has a small stiff muscle cramp. I sit up a little straighter, put my

feet flat on the floor, and take a deep breath, relaxing on the exhale. Then I yawn. Dang. Paying attention is hard work.

Being still and paying attention to the world around you, having a still awareness of it without judgment, is one form of meditation. Being still and paying attention to other people without judgment is another form of meditation. The listening asana.

Last time in this space I ranted about people ranting, and made a plea for listening, with kind attention, to other people. In listening we can give someone the grace of acknowledging their being, of being present with them as they truly are for a moment. In that moment we walk together on holy ground.

Most of the time we pay attention to whatever is the loudest or flashiest claim on our attention, and we’ve all had days when the poop hit the fan and it was all we could do to handle the next second as it came plummeting at us. Thing is, we might feel like that’s all there is to life, one crisis after another, when in fact there are times we can step back, and breathe, and listen, and be still for a few moments.

“Easy for you to talk,” you say. “I have to get up and go to work. I have to take the kids to school, and drive them to lessons/practice/medical appointments. I have to cook dinner, do the laundry, take out the garbage, get the garden cleaned up and mulched for winter, go to a meeting, pick up mom at the airport, exercise, finish that report, paint the kitchen, replace the light fixtures, play World of War Craft®.” And so on.

I know. We all have many demands. How do you grab a moment to stop and pay attention to the here and now, to yourself, or to anyone else? As near as I can tell, you make a conscious choice. Wait, do I mean we always make a choice about what gets our attention? Yeah, that’s what I mean.

Thanks for choosing to pay attention to me here. I appreciate it. You rock.

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



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Next Telling Stories Speaker, Dr. Bill Foege

Things That Took Me By Surprise Over My 50 Years of Global Health Work

Vashon Islander, Dr. William Foege, is credited with devising the global strategy that led to the eradication of smallpox. It has been estimated that Dr. Foege’s work has saved the lives of more than 122 million people worldwide. Vashon Community Care is excited to announce that the next speaker in the Telling Stories Speaker Series, by and about Vashon locals, will be Dr. Foege.

Dr. Foege will share fascinating stories from his life of global health work. You’ll hear stories about what it’s like getting shot at while giving shots to children. How Bill came to be arrested two different times by opposing sides in the Nigerian Civil War. And, the interconnectedness of talking drums in Nigeria, malnourished children in the Gold Coast of Africa, burning village houses in India and the internment of Japanese-Americans in the United State during World War II.

Currently Senior Fellow at the Bill and Melinda Gates Foundation, Islander Dr. Bill Foege has held a succession of distinguished positions, including Director of the Centers for Disease Control, Executive Director of the Carter Center and Professor and Health Policy Fellow at Emory University. Dr. Foege is the author of a newly released book, “House on Fire.”

Come join us to hear life stories from one of the most respected men in the field of Global Health, Sunday,

October 23 at 4 pm at Bethel Church. All proceeds benefit the residents and programs of Vashon Community Care. Ticket sales are by donation and are available at Books by the Way, Vashon Book Shop or Vashon Community Care. We expect tickets to sell out fast, so be sure to pick up your tickets in advance of the event. The Telling Stories Speaker Series is made possible by a generous donation from the estate of David W. and Catharine A. Carr.

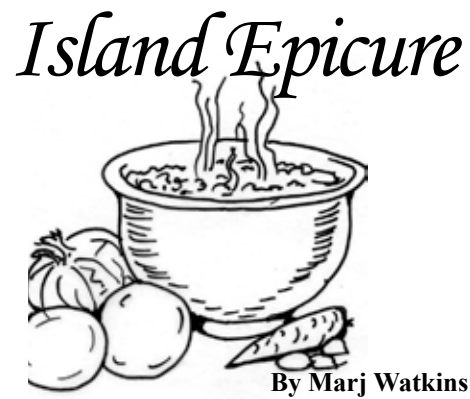
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By Marj Watkins

Proof Yourself Against Colds and Flu

It’s that time of year again. I’m hearing about cases of the flu and the season for it goes on right through the winter. You don’t have to succumb, though. Maybe you had your flu shot and feel secure. But the virus can mutate. Also, the virus that comes around may not be the one the health authorities were expecting and made the shots for preventing.

Besides, some of us are allergic to the eggs, rabbit blood, or horse blood in which the anti-flu serum is cultured. The shot could make us sicker than the flu itself. Even if that doesn’t apply to you, both Dr. Jonathan V. Wright of Renton and Nan Fuchs, Ph.D., in their health newsletters, inform us that flu shots are not that effective in people over 65.

I’ve given you the recipe for an Anti-bacterial, Anti-viral Magic Potion, but here it is again in case you missed it: Small handful whole cloves, 1 stick cinnamon, 2 cups water. Simmer until the water turns dark brown and is reduced to about 1 ½ cups. Store in capped glass jar. Spoon 2 or 3 Tablespoons of this basic solution into a mug. Fill with boiling water. Add and mash a slice of lemon. Stir in honey to taste. Enjoy a hot cupful every day through winter and early spring.

Some other anti-virals: Raw garlic. Fresh oranges. Chicken soup.

GARLIC AND LEMON TEA
1 8-ounce serving
1 garlic clove, finely chopped or mashed
Juice of ½ lemon
½ teaspoon crumbled sage or peppermint leaves or 3 fresh peppermint leaves, slivered
1 cup boiling water
Honey to taste

Combine garlic, lemon juice, and

sage or mint in a big mug. Pour the boiling water in. Cap with a saucer. Steep 3 minutes. Stir in honey. Sip and enjoy.

TZATZIKI
(SAY: Jah-JEE-kee)
1 small cucumber
1 fat or 2 thinner garlic cloves
¼ teaspoon salt
1 cup plain yogurt
3 Tablespoons minced fresh parsley

Thinly peel the cucumber and chop it finely. Peel the garlic and chop it even more finely. Sprinkle salt on the minced garlic. Mash it to a paste with the back of a spoon.

Combine yogurt, cucumber, and garlic. Serve as a thick soup, a salad, or as a salad dressing, or as a dip with crackers, corn chips, or potato chips.

CHICKEN SOUP
4 TO 6 servings
4 chicken drumsticks or carcass from a roast chicken
1 teaspoon dried tarragon or marjoram leaves
1 yellow onion, chopped
1 carrot, grated or sliced
1 celery rib, sliced
¼ teaspoon coarse black pepper
4 shitake mushrooms or ¼ cup dried shiitake flakes
1 teaspoon salt
2 Tablespoons sherry wine or 1 Tablespoon vinegar or lemon juice
2 quarter-size slices ginger root, slivered
6 cups water or to cover
A handful of brown rice
½ cup diced kale or collard leaves, packed
3 Tablespoons fresh minced parsley or 1 Tablespoon dried parsley flakes
1 teaspoon dried crumbled kelp or 1 leaf wakame seaweed

Place all ingredients in a stockpot. Bring to boiling. Reduce heat. Cover and cook until meat is almost falling off the bones and rice grains turn to Xs. Remove bones, return meat to pan. Bring soup to a boil again. Reduce heat to medium low. Stir in ½ cup packed spinach leaves, shredded if large. Cook 3 to 5 minutes. Cool if desired with carrot juice. Add: 2 shakes red pepper flakes, optional

Refrigerate soup in glass jars with lids. Reheat and eat as needed up to four days. May be frozen in sterile yogurt or cottage cheese boxes.

Bon appetite and good health, everyone!

Eating To Quiet Inflammation.

By Kathy Abascal

Inflammation is a big factor in all chronic conditions including hypertension, arthritis, and diabetes. Excess abdominal fat is another inflammatory condition that takes a significant toll on your health. Fortunately, diet can effectively and easily reduce inflammation and the problems it causes. Come learn why some foods quiet inflammation while others increase it. Eating to quiet inflammation provides significant benefits that include a relatively effortless weight loss (if needed), improved sleep, and the disappearance of annoying aches & pains.



New 5-week series beginning the week of October 23. No Vashon class this series but we have two live online classes: Tuesdays beginning October 25, 6:30-8:00 PM and Saturdays beginning October 29 at 10:30-12:00. There is also a West Seattle class at the Kenney on Mondays beginning October 24, 6:30-8:00 pm, not too far from the ferry.

Advance registration at www.TQIDiet.com is required.

Road to Resilience

Continued from Page 1

too. It was clear that these people were caring for each other. They had a large tent where they dispensed free food and first aid. There has been no evidence that I have heard of that there were any large benefactors. The Mayor had expected that they might have to confront the unpermitted Occupy Together (with Wall St) folks, but the indigenous rally organizers asked that they be permitted to stay because their cause was synonymous with their own. It was very clear why everybody was there: they wanted the wealthy and the corporations to shape up or ship out. They expected them to be legally accountable for their actions, and to pay their fair share. Unlike most events I have attended in the last few years, there were no counter protestors.

The indigenous speakers rightly protested, again, the taking of their homelands and their marginalization therein, but spoke as well to the parallel crimes being committed today on Wall St. I got a sense of the nonpartisan nature of this crowd, when one speaker tried to say that Obama would be there for us if we got out in the streets and made our case. This crowd wasn’t buying that. Despite receiving a good deal of abuse while trying to state his case, he was still applauded when he finished. These people have a real bond,

but it is clear that they are just as fed up with Democrats and they are with Republicans. Some union reps were given some time to speak and they went out of their way to say that they were there strictly in support of a popular movement and not to promote their own agenda. A representative of the Occupy Together group spoke of the egalitarian nature of their group: no leaders and meetings every afternoon with open attendance to decide by consensus what they would do next. To old style organizers, this sounds laughable and typically ultra leftist, but the fact is that it is working, not just locally, but nationally. There is something new here and it is very exciting!

You should go see for yourself. They will be there continuously, but they have an event planned for next Saturday, October 15th, at 12 noon at Westlake Park. As one of the indigenous speakers said, “It’s high time we get off of our fannies and do something!” The only thing we have going for us is a large show of bodies, and if there ever was a good time to be out there, it’s now. This is pivotal; get out there and be counted! Here is a link for more info: www.meetup.com/occupytogether/Seattle-WA/390612/t/bn1/

Comments? terry@vashonloop.com

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Positively Speaking

Putting It Out There

By Deborah H. Anderson

I don't get writer's block. It's an incredible blessing. I have so many projects I'm working on I always have a rotation that keeps things fresh and flowing. This column I have been stuck on for two weeks or more. Why? ... It's my learning curve.

This is a column where I announce the official launch of my freelance teaching career. Why is that hard? Let's back it up a bit.

The social worker for our adoptions once asked me how I was doing. I rattled off about kids and husband and pets. "No" she said. "How are YOU doing?" I just couldn't connect. For about twenty-five years I just didn't quite get to me except in bits and pieces.

But for the last six years I have. After Isaac and Caity both left for the East Coast the same year, I started to really focus on that which I'm called to do. That which I've studied for, that which I love, and that which I'm gifted for began to converge. I explored it in the context of my work history in early childhood education, theology and theatre and, to quote a speaker from a recent breakfast I attended, ask "What do I have to bring to the party?"

Fortunately I have remained on this little floating Armada of gifted talented people who have no trouble tooting their horns, joining in with others who are like minded, and flagrantly and passionately sharing their gifts, talents, skills, and stories. So as much as I dislike NOT being part of a team or a group working in the same direction I'm launching out on my own.

Here's what I developed:

One of my passions has been to provide opportunities for families to watch movies together on the big screen and then talk about them around the dinner table.

This Sunday 16 October 2011 at 1:30 PM you are invited to a FREE FAMILY FILM. It's called 'Batteries Not Included'. There are no baskets inside the theatre to collect donations. If you need some help buying treats for your kids please contact someone in PTSA or VYFS.

The movie is a delightful tale of a group of tenants in an old brownstone trying to stand up to developers who want to tear the place down for retail and office space. If you've seen the posters around town you know that one fateful night cute little flying saucers arrive. Yes it's heartwarming. Yes, it has a little bit of violence as the bad guys try to get rid of the good guys. Depending on your screen experience, I'd recommend it for second grade *and up*. **Come and enjoy!**

Tuesday 18th and 25 October you



can find me at the Blue Heron teaching "Improv for Parents". If you are looking for fun, creative new ways to say, 'Because I said so.' Or "Let's Talk About It Later" or developing a greater degree of compassion for your children or just plain put some fun in the constant hard work of parenting, then come try this class out. The first week we will do some theatre games to get you acquainted and the second week we'll tie them in directly to your parenting situations. Call the Blue Heron for registration and remember there are scholarships if you can't afford the quite reasonable fees. We're in a recession dontchaknow.

For those who are raising Faith based children, **Saturday 25th October** I am offering two workshops at the Presbyterian Church uptown. Feel free to take one or both. If you take both, I'll provide lunch. The topics? **Raising the Contemplative Child** is the morning workshop from **9:00-12:30** and **Teaching Children to Bless** is the afternoon workshop from **1:30 - 5:00**. I speak many denominational languages so whatever your affiliation I can translate the concepts for particular family.

Saturday November 5th from 1:30-5:00 I'll be back at the church teaching "Facing the Unimaginable. Come join with others in finding ways to move through the unexpected with strength, balance, a few laughs and, of course, the health of a good cry.

I'm still gathering people together for my new parenting series **"Think Like a Parent and Other Useful Metaphors for Raising Children"**. Give me a call at 206.853.2388 or email me at dha@lgcmin.com for questions or registration info.

Still to come this year is **'One Ball In the Air"** a workshop for working parents about how to face the challenges of work and children.

"Like A Child: How to Have a Heartfelt Christmas" will be held at the Presbyterian Church from **1:30-5:00 PM on the 10th of December**. It's not too early to sign up for that.

I look forward to meeting you all face to face and sharing some meaningful events and topics. Yes, I'm finally putting it out there.

Love,
Deborah



Amanda Home at Last

Continued from Page 1

our past, it represents somehow the past; I hope it will bring new hopes in new future."

October 3, 2011, 2am PST, Amanda's statement to the court: "It was said many times that I'm a different person from the way I look and that people cannot figure out who I am. I'm the same person I was four years ago; I've always been the same. The only difference is what I suffered in four years.

I lost a friend in the most brutal inexplicable way. My trust, my full trust, in the police has been betrayed. I had to face absolutely unjust charges, accusations and I'm paying with my life for something that I did not commit.

Four years ago I was four years younger, but fundamentally I was younger because I had never suffered before four years ago. Because four years ago I didn't know what tragedy was; it was something I would watch on television that didn't belong to me. I had never faced so much fear and tragedy and suffering, I did not know how to face that, I didn't know how to live that deeply. How I felt when we found out that Meredith had been killed, I couldn't believe it. How that was possible, first of all, then fear, because the person whom I shared my life with, who had the bed next to mine, had been killed in our home and if I would have been home that night, I'd be dead. I would have been killed just like her.

The only difference is I was not there, I was with Raffaele, at Raffaele's place. I had no one; he was everything to me at that moment. At that very moment, at that moment in time, I had him.

And another thing was my passion; I had a sense of duty before justice. I had a sense of duty before authorities, which I trusted because they were there to find out who the culprit was, there to protect us. I blindly trusted them wholly, completely, absolutely and I made myself available up to the point of utter exhaustion those days. I was betrayed starting November 5th, I wasn't only stressed, I was manipulated.

I am not what they say I am, the violence, the spite of life, the life of someone that was not mine and I didn't do what they say I did. I didn't kill. I didn't rape. I didn't steal. I was not there.

I remember the guy that we met in the apartment downstairs, but I didn't know him even by name. He was just someone around, a face. He was not a person that I had some contact with. So when they say, 'Oh, you knew him," I never did what they said that I did. They also say that that's what happened, but just like this. It's not like that.

I was untidy. We had a good relationship. We were all available to each other. I shared my life, especially with Meredith. We had a friendship. We were friends. She was concerned for me. She was always kind to me. She cared

about me. Meredith was killed, was murdered, and I always wanted justice for her. I'm not escaping truth. I never escaped. I'm not fleeing from justice. I insist on the truth. I insist after four hopeless years. My innocence, our innocence is true. It deserves to be defended and acknowledged. I want to go home. I want to go back to my life. I don't want to be punished. I don't want my future to be taken away from me for something I didn't do. Because I am innocent, just like he is innocent. We deserve freedom. We didn't do anything not to deserve freedom.

I have all the respect for this court, for the care shown during our trial. Thank you."

October 4, 2011, 1pm PST, Judge Claudio Patrillo Hellmann's verdict: "... Amanda Knox is guilty of defamation excluding the aggravating factor and mitigating circumstances are recognized according article 368 of the criminal code, three years of imprisonment for this. The court upholds the civil sanctions and demands Amanda Knox to pay legal expenses incurred by Patrick Lumumba as well as a lump sum reimbursement...

...Both of the defendants for A, B, C & D because they have not committed the crime and therefore the request made by the parties is not accepted. The hearing is over thank you."

Amanda began sobbing as her lawyers held on to her, Raffaele, smiling ear to ear, hugged his; their families erupted in cries of joy. The Kercher's sat in stunned silence, later commenting that they still didn't know who killed Meredith. Supporters of these three innocent families, from around the world, erupted into a celebration that was tempered with a sincere wish that the Kercher's would find the answer to their question.

The Defamation Charge stemmed from Amanda's illegal interrogation, which had resulted in a false confession. In it, she had accused her boss, Patrick Lumumba, of murder and placed herself in the apartment at the time it allegedly occurred. Except for those interrogative hours, Amanda and Raffaele have always maintained that they were at his apartment the night Meredith was killed. Patrick Lumumba grew up in the war-torn Congo and perhaps it's his fear of the police that caused him to defamed Amanda in the press and sue her for false accusation.

Meredith had been found with Negroid hair in her hand (Rudy Guede's) and the police were looking for a black man. Patrick is black, so a text message between Amanda and Patrick, "See you later, good night," was twisted to mean "Let's get together later and kill Meredith."

Hours into the interrogation, tag-teamed by a dozen cops and under

Continued on Page 12

Want to read more of Deborah? You can find her at three separate blogs:
www.onewiththerootbeer.blogspot.com -offers practical advice and simple observations for parents from pregnancy through adolescence.
www.mealsandmoments.blogspot.com -offers real encouragement in a virtual world.
www.socialcontemplative.blogspot.com -encourages faith based leadership for those in the church world.
or you can email her at dha@lgcmin.com

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We've Got a Lot of Kids

Slug-bug Daddy

by Kevin Pottinger

Our kids have been playing Slug-bug for several months. On a particularly long, dull, sodden and bickering car-ride back from some interminable shopping trip, my lovely wife Maria taught them to scan the freeway for Volkswagen Beetles to pass the time and keep them from picking on each other for sport.

The rules of the game are simple: at the sight of a Volkswagen Beetle (the “bug”), the first to shout out “Slug-bug!” followed by the color of the discovered bug, can cheerfully and without malice, punch the nearest brother or sister or parent, atta-boy-style, on the upper arm, (the “slug”), no questions asked, and importantly, without retribution from possibly bigger and stronger older siblings always interested in reinforcing their bigger-and-stronger-ness.

It’s a popular highway game apparently invented before recorded history, devised to pass the time on long, boring car trips. “Slug-bug silver!” followed by a friendly tap on the upper arm. A century ago the Amish might have played a similar game. Maria thinks it should have been called sluggish- buggy. Ancient Egyptians might have played the game, watching for eunuchs carrying their Boy-King in an opulent sedan, Slug-bug Tut.

Our family started out on the game just fine. In egalitarian fashion, the fastest and sharpest eye earned the right to tap their seatmate on the arm, atta-boy-style; grins all around, and all eyes peeled for the next Slug-bug.

As time lurched on and our kids became more sophisticated and somewhat bored Slug-buggers, slowly, imperceptibly, things began to take a wrong turn with the Slug-bug game. The first hint of trouble began with a spontaneous expansion of the rules called “No Slug-backs”. The No Slug-backs clause was instituted by our younger children, because our older children seemingly saw no ethical problem with Slug-bugging the exact same VW Beetle the younger sibling

had just identified, lustily punching the younger sibling quite smartly on the arm. Or stomach. Or head.

In anticipation of an instant and logarithmically more painful retaliation, a still-toothless twin might desperately lisp “Thlug-bug yellow, no thlug-backs!” to chant the charm that will avoid the inevitable retaliatory Slug-bugging, somewhere that might really hurt.

One afternoon our youngest boy revised the game to include Slug-bug Sheriff. As a chronically late parent I found Slug-bug Sheriff a particularly useful revision. It’s convenient to have a whole vanload of kids watching for mobile speed traps.

Other siblings developed new, more obscure Slug-bugs. If one wants to slug one’s little brother, what’s to keep the game from including whatever Slug-bug that’s close and convenient? Why not Slug-bug Fire Truck, Slug-bug bicycle, Slug-bug Hitchhiker with a separate Slug-bug on the other arm for the hitchhiker’s girlfriend, no slug-backs?

I admit that I found the whole Slug-bug thing really rather cute. On a recent trip uptown for supper, full of affection for our cute children, I expanded the game to what I thought was a logical extreme: Slug-bug Alec. Alec quickly retaliated: Slug-bug Daddy.

But by this time, the rules had become intricate and clearly lacking moral fiber, the whole Slug-bug thing had gotten completely out of hand, our littlest kids were in tears half the time, so Maria and I were forced to intervene, enforcing a return to rules-based orthodoxy and fair play.

First, Slug-bugs were only for actual VW Beetles. No Sheriffs, fire trucks, hitchhiker’s girlfriends, Alecs or daddies. Rule two: the no slug-backs clause was not required, because only one kid can identify one bug, and using the same bug for a retaliatory Slug-bug would be henceforth banned from the game; finally, rule three: no slugs. If a child spied the VW Beetle first, they can trumpet the “Slug-bug” phrase. That’s it. No actual hitting.

There are two Slug-bugs parked in a grassy lot just east of town, and whenever we pass that particular stretch of Bank Road all four kids will wait until the exact moment that the Beetles can be seen, then the van will explode with Slug-bug cacophony: slug-bug-yellow-slug-bug-orange-slug-bug-yellow-slug-bug-orange! They’ll argue the rest of the ride home about who won. But like most of their scrums, the victor is seldom clear.

Soy and the Thyroid

By Kathy Abascal

There are widely differing opinions on the wisdom of eating soy. Some are vehemently opposed and talk of soy as if it were the food of the devil. Others are carried off in the opposite direction, recommending both soy foods (often in a manipulated form) and soy supplements many times a day. Most of us just want to know if eating a reasonable amount of soy foods is good or bad for us. I am in the process of reviewing research on soy with an eye toward answering those questions

One of the most common claims against soy is that it causes hypothyroidism, an underactive thyroid state. Thyroid governs our tendency to gain or lose weight. The last thing most of us we want added to our woes is an underactive thyroid, making it difficult to lose weight, so this is a big concern. In addition, there are reports that soy will lessen the effectiveness of any thyroid medication you are taking to overcome hypothyroidism. So let’s look at soy and the thyroid.

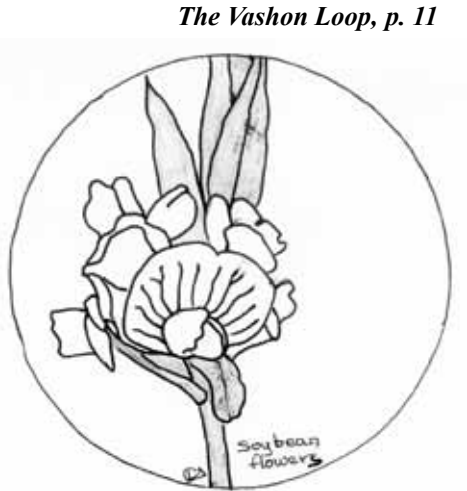
You would think that there would be a ton of good information on the topic. Millions of people are eating – or not eating – soy foods daily. How hard can it be to gather some people from each group and measure their thyroid levels? Apparently, very hard. I did locate one study from a few years back that reviewed 14 human studies that in some way measured the effect of soy on thyroid. Unfortunately, none of those 14 studies were perfectly designed.

First, few were primarily designed to measure the effect of soy on thyroid function.

Second, none tested the effect of tofu and other commonly eaten soy foods. Instead, all except one used a form of soy protein isolate. Soy protein isolates are a form of highly refined soy protein. (See http://en.wikipedia.org/wiki/Soy_protein for more information.) Likely soy isolates are chosen in research to limit variability but isolated plant constituents are not the same as real, whole foods and we should not assume that their effects are the same. Moreover, as the study pointed out, different soy protein isolates (SPI) contain differing amounts of important compounds, such as soy isoflavones. So the fact that a study uses SPI does not mean its SPI is identical (or particularly similar to) the SPI used in another study. <sigh>

Nonetheless, the research is interesting because our notion that soy will cause hypothyroidism grew out of animal studies looking at soy protein isolates. Conclusions: All but one study showed that, in humans with iodine levels within the norm, soy did not have a negative effect on thyroid. In other words, if you have adequate amounts of iodine in your diet, soy will not cause your thyroid to malfunction. Most of us eat processed and/or fast foods and are getting plenty of iodized salt in our diet. (In fact, a Danish study recently found that we may be getting so much iodine that it is making us hypothyroid – but that is a study for another day.) If you are following a traditional Asian diet that includes seaweed and fish, you also are getting enough iodine. On the other hand, if you are eating a low salt, whole foods diet and only seasoning with sea salt, you may want to double-check your iodine intake: A combination of low iodine and soy flavones can cause thyroid issues.

The study also looked at the effect



of soy on thyroid medications such as Levothyroxine. It seems that soy may affect the absorption of thyroid medication. For adults, following the usual instructions (take the medication at least ½ hour before breakfast) should suffice to prevent a reduction in the absorption of the drug. But just to be on the safe side, the reviewers also recommend thyroid tests any time a person’s diet is changed to regularly include a lot more or a lot less soy food. (They do not think this is necessary if you once in a while eat more or less soy).


All but one of the reviewed studies looked at the effect of soy protein isolates. That one study looked at 37 people eating about an ounce of roasted soybeans pickled and stored in rice vinegar. Although most thyroid hormone levels were unaffected, many very quickly developed goiters (15-71%), digestive issues (35-50% constipation or diarrhea), and malaise/sleepiness (42-53%). There was no control group and the test food was poorly described. The researchers could not explain the data showing goiters quickly developing in response to no more than an ounce of soy isoflavones in a Japanese population that typically eats at least an ounce or two a day but has a very low incidence of goiter. They classified the study as an anomaly and I tend to agree.

One of the reviewers, Dr. Messina is the president of the Soy Nutrition Institute. Despite this potential for bias, I think the summary of the research in this review seems reliable. While I intend to look further into research on real soy foods and thyroid (as well as other soy issues), I am convinced that eating moderate amounts of soy foods does not cause thyroid problems in people with adequate iodine levels. That said, I’d be much more careful about taking soy isoflavone supplements or eating foods made from soy protein isolates

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In the heart of Beautiful Burton By the Sea...

Amanda Home at Last

Continued from Page 10

extreme duress, Amanda was terrorized into ‘visualizing’ how Patrick Lumumba killed Meredith. “If you were there,” they yelled, “what would you see and hear!” She fabricated the scenario that they wanted: “Patrick was in the bedroom killing Meredith and I was in the kitchen with my hands over my ears to suppress her screams.”

This statement was leaked to the press as ‘fact’ and, with a rudimentary grasp of the language and utterly exhausted, Amanda was made to sign the false confession written in Italian. A few hours later, finally aware of the deception, she retracted. The Supreme Court later threw it out, citing its illegalities: no lawyer, no interpreter and no videotape.

The second part, the Murder Charge, is hugely important, the phrase “they have not committed the crime” exonerates both kids under Italian Law. The prosecution can appeal the verdict to the Supreme Court, but US extradition laws are very clear, there has to be reasonable doubt and that does not exist in this case.

Amanda was taken back to Capanne Prison to collect her things. During the day the prisoners had hung clothing and bedding out of the windows, an outward sign of solidarity for Amanda and twice the reporters outside heard them cheering, just after the verdict and when Amanda returned for the last time.

She penned a handwritten letter to her supporters in Italy before she left: “To hold my hand and offer support and respect throughout the obstacles and the controversy, there were Italians. There was the Italy-USA Foundation, and many others that shared my pain

and that helped me survive, with hope. I am eternally grateful for their caring hospitality and their courageous commitment. To those that wrote me, that defended me, that stood by me, that prayed for me. I am forever grateful to you. I love you, Amanda”

When she landed at SeaTac, one day after the verdict, she said: “I’m really overwhelmed right now, I was looking down from the airplane and it seemed like everything wasn’t real. What’s important to me to say is just thank you everyone, who’s believed in me, who’s defended me, who’s supported my family. My family is the most important thing to me right now, I just want to go and be with them. So thank you for being there for me.”

That includes you my friends. You helped free the Knox family from questions about Amanda’s innocence and gave them back a sense of peace and security here at home; I am humbled to have been your executive assistant.

Raffaele, emailing and Skyping right away, posted a message on Facebook: “I’m back from the ashes. I feel dazed and confused right now, but I deeply appreciate the flood of support and love which surrounds me. I think quite no one can understand how I feel except Amanda and someone else who has passed through something similar. I hope to know all of you one day. Thank you so much for your very important support. Now I have to ponder and think what I can do for my new life, with no hurry. Many of you already have an idea of my intentions.”

Before his incarceration, Raffaele had planned to continue his Computer Graphics major and study abroad in the US. While incarcerated he completed

one degree and nearly a second. I hope he has a carefree time in the US, but for now family, friends and the beach are his only concerns.

Meredith Kercher’s family quietly returned to England, shocked and confused to find that their ‘truth’ was a monstrous mistake: Amanda and Raffaele did not murder their beloved Meredith. Her father, John Kercher, is writing a book about the Perugian investigation and I hope he thoroughly examines the defense point of view, he’s heard enough of the prosecution’s.

Rudy Guede, whose DNA was the only profile found in Meredith’s bedroom, has been in prison this entire time and the Kercher’s were led to

believe that he was simply a bystander.

In Perugia, Amanda was forced to wear the Mask of Convicted Murderer and the Mantle of Sex-Crazed Satanist. In Seattle, finally free to shake them off, she lay in the soft grass and once again became Amanda Knox. A steady stream of family and friends has been to visit and Seattle’s media set a precedent with their withdrawal to honor the family’s request for privacy.

Relief has swept over planet Earth and we wish all three innocent families peace as they begin the next chapter. Amanda and Raffaele are free and somewhere, I hope, Meredith’s spirit is at rest.



*This is Capanne Prison, where Amanda was held unjustly for four damn years. The clothing hanging out of the windows is the prisoners showing their support of Amanda. This is one of my faves of the day and very telling to see the entire prison supporting her: When the verdict was announced the press outside could hear the prisoners cheering.--
Courtesy of OLI SCARFF / GETTY IMAGES*

Two Dance Classes Starting Up

Banana Dance for Kids: Mondays, Oct 17-Dec 17. Ages birth-5, from 3:30-4:15pm, ages 6 & up from 4:30-5:30pm, at Hanna's Barn, Pt Robinson Rd on Maury. Kid's inspire the direction of the class as we roll, jump, interact, create dances and play, with dance artist Karen Nelson assisted by musician and mover, Larry Browning. Fee by donation. For info/ to register: 503-740-0523, heartgreen@yahoo.com.

Contact Improvisation Dance Classes (for grown-ups): Mondays 6:30-8:30pm, Oct 17-Dec 17 at Hanna's Barn, Pt Robinson Rd on Maury. Natural movement, touch, balance, falling, relaxation and exhilaration--learn this special way of dancing with experienced contact teacher and dancer Karen Nelson. Beginners welcome! For info/ registration: 503-740-0523, heartgreen@yahoo.com. Fee is by donation.



Photo by Anja Heitzenberger.



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Moose Lake

I absolutely love cable TV! I just learned that "I am" is the shortest sentence in the English Language!

That's nothing...twelve years ago I learned "I do" is the longest!

A JACK-O-LANTERN !! I see you're getting into the Halloween Sprit!

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V.I.P.S.


US HHS pumpkin CODE

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Loopy Laffs



BY Jeff Hawley




ZAP




CLOSE CALL!
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WENT UP
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FLAMES!

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“Pink Zeppelin”
Backbone Benefit Show

That’s right folks, it’s time for Pink Zeppelin, the latest in a series of theme-based benefits for the Backbone Campaign. Over two dozen Island musicians will lock arms with the Backbone Campaign on Saturday, October 15th at the Red Bicycle Bistro & Sushi for a night of Led Zeppelin & Pink Floyd music.

The Backbone Campaign is deeply engaged in the spirit of uprising that is sweeping the country. Providing imagery, training, and inspiration to occupations in DC, Seattle and elsewhere they serve as Vashon’s liaison to progressive social movements calling for fundamental reforms to our broken democracy and economic system.

“This moment is pregnant with possibility.” says Backbone executive director Bill Moyer. “For years, our imaginations and sense of the possible have been entranced by campaign slogans and limited to election cycles. The spell has distracted many from our broader potential to manifest our power for positive change. In occupying squares and streets around the country, we simultaneously begin to more fully occupy our own hearts, minds, and imaginations. Rebellion is a muscle that must be exercised not feared. Acquiescence is the real threat to our well being. It is time for principled, nonviolent creative actions grounded in the values of liberty, community, democracy, dignity, transparency, and responsibility to future generations. Change is Guaranteed. How it is authored is the question.”

Join us for a night of music that you won’t soon forget and at the same time, help support The Backbone Campaign’s latest efforts to raise awareness. There is a \$20 cover charge, with all proceeds going to the Backbone Campaign.

As always, a huge thanks to everyone who takes the stage and also to those of you who will come to enjoy the music. We are blown away by this wonderful community of musicians and



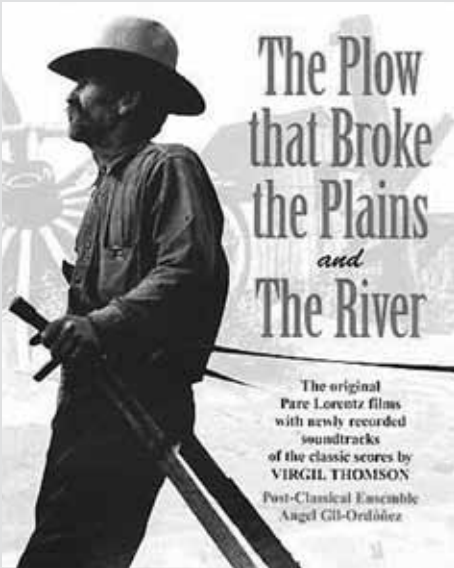
music lovers that continue to support each other every day.

- Confirmed so far:
- Babe I’m Gonna Leave You (LZ)(Bob Krinsky)
 - Battle of Evermore (LZ)(The Fieldhands)
 - Bike (PF)(Kevin Moe, Brian Forsythe, Gabe Blake)
 - Black Dog (LZ)(Maya)
 - Brain Damage (PF)(Andre Sapp, Pat Reardon and Steve Fletcher)
 - Breathe (PF)(Doug Spencer & Trent Smith)
 - Comfortably Numb (PF)(Ron Hook)
 - Coming Back to Life (PF)(Adrienne Selvy Mildon & Luke McQuillan)
 - Communication Breakdown (LZ)(The Four Horsemen)
 - Fearless (PF)(Brian Forsythe)
 - Final Cut (PF)(Scott Durkee & Andrea Walker)
 - Going To California (LZ) (Pat Reardon, Jenny Bell, Andre Sapp)
 - Goodbye Blue Sky (PF)(Rick Doussett & Phil Johnson)
 - Hey Hey What Can I Do (LZ)(Greg Parrott)
 - Kashmir (LZ)(Avaaza)
 - Moby Dick (LZ)(Fletcher Andrews & friends)
 - Stairway to Heaven (LZ)(Nancy Morgan & Annie Roberts)
 - Thank You (LZ) (Greg Dember)
 - Wish You Were Here (PF)(Steve Amsden)

\$20 suggested cover, All Ages till 11pm

Saturday, October 15, 8pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

Lunavision Presents



From the past comes two films from one of the pioneers of documentary filmmaking, Pare Lorentz. Both films were shot as WPA films during the New Deal in the mid and late 1930’s. They are documentaries of the depression showing the effects of the Dust Bowl and the importance of the Mississippi River. Both films are approximately 30 minutes each, the screening will come in just under an hour. One of the things to ponder coming out of these two films might be, that they were asking those questions back then, too.

Saturday, October 15, 7pm, At Cafe Luna, 9924 SW Bank RD
www.cafelunavashon.com

Eve Was Framed:
A Comedy About Misogyny

Eve Was Framed, a bold, multimedia one-woman show that uses satire and social commentary to explore the persistence of misogyny in contemporary culture will be staged at the Red Bicycle Bistro and Sushi on Friday, October 21, at 8:30 p.m.

Written and performed by Lynann Politte, her poignant perspective draws from current events, her personal experiences, and historical, cultural, and social acts against women. Creating a clever episodic narrative, Politte weaves her way through familiar scenarios, engaging the audience in a powerful fusion of physical theater, storytelling, monologues, and poetry in this multimedia performance piece.

Politte, based on Vashon Island, is a producer, feminist social commentator, and performance artist. This is her first original piece, which was selected as part of Vashon Allied Arts New Works Series in 2009. Staged to sold-out audiences, Eve Was Framed received standing ovations and rave reviews from both women and men. “The fight for women’s equality has made great strides, but Lynann Politte shows us – with a razor wit and in no uncertain terms – that the battle for a truly equitable life is still very much worth waging.

Tickets are available at Books by the Way, Vashon Bookstore, and at the door though it is expected to sell out in advance, sliding scale \$15-\$25. Material is for 16 years and older. As a way



of thanking the Red Bicycle for their support of this fundraiser, we also ask that the audience enjoy the delightful food and drinks available, including the finest sushi on Vashon.

“How powerful to hear the truth spoken in such clear and funny way! “Eve was Framed” empowers men and women to reframe their assumptions and views once and for all.”

This is a benefit for the DoVE Project, the new Vashon anti-domestic violence program. The DoVE Project, a program of Vashon Youth and Family Services, is committed to assisting DV survivors in utilizing existing resources. Through the DoVE Project a survivor can gain access to a support-group, get help with legal procedures and speak to an advocate.

Friday, October 21, 8:30:pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

Mimi Fox plays Jazz Guitar

By Janice Randall

New York City native and internationally renowned guitarist/composer/recording artist Mimi Fox returns to the Blue Heron Art Center for one night only, Saturday, Oct. 22, 8 pm. Recognized by writers and colleagues alike as one of the most eloquent jazz guitarists on today’s scene, San Francisco-based Fox won six consecutive Downbeat Magazine international critic’s polls. Guitar Player Magazine hails her as ‘a prodigious talent who has not only mastered the traditional forms but has managed to reinvigorate them.’

Always either on tour, teaching or recording (and sometimes simultaneously all of the above) Fox has performed and recorded with some of jazz’s most influential players

including fellow guitarists Charlie Byrd, Stanley Jordan, Charlie Hunter and Mundell Lowe; Grammy-nominated saxophonists Branford Marsalis, David Sanchez and Houston Person and the late Don Lanphere, vocalists Abbey Lincoln, Diana Krall, Kevin Mahogany and Janis Siegel (Manhattan Transfer) and many others.

She has released nine recordings, including her latest DVD release on Favored Nations label, “Live at the Palladium.” The new work features Fox performing for a sold out audience and holds all the magic and excitement of her live shows. “...Simply jazz guitar playing at its best,” says Just Jazz Guitar. “Her ideas are creative, heartfelt and sophisticated.” Her 2006 double CD, Perpetually Hip, also received rave reviews. The San Francisco Chronicle called the project a ‘Masterwork.’

Fox has written and performed original scores for orchestras, documentaries and dance projects. She has also appeared on numerous



television shows and has been a guest on radio shows, including Marian McPartland’s NPR program.

As an educator and clinician, Fox has taught master classes worldwide and served as head of the guitar program at the Jazz School in Berkeley as well as Adjunct Professor at New York University. She has published several popular instructional books and interactive CD-Roms.

Playing guitar since age ten, her first jazz album purchase, John Coltrane’s classic Giant Steps, changed the course of her musical life. She began touring after high school and settled in the San Francisco Bay Area where she has become a sought after player

Tickets, \$15/\$18 are available at Blue Heron, Heron’s Nest, Books by the Way, Vashon Bookshop and brownpapertickets.com.

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Kirtan (Devotional Singing) Performance at the Zen Center



Amrita will perform Kirtan at the Puget Sound Zen Center on November 12th at 7:30 PM. Admission is a suggested donation of \$10 and all are welcome.

“World Kirtan is the singing of sacred songs from around the globe as well as the traditional sanskrit from the Hindu tradition,” said bandleader, Carol Lutra-Johns. “We are bringing the World of sacred chants to the island, creating community, harmony and joyful self-expression celebrating the Divine within and without,” she added.

“Interest in Kirtan around the globe, particularly within the yoga community, has be exploding,” said percussionist and co-leader, Geoff Johns. “I think one of the reasons it is so popular is that it allows people to participate at many levels...

some people just like to sit and listen; others like to get up and dance, but all are encouraged to sing.”

“Kirtan is usually structured as a call and response,” continued Carol. “I will sing a name or passage, and then the audience repeats it. The band meanwhile will be playing a groove that provides rhythm and a tonal center. It is quite powerful and everyone has a great time.”

“It is also very improvisational,” added Geoff. “We have a certain group of chants that we do, but they are different and fresh every time we play them.”

Joining Carol and Geoff are Carla Decrona on response vocals, Larry Lawson playing the flutes, and Jason Everett on bass.

Seattle’s Funniest Brings Comedy to Heron

By Janice Randall



Alex Zerbe - Courtesy photo

Get ready to laugh when two-time Guinness World Record holder Alex Zerbe, voted Seattle’s Funniest Prop Comic, launches VAA’s 2011-12 Family Series into the stratosphere. Add some fun to your Sunday, October 23, 2 pm, at the Blue Heron. Zerbe serves up a full hour of amazing stunts, physical comedy and audience participation in a high energy, all-ages show.

Zerbe has appeared on prime-time television in three countries including America’s Got Talent and Last Comic Standing. World hacky-sack champion, Zerbe is also half of award-winning comedy act, Brothers from Different Mothers.

Offering a variety of mind-blowing maneuvers such as mouth juggling two ping pong balls and harpooning vegetables launched from a

giant slingshot, Alex also demonstrates death-defying feats such as chopping celery with a thrown playing card and catching a table on his face. In addition to his risk-taking physical comedy and juggling skills, Zerbe performs beat-boxing, music looping, silly dances and humorous raps.

Actress Jamie Lee Curtis said, “Boy, are you talented, FANTASTIC!”

And curmudgeonly Piers Morgan, of America’s Got Talent, said “You’re hip, funny and well choreographed. You’re the total package!”

Tickets, \$5 (for ages 10 and under) \$9 VAA members/seniors and \$12 general are available at Blue Heron, Heron’s Nest, Books by the Way, Vashon Bookshop and www.brownpapertickets.com. Call 463.5131 for tickets by phone.-

VAA New Works: More Feasting

Blue Monster



Blue Monster is five piece instrumental funk band that has been playing venues and festivals in the Pacific Northwest since 2005. They started as a trio on Vashon Island, experimenting musically and collaborating along the way with many talented and local musicians.

Blue Monster is known for their live performances which combine heavy funk grooves laced with psychedelic improvisation. The rhythm section lays

down heavy, driving beats interlocked with intricate pulsing bass lines, while the Hammond B-3 floats overhead with a dizzying array of subsonic sounds. All along the way the guitar skanking super funky rhythms with mind melting solos take you on an audio journey to another dimension. Blue Monster is guaranteed to make you shake it on the dance floor and free your mind.

This is an all-ages free cover show until 11pm, then 21+ after that.

Saturday, October 22, 9pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959



There are still a few tickets left for this weekend’s More Feasting with Arlette Moody and Friends!

Don’t miss this VAA New Works finale, when nearly a dozen talented Islanders take the stage to entertain with music, dance, comedy and theatre, Friday and Saturday, Oct. 14-15, 8 pm at the Blue Heron. This show is rated PG-13.

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Go To www.vipp.org Click on Adopt





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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.



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