Welcome Back the Salmon

A salmon works its way upstream, courtesy photo. Welcome Back Salmon Celebration, Sunday, November 9, 2008 - 1 PM at Judd Creek in Paradise Valley (corner of 116th St and 204th Ave). When the October/November rains start in earnest, salmon will begin surging up Vashon’s larger streams.

It’s About 7 Generations:
We’re Beginning our 11th Year

“Wow!! Look at that beauty jump! Look at the color on the one at the bottom of the pool. Look at……….oh, what a jump”…….and off she goes.

Back in 1998, there was a small waterfall on Shinglemill Creek between reaches 2A and 2B. The reach numbers were used as locator aids by volunteers in the “Salmon Stalker” program to report the salmonid activity in the creek. A crew of about 20 volunteers took training to be able to identify salmon types and know what redds (salmon nests) might look like.

Legacy of the Salmon

In Odin’s “Legacy of the Salmon” panel, the designs in the four fish portray traditional Tlingit stories and themes that symbolize the enduring bond between First Nations and salmon. From left to right, the salmon illustrate stories about Salmon Boy, House of Migration, Fog Woman, and the theme Salmon the Sustainer.

In the “Salmon Boy” fish, the human face and hand in the salmon’s body represent the story’s main character. Salmon Boy teaches us the importance of proper rituals to honor the Salmon People, such as the First Salmon Ceremony.

Next, in the “House of Migration,” Raven is upside down in the salmon’s body, holding a supernatural octopus cane. In this story, Raven is when you’re headed to Seattle? Now you can turn on your TV and find out before leaving home. Voice of Vashon’s broadcast on Channel 21 is showing four different camera views of the ferry line during morning commuting hours and most afternoons. You must have Comcast Cable to pick up VoV-TV, however.

Ferry Line Cameras on VoV-TV
by Dan Schueler

Boiled Frog Wal-Way?
by Marie Browne

You’ve heard of the biology lab experiment: If you drop a frog into cold water and gradually turn up the heat, it will cook to death without ever jumping out, because it does not recognize the slowly increasing temperature for the dangerous condition that it is. Vashon Islanders have much in common with that hapless frog. The pressures that are changing us as a community are subtle and gradual, slow and insidious. Like the frog, we will not know we’ve passed the point of no return until it is too late.

Don’t get me wrong. Thriftway is a marvelous store and I love to shop there. The product selection is dazzling, the merchandising is appealing, the location and layout...
Get in The Loop

Submissions to the Loop
Do you have an event or Public Service Announcement? Do you have something to say about a Vashon issue or topic affecting the Island? If so, please email submissions to submissions@vashonloop.com, editor of the Loop, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.

Drugs, Alcohol & Your Teen
PTSA is sponsoring a parent information night on Thursday, October 30th at 7:00 pm in the VHS library. We have brought in a chemical dependency counselor will present information on various topics including: developmental effect of drugs, alcohol on the teenage brain, peer pressure, what parents can do, warning signs and resources available for help. There will be time set aside for questions and answers.

Loopy sez: Deadline for the next edition of The Loop is Friday, Oct. 31

Camp Fire USA Information Night
Come learn more about Camp Fire USA programs for your child! Families with children three years of age and older are invited to join us Monday, October 27th, from 6 p.m. to 7:30 p.m., at the Vashon Branch Library, located at 17210 Vashon Highway SW.

Camp Fire USA club-meetings include playing games, cooking, building things, singing, drawing, camping out, going on field trips, helping others, and making craft projects. These, and other activities, allow young people to be good citizens through community service, while building self-confidence, leadership skills, and friendships.

The Vashon Loop

Ink Cartridges
Turn Green

In support of the BRESMA Orphanages in Port au Prince, Haiti, Spokane’s Answered Prayers has partnered with Planet Green to collect and recycle used ink cartridges and cell phones. Each donated ink cartridge and cell phone will provide funds that go directly to purchase food, diapers, educational materials, etc. for the many children, ages 1-12, who live in these 2 orphanages. Many Vashon Islanders have traveled to Haiti to support these orphanages; in fact, some of the children are now members of our Vashon community.

Look for collection boxes at Thriftway, Vashon Library, and Vashon High School Library. For more information, contact Mary Margaret Pearson, 463-6622, for information on this project or Answered Prayers and their mission of Reaching out to children worldwide.

Youth Discuss Election

Have you ever wondered what goes on in INS/IE a national political convention? Great plans and promises are made. We have the opportunity to hear about some of these going on from our Vashon Unitarian young folks. Nick Bordon was elected a delegate and Laura Hicks went as one of two Washington pages. They will be offering insights at the Sunday Conversation on October 26th at 9:30 in Lewis Hall behind the Burton Community Church, 23005 Vashon Highway. Religious Exploration and child care are provided. For more information, call Wendy Wharton 206-799-9433.

Club Fruit Classes

Considering planting a new orchard? These two workshops offer a wealth of information to get you off to a healthy start. We’ll cover tree and berry plant selection and sources, optimal planting times, sun exposure, soil requirements and preparation, drainage and more. The classroom portion of this workshop will be presented at the club’s October 21st quarterly meeting (7:00 in the meeting room at Courthouse Square), where Bob Norton will summarize the principles of growing an orchard. Then at 1pm on Sunday, October 26 we will visit four sites of new or planned orchards to see examples of real cases. Meet at the Newby residence, 13617 SW235th. Call Mary Ornstead at 463-6565 for more information.

Creating a Seasonal Journal

Presented by Molly Hashimoto Saturday, November 1, 2pm
Learn how to create a journal that celebrates the natural world. We will use pencils, pens and fun watercolor techniques to sketch the beauty of late fall and early winter: bright-colored berries, pine cones and seeds, lichen-covered twigs and stones of many colors. No previous art experience is necessary. All supplies will be provided. For ages 8 and older

Registration is required and begins Saturday, October 18 please call 206-463-2609.

Great Books Discussion Group: Physics and World Philosophy by Max Planck
Monday, November 3, 7-8:30pm
The Great Books Group has been meeting at the Vashon Library for 30 years. Join us for stimulating conversation with one of our newest Vashon authors. Light refreshments will be served.

Vashon Library November Programs

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Finding Money for College
Presented by Doug Bradthauer of the College Planning Network
Tuesday, November 18, 7pm
Doug will help identify sources of financial aid for college, evaluate the costs of specific schools, and review the process of applying for financial aid. Each family will learn how to fill out the Free Application for Federal Student Aid (FAFSA) and estimate their “family contributions”.

This program is for adults and young adults and is sponsored by Friends of the Vashon Library. Please pre-register by calling the Vashon Library at 463-2609.

Hello House
Presented by Nancy Stewart
Saturday, November 22, 2pm
Join Northwest singer-songwriter Nancy Stewart for a guided musical tour through your house. Explore fun and easy ways the whole family can stay safe and go green. For children and families.

No registration required.

Find the Loop and its archives online at www.vashonloop.com.
Troy: Hey Marie, even though times are tough and the market is down, I’m really proud that we continue to earn rave reviews from our clients. I think that’s the most rewarding part of this business – doing a great job for people and developing friendships that last long after the house has closed.

Marie: I agree. I love our clients, and I love learning from them.

Troy: We’ve had a few good suggestions. After we sold his house and found him a new one, John thought I deserved a new paint job for my car.

Marie: I was onto you guys. It was clearly collusion and had nothing to do with real estate service. It was a nice try, though. John did go on to say that he felt very fortunate to have us as his agents, and that he was recommending us to friends. That is always the highest compliment.

Troy: Tim and Rhonda were pleased with our “excellent follow up” and “excellent customer service.” We still need to do some work on their new house this spring, come to think of it. I’d better make a phone call.

Marie: Chris, an off-Island client, asked me to send her some business cards. She has friends looking for real estate over here and wants us to help them find something. They certainly have lots to choose from in this market! I’d better make a phone call.

Troy: Two different clients had some great suggestions about explaining the buying process better. Most people buy and sell real estate infrequently, so are not very familiar with what happens. One client moved here from out of state, which made it even more confusing, since laws and customs differ from state to state. Thanks to their feedback, we are now providing our buyers and sellers with a step-by-step guide.

Marie: Even though it’s great to get so many compliments, it’s truly useful to get suggestions on how to do even better.

Troy: Yes, but one day all our clients will echo what LD said when we asked him what one thing we could have done better: “Not a damn thing!”

Marie: That’s a worthy goal, for sure. We’d love to hear about our readers’ real estate experiences, including the good, the bad, and the ugly. What did you love about the experience? What didn’t go so well? Please give us a call. We promise to keep it confidential; we just want to keep getting better.

If you would like to check out our free monthly e-newsletter, just email marie@yourHR.com. It covers the latest in real estate stats, and always has a valuable coupon. This month we offered $10 off dinner at a local restaurant. Of course, if you need real estate services, please give us a call at (206) 463-LIST. We would love to add you to our list of happy clients.
Welcome Back the Salmon
Continued from page 1

The program was set up as a Public Involvement and Education Contract with Puget Sound Water Quality Action Team, the Vashon-Maury Island Land Trust and King County. The volunteer training sessions included stream ecology, stream channel and monitoring, water quality testing, macroinvertebrate and fish identification. Prior to this time, there was a lot of a n e c c e s s a r y interest about all aspects of fish observation but no data for comparison.

Also in 1998, a women's committee was set up to monitor five locations and conduct chemical quantita t i v e and qualitative analyses of various properties and contaminants. The monitoring continued for two years with continuous reports - ‘the water is fine.’

Historically, residents of the watershed have used the stream basin for logging, fishing, trapping, grazing cattle and pigs, bootlegging, camping, and wildlife viewing. Shinglemill Creek has been less impacted by development than most streams in Puget Sound and so became a prime target for protection and restoration. Over the last 10 years, the Land Trust has been able to protect parcels along the Shinglemill Creek totaling 107 acres along a mile of the creek. In the course of that first fall/winter observation we discovered salmon from the mouth of Shinglemill Creek at Fern Cove to the upper reaches near the airport. There were chum near the mouth, coho along the main stretch and cutthroat spawning in the upper creek. That was an eye-opening and exciting experience.

In those days we were shown how to walk in the creek without disturbing redds. In more recent years, King County protocol has requested that volunteers watch from a spot on the bank for a 15 minute period, eliminating the possibility of disturbing fish eggs. It may be better for the fish, but it eliminates the thrill of hearing a salmon thrashing up behind you, steaming up stream, half in and half out of the water.

Over the last 10 years, much of the area has been protected by the Land Trust to make it possible to wander without threatening private property. The Land Trust has put a lot of focus on restoring Shinglemill Creek - the most dramatic of which is replacing the large woody structures that would naturally fall into an undisturbed stream. This helps to create pools which are essential for salmon rest-stops along their swim upstream to spawn. The Land Trust’s restoration work continues today on newly acquired land along Jud Creek as well as Shinglemill Creek.

We are about to begin our 11th year of o r g a n i z e d salmon watching on the Island. In addition to Shinglemill, there are now watchers on Jud and Fisher Creeks. Last year’s s t e m s u r g e rearranged the creek bed again at Shinglemill. The waterfall has been gone for years, as Shinglemill needed to move its water course across its flood plain. In early November, after enough rain to raise the stream level, we have hopes of seeing salmon returning to spawn and start the process all over again.

Judd Creek Gets a Salmon Savvy Face Lift
by Susie Kalhorn

There’s no ocean in Missouri. The Mighty Mo is a scary river – the color of chocolate pudding and Trixy consistency with whirlpools that consumes things, like my dog. My mother’s rule, “Don’t go down to the river; there’s quicksand down there.” That was a bit of a fib, but it was a favorite saying of mine.

I checked a reference and discovered that Sugar Creek where crawdads hid beneath the limestone and water striders showed off their water walking skills and a kid could get thoroughly soaked without fear.

That’s why I have such an affinity for Judd Creek and was thrilled to see new stream-side plantings and exclusion fencing keeping livestock away from the creek banks. About four years ago, the King Conservation District approached a couple of creek-side landowners about replanting a buffer with native vegetation. My visit showed-off thriving vine maple, Indian plum, nine bank, red osier dogwood, cedar saplings, among others, beneath maturing alder and big leaf maple. The plantings extend over 500 feet along the creek bank and, since the neighbors have an approved joint farm plan, the County paid part of the fencing cost. The project expanded from stream-side to down to the stream, but keeps the livestock from trampling the shrubs and eroding the banks.

The vegetation will help shade the creek keeping it cooler in summer and reduce sedimentation. Salmon require high oxygen levels and the cooler the water the higher the oxygen content. Salmon eggs also need oxygen to survive and fine sediment can dog up the gravel that covers the eggs, called redds. As a result, oxygenated water can’t reach the eggs and they smother. Increasing shade and reducing runoff is easy.

Judd Creek flows under brand new culvert on SW 204th street. Photo by Susie Kalhorn.

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Enraptured by a Creek

by Steve Self

Fishing on Vashon started for me in the spring of 1959. I was 10 years old and my family had recently moved from Los Angeles. With no friends in a new environment, I wondered what I could do. My aunt suggested I go fishing down in the creek not far from her house. As a city kid who had never fished before, I wasn’t sure what to expect. Hearing the creek, I could hear the constant babbling and swishing of the fast-moving, clean water, creating a relaxing musical backdrop. I was later to learn that Judd Creek was an amazing, unique aquatic ecosystem that provided a protective and supportive environment for a number of critters like the skimming water skater that scooted across the water’s smooth surface. Dragonflies, red-legged frogs, crawfish, tadpoles and newts, aquatic snails and a healthy population of young trout and salmon smolt shared this watery home. Not able to fully comprehend what I was experiencing as a youngster, I was awed by the variety of thick green vegetation: ferns, mosses, cedar trees, hemlock and horsetail, elderberry, dogwood, skunk cabbage, salmon berries and stinging nettles, broad-leaved maple, alder, and cottonwood, all twisting, vining, creeping and tangling, snapped off and bent over, new growth budding, reaching upward for the light, old growth decaying downward like a soft, thick carpet on the forest floor. I stood in the middle of this wild sanctuary and felt a peace about me. What appeared to be chaos was also an expression of a beautiful, balanced picture of the uncontrollable, natural way of things.

There is an undeniable strength, vitality and power in a place like this. At the same time, there exists a vulnerability and fragility that could be easily damaged or even destroyed by the actions of just one irresponsible, uncaring person. The power, strength, and majesty of an enormous cedar tree hundreds of years old can be annihilated almost instantly by a human armed with a chain saw. Fish, amphibians, and other aquatic life thriving in a balanced environment for perhaps a thousand years can be wiped out, never again to exist by an insensitive person who decided his chosen way is the best choice. I baited my hook, dropped it in the water, and stood in uncertainty, wondering if I’d really catch a fish. All of a sudden there was a sharp tug on my line. I was so surprised that I jerked the rod hard and a fish came up out of the water, flying over my head and landing among the stinging nettles and salmonberry bushes that lined the stream bank. Proudly, I carried my speckled prize back to my aunt’s house where the fat, 14-inch fish was identified as a sea run cutthroat trout. An elderly neighbor who we affectionately called Grandma Mace cooked the little fish for my two cousins and me. The four of us, spanning over 80 years, shared a meal that connected us to each other and to Mother Nature herself. After eating, we drank tea from her china tea set and ate her special homemade sugar cookies that she always had on hand whenever we visited. As I’ve learned more about cutthroat trout, my admiration and respect for this fish has grown. These trout are born in streams and rivers along the Pacific coast; they head out to salt water where they feed on many types of creatures. At maturity they head back up their natal stream to spawn. Unlike their salmon cousins who spawn once and die, the sea run trout annually return to spawn many times during a lifetime that can span twelve years. Cutthroat trout are overlooked and unknown to most sport fishermen. Suitable habitat needs to be reclaimed and protected for this wild, free creature. They are a tough and completely wild stock of fish and have survived on their own quite well in spite of the pollution and other habitat degradation they’ve experienced. It’s been a half century since that first visit to the creek. Fences block entry to the places I roamed. The fish population has dwindled drastically. The water level is consistently lower than it was and many damaging pollutants have been allowed to enter the system from its head waters on downstream to its mouth. We can choose to make changes in our lives; the creek can’t. Judd Creek and its inhabitants are at our mercy. The choice is ours.
Fish in Vashon Streams

Judd, Shinglemill, Christensen, and Fisher Creeks are the big salmon streams on Vashon. When the maple leaves fall golden on gravel bars in their braided currents, and when October and November rains saturate the soil and reawaken every seasonal tributary, Islanders watch for the thrilling appearance of the big fish, chum and coho, returning from the Pacific Ocean to spawn in their natal streams. In grey February, however, few people notice the return of cutthroat trout to 16 local streams. In these tiny creeks, the cutthroat spawn and then, unlike their cousins, a few days later they slip back out to saltwater and go on with their lives. Some cutthroat live ten years and spawn multiple times, though each spawning event is a physical ordeal and usually fewer than 60% of the spawners do survive.

We Islanders learned much about the quality of Vashon stream habitat and confirmed fish presence in many creeks during the Vashon Stream Survey conducted in 2000 and 2001 by the nonprofit organization Washington Trout. With financial assistance from an Audubon-sponsored group of Islanders, survey teams looked at 75 Vashon and Maury streams. The teams checked stream gradients, conductivity of the water, and temperature. They noted blockages that would prevent fish passage, in some cases right at the mouths of streams that flowed out through pipes in bulkheads at heights inaccessible to spawning fish. They also electro-fished, passing an electric current into the water to momentarily stun fish so they could net and identify them. Based on their findings, they assigned water type classifications consistent with the Washington State Department of Natural Resources standards.

Every day the Washington Trout team was guided by one or more Islanders, armed with maps and snapped photographs to remind them of their findings. For more information on salmon or about the Paradise Valley Preserve, contact the Land Trust @ 463-2644.
Our family is seated around our battered dining room table at suppertime. While my wife Maria and I try to discuss the events of the day with one another, one of our children is sing-shouting that sounds like an aria from a death scene from a tragic Italian opera, while another kid giggles and flings bits of mashed potatoes at him.

Another child repeatedly tries to load a forkful of green peas into her water glass, but the peas are rolling off her fork onto the table before she can get them past the rim of the glass. And our newest brother is now inexplicably crawling under the table.

Our youngest boy has mashed his Part of a Min. into a homogenized hash, and is hunched over, his head level with the edge of the plate, shoveling the food into his open mouth using his table knife like a dozer blade. It's not a question of whether water glasses will spill at supper, but how quickly, and how many of them: sometimes it's just one, spilled before we even finish saying grace; sometimes two or more will go down with one strike, dropped like bowling pins in a challenging two-seven split. We all toss our bowling pins set in a challenging scene from a tragic Italian opera, its sound like an aria from a death chamber, and expect peace and family contentment to replace it. With our table manners of this sort are discovered that one can't just do with table manners, but regardless, when they reach adulthood, they vow that supper will be an enjoyable time for their kids, a time for family togetherness, good food and easy laughter.

All of that sounds swell to me. But remembering to say please and thank you, refraining from rude comments about what's served, using a knife and fork so that it doesn't look like one is preparing to stab someone with them, speaking without shouting over someone already talking, not saying words like poopy and potty at the table and giggling about it, keeping feet, ears, elbows and rear ends off the table, and have become hyper-vigilant about elbows on the table, and now instead of teaching the kids the value of good manners, we taught them that bad manners were loads of fun. And instead of teaching the kids the value of good manners, we taught them that bad manners were loads of fun. Maria can confirm that it goes just like this with many of my ideas.

### ACROSS
1. Toad
2. 5. Religious divisions
3. Sixth sense
4. Extinct bird
5. Hazard
6. Presidents office
7. Do it again
8. Comparole
9. Grape game
10. Animal covering
11. Twice a month
12. Epoch
13. Part of min.
14. Hunts game
15. Musical production
16. Ship initials
17. Caviar
18. Unpaired
19. Err
20. Extrav
21. Elver
22. Baby bed
23. Carved Polynesian
24. Pendant
25. Killed
26. Aroused
27. Book worth
28. Clever plans
29. Site of two civil war battles
30. Ornament
31. Take the wrinkles out
32. Match
33. Buying alternative
34. Fishnet
35. Petty fight
36. Saltine cracker brand
37. Margarine
38. Opera solo
39. Facial hair type
40. Relating to birds
41. Constellation
42. Distress call
43. Bird song
44. Clock time
45. Meditation
46. Large instrument
47. Animal homes
48. Mumble
49. Relating to birds
50. Opera solo
51. Religious ceremony
52. Compass point
53. Kimono sash
54. Despot
55. Prevaricator
56. Unpunctual
57. Large instrument
58. Unpunctual
59. Kimono sash
60. Bird song
61. Large instrument
62. Animal homes
63. Despot
64. Prevaricator
65. Unpunctual
66. Large instrument
67. Animal homes
68. Despot
69. Prevaricator
70. Unpunctual
71. Religious ceremony

### DOWN
1. Popular president's initials
2. Sword
3. Caviar
4. Unpaired
5. Swoon
6. Gaping
7. Delis
8. Escargot
9. Body of water
10. Business wear
11. Business wear
12. Business wear
13. Business wear
14. Business wear
15. Business wear
16. Business wear
17. Business wear
18. Business wear
19. Business wear
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35. Business wear
36. Business wear
37. Business wear
38. Business wear
39. Business wear
40. Business wear
41. Business wear
42. Business wear
43. Business wear
44. Business war (2 wds.)
45. Air weapon (2 wds.)
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71. Air weapon (2 wds.)

### Solution
- Good God, let's eat! By Kevin Pottinger
- Once we became parents, we had an idea that if we designated one night to be Slob Night, where all table manners were dispensed with for one evening, the kids could learn the value of table manners by doing their opposite. Well, so, they loved Slob Night so much that they begged for a reprise for weeks afterwards. And instead of teaching the kids the value of good manners, we taught them that bad manners were loads of fun.
Spiritual Smart Aleck

Choosing a Church

By Mary Litchfield Tuel

A friend remarked to me the other day that she was thinking it was about time to start going to church. “You know, just in case it’s true.” “Ah,” I said, “Fire insurance church.”

There are a lot of reasons for going to church. Fire insurance is a big reason for a lot of people. Some parents want their children to have some sort of moral and spiritual training outside the home. Some people want to spend time in a community of like-minded souls. Some feel called to become closer to God and church seems like the place to do that. Some people want an hour’s break from their kids on Sunday morning, and some like the coffee and baked goods after the service. God doesn’t care how or why you show up.

Whatever the reason, how do you find your spiritual home?

First, look at your history. Were you raised in a faith tradition? An outcome that takes some parents by surprise is that the children they raised to be good agnostics or atheists turn to religion with a passion in adulthood, and conversely, children raised as devout something or other turn out to be atheists and agnostics. What I’m saying here is that you can make choices about faith for yourself, but not for anyone else.

So, was your childhood experience with religion good? You might want to start there with your adult search. Pick up where you left off, and see where it takes you. Spirit being Spirit, you can have a great experience even if you are being Spirit, you can have a great experience even if you are not for anyone else.

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could serve as a fuel source, a food source, a paper source, a textile source, and would be easy to produce in any of its forms.

The fact is, such a plant already exists but unfortunately, due to long-held prejudices in this country, people cannot advocate its use without finding themselves lumped with Deadheads and Potheads. The fact is, hemp is a plant that could take a giant step toward solving many of our problems if it were allowed to grow hemp - which produces twice as much fiber per acre as an average forest - the nation could greatly reduce unsustainable logging, and the carbon tied up in the living timber would remain there instead of contributing to global warming.

Henry Ford - who used hemp in the manufacture of auto bodies - said, in advocacy of its use, "Why use up the forests, which were centuries in the making, and the mines, which required ages to lay down, if we can get the equivalent of forests and mineral products in the annual growth of the fields?"

No other natural resource offers the potential of hemp. It is capable of producing significant quantities of paper, textiles, building materials, food, medicine, paint, detergent, varnish, oil, ink, and fuel. Unlike other crops, it can grow in most climates and on most farmland throughout the world with moderate water and fertilizer requirements, no pesticides, and no herbicides and has enormous potential to become a major natural resource that can benefit both the economy and the environment.

The first laws passed in this country concerning hemp made it illegal NOT to grow it. Right now, hemp products are much more expensive than necessary because it must all be imported. That is what I meant about cutting ourselves off from the solutions to our problems. "Make the most you can of the Indian Hemp seed and sow it everywhere." - President George Washington, 1794.
Finding a Septic Solution, Part II

(LoOp Ed) By Annalise LaFayette

In the October 10th, 2008 edition of The Loop, “Finding a Septic Solution” examined how septic systems work. In Part II, I propose several ways to lessen the impact of using septic systems on the Island.

We know septic systems are an expensive “luxury” of rural living. Investing in a well maintained system will make problems or malfunctions easier to spot and will generally be less costly than waiting until the last minute to remedy a problem. Ideally, all septic systems on the island should be in top working condition. Since this is truly not the case, here are some tips to lengthen the life of your system and avoid costly repairs.

Maintenance: First and foremost, invest in regular servicing for your system every five to ten years, depending on how often the home is used and by how many people. Keep careful records of the servicing; these documents will be very useful if you wish to sell your home in the future. Protect and inspect the rest of your plumbing annually and after deep freezes. Burst pipes or leaks can create problems in days or even hours. If your home is on a grey water drain field instead of a septic, look into connecting it to the septic. Make sure your drain field is not in need of regading due to landisdes and that all building runoff flows away from the system.

Placement: Know where your system is located. Knowing where your system is helpful in identifying where a possible problem is coming from. Gardens are often ruined or cause problems because they were poorly placed. Check with local building codes before building near your septic system, and avoid building or planting on it whenever possible.

Purity: Prevent toxins, non-biodegradable soaps, food scraps and other materials from entering the drain. Do not use your septic system as a dumping ground! These items cause damage to the systems, leach into the environment or are too harsh on a tank designed for liquid waste. Refrain from using garbage disposals; they send particles that are too large to broken down easily to the tank. Lastly, dispose of all sanitary items and diapers into the septic tank. Which oil companies can drill will be paid for by us, the tax payers! A system that is over-loaded is disastrous, and natural gas. It has been renewed annually by inclusion in spending bills. The current ban expired on Sept. 30, and if it is not reestablished in the coming year, it would open up the Pacific and Atlantic coasts to drilling, giving oil companies access to an estimated 38 billion barrels of oil.

However, increasing the area in which oil companies can drill will not quickly lower high gas prices. The economic impact of ending the moratorium is debatable, but there are several concrete facts that let me say this with certainty. Despite the enormity of a figure like 18 billion barrels, on a national scale it is almost insignificant; alone, that is over 97% of the United States for 2 ½ years. There is a number much larger than 18 billion that oil companies do not want Americans to know, and that number is 68 billion. That is the amount of oil, in barrels, that lies within the allowed range of drilling that has not yet been tapped because it lies in areas that are too expensive to exploit for profit. This is over three times more soil than is protected by the moratorium, but yet oil companies still push for more territory. Why? Because drilling those 18 billion barrels is more profitable than drilling the 68 billion barrels they already have access to. But with Exxon Mobil setting world profit records by making $40.6 billion in 2007, how concerned should voters be about maximizing their profit?

Of greater concern is the impact that new drilling could have upon the environment. The two major concerns of offshore drilling are the pollution resulting from everyday operation and the oil spills from the platforms, tankers, and pipelines. In order to drill oil wells, a liquid known as drilling mud must be pumped down; drilling mud contains heavy metals and toxic compounds that are much harder to contain when the rig is operated in water. In addition, when the oil comes out, it is not alone. Water trapped alongside the oil comes out too, carrying out contaminants such as mercury, lead, arsenic and benzene. These chemicals are mostly contained, but seepage around the well and leaching from storage tanks cannot be prevented, and companies are allowed to release a controlled amount directly back into the ocean. Furthermore, although spill prevention has improved greatly since a generation ago, the Mineral Management Service projects about one oil spill per year of at least 1,000 barrels and a spill of at least 10,000 barrels every three to four years can be expected in the Gulf of Mexico over the next 40 years. In total, that is over 170,000 barrels spilt over the next 40 years, and that figure is only for spills produced by rigs within the current allowed range of drilling.

The effects of drilling need to be fully considered before we allow the area to expand to include the entirety of our coastline.

Offshore drilling is a complex issue, not a yes or no question to be answered, and it is certainly not a quick fix. We should be asking politicians not for simple opinions, but for complex ones.
The Vashon Island School District is kicking off a superintendent search for its next leader and would like your feedback about the qualifications and criteria the school board should use in selecting a new superintendent. The school board has retained Leadership & Associates (NLA), a search firm, to lead the effort. NLA has conducted more than 140 searches for school districts in the US, Washington, Idaho and Oregon. On Wednesday, October 29th, Dr. Howard Coble of NLA will lead a public forum at the Vashon High School library. He will be asking for feedback from the community on what people perceive to be the strengths and challenges of this district and what skills, attributes and experiences people would like to see in a new superintendent. The school board will use this feedback to determine the final criteria and qualifications for recruiting, screening and selection of the next superintendent.

Please feel free to call or email me if you have any questions. Anne Atwell, Communications Consultant, Vashon Island School District, 206-463-2121 ext. 8114, aatwell@vashonsd.org. The survey is also posted on the district’s website at http://www.vashonsd.org/redir.asp?URL=http://www.zoomerang.com/Survey/survey.zgi?p=WEB228DQ8BM4R9. If you can’t open this link, the survey is also posted on the district’s website at http://www.vashonsd.org/exchweb/bin/redir.asp?URL=http://www.vashonsd.org/

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The virus was able to move from cat to cat. Cats have come down with bird flu in countries far from Asia, such as Germany.

These events show that a new flu strain indeed could at any time jump from an animal to a human, causing a new pandemic. In any event, a new seasonal flu strain will soon be circulating around the globe. Here in the Northwest, we usually do not see much influenza until after Christmas but it sometimes begins making its appearance in late October and early November. So now is a good time to prepare for that annual event.

Having a balanced immune system is a good place to start. Eating a healthy diet will certainly help you be able to fight off the flu before it makes itself at home in your body. It also helps to have good vitamin D levels if you want a well functioning immune system. That means you should be taking a supplement because we are tilted so far from the sun during the winter that we are unable to make vitamin D from the end of October through early spring. It is also good to make sure you have some herbs on hand to treat the flu, just in case.

My first choice in treating influenza is boneset (Eupatorium perfoliatum). Boneset has an incredibly long history of use for the flu by the Native Americans. Both the Eclectic physicians last century and MDs in Germany in this century commented on how effective this plant is to treat influenza. Both, based on their clinical experience, felt it could prevent cases of influenza (though this has not been proven). They were absolutely sure that boneset reduced painful flu symptoms and made the course of the disease much milder and shorter.

I also would not be without lobelia (Lobelia sp.). Lobelia is a low dose plant and needs to be used cautiously. It will not kill you, but too high a dose, it will cause nausea and vomiting. In small doses (I typically use 8-10 drops), it is simply spectacular at relieving the tight, painful chest of the flu. It has been known for years since I got the flu, but last time I had it, I could not sleep because my chest hurt so much that I could not take a deep breath. I took my drops of lobelia and my chest immediately relaxed. Lobelia also has a sedative action, so I promptly fell asleep. When I woke an hour or two later, my chest hurt again. I took another small dose of lobelia and fell back asleep. So, like many herbs, it needs to be dosed frequently to be effective.

The Eclectics also used black cohosh (Actea racemosa) as a flu remedy. Today, we think of black cohosh as a menopausal remedy for hot flashes. Historically, it was used for dull aches, like the aches of arthritic joints. It was favored in influenza because, along with boneset, it helped calm the severe muscle aches and head aches of the flu. Those painful flu symptoms were common in 1918. In fact, some people experienced such unrelenting pain that they committed suicide to escape those pains.) I have heard that if black cohosh is strong enough to deal with that degree of pain but it can take the edge off the pains of average influenza.

Finally, I have come to appreciate the value of chest applications. As the lungs become fluid filled, the blood circulation in the lungs slows down. It becomes harder and harder to deliver medicines to the lungs where it is needed most. Chest applications work because the volatile oils penetrate the skin and move into the lungs. Those volatile oils are anti-microbial and anti-inflammatory. Almost any type of chest application will help prevent pneumonia from developing: The Eclectics used many types of applications, including flax seed or onion poultices. They even used Vicks Vapourub. Heat was always applied to help move the volatile compounds into the body.

Remember, with a good diet, some vitamin D and some simple herbs, you stand a good chance of either avoiding this year’s flu altogether or getting a mild case, should it strike. Good luck!
Aries (March 20-April 20) Someone seems to be insisting on an exchange of some kind; it might be you, it might be someone else. You're looking forward to having some goodwill flowing your way. Someone is going to say, ‘what is this place?’, and I strongly suggest you look at what is being exchanged, if anything; literally, what is being given and what is being received. You've figured out that it's not the form of the exchange you're concerned with, but the outcome of the exchange. This will feel a little like organizing the showbox full of pictures in your bedroom closet; eventually that will lead to reorganizing the whole room. That, in turn, will help you come to certain realizations about your life that seem simple when you get there. That, in turn, will lead to changes you need to make, or at least an emotional corner you've been stuck in for a long time. And this will help you see the direction you really want your life to go. In a instant, this is the time of year when you know exactly what box I'm talking about. It's time to put those photos in an album. And if they're on a computer, definitely print them out first.

Eric Francis has more to say at PlanetWaves.net.

Taurus (April 20-May 20) Now that the Sun moved into the Sun's sector of your chart, you need to face that which is pleasant, and that which counts for shadow material. Loving confrontations are inevitable as the ‘nice’ encounters are not always loving. You need to work for it, first in yourself, and then in others. Your patience is the key. These weeks find you in a position to increasingly go into denial in situations about which you really need to be having awareness, but you are not quite able to come up with something you hold yourself to be true. This is the time of year when you realistically may be feeling like you have some spiritual factor, or an ideal of yourself; allied with? You may think it's some new version of you, but it would appear to be a form of denial. You need to face that which isn't quite right. That is not going to be as difficult as you thought; you have a gut instinct that at times you love and at times you make yourself nervous. Your sign is renowned on all planets for its cerebral approach. This is the time of year when you begin to realize the real issues in your life. Eric Francis has more to say at PlanetWaves.net.

Gemini (May 21-June 20) You can now see an old problem from a fresh perspective, and with the benefits of experience. You've figured out that it's not the effort you exert but rather the creativity you apply that matters most. And as you work on bringing along with you as you go through every old approach to the situation and were not quite able to come up with something new, you're going to have to apply a special method of analysis. There is one factor that, if you identify it, can unlock: the next best step for you, and how you don't identify and act on it, the situation could unravel. Identifying this factor will be easy, if you look for it, and if you believe it's there. It's probably something you look at all the time, but don't notice anything is amiss because you like it so much. Eric Francis has more to say at PlanetWaves.net.

Cancer (June 21-July 20) What force within your psyche are you most closely allied with? You may think it's some spiritual factor, or an ideal of yourself; all your actions appear to be directed by that, but it would appear to be a form of denial. In order to cross the river to awareness, you need to become your own trading partner. Only you have those needs, and you have the ability to work it out yourself, but it would appear to be a form of denial. And something that seems large may be a form of denial. The key is to work them out on the level of communication first. Mercury is no longer retrograde, but we are still halfway under its influence. Something that is developing at the moment has the ability to magnify itself; and something that seems large may prompt you to overreact when it's really a relatively small matter. You can work on your ability to be very direct with your emails twice; that is, theesynes in your inbox and theesynes you're about to send.

Eric Francis has more to say at PlanetWaves.net.

Leo (July 22-Aug. 23) You seem to be figuring out what's been bothering you. It isn't as bad as you imagined, though you might need to do something about it. This is going to save you a lot of energy, which you can put to excellent use. Eric Francis has more to say at PlanetWaves.net.

Virgo (Aug. 23-Sep. 22) You thought you could do more problems here before you made it to end, but as it turned out you needed to do was start making decisions. You made a fun discovery — they happen on a regular basis. This week you find that you need to make two decisions at once. If you're still stuck, which includes deciding the same way about different things, try another approach. This is the time of year when you always figure out how smart you are. Your real intelligence is mainly instinct-driven. You just do not know that instinct at times you love and at times makes you nervous. Your sign is renowned on all planets for its cerebral approach. This is the time of year when you begin to realize the real issues in your life. Eric Francis has more to say at PlanetWaves.net.

Libra (Sep. 22-Oct. 23) You're starting to pick up momentum, and if you're competing against anyone, you're starting to feel ‘nice’ when it seems possible to proceed. I suggest you drop all ideas of being better or best and make sure you do what you know is right. That is not going to be as difficult as you thought; you have a gut instinct that at times you love and at times you make yourself nervous. Your sign is renowned on all planets for its cerebral approach. This is the time of year when you begin to realize the real issues in your life. Eric Francis has more to say at PlanetWaves.net.

Scorpio (Oct. 23-Nov. 22) You're not yet ready to succumb to irrational fear, but you do get lonely. One aspect of your life in which you may be feeling loneliness is when you consider what is the most important to you, and you wonder if anyone else really cares. You've figured out that others depend on your generosity and your sense of ethics without really sharing these things. You've figured out that people who claim to be your friends don't always act that way — and this is leading you to wonder if they're really so friendly. You seem to be standing on the threshold of an important decision, and all of these things are factors. All you need to be is there, and not push what you need to be there, and not push what you need to be there, and not push what you need to be there, and not push what you need to be there, and not push what you need to be there, and not push what you need to be there, and not push what you need to be there. Simply knowing the question. Know what you are trying to sort out, and remember, above all else, what you value and why.

Eric Francis has more to say at PlanetWaves.net.

Sagittarius (Nov. 22-Dec. 21) You're not yet ready to succumb to irrational fear, but you do get lonely. One aspect of your life in which you may be feeling loneliness is when you consider what is the most important to you, and you wonder if anyone else really cares. You've figured out that others depend on your generosity and your sense of ethics without really sharing these things. You've figured out that people who claim to be your friends don't always act that way — and this is leading you to wonder if they're really so friendly. You seem to be standing on the threshold of an important decision, and all of these things are factors. All you need to be is there, and not push what you need to be there, and not push what you need to be there, and not push what you need to be there, and not push what you need to be there, and not push what you need to be there, and not push what you need to be there, and not push what you need to be there. Simply knowing the question. Know what you are trying to sort out, and remember, above all else, what you value and why.

Eric Francis has more to say at PlanetWaves.net.

Capricorn (Dec. 22-Jan. 20) This past couple of months have been a little strange, especially when your most important career goals are concerned. In fact it may seem like one thing after another has gone wrong, and you have not even been sure what you want to set them right. You need to proceed with caution, and make sure that any remaining small problems don't become large ones. The key is to work them out on the level of communication first. Mercury is no longer retrograde, but we are still halfway under its influence. Something that is developing at the moment has the ability to magnify itself; and something that seems large may prompt you to overreact when it's really a relatively small matter. You can work on your ability to be very direct with your emails twice; that is, theesynes in your inbox and theesynes you're about to send.

Eric Francis has more to say at PlanetWaves.net.
Salmon, Good to the Last Morsel

One of the best things about living on Vashon Island is buying fresh wild salmon straight from the fisherman. You pick out your fish, and the man lifts it from the ice chest in the back of his pickup or at his roadside stand. A whole fish that fits into my oven will serve eight to twelve people, usually with a bit of colored salmon left over. Not to waste a morsel, we freeze what’s left in plastic freezer bags for later salmon salad, sandwich spread, seafood chowder, or kedgeree.

The basic kedgeree recipe is one that all the Omega 3 fats, Vitamin D3, protein, and sea minerals of fresh salmon, is always available, and costs less. Here is a Scotch version of an English dish military people brought home from India during the time of the Raj. It uses leftover cooked salmon, canned salmon, or cooked firm white fish, such as cod. Kedgeree is often served for breakfast, but it’s good as a main course, too.

**SALMON KEDGEREE**

4 servings

3 cups cooked brown rice or mixed white and wild rice
1 ½ Tablespoons butter
1 ½ Tablespoons rice flour
1 cup stock or broth, heated
1 ½ Tablespoons rice flour
2 cups cooked brown rice or mixed white and wild rice
2 hard-boiled eggs
2 rather skinny green onions, minced or thinly sliced

**CHUTNEY**

Melt butter. Stir in flour and curry powder. Stir-cook about 2 minutes, until the flour changes color. Add the rice flour, stock, and lemon juice. Stir-cook until thickened.

Flake salmon. If using canned salmon, I remove the skin but keep the bones. They get so thoroughly cooked in canning that you can mash them and benefit from their calcium.

Add salmon to rice. Gently stir-topick up any bones that may have broken loose. Top with a spoonful of chutney and serve.

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Salmon Quiche

- Makes 1 (8 or 9-inch) pie
- Serves 2 hungry eaters or 4 light eaters

**LOW GLUTEN PIE SHELL**

1 1/2 cups barley flour
1 3/4 teaspoon salt
3 Tablespoons olive oil
1 1/3 cups water + a few teaspoons as needed

In a small mixing bowl, stir the flour and salt together. In a measuring cup, put the oil, then add water to the 1/3 cup mark. Fork beat to a froth, pour into the flour and mix well. Add water by the drop until the flour mixture clings together but isn’t sticky. How much water you need depends on the age and dryness of the flour.

Form the dough into a ball or mound. Cover with plastic wrap. Let rest 30 minutes.

Roll out the dough on a square of waxed paper, chill it 5 minutes in freezer, invert it over the pie pan and peel the paper off. Ease the pastry into the pan.

Quick method: Skip the rolling and chilling. Put the well mixed dough evenly into a buttered pie pan.

Heat your oven to 450 degrees. Place pie pan on a baking sheet. Bake it in the center of the oven for 7 minutes to firm but not brown the pastry. Asemble the filling.

**QUICHE FILLING:**

2/3 cup flaked cooked salmon, smoked salmon, or canned salmon
2 green onions, thinly sliced, tops included
1/4 cup minced fresh parsley or 1/2 cup slightly rounded teaspoon dried parsley
1/2 cup grated Swiss or Jarlsberg cheese
1/2 cup water + a few teaspoons as needed

Mix well. Add water by the drop, stirring to a froth, pour into the flour and mix well.

Remove the pastry shell from the oven. Spread the salmon, onion, and parsley evenly in the pastry’s bottom. Top with the cheese. Beat together the cream, milk, salt and eggs. Pour the egg sauce on top of the filling. Bake in the center of the oven 45 minutes or until the custard top should be slightly puffed and a lovely light brown. Serve it promptly so your custard doesn’t weep.

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Boiled Frog: Wal-Way?

Boiled Frog: Wal-Way?

are convenient, the employees are friendly and fairly paid. The Matthews family are generous supporters of the community. As just one example, did you know that Thrifty’s rebate 1% of receipt totals to various non-profit organizations on the Island? It’s a lot of money.

So what’s the problem? It’s not like it’s a Wal-Mart, after all. We can all conjure up the image of the town destroyed by Wal-Mart, can’t we? Behemoth retailer blows into town, sells merchandise at lower prices than the local mom and pop. Mom and pop (let’s put him in overalls to complete the stereotype) lose customers who can’t say no to the cheap prices and eventually close up shop. Downtown turns to ghost town, complete with boarded up storefronts. Hmmm...

As a raging capitalist, it is hard for me to find fault with Thrifty’s success. They have provided excellent products and services at fair prices. They have invested in expansion; they have listened to their customers. They have done everything right and have been financially rewarded, which is as it should be. So what’s the problem?

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**ISLAND BIRTHING GUIDE**

Species Identification
How to Attract Birds

Ed Swan

(206) 463-7976

edswan@centurytel.net

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**PANDORA’S BOX**

Don’t forget to join us for trick-or-treat fun on Halloween! Who knows what lurks in the bottom of the litter box?

Cheryl’s pick of the week: Your pets are cold, come see the masses of new beds. Sneakers have been delayed, but I’ve been assured they’re on their way. I’ll keep you posted.

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$8 Nail trimming with no appointment

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Just the inevitable outcome: that we will become a Wal-Mart town. Mom and pop may be college-educated and they may be wearing hand-knit alpaca sweaters instead of overalls, but they will be out of business all the same. And our lives will lose much richness. Can you imagine walking through town on a Saturday morning when half the storefronts are covered in graffitied plywood? And what happens to prices at Thrifty’s if Vashon Market closes its doors for lack of business? It goes without saying, but a little competition is a very good thing.

I hear many people express a deep-feel and seemingly genuine desire to do something meaningful in their lives, something that will leave a legacy for generations to come. This noble expression is usually followed by “when I have more money” or “after I retire.” I say that we can all do something meaningful today, something that will strengthen Vashon as a community and sustain its character and livability. We can shop at our independent stores. How simple is that? Note: For the record, I shop at Costo, too. Not much, but some. Like everyone, we are economizing these days.
Swimming Upstream
by Deborah H. Anderson

No one else arrived right at 7:30AM that morning. In fact no one arrived until 7:50AM. Saturday mornings are study group days for me and all too often I am the first to arrive with a fierce challenge for promptness. If I hadn’t been the leader and had to take a ferry to get there, I too might have arrived twenty minutes later. Not wanting to spend any more time on my presentation, I searched for odd jobs I might do. My key ring caught my eye. There were so many keys on it, frequently my right knee would get jabbed as I shifted my foot from the gas to the brake pedal while driving the car. Yes, I thought to myself. It’s time to purge and cleanse. My life is such right now that I only need about five keys: house, car, and two PO Boxes. I greatly appreciate the simplicity of it all.

As I carefully and sometimes awkwardly slipped each extraneous key around the ring holding it on (sometimes two rings), using my too short fingernails to hold them apart so the keys would move to slide off, I thought of the story, now passed, behind each of them.

A church key now outdated because so many people have broken into it the locks have been changed about three times. Cars long since gone to that great scrap pile overtown. Homes of clients I no longer visit.

From college to be in peoples’ homes in intimate ways. Pretty much everyone puts on a bright shiny face for public viewing, but behind close doors, everyone is just a regular old person. In many ways it’s reassuring. In some ways we all fall short, behind the scriptures says.

The biggest observation has to do with achievement. Behind closed doors, one can see the machinations of how people get things done, or don’t get things done. It’s the process not the product that is visible.

From the very beginning when Mondays meant tea with Irene and Edith in the mornings at Edith’s house and Thursdays meant lunch with Clara, till now, when each day is assigned a different day of people to feel the inadequacies. Knowing what to do when they are present.

It’s certainly fun to see people all dressed up and doing their best presentation. But I have an even deeper respect for life, seeing all the obstacles people overcome. There is inspiration in seeing people cling to hope, suffer love, and push beyond their limits. It’s a shame we don’t share a part of each other more transparently. Once we get to the point that we understand everyone is pretty insecure about his or her place in the world and everyone carries a burden above which they will rise, we can share those life patterns that cause us to succeed against all else.

Otherwise we’re pretty much fig leaf groupers, or beauty yet, ice dancers who cover their bruises with beautiful tights and fresh skates that hold their ankles stiff.

Consider this. When the salmon return to spawn, they leave their ugliest and are the most beaten up to do their most fruitful work. I love that. Isn’t that glorious?

Pop culture tells us to ‘never let an idea go to waste’. How can we be fruitful under such judgmental circumstances? Is it not necessary to endure a crooked snout and beat up scales from crashing into foreign objects to deliver the best in us? Is it not necessary to swim upstream to reach home again and leave our most productive moment; the moment that is the legacy for the next generation?

I pray you will share your process with someone. Sure we all love spiffy graphics in well delivered folders or careful presentation, but there is a perfect or the perfect notes or words delivered in flawless efforts. But the encouragement for all of us is to see the struggle.

Was not your sweetest victory the one that cost you the most and required greatest perseverance? Share with someone else what it took to get there. Come home. Swim upstream. Forget the physical display and be present in the accomplishment of enduring until you have birthed whatever it is in you that needs birthing.

Look at the process as well as the product and eat yourself on the back. Even if we failed, we tried. Creatures of hope that we are, we will try again. It’s inevitable.

Someone once said to me, ‘Oh I forgot. For you the hard way is the easy way.’ ‘I’d never noticed before. Save shortcuts for using the computer. Take the hard way. As we pass each other today, may the opportunity to share the process be yours. And may someone say, “Good on You!”’

Love
Deborah

Fall for Orcas!
Continued from page 1

Odin Lonning will discuss local research and conservation issues pertaining to our endangered Southern Resident orca, M. Max. The program features Mark’s spectacular slides of whales in Puget Sound and a Tlingit killer whale honoring song by Odin and Orca Annie. Learn from experts who have studied orcas in Island waters for decades why the whales come here and why they may seem timid. Admission is only $5.00 and proceeds benefit the VHP. For more information, contact Orca Annie at 463-9041.

Ferry Line Cameras on VoV-TV
Continued from page 1

The ferry cameras were recently installed by the Washington State Department of Transportation. The pictures can also be seen on Washington State Ferries’ website, at http://wsdot.wa.gov/ferries/cameras/ and on the Voice of Vashon website, at http://www.voiceofvashon.org. If you have questions about the cameras or Voice of Vashon, you can email them to info@voiceofvashon.com or call 463-0301.

Dear Madame Toujours,

I am a bitch. I mean to say that my mother was a Chihuahua, and my father was a Pug. In the fullness of time, I joined a pack of human people and met my husband Max who came from a similarly mixed parentage. Max is extremely attractive, healthy and well-formed and has many useful job skills such as chasing chickens and biting mailmen. Our human pack mates are good providers, so when I began to feel the stirrings of nature, Max and I began a family. Together, we produced six beautiful pups, three males and three females, and our pack mates show every sign of being as devoted to the new arrivals as I am, quite properly so.

I would be entirely satisfied with my situation were it not for my husband Max. Oh, he is certainly attentive enough to me when we are outside making potty. He still smells my ears and licks my face, but he behaves as if he is afraid of his own children. Yes, he admires them from a distance. He SAYS he loves them, but he never gets close enough to lick their bottoms or supervise them when I am eating or watch over them while I go for a little car ride. I adore my babies, but raising a family is a grand responsibility, and I feel from their father would make a big difference.

The humans try, of course, but do not feel comfortable leaving the puppies entirely to their care. If I may supply an example, when the babies were first born, human Mommy had some idea of tying ribbons around their necks to tell them apart. It was quite a nuisance to me as I had to keep removing the ribbons. Now Mommy keeps picking up the babies and smelling them, but of course humans have such feeble noses that she can’t tell them apart that way. How can one leave one’s precious progeny to such incompetent caretakers?

What can I do to encourage my husband to be of more use to me and the children?

Sincerely,
Feeling Bitchy

Chere M me. Bitchy, Congratulations for you with the arrival of the new family. You are quite correct to be concerned about leaving the children to the care of the human persons. The human persons are having the big difficulties to care for one or two at the same time. Six is being entirely too much to expect for them.

Have the patiences with M, Max. The new father, he is many times having the uncertainties about his role and responsibilities. He is not having the instincts to know when the babies, they are needing to eat. He is having the grossfulness about cleaning up the potties. He is not knowing what to do when they are whining. This is all making him to feel the inadequacies.

Bon Chance, M me. Bitchy, and soon, the babies, they will be ready to play and hunt, and M Max, he will be much more helpful to you.
Loop Music

Piano legend, DAVID LANZ performs at Blue Heron
by Janice Randall

Grammy-nominated pianist and Seattle native, David Lanz brings his legendary instrumental prowess to Vashon Island, 8 pm, Saturday, Oct. 25, at the Blue Heron Art Center. His passionate compositions, that helped shape the New Age music movement over 20 years ago, have evolved to an international level.

Lanz has the hands; the span of his finger reaches a 10th, like C to E above the octave, which translates to: “How does he play some of those tunes?” Thousands of piano students and teachers study David’s beautifully structured, complex music.

His first recording, Hartsounds, helped launch Narada Records into the mainstream and led Lanz to a chart-topping career with nine bestselling solo albums and three landmark instrumental rock groups during his teens and then moved on to blues and jazz.

Lanz happened onto a different path in the 1980’s. “A friend of mine was leading a seminar on the energy centers of the body and wanted music to illustrate the flow of energy through these areas sometimes referred to as chakras,” says Lanz. “I was also interested in the healing qualities of music and it’s effect on body and soul, so I made a little tape of piano music for the seminar and just about everyone who heard it, to my utter surprise, wanted a copy!” Today, a national spokesperson for American Music Therapy Association, Lanz is credited with having the first New Age hit single with “Behind the Waterfall.”

“The chance to play the music is great,” says Lanz, whose solo concerts have won critical raves. “But concerts are also opportunities to show the audience a bit more of myself than just playing the piano.”

His 2008 CD Painting the Sun (Shanachie) will be available at the VAA concert, along with previous albums as well as a collection of material from the great country-western songwriter reworked for his band’s instrumentation.

His latest album, Crazy: The Music of Willie Nelson, features material from the great country-western songwriter reworked for his modern jazz quintet. Jazz Times magazine called the album “a kick in the pants.”

Lanz’s debut recording, Cristifori’s Dream (number one, on Billboard’s first adult chart), was leading a 1980’s “A different path in my life,” says Lanz. “I realized that I was going to be a professional musician.”

His piano playing has been compared to the playing of Frank Sinatra, Ray Charles and Nat King Cole growing up.” Adapting the piano by age ten, he performed with Northwest instrumental rock groups during his teens and then moved on to blues and jazz.

Lanz has the hands; the span of his finger reaches a 10th, like C to E above the octave, which translates to: “How does he play some of those tunes?” Thousands of piano students and teachers study David’s beautifully structured, complex music.

This is going to THE party to go to on Vashon Island on Halloween night. The Red Bicycle Bistro is bringing back the annual Tradition in the community for years.

and they’re doing it up big, with Island band Trolls Cottage on board as special guests. For so many years, this annual event was the most anticipated party of the year....so event organizers at the Red Bicycle plan to make this particular party bigger and better than ever.

Continued on page 18
Loopy Laffs

“Artichokes ... are just plain annoying ... After all the trouble you go to, you get about as much actual ‘food’ out of eating an artichoke as you would from licking thirty or forty postage stamps. Have the shrimp cocktail instead.” —Miss Piggy

“I read somewhere that 77% of all the mentally ill live in poverty. Actually, I’m more interested by the 23% who are apparently doing quite well for themselves.”

—Jerry Garcia

A couple are lying in bed. The man says, “I am going to make you the happiest woman in the world.” The woman says, “I’ll miss you.”

Cowboy Wisdom

It don’t take a genius to spot a goat in a flock of sheep.

One Liners

You’re just jealous because the voices only talk to me. One good turn gets most of the blankets. A witty saying proves nothing. I don’t suffer from insanity; I enjoy every minute of it. Multitasking means screwing up several things at once. A man wrapped up in himself makes a very small package. A free society is one where it is safe to be unpopular. A hangover is the wrath of grapes. If a clock is hungry does it go back four seconds? Once you’ve seen one shopping center, you’ve seen a mall. Without geometry, life is pointless.

I’m worried about my apple tree. I caught it drinking root beer!

I discovered a cooking tip I haven’t seen listed in any cookbooks.

While you are preparing the food, and after the guests have arrived, you contrive to fill the house up with smoke, preferably enough to get at least two smoke detectors going.

Then you go rushing about the house, opening all the windows, setting up fans, and generally doing everything short of calling the fire department.

Let the guests sit for about 1/2 hour at 50 degrees (as a result of opening the windows) and serve the food.

By this point, you have established expectations in your guests’ minds that you can’t fail to exceed!

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Loopy Zen

How many Zen masters does it take to change a light bulb? Four. One to change the light bulb.

Someone asked why there were empty beer bottles in my fridge. Silly, they’re for my friends that don’t drink.

Offshore

Sake Clicker. Are you feeling any better now? Yeah, except I’m lost on an island with no street lights or power apparatuses...

... In a car with the emergency tanks at the gas station with no gas!

Well, look on the bright side. Fall’s got plenty of compressed air.

Vips

VASHON’S NICE DROG DETECTIVES CAN’T TAKE TIME OUT OF THEIR BUSY POLICE SCHEDULE TO GIVE OUT CANDY ON HALLOWEEN NIGHT...

... AND GIVING OUT MOBIL CORP’S TOFU IS NOTHING LIKE GIVING OUT CANDY!

LOGJAM

Your Campaign is in Trouble. You’ve Got to be Negative! We Vote for You! Yes! Vote for Me!!

Let’s Take Time out of Their Busy Police Schedule to Give Out Candy on Halloween Night...

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Loop Arts

Day of the Dead Skeleton Parade

UMO, Vashon Allied Arts, 4Culture and Vashon Chamber of Commerce are teaming up to bring Islanders a special free Halloween treat and everyone’s invited to participate! During the annual Chamber sponsored uptown Trick or Treat event, between 6 and 7 p.m., Friday, October 31, the whole Island can enjoy a new Halloween tradition: Day of the Dead Skeleton Parade!

Be a part of the event when from 2 to 5 pm, Saturday, October 25, all-ages, all-inclusive costume making event will take place at the “O” space (bring black clothes that you don’t mind getting paint on). The parade event, centered around a metal cart created by Island artist, Ela Lamblin, will take place in the center of town. Last minute participants are welcome to join; skeleton costumes encouraged. UMO Ensemble will perform and an authentic Oaxacan band, La Banda Gozona (up to 25 members) from Seattle, complete with dancers, will play in the streets. Don’t miss it!

Chakras, Sea Turtles, Abundance, Oh My!

Vashon artist Allison Trundle will be showing her recent paintings at Glendale Gallery for the month of November. Her paintings are described as full of light and wonder by her 4 year old’s interest in birds for her current imagery is influenced by the essence of the child and then I add favorite animals, birds and trees native to the Northwest, and always include symbols of health and abundance. I really enjoy the commission work, it brings me joy.” Opening night is Nov. 7th from 5-9pm. Show runs for the month of November. Glendale Gallery is located in the Glendale Keller Williams Business Center, 1 block north of Thriftway on Vashon Hwy.

How does it feel to be voting for the very first time in the 2008 election? UMO Ensemble’s exciting feature work, First Vote 2008, explores this question with six young adults who are finding their voices for the first time in a democratic society.

Funded in part by a grant awarded by the Vashon Park District and private donation, Amy Rider King, UMO’s Youth Program Director, collaborates with six first time voters from Vashon and Seattle to create an original performance based on their thoughts, dreams and concerns about this year’s presidential election.

There will be two public performances of First Vote 2008 - Sunday, November 2nd at 5 PM at Ober Park and Monday, November 3rd at 5pm at the Seattle Central Library. The cast will also perform for the student body of the Center School.

Please join us to see what these first time voters have to say!

Cafe Luna Hosts Mike Fekete Sat. the 25th

Mike Fekete’s music is inspired by the scenery of his hometown as well as the landscapes and sounds of the Northwest where he lives. Takoma Records, founded by the late John Fahey, and made popular by Leo Kottke are strong musical influences, as well as the Windham Hill sound. We’re talking beautifully played acoustic guitar that you’ll want to take home with you.

Subconscious Population Masked Ball

continued from page 16

spooky drink specials, yummy food, plus lots of surprises in store. $10 cover gets you into the bar and restaurant so you can roam free between each side throughout the night. There will be a big costume contest for attendees, to be judged by the crowd and prizes will be awarded for 1st, 2nd & 3rd place...plus The Red Bicycle plans on having a costume contest for the “Best Staff Costume”.

Due to the popularity of these two bands and the fact that it’s Halloween, it is highly recommended that you purchase tickets in advance either in person at the Red Bicycle or by Credit Card over the phone by calling 463-5959. Tickets will be available at the door unless the show becomes sold out due to advanced ticket sales. There are only a certain amount of tickets available for this show. Don’t be left out on the street looking in the window at all those people having fun! Get there early as Troils Cottage will take the stage at 10pm!!!

Save your strength for Halloween night...you’re gonna need it! This is a 21+ event with $10 cover and ID will be required at the door. Costumes are encouraged!
Alaska Near and Far
by Peter Ray

If one were to head north out of Anchorage on Highway 1, the Glenn Highway, and to complete the crossing of the many estuarial divisions of the Matanuska River, a task now made simple by the Alaska road and bridge system, one would soon be faced with a choice. If we were traveling with the press corps of the moment, the choice would be to get on Route 3, the George Parks Highway and head westward to Wasilla, for obvious reasons. For the purposes of promoting the next film in the For Word, Vashon Film Society documentary series, we will instead remain on the Glenn Highway, and head an almost equal distance northeastward to the town of Palmer, and leave it up to history to sort out the significance of which hamlet is remembered, and for what.

It was actually a mutual interest in plants that brought me to Palmer back in 1996 to visit then local alpine rock garden expert Jim Fox. Over the course of our stay there, we learned of his interest in local history, as well as plants. While there we were hosted by a part of that history, Jim’s grandmother Irene Benson, who was one of the original “colonists” who had been recruited by the U.S. government to escape the dustbowl poverty of the upper mid west and to participate in a social experiment in collective living and cooperative farming in the rich soils of the Matanuska Valley. As one part of the many New Deal efforts to rescue those struggling to survive the great depression, the government offered a loan of $3000 and a forty acre piece of Alaskan wilderness as a way to restart their lives. To do this, it meant pulling up roots in Michigan, Minnesota or Wisconsin in the Summer of 1935, and traveling by train to Seattle, where they boarded a military transport ship for their voyage north to Palmer by way of Anchorage.

Our film for this time, Alaska Far Away, was just released this year and is the result of fourteen years of interviews and research by filmmakers Paul Hill and Joan Juster, as well as through the writing of Jim Fox and editing of Mark Lipman. It tells the story of these “New Deal Pioneers” through contemporary interviews with surviving colonists, archived film and newsreels of the time along with numerous still photos and journal entries. Some may recognize the voice of Peter Coyote, who narrates the tale through the words of Fox and Lipman. Alaska Far Away will be shown at the Vashon Theatre on Sunday, October 26th at 7pm. Admission is by donation. For more info contact Peter Ray at 567-4542 or pgr42@att.net.

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Dark Carny Returns

Dearest Friends - NOW is the TIME to reserve your tickets for Dark Carny - A Macabre Cabaret!

Two twisted nights of refreshingly dark comedy at the Red Bicycle Bistro & Sushi, Friday Oct. 24th 8pm & Thursday Oct. 30th 8pm. Come early for good seating “Let’s eat, drink and be scary!”

Dark Carny is a hysterically outlandish show that features original songs and black humor delivered by two seductively ghoulish characters, Guto and Dita, who dwell in an etheric limbo of the eternally damned. These two waifs steer the audience through a carnival of freak shows, roller coasters, midway games and conspiratorial teeth gnashing that delights in the underbelly of existence. Adding spice to the show will be a couple of twisted puppet vignettes and a cast of Carny characters that mill in the audience, hawking odd invisible trinkets and trying to steal your wallets.

Attendees should feel free to dress to impress and prepare for a night of bodacious comedy. As the opening song says, the evening promises “Turn you pain into pleasure.” Tickets are available for $10 at the door or by reserving tickets to the restaurant. There are only 100 seats available, so be sure to RSVP.

See you there! Arlette & Steffen

Drama Dock Call for Auditions

For: On Golden Pond, by Ernest Thompson. Plot: Retired professor and lovable curmudgeon Norman Thayer, and his spirited wife Ethel return to their summer cottage. Their idyll is interrupted by the visit of their daughter with her fiancé and his son in tow. Heartwarming and humorous.

Nasted: Three men ages 40-80. Two women ages 40-70. One young man, age 13. Readings will be made from the script. Additionally, one to two minute prepared monologues welcome, but not required. Scripts are available for preview at the Vashon Library Reference Desk for in-library reading.

Auditions will be held Oct. 28-29 at McMurray Middle School, 7-9PM and October 30, at Blue Heron Art Center 7-9PM. Performances: The Blue Heron Arts Center, January 23,24,25,30,31 and Feb. 1, 2009. Directed by Phil Dunn.
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