

Chicken Plunge Is Not for Chickens



The First Senior Center Chicken Plunge will take place on Sunday, May 12, at 2 p.m. at Jensen Point.

“People can make the plunge individually, or as part of a team,” said spokesman George Eustice, “or you can kindly make a pledge to make a donation to anyone who is making the plunge.”

Hardy souls who sign up to make the plunge and succeed in raising a minimum of \$25 will receive a t-shirt that says, “I wasn’t chicken.”

“This is the first Chicken Plunge,” Eustice said. “We hope to make it an annual event if it works out. I’ve heard that the Eagles have a team, and the Fire Department, True Value, and the Bone Factory, and the Junior Crew team is going to be a big presence.”

Eustice said that the Fire Department will have a crew on hand to help out should anyone experience physical difficulties.

Your pledge will go to the Senior Center’s general fund in aid of the goal of building a new kitchen. This event is sponsored by Pacific Research, aka the Bone Factory.

If you wish to pledge or plunge, you can go by the Senior Center to sign up, or sign up with anyone who is taking pledges for the plunge. If you need more information, give the Senior Center a call at (206) 463-5173.

Vashon Island Art Studio Tour Map Page 6

Road to Resilience Getting from Here to There

In the last couple columns I’ve dwelt on what’s wrong with our lifestyle and in what ways we need to change, but I didn’t say much about how to get from here to there. You may have thought, “It’s fine for you to say that we should be doing work that is meaningful to us, and that we should try to become more independent of the economy at large, but I have a mortgage and other debts to pay and little time for growing food or puttering around in a shop I don’t have making or repairing things that I need.” You may also need to work full time to get health insurance.

The ways in which we are trapped in our roles in the economy we’ve been sold over the last two hundred years is so all encompassing that it can drive us to despair. Some of us are happy and fulfilled with our current arrangements, and some may be interested in change but for one reason or another are not ready to pursue it. Ready or not, these suggestions are still useful. It’s not quite so intimidating if we take small steps.

The first step is to think about where you would most like to be in ten years or so. Would you like to have a job closer to home, a

By Terry Sullivan, Transition Vashon

more fulfilling job, self employment, a lower cost lifestyle that allows you to work less?

Gather information and learn skills; there are books and videos to look at, and people that are farther along the path you are investigating. Don’t worry about whether you have chosen correctly. The first choice may not turn out to be what you thought but it will help you hone your search. You really can’t waste time when you are learning. Take small steps; that way you only make small mistakes. I tend to spend too much time thinking before jumping into things. The longer I put it off the harder it seems.

One of the first things you need to do to expedite those changes is to start adopting lifestyle changes that save you money and time. You need both in order to get from here to there. Lower your indebtedness in any way you can. Don’t borrow on the future you’re not sure you are going to have. Be conscious of your consumer habits. Make do with what you have; some things can be fixed quite easily if you just give it a try. If you get a little ahead on the budget, start trying to make more time; think creatively about how you might be able to shorten your work week (see next paragraph). Jobs on the

Continued on Page 9

Cinderella takes the stage in Vashon Dance Academy Production



Myra Butler and Isabel Forest (L to R), portray the flowers in Cinderella’s garden.
photo by Kathleen Webster

By Amy Morrison

Cinderella, the overworked and under-appreciated heroine who becomes the Royal Prince’s obsession, takes the stage at Vashon High School for a week-end production by the dancers of Vashon Dance Academy, May 17-19. Performances run Friday and Saturday evening at 7:30 PM and Saturday and Sunday matinee at 1:30 PM. Tickets are available at Vashon Bookshop; \$13 adults, \$11 students .

The show is produced by Dance!Vashon and features Rachael Thomas and Charlotte Schoen sharing the title role. Senior dancers Emma Zimmerman and Maria Osborne perform the roles, respectively, of the Evil Stepmother and Priscilla, the nastiest of the two Stepsisters. Besides the usual characters in the story, the Vashon creation features characters such as Ego, Midnight, Hope, and Cinders, as well as more whimsical characters like Pumpkin Babies, Scrubbing Bubbles, and Fireflies. Each year, Vashon Dance Academy students work alongside the teachers to develop original choreography, under the Artistic Direction of Cheryl Krown, Director. Dance teachers Julie Gibson, Erin McEachran, and Ronly Blau provide important choreography and support.

Director Krown describes the process. “Julie and I begin by picking the different characters and dances for each class and choosing the music for each dance. The older

dancers contribute musical ideas too, and we grow from there. Julie and I do most of the choreography, and the kids help with many ideas, which we try to incorporate. We work through the dances, making sure each class has an important role that carries the story along. We also have two new teachers this year, Erin and Ronly, who choreographed dances for the classes that they teach.

“We always choose the show based on which story and characters will best suit our most advanced dancers for that year -- where they are at in their development as dancers and what roles we think will challenge and inspire them. Then we build the show and the other characters for each class from there.”

This year’s co-producers are Tara Vanselow, John Osborne, and Tina Shattuck. Says Vanselow, “The highlight of producing is getting to work with so many incredible girls and their families. My daughter has grown up with Cheryl and Dance!Vashon, and the studio is such a safe, fun and challenging place for them all to be. Co-producing has given me an even closer look at all that goes on behind the scenes - watching over 100 families work together to support their children doing something they love has been amazing.”

Senior Dancer Emma Zimmerman agreed, saying, “Putting this year’s show
Continued on Page 7



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Summer, yes summer, approaches. Teaser weather to get our
hopes up, mid-May torrential downpour to follow.

New in store: Paisley print beds;
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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.

Water District 19 board meeting

Water District 19's next regular board meeting scheduled for May 14th, 2013 here at the district's board room at 4:30 pm

Vashon Drum Circle

Red Lodge hosts its monthly drum circle, Friday, May 10th, 7-8:30 PM at Vashon Intuitive Arts. Come drum and sing on Buffalo Heart, the big community drum. We will also share our reflections of the film *Girl Rising*, presented earlier in the week. All are welcome. Free event; donations accepted. Sponsored by Woman's Way Red Lodge, a non-profit dedicated to enlivening the sacred feminine in our communities.

Vashon Fruit Club

Check out what's happening at Sunrise Ridge Saturday May 11, 2 p.m. (10010 SW 210th St., off Vashon Hwy.) Follow the road past Granny's Attic up the hill to the Vashon Fruit Club Orchard. There will be a brief program dedicating two of Bob Norton's "Fruit Basket" trees to Sunrise Ridge Health Services founders Dorothy Johnson and Opal Montague, and a Mike Urban bench to Leo Montague. Refreshments will follow.

SUPER MILO fundraising event

Every year our family participates in the Nordstrum annual Beat the Bridge to Beat Diabetes walk/run as team SUPER MILO. We raise money and awareness for JDRF (Juvenile Diabetes Research Foundation) who is the leading global organization and largest charitable supporter, focused on Type1 Diabetes.

T1D is an autoimmune disease that strikes both children and adults at any age. Unrelated to diet or lifestyle, T1D causes lifelong dependence on injected or pumped insulin and carries the constant threat of devastating complications.

This charity is near and dear to our hearts as our 6 year old Milo was diagnosed on his first birthday. As you can imagine it was extremely traumatizing to all of us as we nearly lost our little boy. Forming team SUPER MILO was a way to be proactive in a positive way and show our support for our son as he grows up in this community. We have an amazing group of friends, family and wonderful Islanders who participate with us every year and we are very thankful for all their support.

This year we have an great opportunity to raise some money as the Vashon Movie Theatre has donated their building and Greentech has approved us for a movie night benefiting JDRF! We will be showing one of our families favorite movies, *Monsters Vs. Aliens* on May 21st at 6pm .This is a film for the whole family, it is rated PG and is produced by DreamWorks so it's even fun for adults to sit through. Ticket sales will be standard prices and all proceeds from them will go towards team SUPER MILO'S efforts to support JDRF and help find the cure for Type 1 Diabetes. Cash and checks for ticket sales at the theatre and online card purchases available on the theatres website. Pre sales at both locations will start next week. There will be a brief presentation before the film to introduce Milo and some basic education on what T1D is, warning signs and what it means to live with it.

All the best,
Holly Bailey and team SUPER MILO



Why Park Commissioners Matter

"Why Park Commissioners Matter"

It seems like much ado about not much. Even after all the recent hubbub, the attendance at Park Board meetings is rarely over 20 people. This lack of public interest means Park Commissioners often make decisions about millions of dollars of public money with little oversight or input from the community

At April 24th's Park Board meeting, Commissioner David Hackett (who ran unopposed twice) asked VES Fields foreman Mike Mattingly, "What about my lights, Mike? What's going on with my lights?" Mr. Mattingly broke the news that it was going to cost around \$80K just to get power to the lights - not including the lights themselves - fixtures, bases, or bulbs.

Mr. Hackett clearly wants those \$100,000+ lights, and if he can convince two other members of the Board of Commissioners to vote with him, he's going to get them - not for "him" of course - for "us" - whether "we" want them or not. It doesn't seem to matter to him that \$100K is two and a half full time maintenance workers per year. Or 10% of the annual operating budget. Or enough to fund the swimming pool for 2 summers.

Without overwhelming public outcry, we will surely get those \$100K stadium lights. They're the cherry on the sundae of the roughly \$2 million dollar VES athletic fields project that Mr. Hackett has championed for almost 10 years. They'll come at the expense of maintenance at every other park. They'll come at the expense of every park user, through increased fees and decreased services. They'll come, even if it means that local contractors won't get paid in a timely manner for work done for the district. They'll come because we've got the Park District we deserve - because we stopped paying attention and we didn't think it mattered.

It's hard to imagine anyone wanting to be a Park Commissioner without a passion for a particular piece of the Park District's operations. Unfortunately, if all we have are commissioners who represent one park or project, we'll have million dollar decisions being made - not in the best interests of the larger community or the Park District as a whole - but for the sake of a particular special interest.

What's needed now are at least three smart, conscientious people with a willingness to provide balance and common sense to the Vashon Park District. There will be three open positions in the November election. Three is the number of votes needed to make decisions on the VPD board. Three people can make a huge difference. It doesn't get any more grassroots than right here, at the Park Commissioner level, on our little island.

For anyone with an interest in local politics, this is a great entry level position. For anyone interested in financial accountability, this is a wonderful opportunity to serve your community. For anyone who's ever fumed about "the government" wasting taxpayer dollars, here's your chance to actually DO something about it! You can register to run between May 13th and May 17th. Here's the link for information: <http://www.kingcounty.gov/elections/candidatefiling.aspx>

There are dedicated, caring citizens who are ready to contribute time, money and talent to help good candidates get elected. Please contact former Park Commissioners Truman O'Brien (Truman.obrien46@gmail.com) or Carol Ireland-McLean (cim@centurytel.net) if you have any questions, want to discuss a possible candidacy, or have someone you'd like to nominate.

Carol Ireland-McLean, Truman O'Brien, Mary O'Brien, Hilary Emmer, Janet Quimby, Andrew Niss, Steve Sussman, CC Stone and Captain Joe Wubbold

Vashon Horse Expo

Saturday, June 1st 9:00-5:00 at Paradise Ridge Park
Vashon Horse Expo: Day of the Horse
FREE Admission! (donations gladly accepted)

Demonstrations, Performances, Clinics, Shopopportunities, Food & Music

- Local horses and their people plan a great day for all ages to appreciate and enjoy the beauty of the Horse through entertainment, education and involvement.
- Vendors from our beautiful Island and around the Sound will sell and promote their creations, goods and services: photography, art, tack, crafts, Pilates, equine body work, riding camps, and more.
- Food - local food trucks and tents will feed you well!
- Music while you eat, watch, learn and shop.
- Pony rides for kids!
- Horse nonprofits will share their services - Vashon CERT, Olympus Pony Club, Rock Riders 4H, Pony Up Rescue for Equines, and more.

Interested in being a vendor? There's still room for artists, goods and services (nonprofit and businesses) this is a great warm up for Strawberry Festival! Nonprofit booths are free; business booths are just \$25. Contact Emily at 206-304-1049 or wigleyemily@gmail.com

More information to come here and on Vashon Maury Horses Yahoo Group: <http://sports.groups.yahoo.com/group/VashonMauryHorses/>

Shaggy Horse Show

The Olympus Pony Club's 32nd annual Shaggy Horse Show is coming up on May 18th, 9 am at Paradise Ridge Equestrian Park

The Vashon Loop

Contributors: Kathy Abascal, Deborah Anderson, Marie Browne, Eric Francis, Troy Kindred, Terry Sullivan, Orca Annie, Steve Amos, Ed Swan, Mary Litchfield Tuel, Marj Watkins, Peter Ray.

Original art, comics, cartoons: DeeBee, Ed Frohning, Rick Tuel, Jeff Hawley

Ad sales and design: Steven Allen
Phone 206-925-3837
Email: ads@vashonloop.com

Editor: Steven Allen
Email: editor@vashonloop.com
Publisher: Steven Allen
PO Box 1538, Vashon, WA 98070
Phone 206-925-3837

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Next Edition of The Loop Comes out Thursday, May 23

Deadline for the next edition of *The Loop* Friday, May 17

Poets Laureate

On Saturday, May 4, Vashon Poets selected and awarded new Vashon Poets Laureate at the conclusion of the Community Read.

Anders Blomgren awarded two awards, a shared award, for the 2013-2015 Vashon Youth Poet Laureate to Lily Robinthal and Zauxie Sackman. Each in turn read a couple poems showing two very different styles and remarkable creativity.

Then Ann Spiers, retiring Vashon Poet Laureate, awarded the 2013-2015 Vashon Poet Laureate to Ina Whitlock, praising her efforts to expand poetry's appeal. Whitlock was not able to attend but was to be feted the next day at the reading by Kathleen Flenniken, our State's Poet Laureate.

It was stated by Ann, along with the intent of the selection committee, that Poets Laureate are awarded based on their contributions to poetry. They do not have to do anything, but are encouraged to engage the Vashon community in the appreciation and practice of poetry.

Positively Speaking

Four Bright Flashes of Glorious Color

That the teal green thread and the beige thread matched the material I was given to make beanbags for a three year old I love was a wonderful God-incidence. I just grabbed what I could reach as I dashed out for the ferry. The deep jewel tones of the material with the fish pattern on it and the white material with the fortune cookies printed on would easily keep the bean bags separate if anyone ever decided to play teams.

As I’ve said before, color influences me in significant ways. Spring energizes me not just because of warmer weather or longer days but because the explosions of roadside pinks and reds and yellows and purples wakes my heart up in a different way.

If winter grays and dead browns and dull greens pause me into deeper interior thoughts, Spring’s shots of leafy colored newness urge fresh ideas and the hope that comes when things appear seemingly out of nowhere.

Did you know Dr. Seuss’ first book, “To Think That I Saw it on Mulberry Street” was rejected 37 times? Hey...who wants to be known as the guy that told Dr. Seuss his book would never sell?

Walt Disney was fired from his first job and told he “lacked any imagination or creativity”. Way to go HR!

Annie Sullivan was shunned by the board of the Perkins School for the Blind because they thought her methods with Helen Keller were inappropriate and unfruitful. Well, invite them to Helen’s Harvard graduation please.

The list goes on and on. Emily Dickinson only published twelve poems in her lifetime.

And in my hometown of Norristown, PA it is of course legend to tell the story of jazz organist Jimmy Smith who was kicked out of music class because he lacked any ability.

First question of the week: Are you the kind of person who looks for the person who fits in, or the person who operates outside the box?

There is much to be said for not being accepted by the ‘in’ crowd. In fact many times it is a thing of which to be wary.

Yet how do we live close enough to our own lives, the truth of who we were created to be? How do we bear the circumstances of our lives, the joys, sorrows, losses, failures and accomplishments to know ourselves in bold ways that prompt us to add to life whether we get paid for it or not?

Recently I’ve been examining the lives of people who are deceitful, and dependency based. This question keeps coming to mind. Do people who lie think about it before hand? I mean, do they actually know they are lying? Do they plan it or is it a crime of opportunity? And when they are caught and tell another lie,

By Deborah H. Anderson



is it an impulse or learned response? Where does that reaction come from? In working with children and teens I know it has to do with fear and shame. And what does such a negative musing have to do with the delicious burst of life and color of Spring?

Well, Because this the annual Mother’s Day column and telling the truth is a big issue when you are raising kids. Want to know what I taught my children, and now teach other parents to teach their children?

Look at life as a mystery and you are gathering clues to find the kernel of wholeness and health in all things and people. Then build on those clues. Build on what you find about health and wholeness.

Be completely taken in by bright, colorful epiphanies that stand against the monotones of the “in” crowd. Only desire the “in” crowd if they’re out on the edge! Carve out enough of a rhythm of quiet you can discern what it is you need to discern to find that health and wholeness within you.

Trust your gut but shy away from snap judgments. Look with your heart. Make sure your heart has eyes.

Be brave, be very brave. And when you are on a team, make sure it’s a team that is not afraid they might be wrong or fail. That kind of team will be open to new ideas and confident of their resiliency. Any other will constrain and tread water, very tepid water.

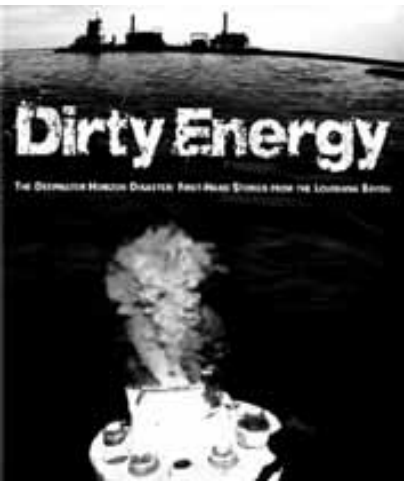
Do the most you can with the life you’ve been handed and accept responsibility for the parts you’ve created.

Take your angry feelings out to the Mad Tree. Use the Thinking Chair to figure out what you did wrong, how you are going to fix it, and how you are going to not do it the next time you want to.

It’s never as bad as it seems. It always turns out better than you think it will. Anything can be fixed. If you tell the truth you will be in less trouble than if you lie.

I spent many years teaching my four kids. Some of them think I’m their Mom only if they love me back. Being a parent isn’t about what you get. Nah...unconditional love from near or far is the only way to go. I love you kids, all of you. You took everything I taught you and upped your games and shine like stars today. You’re awesome. Keep sharing it with the world! Tell your kids you love them no matter what, not matter where. I do. You are exactly who I hoped you would be. Fantastically, individually, exactly who you were created to be! Keeper kisses all around.

Love, Mom



film also questions whether the cure to oil spills--dispersants--may be worse than the harm. Dirty Energy challenges Americans to reassess the risk of offshore oil, our oil dependency in general, and toxic dispersants. It is a call to action.

On May 14, Vashon Theater and Island GreenTec are hosting Riki Ott for a screening of Dirty Energy from 6-8 PM.

During the Q/A session, Ott will also discuss the Ban Toxic Dispersant campaign, the connections between Extreme Energy (offshore oil, tar sands, fracking) and loss of democracy--and what people can do to improve oil spill planning and response in Puget Sound.

The event is free and donations are welcome.

Messy People Only

By Mike Ivaska

Sometimes Christians can be embarrassing. Some of the most foolish and immature people I’ve ever known called themselves Christians. Some of the meanest people I ever met I met in church. And if you think Christians get along with the outside world badly, you should see how some of them get along with each other. Let’s face it, Christians are a mess sometimes. I should know. I am one.

One of the toughest things about being a Christian and about being an active participant in a church is the people. That’s why so many Christians don’t even identify with a particular church. That’s why so many Christians, even on Vashon, drive twenty miles to go to a mega-church where no one will ever know them and where the worship service is more of a show than a gathering of God’s people. Hipster Christians sit in coffee shops reading Rob Bell books. Hippy Christians call their hikes “journeys with God.” Conservative Christians celebrityize their favorite preachers and talk-show hosts. And nobody goes to church. Why? Because churches are full of people with issues. Why would I want to go there?

But what I have found is this: going to church and then complaining that it’s full of messed up people is like going to a hospital and complaining that it’s full of sick people. One of the cardinal doctrines of Christianity is the doctrine of sin. It has been said that the doctrine of Original Sin (the teaching that all people are born sinful) is the only Christian doctrine that can be proven. In reality, it’s easy to prove. To “sin” is simply to behave in a self-centered, as opposed to a


God-and-others-centered, way - whether momentarily or for years at a time. To put it even more simply, to “sin” is to do what is wrong and to not do what is right. And, to be “sinful” is to be naturally inclined towards committing “sins.” That describes me quite well. It also describes every person I have ever met - Christian or non, kind or unkind, child or adult. You don’t have to be a Christian to be a sinner, and you don’t stop being a sinner when you become a Christian. It is one thing we all have in common.

In response to those who wanted to use unkind and immoral people in the church as a proof that Christianity is untrue, C.S. Lewis asked in return: Would these unkind and immoral people be kinder and more moral without the teachings of Christ in their lives? Would they be better without the influence of the church? And what about the good and kind people in the church that attribute all of their goodness and kindness to the influence of Jesus Christ? Christianity seems to keep bad people from getting worse and seems to make good people better. Sometimes bad people even become good people (as a pastor, I find that this is usually what takes place - but it’s a long, slow process!). Good Christians do not prove that Christianity is true, but bad Christians certainly do not prove that Christianity is false. Churches are messy and Christians are messy because humanity is messy and humans are messy. For me, this is a saving grace. I don’t have to come to church pretending I’m not a mess anymore.

Mike Ivaska is lead pastor at Vashon Island Community Church. He blogs somewhat regularly at www.vicc4life.com/blog. Service times for VICC are every Sunday from 10am until 11:45am, at 9318 SW Cemetery RD (across from Chautauqua & McMurray). All are invited.

Save the date!!

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June 1, 9pm
Soul Senate

VIA 3rd Anniversary Celebration



Saturday May 11th, Vashon Intuitive Arts celebrates 3 years as Vashon’s only Community Metaphysical Center. All the day events are free so please join us for the opening event at 12 noon, a community drum circle with Drum Buffalo Heart and Mary Shackelford; bring your own drum or use one of Buffalo Heart’s many drum sticks. 1PM experience Acro-Yoga with Veronica Fernmoss and Glenn Easley as they demonstrate this beautiful partnered form of yoga, purely amazing and awesome....there may be some time to try it out yourself. 2PM brings Carol McCloud who will tie cross cultural Astrology and Art together through the use of symbols. 3PM Jacqui Lown will set up the singing crystal bowls for all

to play or to simply sit/listen/feel the energy of these bowls. 4PM Baruch Roter will engage us in a Heart Opening experience and lead us in some Heart Songs. We will have a birthday cake of course and other presentations during the day.

We will take a break at 6PM to set up for our HOUSE PARTY with Luc and the Lovingtons. Doors will open at 730PM. Tickets are \$10 at the door. We only have 60 tickets, once we are sold out we will close the door. Luc and the Lovingtons are a band filled with love and intention. They will bring out the dancer in all.

Join us for any or all of the above events and help us celebrate our 3 years!!!

Vashon Intuitive Arts 17331 Vashon Hwy, next door to Pandoras 463-0025



Celebrate the Salish Sea with Sound Action

Come celebrate the Salish Sea and support Sound Action at the Hardware Store, Thursday May 23, 6-9PM. Sea creatures have been known to dress-up as bar tenders and it is rumored that Alex Trebec (perhaps an impersonator) will host “Puget Sound in JEOPARDY.” It will be a lively evening in support of a living Puget Sound.

Sound Action, formerly known as Preserve Our Islands, is taking the lessons learned from the battle over Maury Island to protect the nearshore throughout Puget Sound. The first watchdog effort is to make sure that Hydraulic Permit Approvals issued by the state, protect important species and habitat, such as forage fish and eelgrass beds. Sound Action continues to work locally on developing environmentally protective management plans for the Maury Island Aquatic Reserve including Quartermaster Harbor and the new Maury Island park, land once slated to be mined and barged off Island. Learn more at www.SoundAction.org.

The work Sound Action is undertaking is hard. The organization is effective and lean with very little overhead. The expanded Board of Directors encompasses expertise on whale ecology, marine protected areas, wildlife



conservation, project management, communications and environmental education. Your contributions go directly to protecting the Sound. Imagine life on an Island surrounded by a dead sea. It is time to take action: decisive Sound Action.

VIA Psychic Fair

IAM Spirit ART will return to Vashon Intuitive Arts for their Psychic Fair on May 18th Noon - 6PM

Susan McAliley, Spiritual Illustrator and Ginny Ciszek, Medium & Channel will be creating Spirit Guide/ Angel Portraits with detailed messages from your guides for this drop in event. You may choose a black & white with spot color portrait for the 20 minute sessions, full color for 30 min. sessions or a highly detailed color portrait for a full hour sessions and you will receive a clear and in detail message from the guide as your portrait is drawn plus be able to ask questions of them as time allows.

Susan McAliley is a very talented artist who has worked professionally for over 25 years and Ginny Ciszek is a skilled Medium, Channel, Energy Healer and Spiritual Life Coach who has clients both locally & internationally and has been in partnership with Susan for under a year but they work in delightful synchronicity and joy to create a portrait you will treasure.

Also at this month’s Psychic Fair will be Leah Mueller our local Astrology and Tarot Master Extraordinaire, Camille Moritz, Intuitive Reader, Healer & Teacher visiting from Hawaii and Sunday Hamilton who makes fabulous jewelry as well as offering Tea & Numerology Readings.

Prices will vary by provider but this is overall a very economical way to experience the skills and services of a talented group of Intuitives.

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- 18 Vashon Allied Arts Gallery
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- 19 Irene's Tiles
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- 21 Ignition Studios and Gallery
17630 Vashon Hwy SW
- 22 Heron's Nest
17600 Vashon Hwy SW
- 23 Pam Ingalls at The Hardware Store
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Map of Vashon Island showing studio locations 1-23. Includes labels for VASHON, BURTON, DOCKTON, and surrounding roads like Vashon Hwy SW, Cemetery Rd, and 91st Ave SW. Ferry locations for Seattle and Tacoma are also marked.

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May and Medicare

By Mary Tuel

It is May, and I have medical insurance. I won't call it health insurance, because it isn't something you use when you're healthy. The insurance I now have is Medicare. I turn 65 this month, and I am officially signed up.

It was not until I was in the process of signing up that I found out that Medicare begins on the first day of the month you turn 65, not on the day you turn 65. I remarked to my husband that this was an uncharacteristically rational policy for our government to have. How much simpler to roll over the paperwork once a month, instead of every day. It's downright sensible. I wonder how it happened.

But I'm not spending a lot of time wondering about that. Mostly I'm thinking about how weird it is to have insurance again. It's been three years since I lost my coverage, back when my husband went on Medicare himself and we were out of money to pay for insurance for me. In this uninsured hiatus, I have had three significant surgeries and a few less significant procedures. I've become pretty good at applying for charity from hospitals. Last year we declared bankruptcy. Listen, you do what you gotta do.

Now when I go for a medical appointment and they ask for my insurance, I can whip out my two Medicare cards instead of hanging my head and mumbling, "I don't have any insurance."

Except for the thousands of dollars we couldn't afford to pay and those humiliating moments when I had to fess up to my uninsured state, there was a lot I liked about not having medical insurance. I paid for office calls at the time of the appointment, which meant no bills in the mail later, so less paper and paperwork. Simple. I had no drug coverage, either, so I paid for all my prescriptions out of pocket. Both times that I drove to California last year and needed to get my prescriptions a little early there was no insurance company telling me it was too soon to buy my drugs and refusing to allow the prescriptions to be filled. That happened to me at least once when I had coverage.

I didn't go to the doctor if I could help it during this three years. This is the two-edged

sword of not being insured - you're less likely to be over-tested or over-medicated, but there is always the chance that you'll not get treatment you really need. I had two surgeries to remove pre-cancerous cells during this three years, and of course my gall bladder imploded at the end of March and was removed in early April. I was really hoping that gall bladder could wait for five more lousy weeks, but no, so there are a few medical people waiting with their hands out now. Sigh.

Fortunately, I am now a freelance editor. What does a freelance editor do? In my definition: proofread for punctuation and grammar while respecting and maintaining the writer's voice. Format writing so that a piece is consistent within itself. Listen to and encourage the writer while being honest and having a heart. Make suggestions that seems like a good idea.

Editing is a bit like polishing a song - you want the text to sing, and make sense, and touch the heart of the reader, and not have punctuation and grammar errors breaking up the flow.

So that's what I'm doing, or trying to do, and I enjoy it and I get paid. Like they say, the perfect job is when you get paid for something you'd do anyway, and I don't have to leave the house, so that's even more perfect.

It's May, I have Medicare and a little gainful employment. Everything's looking pretty peachy, except, you know, for that mortality thing, which looms larger as you age. One thing at a time - editing and Medicare now, death when it comes. That's my plan. For now I'm looking forward to when the nasturtiums bloom. I love nasturtiums.



6th Annual Father/Daughter Dance

Vashon Allied Arts is sponsoring its sixth annual Father/Daughter Dance, to be held at the Vashon Island Golf and Country Club on Saturday, June 1st. Last year's event sold out, and most of the dad's were left breathless by the end of the evening. Smiles and fun are guaranteed. Uncles, Grandfathers, and other stand-ins are also welcome. Proceeds from the event will benefit VAA's Center for Dance.

The theme for this year is Singing in the Rain, and the dance will be semi-formal, with coats and ties for dads and dresses for the ladies. Desserts and drinks will be provided, along with a complementary photograph and frame, roses for the daughters, and memories to last a lifetime. The dance will take place from 7 - 9:30 p.m., at VIGCC. Dan Brown will assist with the sound system and music, and the evening will kick off with some helpful group instruction provided by March Twisdale. John Sage graciously returns to provide the photography (check out finchhaven.com to view prior events). This year, we are again offering a dinner option before the dance, starting at 5:30 p.m. Three choices of entree will be available to select from. Girls - grab 3 or 4 of your best friends and their dads, and make an evening of it.

Tickets - are \$20 per person for the dance and \$15 per person for the optional dinner; can be purchased in advance at The Blue Heron or the Heron's Nest; are limited to



110 participants, and we expect to sell out fast. Tickets for the dinner need to be purchased at least 7 days in advance to insure an accurate meal count. Dads and daughters alike will always remember this special evening. Daughters of all

ages are welcome - regardless of age, we know you'll outlast your dad! Financial assistance is also available. If questions, please call the VAA office or Jeff Sayre 463-2150.

Cinderella takes the stage

Continued from Page 1

together has been great. Every year it's an adventure, going from simply choreographing the pieces to stitching it all together into a cohesive production, but we're getting there! Cinderella is a fun story with a lot of very colorful characters, so watching it come to life has been wonderful. We also have three guest dancers this year, Jonathan Lique and Ian Bartlett, who share the role of Prince Charming, and Evyn Bartlett who plays the Prince's best friend. It's been fun working with them, and they bring great energy."

Zimmerman has one of the more challenging roles - that of the evil Stepmother. "She actually has a very complex personality,

and trying to capture that has been both difficult and very fun. I've had to work very hard on my facial expressions. I've spent a lot of time in front of the mirror! I think what makes her different from the classic Evil Stepmother you see in the movie is that it's her vanity, rather than simply her hatred for Cinderella, that defines her. We've tried to play up a side of her that's a little more fun, and hopefully the audience will see that. I have very much enjoyed letting my ego run wild with this character."

Krown confirms the students' vital role in the all aspects of the show. "I always love watching how the kids take ownership of their dances once we enter the theatre. Having an audience share in the culmination of their work and development over the year is what really brings their dancing to life! Julie and I also enjoy watching the kids think on stage. Since dance is a live art, things always can happen that are unexpected, and seeing them figure out how to creatively work out a situation that appears is sometimes as amazing as what they do with the choreography. One year, the sound system went out at the very beginning of a very advanced modern piece that had lots of complicated rhythms. The kids came together as an incredible force, spontaneously remembering the rhythms of their music, and showing it so clearly with their dancing, that no one even realized the music had stopped. It was one of the most powerful moments I have seen them achieve onstage."

With dancers from as young as three years old to adults, the show presents a variety of talent, skill, and experience. "With the little

ones, it is always a different type of challenge, because we can never predict how they will respond to having an audience. That's the fun of it really, and what they come up with is much more entertaining than the original version anyway," says Krown.

Gibson, teacher and choreographer, affirmed the creative contribution from all the students. "One of the challenges is finding ways to incorporate all of our class dances (from creative movement to our upper levels) into the story line. Back in January when we were struggling with ideas for dances, my 9 year old son came up with the Fireworks dance after Cinderella meets the Prince at the ball. And we knew we wanted our advanced Point girls to be dancing in the garden, and so the dancers came up with the Firefly character."

Dancer Rachael Thomas added, "One of my favorite parts about the show every year is how much all of us dancers bond, but it was really nice this year, because I got to know a lot of the younger dancers."

The Cinderella tale traces back to ancient Greek times and has been retold in thousands of cultures across the planet. The Vashon version this month will be an unforgettable retelling, incorporating over a hundred dancers, beautiful costuming, whimsical characters, and students dancing their heart out. Gibson summarized, "I'm looking forward to seeing the audience reaction to all of our dancers' hard work. There will be smiles and laughs and hopefully we'll be able to bring this fairy tale to life for everyone!"

At the end of it all, will the shoe fit? Get your tickets and come see for yourself!

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Island Epicure



By Marj Watkins

More about herbs: Spice it right, part 3

All fishes help your heart and your brain function. Some yield a sizeable amount of essential Omega-3 fats. To my surprise, I’ve found out that trout gives you even more Omega 3 fat, protein, and selenium than salmon with about the same calorie count. Note: Fresh fish do not have sunken eyes. Flat-eyed fish will do if eaten within hours of purchase. Our Chinese relatives only buy fish that are still flopping.

Here’s how salmon and trout compare nutritionally. All numbers are based on 3-ounce servings.

Sockeye Salmon: 144 calories, 6 grams fat, 21 grams protein, 840 milligrams Omega 3 fats, 4.8 micrograms B12, 447 IU Vitamin D, and 331 micrograms selenium.

Rainbow Trout: 143 calories, 6 grams fat, 20 grams protein, 905 grams omega 3 fats, 4.5 mcg B12, 645 IU Vitamin D, and 24 mcg selenium.

Besides, trout costs considerably less per pound than salmon. Note, too, the generous dose of Vitamin D you get in a mere three-ounce serving. This means a lot to your wintertime health.

An easy cooking method is to bake it in a 350-degree oven. In a glass or ceramic baking

dish long enough to hold a ½-lb. trout, melt a pat of butter. Tilt the dish so there will be melted butter beneath each whole trout. Slip fish in into the dish, turn fish over, and tuck a green onion and a parsley sprig into the tummy of each. Salt and pepper are optional. Bake about 7 minutes depending on the thickness of your fish. You want the meat to be opaque. A half-pound trout serves one hungry person or two with smaller appetites.

For a more elegant dish with very little more effort, give your trout a garnish of butter-toasted sliced almonds. Preparation takes only 5 minutes. You cook the fish no more than 10 minutes per 1-inch thickness. A skillet on the stove top, over medium heat, works fine.

TROUT ALMONDINE

Serves 2 to 4

- 4 Tablespoons butter (1/2 stick), divided
- ¼ to ½ cup sliced almonds
- 2 (1/2 lb. each) trout
- Salt to taste
- Minced parsley or cilantro
- Lemon juice, optional

In a 12-inch skillet, on medium heat, melt 2 Tablespoons butter. Add almonds. Stir-cook until slices are golden. Pour with the butter into a cup or small bowl. Reserve.

Melt the remaining 2 Tablespoons of butter in the skillet. Add the fish. When brown on one side, about 5 minutes, turn and brown the other side. Cook up to 5 minutes more for 1-inch thick fish. Sprinkle with salt. Garnish with minced parsley. Serve from the skillet with a small plate of lemon wedges on the side if desired, but fresh trout is so good it doesn’t really need lemon.

A Community Conversation About Health and Responsibility: Vaccines and Beyond

Part 4: Blogs, Beatrix Potter, Biospheres & Human Microbiomes...oh my!

by Karen Crisalli Winter and March Twisdale

Question: What do you do when you have a thousand words to cover a subject on which dozens of books have already been written?

Our answer: You lean more heavily on a blog, where you can offer additional information and references to some great resources!

If these articles intrigue you or leave you wanting more, that’s good! Visit our blog! Find out more details, discover some terrific resources, read some breaking news, and learn about upcoming events. Our blog also makes it easier to share information with the larger community. E-mail copies of articles to family and friends or link to us on Facebook. Tell us what you think, share your favorite resources, and bring your voice to the conversation.

Vaccinesandbeyond.blogspot.com.

Speaking of upcoming events, there’s a fascinating documentary on this subject that will be coming to Vashon Island soon! Stanford graduate student, Laura Green spent several months interviewing Vashon residents about how we manage pertussis. The film, Everybody’s Business, will be shown at the Vashon Theater @ 1:30pm on Sunday, June 2nd.

Let’s travel back in time. Do you remember Peter Rabbit? Or Jemima Puddleduck? These lovely, affable characters - which have entertained and instructed

generations of children - were born from the imagination of a very astute naturalist and scientist, Beatrix Potter. She was also one of the first to observe and prove the existence of mutual symbiosis through detailed and painstaking observations of lichen. Unfortunately, most European scientists of the 1890’s categorically rejected the idea of mutual symbiosis which they saw to be in direct violation of the natural law of competition. Much to the dismay of our observant and shy Miss Potter, she was publicly scoffed at, privately snubbed, and utterly dismissed as a foolish woman who hadn’t the faintest concept of how the natural world worked. She was also right. Her detractors did eventually get over their arrogance and held a meeting in her honor....100 years later. Miss Potter’s experience (and many similar historical stories) raise the question “What do we today accept as obvious truth, which our grandchildren will know to be patently false?” Please visit our blog for more about Beatrix Potter’s story!

But what is mutual symbiosis anyway? The dictionary defines it as “A close, prolonged association between two or more different organisms of different species that may, but does not necessarily, benefit each member.” Parasites have been widely acknowledged for ages. However, the idea of mutually beneficial relationships (also called mutual symbiosis or mutualism) between different organisms is relatively new. In

the early twentieth century, the idea of mutualism was considered impossible. As the evidence mounted, it was acknowledged that mutualism did occur, but it was still considered very rare. However, current research indicates that nearly all species exist in some form of mutual symbiosis. Including us!

Did you know that you are only about 10% human? Admittedly, the microbe cells are a lot smaller than the human cells so they only add up to 1-3% of our total mass. But if you’re counting cells, microbes that live in and on the body of a healthy adult human being are estimated to outnumber the human cells by about ten to one. It’s an odd thought isn’t it? Makes you feel a bit like a coral reef or a rainforest. This population of microbes is called the human microbiome. Until recently, the study of our human microbiome was limited to what would grow in a petri dish... and most microbes just won’t grow outside their home habitat. Due to recent technological advances in genetic sequencing, we are finally beginning to get a glimpse of the amazing ecosystems that are...us. If you are interested in the details of this project, please visit our blog for more information and links to the Human Microbiome Project website.

There are two ways in which knowing the past can help us understand our present. First, our present has been created by the combined events of the past. Second, human nature is fairly constant and people respond in consistent ways to similar stressors regardless of what century they are living in. Miss Potter’s case gives us an excellent example of how the human tendency toward over-confidence can lead to closed minds.

When it comes to the Human Microbiome Project, we can again learn from history. Hundreds of years ago, people were completely unconcerned about altering ecosystems and transporting living things all over the planet. Only after the damage was done did we come to understand the fragility of these “macro” ecosystems. As we face the unintended consequences of our actions, questions arise about the impact we have on our microbiomes every day.

Hopefully, as the Human Microbiome Project proceeds we will not repeat the errors of the scientific elites of Miss Potter’s day. Instead, let us stand ready with open minds and an eagerness to expand our understanding of our body’s microbiome. Let us focus on humility, so that we can inculcate new and unexpected discoveries into our existing world view.

This we must do, if we hope to evolve, grow, and improve our approach to health. This we must especially do, if new discoveries contradict any currently held (and deeply trusted) health strategies such as the War on Germs.

Closed minds did not make Miss Potter’s research any less true. We cannot deny something into being wrong. Due diligence and skepticism is necessary yet we need to guard against being overly attached to current paradigms. Such attachment can interfere with our ability to accept new, vitally important, information and slow the advancement of science.

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Aries (March 20-April 19)
The theme of next week’s eclipse is self-understanding, though I mean this in the most practical way. You need a system for governing your life that takes into account what is actually meaningful to you. That means listening to the things you’ve promised yourself you were going to do over and over again. One thing that would be helpful is to evaluate that list and see what is still valid for you. Eliminate everything that’s no longer part of your actual agenda, so that you can free up energy, bandwidth and priority space for everything that is. I would suggest going forward that you be vigilant about putting your priorities into action. For this, you will need a plan that has emphasis on three phases: initiation, follow-through and completion. Stretch your perspective beyond the ‘get started’ phase and into the ones that take more dedication. This can be the time in your life when you get past the inertia that has bogged you down in the past. That’s another way of saying: this can be a time when you learn to express your true potential.

Taurus (April 19-May 20)
You’re standing within one of those momentous transition points in your life, though you may not be feeling the full beauty of that now. Sometimes they’re difficult to see when you’re right in the midst of things. That said, momentous is not what it’s cracked up to be; this is also a time when the seemingly smaller or subtler decisions you make, and the things you learn about yourself, will be tools that you can use for the rest of your life. I suggest you investigate the ways in which you seek to protect yourself. What are you protecting yourself from, and who exactly was it that informed you of some potential danger? A defensive streak in your solar chart may be masking an aggressive aspect of yourself that gets veiled by your compelling exterior. Since that’s unlikely to incline if you take your aggression out on others, you may take it out on yourself. If you can see this cycle in motion, and pause it even for one moment, you can make a discovery that enhances your life profoundly. For clues, study your relationship with your father.

Gemini (May 20-June 21)
Slow down and think deep. For you they are the same thing. Gemini can be brilliant (rather than just bright and witty) when it thinks slowly. For you that might mean considering something once a day over the course of a week or two, instead of making a snap decision. As you do this, you may decide that there are things you ‘already know’ without having any special way to know them. If that turns out to be true, then use the think-about-it-every-day method to consider whether that something is in fact true and if it is, what specifically that would mean for you. Anyway, I suggest you take a gradual and meticulous approach to deciding what is really true for you. As you make that evaluation repeatedly, you will notice that you’re making adaptations and changes as the days go on, and those would be interesting to keep track of. What new facts are leading you to come to a different observation? What changing feelings? Keep this up for a week and you will make a rather significant discovery about yourself.

Cancer (June 21-July 22)
What do you want to be known for? Now would be a great time to make that known to others. I suggest you do that in the form of being who you are more boldly, and doing what you do with more confidence. Despite the sometimes conservative descriptions of what makes a Cancerian tick, and how you prefer to stay home and all that, you’re in a time when that happens not to be true -- if it ever was. You are not merely safe being seen as someone a little eccentric, who is willing to take the risk of being thought of as a little weird; your success depends on taking advantage of this. It’s the fear of seeming different that prevents many people from

doing something different; and I assure you that anything really worth doing in the long run will draw its value from being original. So you have a pass on that particular social concern, and now you can ask yourself for real: what do you want to be known for? The chances are you’re already pretty good at it.

Leo (July 22-Aug. 23)
There’s the image of stewardship in your chart -- as in ‘steward of the land’. Not its owner, possibly its occupant, definitely one who facilitates, who keeps a watchful eye, and who will act in a protective capacity when necessary. What’s the land of which I’m speaking? It probably involves some professional activity where your leadership is now being called upon and also recognized as essential. You’re an old hand at what I will call the spiritual piece: putting your faith (in the deepest sense of that word) to work in a way that few people can. This is what comes across to others, and what you can depend on. You can speak in the most practical terms about the most mundane kinds of affairs, and you will seem to be offering life-giving truths. Meanwhile, count on the fact that you’re a social and professional magnet -- for talent, collaborators, and potentially for investors in whatever you’re doing that you invest your faith in. State your goals and build cooperation -- the most precious thing on Earth.

Virgo (Aug. 23-Sep. 22)
Be patient and you won’t have to be patient for long. It may seem like you’ve been waiting forever for something tangible to materialize relating to a long-desired goal; and the tangibility factor is exactly what’s in the process of developing right now. What’s going to help you the most is focusing on that thing that seems to be the most intangible to many -- faith in yourself. This may be a point of conflict for you right now; you may think you have a mixed record of accomplishing what you set out to accomplish, though I suggest you not dwell on that. What matters the most is that you learn from what you consider your successes and your supposed failures, because the information that you synthesize from both sides of that equation is what will help you the most. One of the reasons this thing called failure is so important is that it’s evidence of taking risks. Those experiments can produce plenty of information, and no matter what the supposed topic, it’s applicable to anything else you may do.

Libra (Sep. 22-Oct. 23)
You have a sense of fairness and eqIt’s time to make a list of all the decisions you’re holding off on committing to fully. Evaluate that list and you will get an accurate picture of where your life is at. One image that’s coming through your chart is that of withholding approval from yourself. You simply have to be your own most devoted cheerleader, though that’s not possible if you’re in conflict with yourself. It’s an even bigger problem if you project that inner conflict onto relationships with others. Your life will be altogether easier and happier if you embrace that fact that your feelings come from you. If others have a role in your life that you don’t like, it’s also up to you to make decisions in response to that fact. Looked at one way, your life is a study in power relationships, as events of the past few days seem to have dramatized. You want to live out your own values, and yet at the same time it’s so easy for you to get caught in the values of others. In light of this, the skill to develop and emphasize is not peacemaking but rather the nuts and bolts of negotiation.

Scorpio (Oct. 23-Nov. 22)
People around you seem to have a plan. You need to know what it is, because from the look of your charts, you’re somehow involved. I suggest you take hold of the situation and declare yourself in or out where certain situations are concerned. There are a number of reasons you don’t want others to

do this for you, most of them involving your own integrity. But it’s more than that; if you step up and make a firm commitment one way or the other, that will have the effect of precipitating results, whatever you happen to choose. The fact that you know you actually did commit yourself, not knowing the outcome, will give you a greater sense of investment in whatever develops, and that seems to be precisely the thing you need to help you guide your life. I would ask you to ask yourself one other question. What are you holding on to, and by that, I mean what from the past are you reluctant to let go of? Since we’re talking about the past, it’s more likely to be a feeling than a physical situation.

Sagittarius (Nov. 22-Dec. 22)
If something irritates you, remove it from your environment. The problem with environments is that they tend to be invisible; the contrast that we need to notice things fades into the background. So you may need to use unusual methods to determine what’s irritating you, one of which will be your dreams. Remember that in dreams there are no stock interpretations, and every element of the dream represents you. Tell yourself any dream you have from the viewpoint of one of the objects or people in the scenario and it will make more sense. Meanwhile, I suggest you hang out with people who can offer you a reflection of yourself, or challenge your perspective in a way that helps you, rather than those who expect you to be a certain way. Clarity is what will help you feel better, in a deep way rather than a fleeting one. In this world, clarity is something that we must work for patiently, though anyone who’s arrived there will tell you it’s worth the effort.

Capricorn (Dec. 22-Jan. 20)
Sex is not a secret and your sexuality is not a secret. I recognize that most people think this is the very thing that must be kept the most under wraps -- which is one reason I think that people whose sexual initiation involves a coming-out process make so many so nervous. The question to ask yourself is what exactly would you not want known about you, and why wouldn’t you want it known? There are a number of possible responses to that question, though sooner or later, any person who comes to terms with their sexuality addresses the issue of shame. One misunderstanding about shame, like

many other environmental pollutants, is that it’s been there all along. That’s not true. At a certain point it is injected into society and at some point in the life of nearly every person, it’s inflicted on them. Shame is like a binding or glue that attaches us to many other problems. Once shame is acknowledged and addressed, many other things can begin to resolve themselves.

Aquarius (Jan. 20-Feb. 19)
The Saturn/Uranus paradox embodies the chasm over which you must often stretch your body and your soul. You seek both individuality and group identification, but lean more toward the first, which is a good thing: only an individual can be part of a group. Yours is one of the human signs, and an air sign, represented by a woman holding an urn of water -- or a ruler to measure the depth of the Nile. Fill that urn with water, so you have plenty to share. To understand yourself better, study both of these planets -- and their relationship (aspects, affinity by sign, and so on). See the ways in which they tell the same story, and those in which they tell different stories.

Pisces (Feb. 19-March 20)
Associated with the ocean and the cosmos itself, Pisces represents the primal waters to which the whole human experience eventually returns, and from which new ideas emerge. Seawater contains nearly every element; so do you, and you manifest this through your flexibility, adaptability and your ability to morph into whatever you need to be. You don’t want to do this too much, however. You have the ability to take the long view; water is the element with the slowest and most enduring action. That is to say, when in doubt, you can rely on your persistence. You don’t demand perfection, only progress. You can be self-sacrificing and believe that it’s possible to serve the greatest good for all concerned. Pisces is the sign that’s truly populist. Aquarius usually gets this credit, but Aquarius is too discriminating to be populist. With Pisces, you might say that the ocean refuses no river.

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Road To Resilience

Continued from Page 1

Island often pay less than on the mainland, but think of all the time and travel expense you are saving! Making your house as energy efficient as you can is money in the bank. I’m sure most of you know all this already; the place we fall down is in actually carrying through on intentions.
And the health insurance conundrum: I’m hoping that Obamacare, for all its shortcomings, may give us the opportunity to get reasonable health insurance without working full time. Think of all the jobs that could be shared and personal time created!
Revive home economics! It’s your surefire entry into a non-monetary lifestyle. Focusing on basic needs/pleasures, like food and shelter, really simplifies your life and puts things in perspective. Besides the people in our lives, and what lofty ambitions we may have, the quality of our food and shelter are the object of everything else we do. You may be a billionaire, but if you don’t enjoy your food or your surroundings, what’s the point? Start a food garden if you haven’t already. Start really small so you don’t get intimidated. Cultivate cooking great meals

from scratch from the things that you have around or are really cheap. KUOW has a show that I love in which callers tell a famous chef what they have in their refrigerator and he figures out how to put them together to make a really great meal. Michael Pollan has a new book called Cooked that explores the art of cooking and eating well and cheaply. When it comes to clothes or house furnishings, well chosen old things can be much cooler than shiny new stuff (again, nothing new to Granny’s fans). I don’t care how drab or meager your home situation may be; it can be vastly improved by giving it a little love and attention. The difference between garbage and art can be just loving application of skill and imagination. Take conscious creative control over your immediate surroundings and your daily needs; that’s home economics!
Hopefully, the joy gained by tending to your nest will lessen your need for other more expensive habits. Any of these that you can manage to give up will make huge changes in your ability to take control over your life.
Don’t buy into the life that TV ads are trying to sell you. Most of what they are selling is cars, getaways, fast food, and drugs; actually it’s all drugs.

New Old Time Chautauqua Vaudeville Show on Vashon Island

Juggling, music, magic, and merriment fills Open Space for Arts & Culture on Vashon Island for one show only on May 19, 2013 at 4:00 pm. The New Old Time Chautauqua, an educational vaudeville circus, hosts this performance to benefit annual summer tours to underserved communities throughout the United States.

The Flying Karamazov Brothers make a special appearance in the upcoming vaudeville extravaganza, after recently performing an extended run at York City’s Minetta Lane Theater. Having reinvented juggling forever, the juggling troupe has performed on Seinfeld, The Late Show with David Letterman, and Mister Rogers’ Neighborhood; they hold multiple Obies for their work in New York City; and has shared stages with Frank Sinatra, The Who, Placido Domingo, and Robin Williams.

As a special treat, New Old Time Chautauqua hosts the return of The REV (David Godsey’s newly re-named Reverend Hunter Davis) to Open Space. Also appearing will be Christian Swenson, with his unique performance style of



Human Jazz; Port Townsend’s commissioner of comedy and magician extraordinaire Joey Pipia, returning after his recent Vashon show with new magic; Seattle’s favorite puppet Godfrey Daniels; poet Kevin Murphy - author of Between Onions and Oxygen; the antics of Vashon’s Circus Finelli; Janet McAlpin & David Godsey with “And Yet so Far...”. The Fighting Instruments of Karma Marching Chamber Band/ Orchestra provides live music throughout the show.

The New Old Time Chautauqua is a non-profit organization that brings world class live entertainment and free circus & educational workshops to schools, prisons, retirement homes and underserved communities throughout Washington, Oregon, Idaho, Montana, California, Alaska,

and British Columbia. A special tour brought us to New Orleans & Mississippi after Hurricane Katrina. Founded in 1981 by The Flying Karamazov Brothers and Patch Adams, this group of professional performers and educators share their summer months to bring laughter, wonder, and inspiration where it is most needed. The group remains one of the only touring chautauquas in the United States today.

The performance takes place 4:00 PM on Sunday, May 19th, at Open Space for Arts & Community on Vashon Island. Doors open at 3:30 PM. Tickets are available at www.brownpapertickets.com or at Vashon Bookshop. Adults: \$12 Kids 12 & under: \$8. For more information call 360/499-2149 or visit www.chautauqua.org.

Burlesco Notturmo – EXOTICA

Spring is here, and it’s time to go wild... with Burlesco Notturmo EXOTICA .

The sexy, saucy soiree that is Burlesco Notturmo returns to Open Space for Arts & Community, wearing peacock feathers, leopard spots and tiger stripes.

Open Space will heat up with ‘hot pink habanero’ Fuchsia FoXXX, voted Seattle’s Sexiest Burlesque Performer, bringing her own hybrid of bellydance and burlesque, and the Golden Glamazon herself, Sydni Deveraux. With exotic beauty and her leggy, statuesque 6’2” self, Syndi brings a wit, finesse and sophisticated musicality to the evening. They are joined by aerialist and Moisture Festival favorite Jonathan Rose, who caught the circus bug at 22 while traveling in Mexico, where he then hired on as a roustabout and animal caretaker with a family-owned circus. Thomas Pruiksmas brings classic stage and table magic to the evening, and sexy, sassy Bohemian Acro will delight the audience with an astonishing pre-show act. The Love Markets return to fill the space with the sound of Weimar Berlin, with songs old



and new springing from that era of decadent, gorgeous, absurd freedom. Burlesco Notturmo – EXOTICA is hosted as ever by the infamous Mme X (played by Janet McAlpin) and her Lawyer (played by the infamous David Godsey).

Tickets: \$25
Available at Vashon Bookshop and <http://www.brownpapertickets.com/event/279462>

If that’s not enough you can stay for the Dance On! After-Party! It begins at 9:30pm, admission is \$10 (for new guests - Burlesco attendees stay for free) - The Love Markets will play an extra couple of sets, and DJ Whitmore will be spinning vinyl.

It should be a fantastic party

The Mother of All Shows

Take mom out for a night on the town! “The Mother of All Shows”, IsleWilde’s annual variety show, will take place on Mother’s Day Eve, Saturday, May 11th, 8:00Pm, at The Red Bicycle Bistro and sushi.

This year’s lineup includes, but is not limited to: Vashon’s own John Browne, Iris Spring & Rob Strausser, Duo Finelli, The Modern Front Porch Blues Band, featuring Andre Sapp and Pat Reardon the mosaic poetry of Jenessa Wight, Patrick McManus Steve Lipke, plus a few surprises for an all-ages evening of fun for the entire family!

Duo Finelli is a vaudeville style duo that incorporates music, comedy, and circus antics into their entertaining act. They met at the San Francisco Clown Conservatory in 2005 and have been performing together since, performing irreverent physical comedy in English, Spanish, and Portuguese. For more information on them, see www.duofinelli.com.

Tickets are ten dollars at the door. Bring mom, and children under eighteen are free!

This year marks the 21st anniversary of the IsleWilde community festival. We are supported by your donations and a King County 4 Culture grant. The festival will begin the weekend of August 2nd with mask making workshops, and will culminate on August 23-25 with our traditional lantern walk at dusk Friday, and our



community pageant on Saturday. Interested participants should come out to The Bike for the show, and visit our website at www.islewilde.org. Happy Mother’s Day! Saturday, May 11 at 8pm. \$10 cover. This is an all-ages show ‘til 11pm, then 21+ after that. At the Red Bicycle 17618 Vashon Hwy SW 206-463-5590 www.redbicyclebistro.com

Art Archives Sale!

By Janice Randall

One of the best and most amazing arts sales on the Island happens at Vashon Allied Arts Gallery Memorial weekend, May 24 - 26. Friday evening until Sunday afternoon, over 70 of Vashon’s favorite artists bring archived works to you - their friends and collectors.

This is an open gallery event - not an auction. You walk in, find pieces you like, buy them and take them home! Artists are releasing many works they have kept until now, so expect to see a gallery full of items. Always wanted something by Carol Schwennesen, Olivia Pendergast, Don Cole, Joan Wortis, Karen Fox, Mary Margaret Briggs? How about Karen Hersh, Mary Liz Austin, Terry Donnelley, Ivonne Escobar de Kommer, Penny Grist, or Ray

Pfortner? Also jewelry aplenty will be available from Island favorites such as Danielle Carbonne, Linda Yurisich and Maria Marcy.

Find sculpture, prints, paintings, photographs, pottery and textiles. A great opportunity to purchase excellent original art for your home, work, summer place or winter cabin, You’re sure to find something. All work is offered at greatly reduced prices.

VAA Gallery Curator Janice Mallman says, “Susan has played a major role in developing the Archives sale into a much-

anticipated event. We skipped 2012, and look forward to seeing what Island artists will bring in. It’s a great opportunity for artists too, who receive 60% of the sale from their art.”

This years Archive Sale is sponsored by Vashon Market Fresh IGA. For more information, please call Janice Mallman, 463-5131, ext. 224 or email JaniceM@VashonAlliedArts.org.

Friday, May 24, 5 - 8 pm (VAA members/if not a member, you may join at the door). Saturday, May 25, 10 am - 4 pm, Sunday, May 26, 11 am - 4 pm

Kate Atwell & Mallory Breen open at Havurah Concert

Daryl & Renee Redeker will be performing at the Vashon Havurah, May 18 at 7pm. Together Daryl and Renee have performed with John Denver, Taj Mahal, Phobe Snow, Jose Feleciano and produced 9 albums.

Opening for Daryl & Renee will be Kate Atwell and Mallory Breen who were a hit at the “share the stage “with kubliki at the “O” space.



Kate Atwell and Mallory Breen
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New Works Series opens with dance performance



PDX Dance Collective: Elise Ericksen, Gabriel Green, Ismael Soñanes Balbuena, Rachael Brown and Katelyn Kollinzas

VAA New Works Series brings Island dancer, Elise Ericksen, home with her troupe PDX Dance Collective Saturday, May 11, 7:30 pm, at the Blue Heron. “Earth, Air, Water, Fire...Dance,” celebrates nature’s forces and showcases diverse dance styles with a who’s who of Island musicians and singers. The group will perform in-the-round. Other Island artists will join the group; Jack Barbash plays piano and Will Forrester paints live during the performance. Additional musicians include: Gaye Detzer, viola; vocals by Jean Richstad, Jasper Forrester, Dick Paulsen and Mark Wells; VHS drummer Graham Hazzard; Nancy Morgan, flute; and Marita Ericksen, music director and vocal soloist. Tickets are \$12/\$15 VAA, Heron’s Nest, VashonAlliedArts.org or 463.5131

First Annual 1st Lt. Robert Bennedsen Memorial Scholarship Benefit Concert with One More Mile



The VHS class of 2004 would like to invite islanders young and old to boogie on down with One More Mile on Saturday May 18th 2013 at the Red Bicycle. The band will be performing at the first annual 1st. Lt. Robert Bennedsen Memorial Scholarship Benefit Concert. The funds raised will be awarded to a young deserving scholarship recipient this year through the Vashon Community Scholarship Foundation. The class of 2004 has awarded a scholarship in Roberts’s memory for 2 years and we hope to make both the concert and scholarship annual events and need the community’s support to do so! Doors open at 8:00pm and there will be a suggested donation cover of \$10.00. Tom Bean (father of 04’ class member Emma Bean) and the rest of One More Mile will be rocking from 9:00pm on. It’s an all-ages show until 11 p.m., and for ages 21 and older after that. In addition to great music there will be opportunities for friends and family to share brief stories and memories of our dear friend, community servant, and hero. One More Mile is a Vashon band that has been together for over 3 years now. With a combined talent that has been blessed to perform on stages from the Washington Performing Art Center to the earthy feel of the old Central Tavern in Seattle’s Pioneer Square over the course of their varied careers, One More Mile is committed to putting out the best of music for all to enjoy. Still committed to roots of the blues, and branching out into some funk sounds and performing a few originals as well, they really give it their all to make

for a show that is always talked about the morning after! Their rhythm section is made up of Sam Veatch and David Salonen and they are better than ever, as these two guys have been playing together now for over 5 years. Lonesome Mike is still perfecting his harp sound and really puttin’ his all into his music. Jason Lollar and Tommy Bean trade licks on their guitars that get everyone excited to just BE THERE when the music is playing! Don’t forget your wallets and checkbooks (there will be a 50/50 raffle) and your dancing shoes! If you are unable to attend the concert but would like to contribute to the 1st. Lt. Robert Bennedsen Memorial Scholarship fund you can do so via VCSF’s website (<http://vashonscholarshipfoundation.org/index.html>) and when prompted specify that your contribution is for Robert’s Memorial Scholarship Fund. Let’s raise our glasses and kick up our heels to honor Robert! For more information on Robert’s service to our country check out <http://www.iraqwarheroes.org/bennedsen.htm> and you can learn more about the great blues styling’s of One More Mile at <http://www.reverbnation.com/onemoremile>. Hope to see you there! For more about the event please contact Char Skeffington cskeffington@gmail.com, Ben Staadecker ben.staadecker@gmail.com, or Manu samanna-spagnoli Msamannaspagnoli@gmail.com All ages ‘til 11pm 21+ after that. I.D. required.

Double-bill concert features Scott Cossu & Baby Gramps



By Janice Randall Two Northwest-based musicians team up for a double bill evening of eclectic music at the Blue Heron Saturday, May 18, 7:30 pm. Baby Gramps, who has been called the Salvador Dali of Folk Music, plays acoustic antique resonator National Steel guitars, and sings his own arrangements of rags, jazz, & blues songs from the 20’s & 30’s, folksongs and many originals with wordplay, humor and throat singing. Pianist Scott Cossu performs everything from new age and boogie woogie to straight-ahead jazz and ethnic influenced blues. “We actually played the Blue Heron together many years ago and it was a very good turnout. We each do our set and then play a few pieces together. It’s a very comfortable billing. We’ve done



shows together over the years,” says Cossu. Cossu will also be joined by musical partner John Croarkin on flutes, harmonica and saxophone. Both artists will have CDs available at the concert. Tickets, \$12/\$15, are available at VAA, Heron’s Nest, VashonAlliedArts.org or by phone 206.463.5131.

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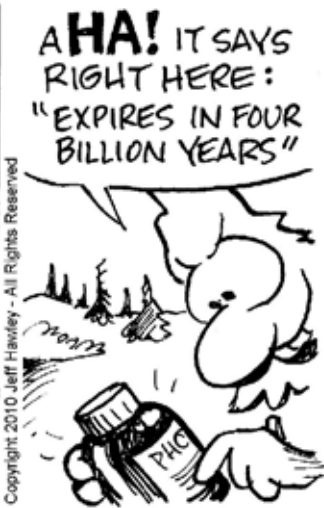
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