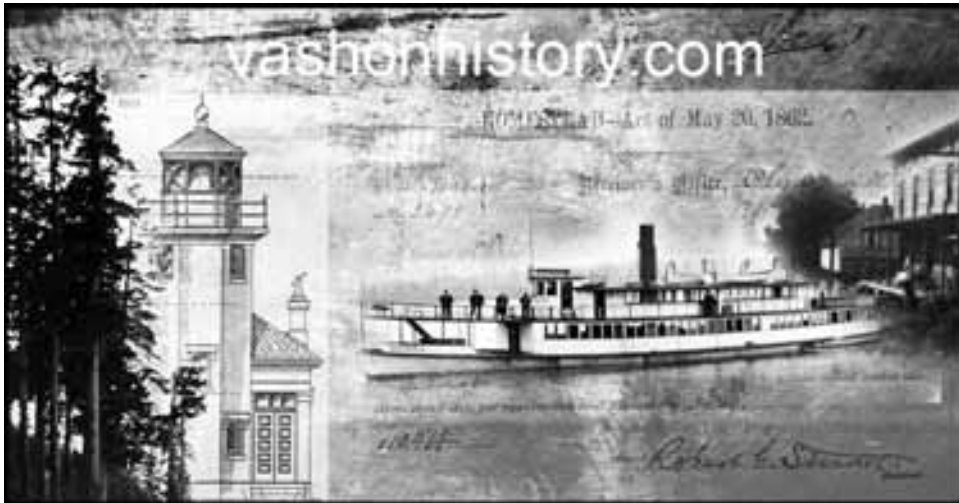


## The Census Project, Website Launch – A Detailed Searchable Resource for Vashon-Maury Island History



By Alice Larson and Bruce Haulman

A new website has been launched which will allow anyone to research information on individuals who lived on Vashon-Maury Island since the beginning of formal record keeping. Alice Larson and Bruce Haulman, through the assistance of King County 4Culture funding, have created The Census Project which, for the first time, brings together all of the Census data for Vashon-Maury island.

The Census Project is part of the web site vashonhistory.com, which has been newly revised with the help of webmaster Royce Wall. The Project lists all Census data for Vashon-Maury Island from 1880 through 2010. The Project presents this material in downloadable Excel spreadsheet format so that anyone can easily search the records to find out more about individuals or families that lived on the Island until 1940. After 1940 only summary census data is available.

The redesigned Vashon History web site has other information, which will be of interest to those interested in Vashon History. The includes a Vashon History section with drop downs that can take the user to the Vashon History Timeline, a Vashon-Maury Island Place Name glossary, an extensive Bibliography, and links to other Vashon history related web sites. The Timeline is supplemented by a Newspaper Summaries section in development by Islander Mike Sudduth, who is working on a digest of articles in every issue of all Vashon newspapers. The website's Publications section has drop downs for Vashon History Writings, the Beachcomber's "Time&Again" Series, and various Vashon History Commentaries. The Vashon 101 portal of the website concerns the course offered for the last seven years by Vashon College. This section has drop downs for each of the course's five class

*Continued on Page 4*

## Vashon Sportsmen's Club Annual Trout Derby

The Vashon Sportsmen's Club will host its annual Kids' Trout Derby on Sunday, May 18 at 12:00 noon. Sign-up begins at 11:30.

Free to the public and open to all island children 12 and under, the derby offers fun for the whole family and a chance to picnic on the grounds and enjoy an afternoon at the club pond.

Big Trout, nifty prizes, Live Music. Hot Dog & Chili, Cold pop at reasonable prices.

Children should be accompanied by an adult. Bring your own basic trout gear & bait. Sign-up begins at 11:30 a.m. (From Vashon HWY, head west on Cemetery Rd., turn left at Singer Rd. and enter the gate on the left.)

For more information, contact John van Amerongen at 567-4575 or Jim Chun: jgchun@msn.com



## We Are Vashon... The Raddest Town Hall Meeting Ever

On May 18th an Important Free Event will be happening at Vashon Theatre from 1-3pm; "We Are Vashon... The Raddest Town Hall Meeting Ever."

Why is this the Raddest Town Hall Ever? Because we have awesome talented Vashonites such as Duo Finelli as our Masters of Ceremony, Steffon Moody with a Vashon Parody, some fun and informative skit from Martha Enson. We will also feature Mandala for Change theatre artist, educator, and spiritual activist Zhaleh Almaee Weinblatt, Co Director of the Mandala Center For Change based in Port Townsend. She will be joined by local artists and facilitate an interactive theatre performance to engage the community in their personal stories and struggles living on Vashon Island and welcome dreams for the future.

Our island is rad also because we care. We care with donations of food for the food bank, providing medical services to those that need it, working together to address water issues, preserve our island, providing education for parents, being prepared, caring for animals and more.

In 2010, anthropologist, Debra Boyer came to Vashon Island to access our Island's greatest risk factor for community health. The highest risk factor is the substantially high rate of substance abuse among our youth and the second highest risk factor is domestic violence. This event will provide information about these two topics along and more. Come with your stories and your hope and dream for the island and let us make a positive future for our island.

From our partnering services organizations; Vashon Island Chamber of Commerce, Vashon Island Rotary, DoVE Project, Vashon Pride Alliance, Vashon Youth and Family Services and our sponsor VARSA, we will have volunteers to host continued discussions from 3-4pm at the Vashon Island Presbyterian Church across from Vashon Theatre. Light food and drinks will be served.

Our continued discussions topics are

1. Keeping Our Island Safe
2. Sustainability
3. Engaging the youth with our elders
4. Mandala for Change hosts an interactive community discussion and experience.

Why is this important? Whether you are new to Vashon or your family has been here for generations, we can see large areas of needed improvement. Momentum has developed in ways that does not support safety, happiness and growth that we want and enjoy on our island. Coming together as a community is known throughout the globe and nation as a way for positive change.

"The best way to predict the future is to create it" Abraham Lincoln.

Thank you Vashon and we look forward creating something with you on May 18th! You can also LIKE us on Facebook.

Free Childcare and snacks will be provided at Playspace from 12:45pm-4:15pm. Please email WeAreVashon1@gmail.com to reserve a childcare spot.

## KVSH-FM is Coming Soon!

Voice of Vashon is now closer to realizing the 14-year dream of giving the Island its own FM radio voice. The Federal Communications Commission (FCC) has granted the call letters KVSH for the new FM station that will soon be broadcasting at 101.9 Mhz.

"We're proud to announce this news, another step on the road to putting the station on the air," said Jean Bosch, President of Voice of Vashon. "It was a big deal when we won FCC approval to build the new FM station earlier this year and

now we hope soon to actually say on the radio that 'This is KVSH, 101.9, Vashon's own community radio station.' Next we just need to raise the rest of the funding."

"It was quite a process to get these call letters," reported Vice President Rick Wallace. "We were determined to do something that symbolized our community connection and we considered 80 different combinations before finally finding this one that just sounds like it belongs to Vashon." Many call letter combinations are already taken, he explained. "But we discovered an AM radio station in Valentine, Nebraska had KVSH and we asked them to share their call letters, which is allowed by FCC rules because we are on different radio bands."

The station also took this occasion to announce the kick off for its "Raise the Tower!" fundraising campaign. "We are doing some pretty unusual things to make sure people know how important this is to our Island community," reported Station Manager Susan McCabe. "Folks are going to be surprised!"


The fundraising goal is \$50,000 to

*Continued on Page 8*

**RAISE THE  
TOWER!  
KVSH**

Vashon's Own FM Station . . .  
If You Help VoV Raise The Tower!  
VoiceOfVashon.org/RaiseTheTower





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How interest rates impact a mortgage payment:		3.50% <small>(3.63% APR)</small>	4.50% <small>(4.64% APR)</small>	5.50% <small>(5.55% APR)</small>
Sale Price	Loan Amount	Monthly Principal & Interest Payment*		
\$200,000	\$160,000	\$718.47	\$810.70	\$908.47
\$400,000	\$320,000	\$1,436.95	\$1,621.40	\$1,816.93
\$600,000	\$480,000	\$2,155.42	\$2,432.09	\$2,725.39

\*The payments reflected are principal & interest payments only, & are based on 30 yr amortization & 20% down payment. Mortgage insurance, property taxes, & homeowners insurance not included. This is not intended as an offer to extend credit, nor a commitment to lend. Loan rates, fees & terms presented here are for illustrative purposes only & may not be currently available. The document was prepared to assist real estate professionals in illustrating some financial options available.

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In a nutshell: When interest rates are lower, you qualify for a higher loan amount. The table below illustrates how changes in the interest rates on a 30-year fixed rate loan can impact your loan amount.

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3.50% <small>(3.63% APR)</small>	4.50% <small>(4.63% APR)</small>	5.50% <small>(5.63% APR)</small>
\$200,000	\$177,248	\$158,173
\$300,000	\$265,872	\$237,260
\$400,000	\$354,496	\$316,346
\$500,000	\$443,120	\$395,433
\$600,000	\$531,744	\$474,519
\$700,000	\$620,368	\$553,606

This document is not intended as an offer to extend credit nor a commitment to lend. The loan interest rates, fees and terms presented here are for illustrating purposes only and may not be currently available. The document was prepared to assist real estate professional in illustrating some financial options available.

**Your Windermere Team:**

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Get a chicken to manage the weeds and bugs for you.  
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Find the Loop on-line at  
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## Dandelion Needs A Home...

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Go To  
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## Next Edition of The Loop Comes out Thursday May 22

Deadline for the next edition of *The Loop* is  
**Friday, May 16**

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

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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.

### VHS Plant Sale

The SLC (Supported Learning Center) at VHS will be hosting a plant sale at the greenhouse on the VHS campus on Friday June 6th from 12:30 pm - 4:30 pm. The plants were started and grown by SLC students working with mentors under the guidance and help of staff. All proceeds go to benefit the lifeskills/community/vocational program. Some of the plants available are a variety of tomatoes, eggplant, peppers, zucchini, squash, basil, cucumber, pumpkin, and many flowers. The SLC would like to thank our generous sponsors for their contributions. True Value, Island Lumber, Thriftway and Kathy's Corner.

### KITE day 2014

Annual Kite Day at Pt. Robinson Lighthouse Park, Vashon, Saturday May 17th, 2014, 10:00 am-3:00 pm. A fun family event. Bring your kids, kites and fly your kite high while enjoyed the beauty of the park, Puget Sound and Mt. Rainier. Kites will be for sale at the Ship's Store. Live music by Geordie's Byre. Food available for purchase. Captain Joe will be conducting tours of the lighthouse. Event sponsored by the Board of Keepers, Pt. Robinson Lighthouse.

### Flaunt your Flank! Save the Date! Don't be Late!

The Senior Center's 2nd Annual Chicken Plunge is almost upon us on May 17th at Jensen Point, 2 pm. Don't be Chicken. All brave participants ready to plunge, dip in a toe or swim across the point, get ready to gather your financial supporters around you. A minimum of \$25 in pledges will get you your own locally designed and donated commemorative tee shirt, but please pledge more.

This quintessentially quirky Vashon event is going to help the Center finish funding the kitchen remodel taking place during May. The very necessary remodel will allow the Center to once again cook in the kitchen and all of the funds raised by your participation in the Chicken Plunge will help complete the work.

See you there.

### Marijuana Anonymous

Marijuana Anonymous, Presbyterian Church  
Fridays 7 pm"

### Come drum!

Come drum! Join Buffalo Heart, the big community drum and members of the Vashon Drum Circle, Friday, May 9th, 7-8:30 PM, at Vashon Intuitive Arts. All ages are welcome. Sponsored by Woman's Way Red Lodge, a non-profit dedicated to enlivening the sacred feminine in our communities.

### Wolftown open house

Sat May 10 at noon. Wolftown open house- come take a tour and see what this great project does!

You must RSVP by calling 206-463-9113

Suggested donation- \$10 per person.

We are a 501c3 non-profit that does wildlife rehab and education and teaches sustainable agriculture

### Have a Story or Article

Send it to:  
Editor@vashonloop.com

### Help Wanted

Administrative Assistant, 3 hrs/week. Vashon-based Alliance for Tompotika Conservation (ALTO) is looking for a reliable, detail-oriented person with good organizational skills willing to work on a variety of administrative tasks. Must be an independent worker, have good oral and written communication skills, strong computer skills (Word, Excel, database), and live on Vashon-Maury Island. Own laptop a plus. \$13/hr. Send resume and cover letter by May 12 to: assist@tompotika.org

### Free Poultry Seminar

An experienced pro and homesteaders will share their vast knowledge about raising chickens, ducks and turkeys. Learn about: feed and nutrition; housing and pasturing; and how to raise chicks. Invaluable information about both layers and meat birds.

Saturday, May 17th 11am-noon

The Country Store and Farm, 20211 Vashon Hwy. SW Please register: 206-463-3655.

### Vashon Social Dance Group Monthly Dance & Lesson

Ober Park Performance Hall - 17130 Vashon Hwy SW (Park District Office Building), Saturday May 17, 2014

7:00 - 8:00 pm Cross Step Waltz lesson (fun social waltz)

8:00 - 9:30 pm Dancing to deejayed music provided by Me

No partner needed. Come and bring anyone interested in dancing!

Suggested donation: \$10 for either or both lesson and dance

No one turned away due to lack of funding. Join Us!

Candy, VSDG Coordinator, (206) 920-7596

### Green Party's monthly meeting

Come to the Vashon-Maury Island Green Party monthly meeting (second Tuesday of each month) at Joy Goldstein's home. Other interested progressives always welcome! Share your thoughts and your interests.

DATE: Tuesday, May 13, 7-9pm

LOCATION: 10329 SW Bank Road, Vashon

DIRECTIONS: From Vashon center, go west on SW Bank Road 0.3 miles. Joy's home is on the south side. Park along Bank Road.

**Major Topics:**  
Vashon Tool Library, Petition Signature Collection for "We the People Act": Initiative 1329, and other topics from attendees.  
Questions: Melvin Mackey, Secretary, (206) 463-3468

### 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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**DSHS**  
THE MOBILE CSO IS COMING!

**Dates** Wednesday May 14, 2014  
**Times** 10:30am to 1:00pm  
& **Maury Community Food Bank**  
**Places:** 10030 SW 210th  
2:00pm to 4:30pm  
**Vashon Market**  
17639 100th Ave SW

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- Basic Food Assistance
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# Fundraiser raises 5K for medical mission

By Mary Kay Rauma

On Sunday, April 27th The Vashon Island Coffee Roasterie and locally based trade publication, Coffee Talk, hosted a fundraiser Elk BBQ & Bluegrass for 200 guests at The Roasterie. The event raised over \$5,000 for The Vashon Island Coffee Foundation and it's 2015 project to support a medical mission that will provide medical and dental care for the migrant workers and their families in the coffee picking community of Santa Elena farm, Costa Rica.

In attendance was Jim Stewart, SBC founder and a pioneer of the Specialty Coffee industry, who cooked up an elk on his old time rotisserie barbecue. Master Roaster Peter Larsen, who has been roasting beans at The Roasterie for decades, played bluegrass with his band. The event drew guests from all aspects of the specialty coffee business from around the world including India, Ethiopia, Colombia, El Salvador, Costa Rica and Guatemala, to name a few. Pictured above with Eva DeLoach is just one of the coffee farmers in attendance who The Roasterie works with to source green coffee, Juan Diego Monterroso of Culpan Estate coffee in Guatemala. He



*Eva DeLoach, owner of The Vashon Island Coffee Roasterie, on the left and Juan Diego Monterroso of Culpan Estate Coffee on the right, Juan holds a bag of coffee created with the beans directly sourced from his Guatemalan farm.*

holds a bag of Santiaguito Roast, the coffee created with the beans he grew and named after the active volcanoes that surround his hillside coffee plantation.

## Fourth Graders Win VMIHA History Contest

By Jean Findlay

Four girls who all share an interest in history and a desire to learn more about their Island home won prizes in the Vashon-Maury Island Heritage Association's Vashon Story Project Contest. All the students are fourth-graders at Harbor School. They were honored with a celebration at the Heritage Museum on Friday evening, May 2.

"I liked getting closer to the Island and the people on it," said Estelle Lewis, daughter of Indigo and John Lewis. Her video interview, "In the Garden with Lifelong Vashon Residents, Lotus and Estelle," took second prize.

Three girls shared the first place prize for their entry of a poem with vintage photographs, "The Mystery and Poetic History of the Vashon Island Roasterie." Iris Bordman, daughter of Jessica Bolding and Chuck vanNorman, Meredith Gavin, daughter of Marc and Gwen Gavin, and Sophia Weil, daughter of Anya and Joshua Weil, agreed that it was interesting learning the history of

the Coffee Roasterie building. Iris had not realized that Minglement used to be attached to the Sound Food building, and Sophia learned that the Roasterie building was once a dance hall.

The Heritage Museum supported contest entrants by offering free workshops on interviewing, led by Susan McCabe, and video editing, taught by Michael Monteleone. Meredith said she liked attending the Interview Workshop and learning how to ask open ended questions—and then using that skill to interview Coffee Roasterie owner Eva DeLoach.

The first place prize was \$100; second place received \$50. Winners also got certificates of recognition and complimentary one year Museum memberships. Winning entries are on view at the Heritage Museum which is open Wednesday through Sunday, 1 - 4 p.m.

The contest was supported by sponsors Islander Apartments, Kellum & Montoya Building, and 4Culture.

## The Census Project

Continued from Page 1

"We are very excited about this Project and the opportunity it offers for everyone interested in those who have ever lived on Vashon" said Alice Larson, the researcher/demographer and co-developer of this effort. The site's co-developers say they undertook the project because Vashon, unlike most areas, has stayed the same geographic area.

The Census Project also provides sections on "Research and Presentations" and "Charts and Graphs" where papers summarizing and analyzing the information are presented.

subjects related to Vashon: geology, historical ecology, modern ecology, human history, and demographics.

"Like any good ongoing research effort, the Vashon Census Project and the Vashon History Project are works in progress," Bruce Haulman, co-developer of the Census Project noted. "They are being continually revised and expanded." As you use the site, please let the Project staff know any corrections that should be made. You are invited to add your analyses and observations using site information to the Project staff for possible publication on line.

# Techniques for Compassionate Communication

In a world full of conflict, compromised connections and misunderstandings, it can be difficult to go about the work of creating peace and joy in our relationships and communities. The upcoming 8-week class, "Introduction to Compassionate Communication" aims to help people develop the skills of lifegiving communication.

"These techniques are powerful enough to end war; within ourselves, in families and with other countries," says Diane Emerson, who will lead the class. "We aren't taught in our society to speak from the heart. As a result, we find it difficult to connect with each other and see each other's humanity. The resulting fear and the need to protect ourselves are an underlying cause of war."

The class is inspired by Dr. Marshall Rosenberg's work in Nonviolent Communication (cnvc.org). Students will read his book, "Nonviolent Communication: A Language of Life" throughout the course in their own time. Attendees will purchase or borrow a library copy of the book. During class time they will engage in practice and exercises with the group, receiving guidance in dealing with real life issues.

"These techniques enable us to see how connected we are and how to understand others," says Diane. "When we can communicate with each other at the level of core human needs, new strategies or solutions to meet everyone's needs often emerge. Truly seeing each other's beautiful needs - like understanding, trust, and autonomy, helps create compassion and acceptance."

Diane Emerson trained with Dr. Marshall Rosenberg in 2007 and 2008. She continued her studies in Nonviolent Communication in New Zealand with Ron Ngata and Robert Gonzales, and with Upgeya Pew in Portland, Oregon. She completed the North America NVC Leadership Program in 2012 in California, and that same year facilitated the sharing of Nonviolent



Diane Emerson

Communication techniques with Occupy Portland activists.

Since December 2006, Diane has devoted her life to volunteer work around the world, including helping organizations in India, New Zealand, France and the U.S. She came to Vashon to help create Heartstad (www.heartstad.webs.com), an intentional community and education center based on Nonviolent Communication and permaculture.

The classes will be held at Vashon United Methodist Church, 17928 Vashon Highway. The church is hosting these classes in an effort to provide people skills for becoming peacemakers. Hearing Loop technology is available for the hearing impaired.

These classes are offered on a gift basis. "My time is joyfully given to everyone who wants to learn these techniques. It is my gift to the community and the world. If people's hearts are opened by what they learn, and they would like to express gratitude, their gifts to me or the Heartstad community would be most welcome."

There are two sessions offered for "Introduction to Compassionate Communication": Monday evenings 7:00 - 8:45, May 12 - June 30 and Tuesday afternoons 2:30 - 4:15, May 13 - July 1. Class size is limited, so register early. To learn more and register, email [dianeemerson@yahoo.com](mailto:dianeemerson@yahoo.com) or call 206-234-4813.

## Harbor school celebrates Earth Day



Tom Dean from Land Trust joined students on Friday, April 25, for a special tree planting ceremony and talk with students. Two cedar trees were donated by Land Trust and planted on our Harbor School campus to celebrate. Marla Smith Photography

*The Island's Business Center*

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## Island Life Mechanical

By Peter Ray

I can't say that it was the power of suggestion, or even bad luck. I had, indeed, been reading a cyclist's essay this morning about enjoying a long, solo ride until that dreaded hissing sound one never wants to hear on any ride inspired a surge of repair incompetence anxiety in the essayist over whether or not he could properly fix the flat and then get on home. As it turned out, it was a cycling related incident that caused this morning's disruption to the flow, although it was an incomplete truck trip after transporting Wendy to the dock with her bike that is the inspiration for this particular arrangement of words.

There had been some minor flourishes of dramatic foreshadowing for this situation, both times just after leaving my driveway in my truck in the past two days. Yesterday it choked as I attempted to accelerate toward town, but there was an almost immediate recovery, which led me to believe that all was right with the world, at least in the small circle where my motorized Island transport was concerned. It choked again this morning as we pulled onto the Highway and headed toward the dock, but there were those sounds coming from beneath the hood that suggested that this time a recovery was not in the offing. I motored on, as the reason for this excursion was that Wendy was late and the only way for her to make the proper boat was to be driven to the dock with her bike stashed in the back. I listened as the engine gagged us northward, waiting for a cleared-throat sound that never came. We did manage to gain enough speed to pass someone who was obviously not on the same mission of urgency as we were, but a new sound arose from this effort- a pinging that suggested something more sinister was at work.

I took it as a good sign that the engine didn't die altogether when I stopped to let Wendy and bike off at the bottom of parking lot hill, but the chatter from beneath the hood as I headed back up the hill past the line of off-Island commuters was sounding more dire by the minute, although the regained momentum provided by downshifting from third to second gear gave me hope that the four miles to home could be successfully transited in the luxury of this gas powered vehicle. There was that odor though- the smell of something combusting that was not supposed to be in one or any of the four cylinders. I reached the top of the hill, but the pinging was now getting worse, and shifting down and up was beginning to have less and less of a positive effect on movement forward. Finally, just to see what would happen, I let my foot off the gas pedal, and the choking and gagging sound combined with a rapid deceleration in my progress homeward, so I began to scan for a roadside, semi-permanent resting place. There was open gravel beyond the paved shoulder up ahead, so I put on my turn signal and punched in the clutch. It was more difficult as I braked and steered onto the shoulder, as the engine died almost immediately when the clutch engaged, and the assistance from both the

power steering and brakes was no longer an available option. The smell from the engine compartment, the inability to restart the truck and the steam coming from beneath the hood all suggested perhaps a blown head gasket. I got out, locked the door and started to walk home.

As I crossed the Highway to make my way homeward, I began to think of the flat tire article I had finished reading just a short time earlier, and how the relative ease of fixing a blown bike tube was no comparison with a blown head gasket. There are probably gearheads out there who can McGiver themselves out of this or any automotive mechanical mishap- I am not one of them. That is not to say that I wouldn't try. What comes to mind is a solo road trip I made years ago from western Massachusetts, where I was in school, to central upstate New York, where my cousin was getting married. When I went to pull off at a highway exit I pushed in the clutch pedal only to feel it go without resistance to the firewall. I jerked the car out of gear and coasted to the shoulder and assessed the situation. After popping the hood I found that a small, plastic donut that was supposed to be attached to the firewall to keep the clutch cable housing from moving had broken. Once I understood what was wrong I started looking through the car to see what I had with me. I always keep a few tools in any vehicle I drive, and that day I believe I had a pair of pliers and perhaps a screwdriver- the pliers were the key- that and a few bottle caps that were under the seat. I flattened out the bottle caps with the pliers, and with my trusty Swiss army knife- the can opener implement, specifically- I made a radius cut in two flat bottle caps from the outer edge to the center, which allowed me to slide in and wedge a bottle cap under the plastic donut on both sides of the firewall- I never had any more trouble with the clutch and I think I sold the car that way. Blown head gaskets offer no such a range of options, at least for me.

Flat tires on bikes are in an entirely different league from most car-related, roadside dilemmas. If you ride a bike very much at all you should have a spare tube, some tire irons and a small bike pump with you wherever you go. That way, you will almost never have to walk home. If you don't know how to fix a flat, and if you are looking for a little entertainment as well, just google "Lance Armstrong fixes a flat". While for the most part, pro bike racers almost never have to do race day repairs, as they have a team car with spare wheels and spare bikes and a mechanic to see that their unintended roadside stops are as short as possible, they do know something about bikes. There is some self-effacement and humor in this two minute how to, and it's worth it just to see Lance in a bike shop apron. I just watched it again to make sure it was still there, and it seems to be up in a number of places, so it's not hard to find, and the ease with which Lance performs this task should help with any flat repair demystification. I may ride my bike back to the truck to see if I can coax a few more miles out of it, but I have a feeling that this fix will not be easy.

Gotta go.



## Run for Unofficial Mayor

Be one of the few, the proud the wonderfully awesome and run to be Unofficial Mayor of Vashon Island. Even if you don't win you win because the Unofficial Mayor Race has been known to raise up to \$15,000 for Island non-profits.

- Pick your Platform i.e. select the Island Charity you will fundraise for.
- Get an Endorsement: Submit a letter from the Charity with permission for you to fundraise for them.
- Declare your Candidacy to the Chamber of Commerce, the newspaper and anyone else who will listen.
- Campaign by putting up to 12 "ballot boxes" throughout locations on the Island (ballot boxes = collection boxes since money equals votes in this contest).
- Get out the Vote: 1 Vote = 1 Dollar, your supporters can vote as many times as they want.
- WIN! The candidate with the most money raised for their charity wins (But everyone one wins when people support local charities).

Money is collected and counted

by the Chamber of Commerce for verifying and the winner is announced on Saturday evening at the Beer Garden. The Winner gets a special spot in the Sunday Car Parade.

Unofficial Mayor is an awesome position! Not only do you get the esteem of the entire Island you will: • Ride in a fancy car during the Tom Stewart Classic Car Parade!

• Get invited to important Chamber of Commerce events, community events and celebrations!

• Celebrate New Businesses at Ribbon Untying Ceremonies!

• Make Official Unofficial Proclamations celebrating awesome Vashon people and institutions!

• Anything else you want to do as long as it is legal and is within the office budget (for which there is none)

To declare your candidacy, get a copy of the official rules and a sample of an endorsement letter please contact the Vashon Chamber of Commerce at 206-463-6217 or email us at [discover@vashonchamber.com](mailto:discover@vashonchamber.com).

## Vashon Intuitive Arts 4th year Anniversary Celebration

May 10th, 11:45 - 6:00pm  
17331 Vashon hwy, 206-463-0025

11:45-12pm drumming with buffalo heart drum

12:00-1pm Kirtan songs from india with "baruch" brad roter, his Harmonium and guitar

1:15-2pm Toning with Dianna Ammon

1:30 - 4pm out door concert with Adrian Xavier & friends.

2:15-3pm Guided Drum Journey with Lorna Cunningham

3:15-4pm Crystal Bowls with Jacqui Lown

4:15-6pm Despacho celebrating VIAs' 4th year Facilitated by Kim newall

Vashon Intuitive Arts (VIA) is a community metaphysical center where all are welcome to enjoy peace and quiet within sacred space, read or check out a book from the Lending Library, have a massage, receive guidance from an intuitive medium or enjoy our many ongoing events including: Psychic fairs, Medicine Wheel, Reiki Jam, Universal Dances of Peace, Dream Circle, Community Drum Circle with Buffalo Heart Drum, Open Drum Jam, WONTU Women's' Circle and Gallery Cruise, as well as special events facilitated by community members.

VIA opened its doors for the first time in May of 2010. Without expectation, the co-creators, Dianna Ammon, Susan Pitiger and Lorna Cunningham, stepped into a vision realizing when something is meant to be, all that is needed to support that vision will fall into place, and, it did. All three are long term islanders bringing the total of combined time, experience and knowledge equaling 142 years, each embellishing VIA with their different perspectives, individual spirit and business acumen.

We, the co-creators, have acknowledged and allowed our individual currents to join the Universal flow and exemplifying the Oneness we wish to invite our community to join. As a member run organization, there is opportunity for members to sell their work, including jewelry, photography, essential oils, paintings, greeting cards, as well as, a space for "Light Workers" to offer healing sessions with their clients. While you shop, you can discover many treasures from crystals, sage, palo santo, books, greeting cards, drums and jewelry.

Come, introduce yourself, have cake and enjoy the many events sponsored by VIA and its member community!

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# Spiritual Smart Aleck



By Mary Iuel

## Widow World

I drove to California last week to say good-bye to my cousin Nancy, who is now in hospice care. My memories of the trip include the sides of freeways as I whizzed by, and the times I spent with Nancy, who is hanging in there so far, and with my mother-in-law Diane.

To say that Diane is my mother-in-law is a bit of a joke. Yes, she was married to my husband's father, but she is only a year older than I am. Now that Rick and his dad, Mark, are gone - they died exactly four months apart - we are simply friends, and last week we talked together about the experience of being widowed.

First of all, it sucks, and blows. When someone asks, "How are you?" we agreed that we usually reply with a non-committal, "Fine," delivered with a brave smile and (we hope) a clear unwillingness to talk about it in public. You don't want to know how we are. Honestly.

Diane said she prefers to call herself single, because that feels better to her than saying widowed. Yeah. The "w" word carries a lot of freight. It conjures up visions of squat old ladies dressed all in black with black scarves over their heads, maybe missing a front tooth or two. I'm not saying those ladies are anything but perfectly respectable and whole human beings with lives and stories of their own, but I am more the jeans and purple t-shirt and wild hair type of widow.

We talked about the feelings and perspectives we have as widows that cannot be explained to anyone who hasn't lived the experience.

We talked about how much grief is a physical experience. Well, it's a total being experience - physical, mental, emotional, spiritual. I know I have been caught by surprise by what it is really like. I expected to be weeping and wailing, but for me it's been more a case of catching myself sitting and staring, occasional nausea, occasional tears, bouts of old chronic illness kicking up, nightmares, the surfacing of old, old emotional wounds, and strange feelings of being out-of-body, as if the laws of

physics have been repealed. Does gravity still work? Apparently, but sometimes I feel like I'm floating in space, unhitched and unbound by every rule and law I've lived by. Nothing makes sense.

We talked about how fortunate we were, to have been with this person who liked us and loved us better than anyone else in the world. That is not a gift that everyone gets. We appreciate that and we are grateful.

We talked about seeing old couples together, in the hardware store, for example, and how we want to go up and say, HEY, do you realize how lucky you are, having someone with whom you can go to the hardware store? We want to tell people to be grateful that they have companions.

When you live in harness with someone for decades, you develop your own little country, with its own culture and language and history and customs. There is a story that is created by your joined lives. When your partner dies, that all goes away. The punchlines to old jokes don't make anyone else laugh because they don't know the joke. They weren't there when the baby touched his father's smooth face right after Dad shaved, and said, "Moozh;" or the time your other son saw a sandpiper on the beach and said, "There is a walking creature." No one knows the words and lines that became part of the family language forever.

Suddenly you have to make your own new country, and customs, and culture, and history, living every day into the new reality. I watched an episode of the British series "Call the Midwife" the other night, in which one of the nuns tells a grieving young nurse, "Keep living until you are alive again." That pretty much nails it.

As for Cousin Nancy - she is on hospice in her little apartment, and she gets lots of visitors, which she loves. She's stubborn and she's hanging in there. She's weak, and on a lot of strong drugs to combat the pain. When I left we hugged and kissed each other's cheeks and said, "Thank you for loving me all my life." I'm glad I went.

Thank you, too, for reading this far. I am grateful that you did. That's it for this week.

# A Community Conversation About Health and Responsibility: Vaccines and Beyond

## Part 13: Brother, can you spare some time?

by Karen Crisalli Winter and March Twisdale

We live in a time-stressed culture. "Faster and better" are spoken so frequently as a pair that we've come to view them as synonyms. Faster might be nice for internet connections, but it causes problems when applied to human beings. Fast food is not better food. Quick naps are not better sleep. Ten minute medical appointments are not better health care. Sound bites are not better conversation.

This cultural value of speed over quality has devastated our ability to communicate about complex subjects. Whether you're talking about a newspaper article, a Facebook post, a tweet, a radio interview, or a spot on TV, there's rarely enough time to delve below the thinnest layer of a complex issue. Caving to time pressure, ideas which cannot be adequately addressed quickly are simply dropped from the conversation.

As communication fails, there is a strong tendency to replace careful consideration of complex issues with simpler, fast messages indicative of polarization and dogma. Messages which, in a complex world, are almost never an accurate reflection of reality. Is murder wrong? Yes, most people would agree with that statement. But where do we draw the lines between murder, self-defense, assisted suicide, acts of war, failure to prevent suicide, negligence, and accidents? If you've ever served jury duty, you know that details matter.

Unfortunately, in America and abroad, the sentiment of "we're right & they're wrong" tends to be quite popular.

Such polarization quite effectively shuts down both communication AND scientific advancement. Science, you see,

thrives on differing perspectives. Take that away, and all you have left is dogma. Once you join a group with a strong set of "required beliefs," your own freedom to think is quickly eroded. You better not listen to the other side, because they're obviously wrong. And heaven forbid you talk about the weak points of your chosen side! Polarization generally devolves into agreeable nodding or hurled insults.

At that point, everyone loses. Because here is the truth about polarization: if an issue is polarized, both "sides" have something vital to offer to the conversation.

Stop. Think about that for a minute. Humans aren't polarized on the subject of eating broken glass. Humans aren't polarized on the benefits of breathing water. When there is truly no doubt, there is no polarization. Polarization only occurs when we face a complex issue, form vitally important questions and discover that there are no perfect answers. Uncertainty frightens us, especially when the stakes are high. So we make ourselves feel more confident in our choices by ignoring doubt and complexity, convincing ourselves that there is a "best & simple" answer; all of which also makes communication faster...but not better.

To make things even more interesting, there are forces that deliberately encourage polarization in order to distract from unfavorable aspects of complexity. It's an effective strategy used for thousands of years by those who wish to manipulate large groups of people. Divide & conquer, baby! Polarized people can't join together to advocate for their common interests, because they don't believe they have any. Add in a dash of fear and you're in the

driver's seat. Kind of convenient if you're a large corporation trying to avoid awkward questions about your product, government regulations and/or a lack of them.

So, Sister! Can you spare some time? Regardless of the cause, polarization interferes with communication and helps no one. Perhaps it's time to take back our communication and break down polarization? Here are a few suggestions that have helped us.

First, acknowledge that no one perspective owns the whole truth. Like all true scientists, we hold dear our curiosity. Explore other perspectives as much as you explore your current perspective.

Second, prepare for push back and don't take it personally. Polarization is often driven by fear, so have some compassion for those being tossed about by the waves of fear-mongering. Don't demand a conversation from someone who isn't ready or interested.

Third, seek out someone you love and respect and ask them to talk to you about their perspective. Then listen. Just listen. Avoid any urge to rebut, focusing honestly on understanding. If you can ask truly exploratory questions, do so. If not, skip questions and look for points of agreement instead. End the conversation with a "thank you." These conversations take courage.

Fourth, try to find someone non-polarized on the issue and share these new viewpoints with them, in person if possible. When an issue becomes polarized, it can feel very lonely to be the one who refuses to "pick a side." Seek others in the middle.

Finally, when it is safe to do so, speak out for complexity when you encounter polarized attitudes. You won't always be able to do so, and that's okay. But when you can

*Continued on Page 7*

# Facing New Zealand, Portraits of Maori People & Their Land

Pam Ingalls' eighth annual portrait exhibition at The Hardware Store, "Facing New Zealand, Portraits of Maori People & Their Land" will show throughout May - and be open during the Vashon Island Spring Art Studio Tour. The oil paintings depict people from a very vital and proud indigenous community. "The urban Maori people I met and painted in and around Auckland so impressed me as being committed to their community," says Pam. "They are vibrant, fascinating people who have integrated into Western culture without losing their cultural identity. Plus - they are beautiful, and very fun to paint!" The show opens on first Friday, May 2nd from 7-9pm, with Daryl Redeker playing his amazing guitar from the stage above the gallery. The Vashon Island Spring Art Studio Tour is May 3-4 & 10-11th, Saturdays and Sundays from 10pm-5pm.





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**Aries (March 20-April 19)**

You will only feel abundant if you share who you are and what you have. If your plan involves doing something other than that, I suggest you come up with a better one. You have plenty to share, and though it may sound like a contradiction, you're more likely to feel that way if you actually extend yourself and offer yourself to others. The easiest way to unravel the challenges you face in your relationships -- which all seem to involve an exchange, be it of emotions, of resources or of trust -- is to take the first step. Don't expect things to go perfectly -- be grateful if you learn something about yourself, or about someone else, or about life. Learning requires more than drawing a conclusion from one event or experience. Authentic learning is about gathering information and putting it into context, seeing contrasts and making an ongoing evaluation. Remember that idea -- to evaluate is to determine what is really valuable.

**Taurus (April 19-May 20)**

In order to think outside a container, it's Be aware that you may have a blind spot where certain personal matters are concerned. Most of the time that would be like looking directly at something and not seeing it. This blind spot is more like feeling something and not noticing you're feeling it. Or it might be existing with a certainty of who you are, and not noticing that you may be having your doubts. You will learn more as you feel out the territory, which will happen as you rub against certain people and discover information that you did not know before. You might discover something you were not told; you may have a response that keys you in to what is appropriate and what is not; you may get a clue about an old relationship question that you've long puzzled over. There are moments when this feels like pure intuition at work. Yet it's likely to be based on factual information that you are perceiving. Therefore, if you 'sense' something, seek the facts, ask the relevant questions, and use the information wisely..

**Gemini (May 20-June 21)**

You must mind your politics and your manners even if you have no specific reason to do so. Be impeccable with your words and be mindful what you express to others. You may be inclined to reveal secrets about yourself, and while I might normally advise transparency, for the moment I suggest you practice restraint, especially in work-related environments. In determining what to say to whom, I suggest you use the 'need to know' basis -- do you need someone to know some particular bit of information about you? Why do you think so? If you have a solid reason, then reveal what you have on your mind. In truth, there is little that most others really need to know about you. Part of this scenario involves some discoveries you're about to make about yourself. Anticipating those revelations, and wanting to know more, is what might incline you to reveal more than you should, or more than you need to. Therefore, I suggest you take your time, make your inner discoveries and then make statements to others only when they feel absolutely right.

**Cancer (June 21-July 22)**

You may feel like you're under less pressure than you've been under all year, and if you don't, I suggest you take steps to open up your time and lighten your burden. That may take some collaboration, but mostly it will involve taking a little space for yourself. I can imagine you feel hesitant to do that, as if you're feeling some emotional resistance. That hesitancy would be described by Mars still moving retrograde through one of the most sensitive angles of your chart. I am using that as a timing factor. When Mars stations direct on May 19, the pace of your life will increase, along with your confidence level. That is why I am suggesting you take the opportunity to be a little more introspective, and disengage as best you can, while you

can. Mars retrograde is rich with information about self-confidence, whether and why you might feel insecure at certain times, and in particular, your fears of abandonment. The knowledge will be forthcoming, though to receive it you will need to listen.

**Leo (July 22-Aug. 23)**

You don't need to hold up the sky. You only need to keep your feet on the ground. If you can do that, you will know which way is up, and you will feel the Earth supporting you where you stand, and as you walk. Keeping a connection to the ground will help you keep your perception in your senses rather than in the more abstract parts of your mind. Time will slow down a little. You will be able to feel more clearly, and as a result, have clearer ideas about what to do, when you feel you must take action of some kind. This weekend's astrology is offering you a chance to gradually find your center. From there, all the swirling will seem to be going on around you rather than within you. Your own stability is central to your success; your ability to hold to a steady course, to lead by example and to be proactive on the issue of fairness. Yes, I can see that at times you may be experiencing some profound emotional insecurity, but that is what can happen when you choose to remove the past as a basis for what happens in the future.

**Virgo (Aug. 23-Sep. 22)**

This is a blessed moment for you. You may not fully trust that unless you try it out, and experiment with your ideas in a way that you have not done before. This looks and feels like a continually moving impulse, a little different every day and maybe every hour. It's essential that you stretch your vision. If you perceive a need, expand your concept of what is possible to fulfill it. If you have something to say, be bold enough to say it. Eventually you'll reach that angle where you know it's time to take authority over something larger than just your life. Along the way, there's a fine line between what serves you and what serves others; ideally there is a synergy between the two, where what is profitable for you immediately expands to the benefit of those you care about the most. It's the hot fulcrum where selflove meets love. The beauty of this kind of symbiotic (plus-plus) relationship is that there is always enough.

**Libra (Sep. 22-Oct. 23)**

Rare is the moment when you can encounter your perfect match, but you may be there. It's an 'opposites attract' kind of thing, but the question is, what kind of opposites? Inverse, converse, reverse or obverse? They all have one thing in common, which is the root verse, which means to turn -- therefore, much will depend on which way you turn. I suggest you turn toward who you desire, and face them. Speak if you want, though what will get their attention is your magnetism. Note, it may take a little while; during that time I suggest you be patient, friendly and take care of yourself. The most significant direction you can turn toward is awareness of your own existence, and your freedom to choose. That you may have considered this perilous in the past, and that you may have your concerns now, should not stop you. The path through life is guided by decision, though too often we ascribe that power to fate.

**Scorpio (Oct. 23-Nov. 22)**

Take your time working out an emotional issue, and remember, this is about how you feel rather than being about a relationship. It may seem for all the world and in your imagination like the subject matter is partnership or involvement with someone else. That's a kind of mirage. Here's a way to think about it: As in dream interpretation, every aspect of the dream is an aspect of yourself. Given that you may be in a phase of increased unusual dream activity, that's a good thing to keep in mind. Dreams are deeply personal and situation-

specific. There are no stock interpretations for dream symbols. If you remember that all aspects of the dream are facets of your own psyche, and your own state of mind, it will be much easier to discern what messages you're receiving from yourself. The same can be said of any thoughts involving a relationship. I'm not saying that other people involved don't have volition or intent -- rather, I am saying that your experience is your experience, and that is the place to start.

**Sagittarius (Nov. 22-Dec. 22)**

This can be a brilliantly productive time for you with work-related contracts and collaborations. You are in an unusually opportune moment, and I suggest you do two things. One is to take advantage of it in a conscious way. You have some options open, therefore you can afford to have some criteria. The most significant of them is to make sure that in any work, collaboration or contractual situation, you are treated as human, and that your human needs are recognized. Gravitare not just toward the money but also toward the places where there is food, water and a comfortable environment. The second factor involves discipline. All the talent and opportunity in the world are worthless without commitment, honoring time structure and working within the needs of the larger organization or community in which you are participating. There are really two skill-sets described in that statement: one is the discipline aspect and the other is the political aspect. Be alert, ready to grow and prepared to do your best work -- right now.

**Capricorn (Dec. 22-Jan. 20)**

You may be allowing your mood or emotional state to hang in the balance on how someone else feels. You know well how you feel, though you may not be thrilled about it all the time. It would be better to address that basic fact of your reality than to pass the issue to someone else. My impression is that there is a commitment issue on your part. Were you to fully commit to the situation, you would have to do two things -- pluck up some real self-esteem, and truly offer yourself. The two are related, more closely than is usually acknowledged. One way to reality check this is to consider the ways you hold back on the excuse that you're not really valued. Were you to not hold back, you would have to put that theory to the test. You would need to find out, in reality, how much someone cares, and how they care. Then you would have to

*The Vashon Loop, p. 7* respond to that information. At the moment you seem to be in a state of limbo, waiting for someone else to take action. Very soon it will be your move -- within about three weeks.

**Aquarius (Jan. 20-Feb. 19)**

Your chart describes a self-portrait or autobiography. As a living metaphor or 'psychomagic act', you might want to give that a try. I don't mean a selfie. I mean an actual self-portrait of your mind. Meanwhile, remember that you project or insert yourself into everything you say, do, write or otherwise create. Be aware of this, and make sure you do it in a refined, conscious way, utilizing the art of understatement. If you're doing something that is not intended to be a personal statement, such as business writing, or any professional activity, do it your own way, with some finesse, but don't go out of your way to put your personal mark on the work. One other bit. You may be in 'if you want a job done right, do it yourself' mode. That may be true, but only after you seek input from everyone else, to get better ideas and to propagate a sense of involvement (and therefore investment). The larger theme of your life at this time is leadership, and this is a subtle art indeed.

**Pisces (Feb. 19-March 20)**

You have made considerable progress in the two months since your birthday, and one of the ways you've done it is by taking matters into your own hands. One theme of Mars retrograde is being able to exert your will and fulfill your own intentions without relying on the motivation of others to get you going. You are learning to do things under your own steam, and learning to trust your ideas and perceptions. Your astrology indicates that if this is not going well, there's still time to get with the program and, for example, stop waiting for anyone to act or to get out of your way, and then to decide what it's time to do and get your ass in gear. In any event, the planets are leaning strongly in your favor through the weekend and indeed for the remainder of the season. You will maintain your momentum if you remember not to give your steam or your passion away to those who resist. At the moment, you are capable of letting go of nearly all your resistance, and there are some people around you who have the same idea.

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

## Vaccines and Beyond

*Continued from Page 6*

say something, say it.

There is no formula or magic wording that will make a polarized person suddenly open up to a new perspective or even a conversation. If you feel like you're banging your head against a wall...you probably are. The trick lies in being ready when an opportune moment arrives...and in remembering suggestion #1. It's not just the other people who can learn something new.

This isn't easy. The allure of polarization is most intense when the pressure to conform is blended with fear and the deeply desirable reward of inclusivity or societal acceptance. Doing what everyone else is doing is just plain easier. Until it isn't.

These strategies can work when discussing abortion, marriage rights, politics, parenting...and vaccines.

On Saturday, May 10th at 5:30pm we will be hosting a screening of "The

Greater Good," a documentary that raises important questions about the impact of current vaccine policies. Fundamentally, "The Greater Good" asks whether we can do better. However, as a documentary film, "The Greater Good" has a perspective, it has bias, and it does not cover all aspects of the issue. 84 minutes is clearly insufficient to such a herculean task. It does, however, create many opportunities for our brains to generate the greatest of treasures: questions.

Our goal is to create a safe and respectful experience. We hope that a wide variety of people will come, with a wide variety of perspectives. It's not just a movie screening. It is also a first step toward regaining our ability to discuss vaccine medicine, informed consent, and diversity in health care on Vashon Island.

Stepping out of polarization takes time, effort, and a bit of courage. Please join us.

"A Community Conversation About Health and Responsibility: Vaccines and Beyond" is an ongoing series written by two close friends with a passion for improving community cohesion and building respectful relationships in a diverse world. This article was co-created by Karen Crisalli Winter and March Twisdale.  
BLOG: [Vaccinesandbeyond.blogspot.com](http://Vaccinesandbeyond.blogspot.com)  
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# Positively Speaking

## The Lilac Trees

By Deborah H. Anderson



After so many moves and the annual feeding frenzy that has gone on every Spring since 2009 when renters get chased out of homes in deference to the promise of a 'hottest ever' sales season pitch to landlords, I stopped unpacking completely.

So it was that the plastic barrel holding all the wall hangings and the gallery of pictures of the kids when they were younger remained full of bubble wrapped packages. The box labelled 'glass animals and limoges' similarly sat in front of the curio cabinet, sealing tape keeping it safely shut.

My mom had been raised by older sisters and housekeepers while my grandparents went on the tradeshow circuit. Ironically Grandma would bring Mom a different mama/baby glass animal set from each trip. There are dozens of sets that Mom then passed to me when I was a girl. They take forever to pack and unpack. It's easier to just leave them in the box. Likewise the set of eighteen delicate Limoges porcelain name place card holders for formal meals my Aunt Helen gave me are also tucked into the tissue paper confine of same said box.

The other boxes were rapidly disappearing. I kept a fairly steady pace. Then box three stopped me cold. There was a bundle of papers ordered chronologically for a lawyer to review. A controversy...my responses to a series of false accusations.

Let me tell you something about defamation of character lawsuits. They cost a lot of money up front because now you actually have to file. The rest of it is on contingency. They can only ask for two or three years wages. So unless the job made you a boatload of money, it's not worth it to a lawyer to take even the most open and shut case. And any lawyer will tell you that the other side will have no compunction about shredding your children to discredit you.

So the stack got packed away, life moved on.

As I reread everything, like watching a car wreck in slow motion, I uttered these words. Actual words uttered out loud. With expression. I said, "Holy S\*\*t they were LYING!!". Out loud. With disbelief.

Now when your roots are in acting and Daddy spent thousands of dollars for you to be trained to get inside a character, plus you double major in early childhood and spend an entire semester learning to observe children, and then you go to seminary where's it's encouraged to develop empathy, the natural instinct is to go to the place of interior experience during epiphanies.

Immediately I did this Spock like emotional travel inside the main characters who I now understood knew exactly what the truth was and consciously chose to make up a lie.

I felt stupid. Here I had spent so much time responding as if there was a disagreement about perspective when in fact the people in question were just lying. I had been arguing with evil.

So then I said, "Hell No!!". I'm not ever moving again. Two days later I decided to get a lilac tree. I'd put it in a bucket because ya never know. But I was going to plant that sucker.

See lilacs take years to bloom. They are forever plants for forever homes. Outside of Plumeria and Lily of the Valley, and Hawaiian White Ginger they are my favorite fragrance.

Within the week I started noticing lilacs everywhere. I chose a time on Friday when I could go plant shopping. I decided I was going to get three. I've got that Trinity interest goin'.

Thursday night when I returned home, I went to the deck for the last few rays of sunshine. Mentally surveying the geography of the deck to see where I would put the plants.

Decision made, I pulled my second hand chair up to the railing and put my chin on my hands to rest my head on the railing and look at the water. That's when I saw them. There by the back fence, in full bloom were three lilac trees.

Goodness had already been planted. Permanence had already been planted. I knew in a heartbeat "Overcome evil with good" was here, was now, was in full bloom.

There are two ways to get ahead in life. You can lie. Or you can plant something good. If you lie, you eventually get sucked under by it. If you plant something good, the fragrance and the colour will go everywhere as a blessing.

Choose this day who you will serve. As for me and my house...

Love,  
Deborah



Continued from Page 1

cover the purchase and installation of transmitter, antenna and many other pieces of equipment required for a high quality on air sound. The station has been operating for years out of a studio it built at Sunrise Ridge but now will use the funds to raise the bar on its local programming by training dozens of new volunteer program contributors. A portion of the funds will also be reserved for some means to extend the signal. The terrain of the Island inevitably means there will be shadowed areas where the signal isn't very strong. One option under consideration is a simple radio button app that will allow anyone with a mobile device to "tune in" the station's Internet broadcasts for KVSH FM, 1650AM, Channel 21 TV or the

station's new multimedia web portal at VoiceOfVashon.org.

To donate, Voice of Vashon fans who want the Island to have its own FM radio station can go to VoiceOfVashon.org/RaiseTheTower or send a check to Raise the Tower, Voice of Vashon, P.O. Box 2397, Vashon Island, WA 98070.

Find the Loop on-line at  
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Deadline for the next  
edition of *The Loop* is  
**Friday, May 16**

# Vashon Opera presents: Werther

Vashon Opera will present an astounding cast of professional opera stars, chamber orchestra and children's chorus for Massenet's Werther. Wesley Rogers portraying the title role has an incredibly beautiful yet powerful tenor voice and is making his mark on the international operatic and concert stages.

When it comes to romances that tear at the heartstrings, this one ranks among the best. Based on Goethe's iconic novel The Sorrows of Young Werther, the beautifully affecting score tells the story of Werther, a sensitive young artist in love Charlotte. Charlotte, however, is duty-bound to fulfill her dying mother's wish that she marry Albert. In growing desperation, Werther chooses to end this impossible love with his death. Jules Massenet's emotionally vivid music - sometimes grandiose, sometimes achingly fragile - brilliantly illuminates the complex psychology of its troubled protagonist.

Starring Wesley Rogers as Werther, Melina Pyron as Charlotte, Barry Johnson as Le Bailli, Courtney Ruckman as Sophie, and Ryan Bede as Albert. Directed and conducted by Jim Brown.



May 16, 2014, 8:00 pm  
May 18, 2014, 2:30 pm

Sung in French with English supertitles

\$32 Season & Individual Ticket Price  
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Rehearsal May 14, 2014 7:00 pm \$15

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## Island Epicure



By Marj Watkins

### Nuts: Magic foods for Longer Life

Researchers investigating nutritional values foods came up with a list of the 100 best. Walnuts were nearly at the top of the list, beaten out only by flax seeds as a source of omega-3 fats. In a 30-year study of 119,000 men and women, they found that the people who ate nuts seven times or more each week had a 20% lower risk of dying from any cause during the course of the study--diseases, accidents, anything!

A quarter cupful of walnut halves offers you as much omega-3 fat as three ounces of salmon. The walnuts, like all nuts and seeds, also yield wonder-working vitamin E. It benefits your heart and eyes, helps prevent or cope with arthritis, and prevents formation of the free radicals involved in Alzheimers. A small bowl of mixed nuts used to be passed around the table at the end of the main meal. It was a good custom.

Walnuts are a staple in my kitchen, as are almonds (good source of calcium and magnesium). As a between meals snack, a quarter cup of walnut halves and pieces contributes 162 calories and 3.6 grams of protein. Pistachios in the shell are also great for snacking. It takes too long for you to get the nut out for you to eat too many. Scatter the bulk pistachios on a fruit or vegetable salad. They're higher in Vitamin B1 than most nuts.

For an easily prepared

meal at the end of a warm, busy day—and it promises to be a hot summer—try this salad followed by an omelet and wholegrain bread dipped in extra-virgin olive oil and balsamic vinegar. Or without even turning on the cookstove whip up a this salad to eat with all-rye bread and cheese.

#### Apple & Walnut Salad Serves 1 to 2

Red lettuce leaf or leaves  
1 rib celery, washed and sliced crosswise  
½ organic apple, diced  
¼ to ½ cup walnut pieces, chopped  
1 Tablespoons dried cranberries or sour cherries  
Dressing (see below)

Wash the lettuce and pat it dry. Tear it to pieces. Line a bowl with the pieces.

Add the celery and the apple. Top with the walnut pieces and dried fruit. Serve with this soured cream dressing, another omega-3 source.

#### Cream Dressing Makes 5 ounces

½ cup whipping cream  
2 Tablespoons lemon juice or rice vinegar  
1 teaspoon freshly grated gingerroot  
Dash salt, optional

Mix all ingredients. Let the dressing stand for a couple of minutes to thicken. Serve. For a beverage, pomegranate juice diluted with sparkling water would balance the fats.

When accompanied by bread and olive oil for dipping it into, you get some more omega-3 fat from the olive oil. It isn't fattening. Greeks get up to 40% of their daily calories from olive oil, yet I never saw a fat Greek in Athens or on any of the nearby Greek islands we visited, nor in Crete where we lived one winter.

Copyright by Marj Watkins

## Is Almond Flour Trouble?

By Kathy Abascal

Many on the TQI diet use almond flour. Recently, I have been getting requests to respond to a blog suggesting we should avoid almond flour. Here's my response

1. Almond flour causes us to overeat almonds.

When we puree, grind, juice, dry, or cook our food, we definitely change its volume and often its water and fiber content as well. It certainly would be easier to avoid overeating if we only ate whole, raw foods but most of us are simply not going to do that. In fact, the best way to lose weight may be to make our food bland and unpalatable, but we are not going to do that, at least not on purpose. Instead, we avoid eating excessive quantities by always eating proportionately, the TQI way. Even our breakfast muffin is best eaten with some fresh fruit, despite having an equal amount of cooked and/or pureed banana and sweet potato. Occasionally, an almond waffle or pancake likely will provide more almonds than we might eat in raw form. But, given that we always eat almonds (in whatever form) with plenty of fruits and vegetables, we simply need not worry about overeating almonds when we use almond flour.

2. Almond flour is very high in Omega-6s

Almost all nuts are higher in omega-6s than omega-3s, and this could create an inflammatory imbalance. That is one of the main reasons why we never eat nuts without a proportionate amount of fruits and vegetables, emphasizing berries and leafy greens. Many nutritious and satisfying foods do not have a "perfect" 6:3 ratio but that does not mean they do not have other important benefits. Nuts promote heart health, they are a good source of minerals, and most people really enjoy them. Rather than limit or avoid nuts, we simply eat them proportionately while making sure that our overall diet has a good balance of omega 3 foods

3. The fats in almond flour are not heat stable

When we heat animal products, their saturated cholesterol is oxidized into oxysterols. Oxysterols are found in atherosclerotic plaque and some say that while cholesterol is not a problem for heart health, oxysterols are. Unsaturated plant fats are much less heat stable than saturated fats. Heat will oxidize them into POPs that theoretically might also play a role in atherosclerosis. But when we heat plant foods, as distinct from isolated plant oils, they do not form many POPs and those formed are not well absorbed. As a result, POPs are not considered to be much of a problem. Moreover, flax, a seed very high in heat fragile omega 3s, when used in whole, ground form is quite heat stable and increases omega 3 blood levels. Similarly, the omega 3s in fish and walnuts are not much damaged in cooking. In contrast, flax or fish oil should not be heated because the protective compounds have been lost in the

extraction process. All plant foods provide fats that in a test tube are not heat stable but that does not mean that we must eat these foods only in raw form.

4. Almond flour is high in enzyme inhibitors

Almonds (and many other foods) contain oxalates and phytates, often referred to as anti-nutrients. Oxalates can precipitate as kidney stones and many "stone formers" are put on a preventative low oxalate diet that eliminates spinach, rhubarb, nuts and seeds, potatoes and yams, legumes, chocolate, most grains, and, as well, cinnamon and turmeric supplements. Most find this a tough diet to follow. Other researchers reason that kidney stones usually result when people are dehydrated and eating too much dairy, fish, meat, and too many fructose-containing foods. Some studies suggest that the amounts of oxalates absorbed when eaten as part of a healthy diet are too small to cause the amount of urinary oxalates in stone formers. Other studies show that as we eat more oxalates, we host more oxalate-metabolizing microbes that in turn prevent us from absorbing those oxalates.

As well, both phytates and oxalates have the ability to bind to essential minerals, raising the concern that eating foods rich in them, such as almonds, will lead to mineral deficiency. Studies, however, are clear that if part of a healthy diet, both



*Kathy Abascal is a practicing herbalist, teacher, and writer. After spending some of her early years in Sweden, she went on to obtain a degree in neurobiology with minors in biochemistry and French from the University of California, Berkeley.*

phytates and oxalates enhance the growth of beneficial microbes that prevent those negative effects. In addition, phytates have some cancer preventing properties and should not be viewed as strictly anti-nutrient.

Finally, in reason 5 the author suggests that we use the coconut flour instead of almond flour. Her main argument is that saturated coconut fats are more heat stable. As mentioned above, heat stability is not an issue when using almond flour. Personally, I often find coconut flour too drying to use easily. Ultimately when it comes to almonds, if they agree with you and you like them, eat them - even in the form of almond flour. But be sure to do so in the context of a proportionate diet rich in leafy greens and berries.



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# Islewilde Mother of All Shows



Show mom how special she is this Mother's Day! Bring the whole family out for a unique night of music, poetry, juggling, and performance comedy and drama at The Mother of All Shows, Saturday, May 10th, 8:00Pm, at The Red Bicycle Bistro and Sushi.

# OneNiteStand

We all know a One Nite stand is never enough - You just want more! Well good news, they're back! And they have new stuff as well as a female duo who will redefine the local blues scene. This band is 'nothin' but rockin' blues' and you'll say "oh yeah!" when you hear them! Can Blues/rock be this much fun? It is for the players and it will be for you when you join this band of musicians who've been rode hard and put away wet. They're dusting it off and shinin' up nice for another rare gem of a show.



These musical veterans play their favorite blues tunes and spice 'em up with their own originals. They've all got blues chops, from growling it to flat-out rockin'. And wait 'til you hear the female singers! Fresh from playing in the local band, Avaaza, Terri and Azula will leave you crying for more. They've been playing for a long time and have musical histories too long to mention here. The all-island players present a nice mix of talent:

Luke's guitar screams the blues like a down-hearted frail and goes raw at just the right times. And when he sings, he

knows most of the words too. Amazing! Harmonica king, Lonesome Mike, will slip you some of his own grimy vocals over the sw-e-e-e-t sound of blues harp all night long, baby. Slab blows his sax to the max with his own brand of playing that will even impress your friends. Gib, well, has that strong back beat that keeps things smoking as he's laying down the beat. Percussionist Fletcher creates those additional rhythmic pulsations that enhances Gib's driving sounds. Ainslie lays down our bottom end with enthusiasm and umph! Azula & Terri can sing, and will blow you away with the power and clarity with great voices!

You'll love OneNiteStand & The Sirens and you'll never forgive yourself if you miss this. This is a free cover all-ages show 'til 11pm, then 21+ after that. Friday, May 16, 8:30pm

# Jazz Phenom Alex Dugdale & Fade

Alex Dugdale studied tap since he was six years old, and discovered the pull of jazz while standing on a NYC subway platform from a man playing Duke Ellington's Take the A Train on steel drums. "I put on my tap shoes, and took the 'A' train with the steel drum player, and we started jamming to it. The people in the station started to hear our conversation and watched and listened as we spoke through the music... the crowd got with the beat and followed us on board."



Dugdale studied at the prestigious Eastman School of Music in Rochester, New York - classical saxophone with Chien-Kwan Lin and jazz saxophone with José Encarnación and Charles Pillow, plus jazz with pianist Harold Danko, drummer Rich Thompson and bassist Jeff Campbell.

Four years of intense study shaped Dugdale's sound. His saxophone echoes the melodic approach of Lester Young, Dexter Gordon and Hank Mobley. Dugdale's rising star was spotted by Seattle's

Repertory Jazz Orchestra (SRJO), who began featuring his tap dancing on "David Danced Before the Lord" to climax the annual Duke Ellington Sacred Music Concert.

Dugdale and his band Fade perform often at Lucid, in the U-District; Dugdale also plays with the Smith Staelens Big Band at Tula's and with the Hal Sherman Big Band. His groove is strong and the musical vocabulary derives from the 1950s hard bop style of improvising.

Dugdale (saxophone, tap) plays at VAA with Fade: Gabe Glennie (bass), Remy Morrith (drums) and Owen Ross (guitar). Vashon's own Monday Night Jazz Club opens.

Alex Dugdale and Fade Vashon Allied Arts Saturday, May 10, 7:30 pm Tickets: \$14 Member/Student/Senior, \$18 General V A A , Heron's Nest, VashonAlliedArts.org

# The Firebird Ballet & Short Works

VAA Center for Dance flies into spring this season with a celebration of dance and tradition. Dancers step back into the Great Hall of the O Space with a production of Stravinsky's The Firebird ballet, created in 1910 for the Paris season of Sergei Diaghilev's Ballets Russes. The story is based on Russian folk tales of a glowing, magical bird that can be both a blessing and a curse to its owner. Intermediate and advanced dancers bring to

"Meg has been a dream to work with and I picked this part for her because she embodies the Firebird. She is full of life, quick to act and think and ready to embrace her freedom and change the world. Sam is the passionate partner who has chosen dance as his life. He has been incredibly supportive to our dancers and has served as an exemplary role model," says Juarez.



As part of this evening program, Creative Movement dancers (2-4 years old) will march and tip-toe to a narrated dance created by Juarez titled The Fairies and the Dragon. Pre-Ballet dancers will chase and skip in a one-act ballet There Was an Old Woman Who Lived in a Shoe danced to music by Edvard Grieg. Dancers from the Center for Dance's Tap classes also perform. Costumes by Kate Guinee, lighting by Stan Voynick and lobby design by Holly Goddard.

The Firebird Ballet & Short Works  
Friday, May 16, 1 pm Children's Matinee  
Friday, May 16, 7 pm  
Saturday, May 17, 1 pm  
Saturday, May 17, 7 pm  
Sunday, May 18, 1 pm  
at Open Space  
18870 103rd Avenue SW,  
Vashon Island  
Tickets: \$12 Member/  
Student/Senior, \$16 General



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life Michael Fokine's adapted choreography about the Firebird, the mythical creature that entrances Prince Ivan, convincing him to free her from captivity.

This is the 18th VAA spring ballet for Christine Juarez, Director of VAA Center for Dance. Juarez adapts and creates original choreography each season for the student body based on the historical romantic ballets. This year, Firebird was selected specifically with two graduating seniors in mind: Meg Sayre, graduating from Vashon High School, and Sam Opsal, guest dancer, who graduates from Cornish College of the Arts. These two dancers have collaborated wonderfully for years and both leave the Island to welcome their futures within the next couple of months.

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# J-Bob and the B-Sidz Swing the Havurat

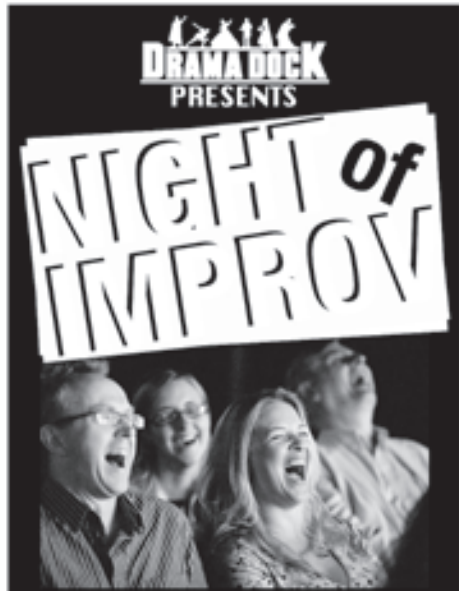
On Friday, May 9 at 7 PM Massachusetts musician/vocalist Jason Eisenberg will bring his eclectic guitar style to the Havurat for a night of "blues, swing and the occasional Tango". Joining him will be veteran island musicians Daryl Redeker on guitar and Bob Kueker on bass. A. J. Wachtel, in his Boston Blues Blog, described J-Bob's vocals as "reminiscent of Tom Waits meets Leon Redbone" and concluded that he performs "first rate material done in a very different way. Good stuff."



Havurat is located at 15401 Westside Hwy SW. It will be an all-ages show. Admission: \$7.

# Drama Dock Night of Improv

Hysterically funny scenes, chocolates and prizes! Drama Dock offers another Night of Improv and it promises to be just as much fun as last year.

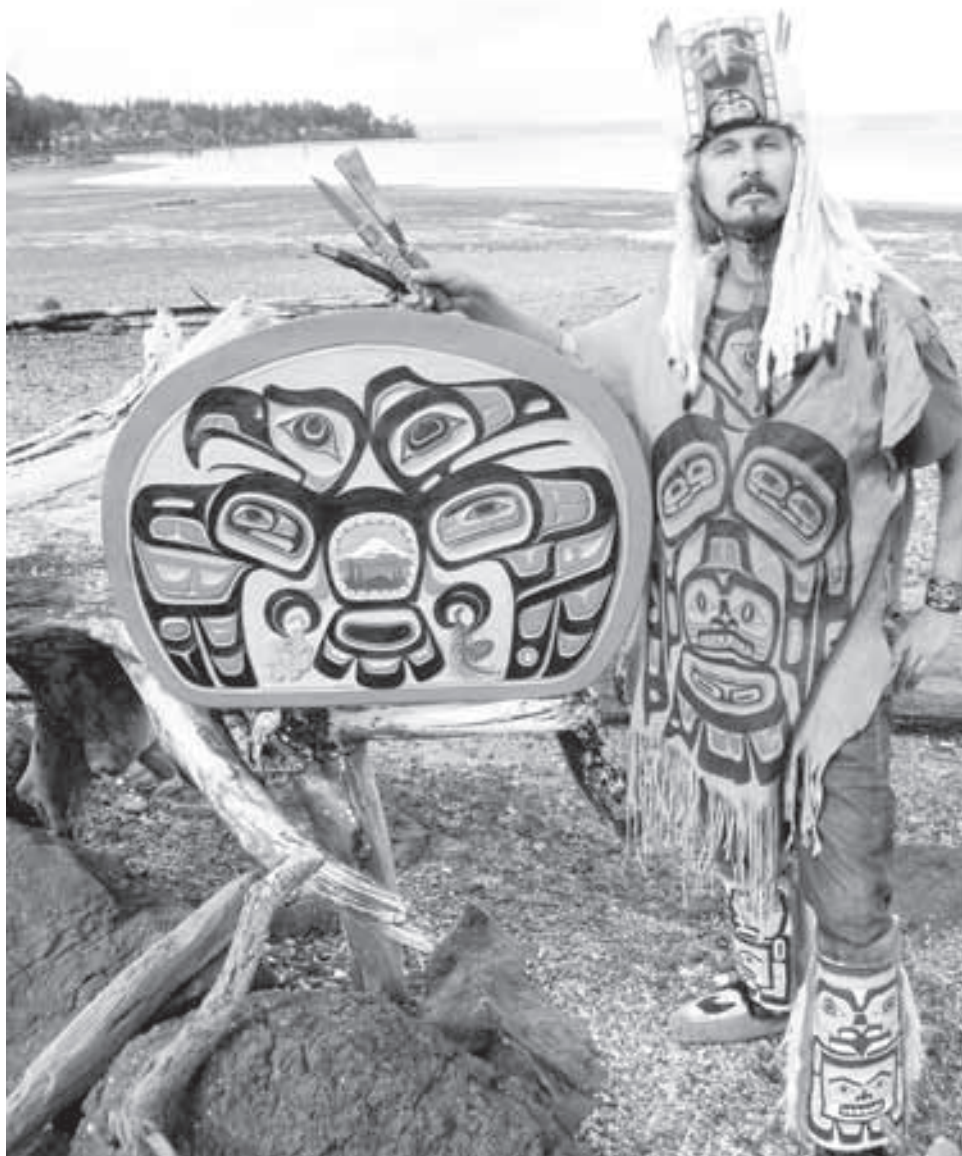


All ages can participate by forming a team of at least 3 performers. The audience participates by giving ideas to the performers.

Jet City Improv from Seattle will provide the Master of Ceremonies. There will be prizes awarded to the winners, as well as a Silent Auction.

Drama Dock Night of Improv  
Saturday, May 17, 7 pm  
Vashon Allied Arts  
Fundraiser tickets start at \$10 in support of Drama Dock.  
VashonAlliedArts.org

# Tlingit Carving Demonstration



Throughout May, Tlingit artist Odin Lonning is demonstrating traditional Coastal carving at the Vashon Island Coffee Roasterie/Minglement. Look for his display on the front porch. He is currently working on a commission consisting of three sculpted bird heads for a local restoration project. Be sure to stop by to ask him about this noteworthy endeavor.

Just in time for Mother's Day, Odin will have pieces for sale -- carved panels, paddles, dance wands, paintings, drums, and t-shirts. Proceeds from art sales benefit the Vashon Hydrophone Project's whale research and marine mammal stranding response.

Call 206-463-9041 or email OdinShark@aol.com to confirm hours when the artist will be at the Roasterie.

# A Very Special Club O! Dance for AIDS LifeCycle

Dance for Islander Larry Flynn and his extraordinary AIDS LifeCycle ride from San Francisco to Los Angeles.

Friday, May 9th at Open Space  
Donations will be collected to support Islander Larry Flynn and his annual AIDS LifeCycle. Every year, Larry joins thousands of cyclists to bike from San Francisco to Los Angeles - 545 glorious miles in seven days. On Friday, May 9th, we are inviting all of Vashon to come dance and support Larry's ride!

Club O has been growing every month, with Island families, couples and singles dancing the night away. Each Club O features a wide range of music, and a full light show - multi-colored lasers transforming the Grand Hall - all put on by DJ Whitmore and DJ MirageSix, bringing what they got to get Vashon dancing.

Music starts at 8pm, and never stops until the dancers stop dancing.  
Club O features a VIP Teen Room,



Shadow Box Dancing, and room for all ages, all the time.

\$5 Cover at the Door - plus Extra Donations Welcome to Support Larry and the AIDS LifeCycle

# Confronting oppression of women: Film screenings benefit 3rd world women

*"The central moral challenge of our time is reaching a tipping point. Just as slavery was the defining struggle of the 19th century and totalitarianism of the 20th, the fight to end the oppression of women and girls worldwide defines our current century."*

*Hidden in the overlapping problems of sex trafficking and forced prostitution, gender-based violence, and maternal mortality is the single most vital opportunity of our time - and women are seizing it. From Somaliland to Cambodia to Afghanistan, women's oppression is being confronted head on and real, meaningful solutions are being fashioned. Change is happening, and it's happening now."*



Donations from the screening of *Half the Sky* will benefit two NGO's serving women in 3rd world countries. Here, in a classroom in Kenya, CEPACET helps women pursue educational opportunities.

Starting next week, Woman's Way Red Lodge presents the two-part documentary *Half the Sky*. Part One, featuring issues of gender-based violence, sex trafficking, and girls' education, shows Tuesday, May 13. Part Two focuses on maternal mortality, forced prostitution and economic empowerment and shows a week later, Tuesday, May 20.

The film was shot in 10 countries: Cambodia, Kenya, India, Sierra Leone, Somaliland, Vietnam, Afghanistan, Pakistan, Liberia and the U.S. Like the best-selling book, the film introduces women and girls who are living under unfathomably difficult circumstances - but still fighting bravely to change them. Viewers are taken on a journey with reporter Nicholas Kristof and celebrity advocates America Ferrera, Diane Lane,

Eva Mendes, Meg Ryan, Gabrielle Union and Olivia Wilde to see the workings of real projects that empower and transform situations.

Each screening of the documentary is a stand alone, and is part of a larger fund drive to raise money for girls and women in Nepal and Kenya. All proceeds will be divided between two NGOs - CEPACET in Kenya and Sahayatri in Nepal.

Red Lodge thanks Vashon Theatre and Island Green Tech for generously supporting the screening of this documentary.

Both films will screen at the Vashon Theatre, at 6 PM. Admission is by donation of \$5-\$20/person.

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Part 2 May 20 @6pm



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Come to VI Horse Supply for all your horse, dog, poultry and farm needs!  
We have feed and supplies for all of the critters who live at your place, not just horses!

17710 112th Ave. SW & Bank Road  
Hours: 9:00 - 6:00 pm Daily  
10:00 - 5:00 pm Sunday  
CLOSED WEDNESDAYS  
206-463-9792  
[www.vihorsessupply.com](http://www.vihorsessupply.com)  
Like us on Facebook!  
at Cedar Valley Stables & VI Horse supply, Inc.



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

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

17618 Vashon Hwy SW  
206.463.5959  
[www.redbicyclebistro.com](http://www.redbicyclebistro.com)

### Live Entertainment

May 10, 8pm  
**Islewilde Mother of All Shows**

May 16, 8:30pm  
**OneNiteStand**


May 23, 8pm  
**Comedy Show**

May 30, 8pm  
**Sharing The Stage: Brothers From Another**

## Vashon Theatre

17723 Vashon Hwy  
206-463-3232  
Call for Times

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



Custom made PEN & INK drawings of island homes by Vashon artist Ed Frohning.

Tell me what you want and I'll draw you what you see.

206-462-9632

Want To Get Rid of That Junk Car or Truck?  
More Often Than Not We Can Haul It Free!

## Rick's

Diagnostic & Repair Service Inc.  
206-463-9277  
Washington Hulk Hauler's - License #0463-A  
[www.ricksdiagnostic.com](http://www.ricksdiagnostic.com)

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

# Lopy Laffs

Find us on Skype  
Vashon Loop  
206-925-3837

# IslandCure

Medical Marijuana  
EdiPure edibles now available

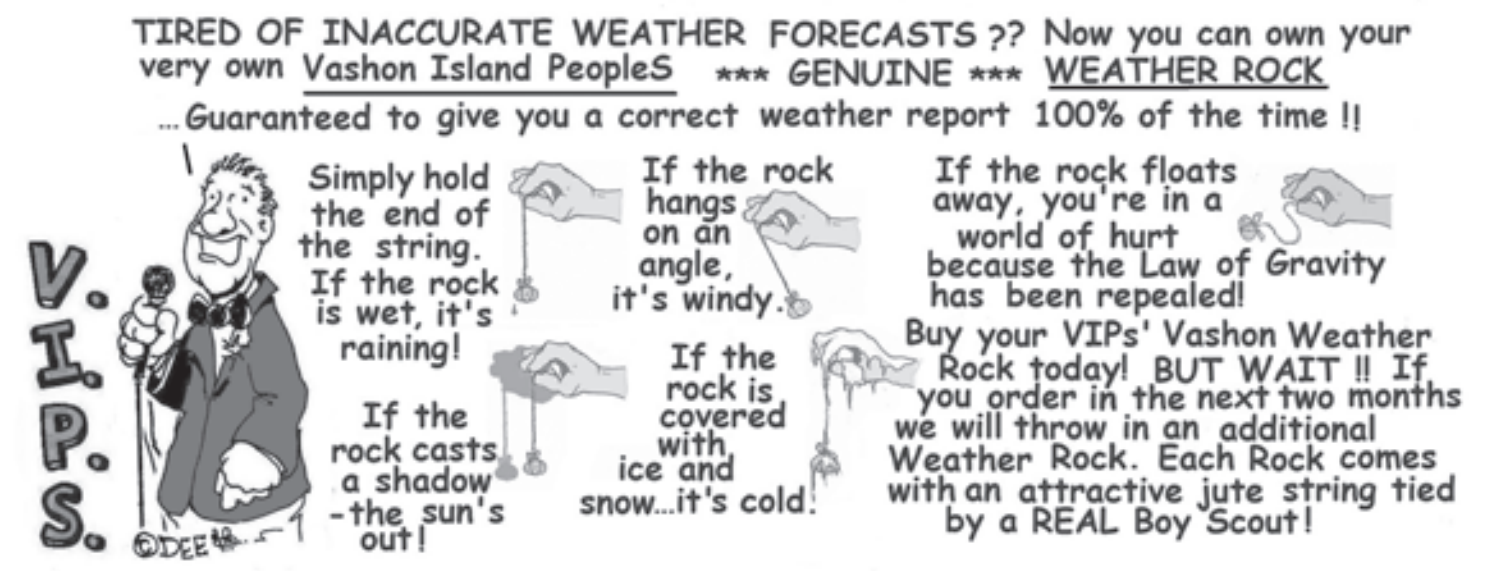
**Requirements**  
•Medical Marijuana patient (RCW 69.51.A) with valid authorization  
•Valid Washington State ID

**Hours of Operation**  
Monday-Thursday 2-7pm  
Friday 2-8pm, Saturday Noon-8pm  
Sunday Closed

17917 Vashon Hwy SW Vashon, WA.  
Phone: 206-261-9261 Email: [info@IslandCure.net](mailto:info@IslandCure.net)

TIRED OF INACCURATE WEATHER FORECASTS ?? Now you can own your very own Vashon Island Peoples \*\*\* GENUINE \*\*\* WEATHER ROCK

...Guaranteed to give you a correct weather report 100% of the time !!



**V.I.P.S.**

Simply hold the end of the string. If the rock is wet, it's raining!

If the rock hangs on an angle, it's windy.

If the rock floats away, you're in a world of hurt because the Law of Gravity has been repealed!

If the rock casts a shadow - the sun's out!

If the rock is covered with ice and snow...it's cold!

Buy your VIPs' Vashon Weather Rock today! BUT WAIT !! If you order in the next two months we will throw in an additional Weather Rock. Each Rock comes with an attractive jute string tied by a REAL Boy Scout!

## LOGJAM



BY Jeff Hawley



WAS I SPEEDING, OFFICER?

SKRITCH SKRITCH



! ? ! ? ! ? ! ? ! ? ! ? ! ? ! ? !

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NOW WILL YOU ADMIT WE'RE LOST?

HAWLEY