

## Call For Nurses Goes Unanswered



Vashon Community Care has a question for Vashon. Where are all of the Island nurses? "I know there are licensed nurses that are currently unemployed or partially employed on Vashon," says Director of Clinical Services, Donna Zaglin. "But, where are they?" She has a hunch as to why. "There are a lot of preconceived notions about 'nursing homes', but I challenge any nurse to allow VCC to defy those notions."

VCC has been aggressively looking for registered nurses to fill full and part time positions for several weeks, with only a few prospects responding. "Part time nurse, Judy Beggs, has worked at VCC nearly a decade, "Honestly, many nurses consider taking on a position at this kind of facility as one of the worst jobs out there, when, in actuality, this job has turned out to be the most positive in my nursing career."

"The first time I walked in here I was blown away," adds Jan Kuhns, in her sixth

*Vashon Community Care is seeking Registered Nurses to fill part time and full time positions. Those interested should contact Donna Zaglin by calling 206-567-4421 or emailing Donna.Zaglin@providence.org*

year as on-call nurse at VCC. "I was struck by the clean environment, happy residents and incredible quality of care. I took the job immediately."

Janine Dinnison, Nurse Manager at VCC, sums up what sets them apart. "We are aptly named because this is truly a

community of caring. Our nurses have that unique opportunity of really connecting with residents and their families over a period of time. We give holistic care, treating age as a state of being, not a disability."

For Beggs the position has been a game changer for how she views her role in the medical community. "There is an environment of mutual respect between nurses and doctors here. My assessments are not only valued but considered a critical part of the care process – our island physicians value me as a colleague."

"I think this job defies all of the stereotypes," continues Beggs. "The nurses here wear many hats and are constantly challenged. There is a rapid pace and variation to every work day with constant evolution, learning, and creativity." When she spoke to Vashon High School students at a career day event, she began her presentation with the characteristics of her workday, making students guess her career. "They all thought I was in the high-tech industry!"

Zaglin remains hopeful, "I can understand why we may not hear from nurses. When I applied for this job, I had never stepped foot in VCC. It was a far cry from what I was expecting and I'm grateful that I considered the position. That day I became part of a family with the collective goal of enriching the lives of people as they age." She adds with a smile, "That's something we all have in common, we are all aging. We are all in this together."

## Learn how King County is creating a healthier landscape on tour of Island Center Forest



King County and the Vashon Forest Stewards have organized a walking tour on Thursday, Aug. 21 of Island Center Forest, where the county recently completed a stewardship project to improve the overall health of the forest.

The tour is set for 6-8 p.m., and will be led by Vashon resident and consulting forester on the project, Derek Churchill, along with King County forester Bill Loeber. The tour will start from the Cemetery Trailhead at 115th Avenue Southwest off Southwest Cemetery Road.

King County manages the 409-acre Island Center Forest as a "working forest." The county recently thinned 38

acres of young, overcrowded Douglas fir and harvested 20 acres of mature and dying red alder.

The current thinning and harvest project is the second major forestry operation undertaken since King County took over ownership of the former Washington State Department of Natural Resources land in 2004. The county previously harvested an area of dying red alder and thinned a stand of mature Douglas-fir infected with root rot disease in 2008.

For information about the site visit and project, contact Loeber at 206-477-4755, or bill.loeber@kingcounty.gov.

## Sheep Dog handler profile: Humane treatment is a priority for Elissa Thau

Elissa Thau raises sheep on lush green grass in Roseburg, Oregon. It's a gentle business. She and her husband, Mel, aim for a minimum of stress for both sheep and the dogs she calls her partners.

She starts her dogs on voice commands but then moves to the whistle. She likes the whistle because it carries further so she doesn't have to shout.

"And with the whistle, you don't get emotion in your voice." If you're having a bad day, the dog doesn't have to know about it.

"Here some people want to have a dog that will get ahead – a dog that will bite," she said. "They really don't need to do that. It just gets the sheep upset."

Her dogs, she argues, move sheep with the power of their eyes and the fact that they have a quiet presence.

"They are incredible working partners. It's a real privilege to work with these dogs. They are bred as working dogs. It doesn't matter how

hot or cold it is, or how muddy and disgusting, they are ready to go."

They also have a strong and happy capacity for play. Her border collies chase sticks in the stream that runs through the land and come up dripping and wagging. All their dogs, except a guardian dog, sleep in the house.

Elissa grew up in a family that worked sheep in England. In the UK, dog handling and dog breeding is considered an art. And they train them to a high level.

"My mum said we'd spoil our dogs," she said. Her mother thought that dogs would never work if they were treated this way. But, of course they do."

It's not a get rich quick scheme, but I'm really proud of the lamb we raise.

"It's a serious thing to kill an animal and people should take it seriously. People don't need to eat meat every day or a huge plateful of meat," she said.


*Continued on Page 4*

## Live Local Weather www.VashonWeather.com

The Vashon Loop has installed three weather station on Vashon Maury Island. Each weather station transmits it's weather information to [www.wunderground.com](http://www.wunderground.com), [www.pwsweather.com](http://www.pwsweather.com) and Weather bug Back yard. The easiest way to view the weather information is to go to [www.vashonweather.com](http://www.vashonweather.com). Live weather information is also used on the [www.vashonloop.com](http://www.vashonloop.com) website and its sister site [www.vashonnews.com](http://www.vashonnews.com). Weather station locations are, Vashon Loop home on Gorsuch rd, Voice of Vashon at Sunrise ridge and Maury Island at the 3 towers with the sheep in the field. The best way to learn about each weather station is to find them on line, where you will find more Island weather stations.

Find out how much rain Vashon Maury Islands get and how gusty the winds are on Vashon's new weather site [www.vashonweather.com](http://www.vashonweather.com).





# Windermere

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\$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 illustrating 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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	3.50% <small>(3.637% APR)</small>	4.50% <small>(4.623% 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.

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Where has summer gone.

The dog days are upon us. Don't miss our big pile of savings the weekend of August 22/23/24. Is it coincidental that this coincides with the Sheep Dog Trials? Hmmmmmmm.

Happy 81st birthday to Dad - and Happy, Happy Anniversary to Mom and Dad - 58 freakin' years. Woo Hoo.




Bo's Pick of the Week: Well, not the hand sanitizer. He is still in favor of Rockstar Rabbit by Nature's Variety. We also have a lot of great Natural Balance specials going on.

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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](mailto:editor@vashonloop.com). Photos are welcome as jpeg or pdf attachments.

### Vashon Social Dance Group Monthly Dance & Lesson

Vashon Social Dance Group is Offering a FREE Swing dance lesson at

6 pm prior to the Portage Fill street dance performance. NO PARTNER NEEDED, Come one, come all and prepare for a fun night of dancing in the street.

### VCC Caregiver Support Group

Vashon Community Care will host a Family Caregiver Support group open to all family caregivers in the community.

It will take place the first Thursday of each month from 7-9 pm. Contact [cara.aguilera@providence.org](mailto:cara.aguilera@providence.org)/ 567-6152 with questions.

### Marijuana Anonymous

Marijuana Anonymous,  
Presbyterian Church  
Fridays 7 pm”

### Have a Story or Article

Send it to:  
[Editor@vashonloop.com](mailto:Editor@vashonloop.com)

### Quartermaster Harbor beaches closed for shellfish harvesting

Diarrhetic Shellfish Poison (DSP) has been detected at unsafe levels in Quartermaster Harbor shellfish on Vashon-Maury Island. As a result, the Washington State Department of Health (DOH) has closed Quartermaster Harbor beaches to recreational shellfish harvest.

The closure includes clams, oysters, mussels, oysters, geoduck and scallops. Working with partners, Public Health – Seattle & King County is posting advisory signs at beaches warning people to not collect shellfish.

Commercial beaches are sampled separately and commercial products should be safe to eat.

Although DSP has been a problem in European countries for some time, this is an emerging health threat for Washington. Anyone who eats DSP contaminated shellfish is at risk for illness.

**What are the symptoms of Diarrhetic Shellfish Poisoning (DSP)?**

DSP poisoning symptoms include nausea, vomiting, abdominal pain and diarrhea with diarrhea being the most commonly reported symptom. Symptoms may appear within minutes of eating contaminated shellfish or may take several hours.

Naturally occurring algae produces the toxin. The toxin is not destroyed by cooking or freezing. A person cannot determine if DSP toxin is present by visual inspection of the water or shellfish. DSP can only be detected by laboratory testing.

Recreational shellfish harvesting can be closed due to rising levels of DSP at any time. Therefore, harvesters are advised to call the DOH Biotoxin Hotline at 1-800-562-5632 or visit the Biotoxin Website before harvesting shellfish anywhere in Puget Sound.

Joanna Gardiner

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### Scarf Raffle at Saturday Market

VIGA is raffling this lacy scarf to benefit VIGA’s Market Buck Match Program. The original design called “Snowy Snowy Night” was knitted by Cathy Fulton with the softest yarn from Winterbrook Farm’s Suri Alpaca herd. It measures 58” x 10” and features snowflakes, fir trees, and a candle. Drop by the VIGA Booth at Saturday Market (10:00-3:00 at the Village Green) to see this lovely, drapery scarf and buy your raffle tickets. Tickets are only \$1.00 each, so you’ll probably want to buy several. The raffle will take place on Saturday, August 30 at the Village Green.



### Swarm Vashon March/Rally

This Saturday, Aug 16 (National Honey Bee Day), we are having a “Swarm Vashon” March/Rally to create awareness of the harm caused by poisons to our pollinators, & on our environment.

We are gathering at 10:45 at the South parking lot at Kathy’s Corner (please do not park in the lot). We will march around town from 11:00 AM - 12:00 PM, finishing with a speech/rally at the Village Green.

Come dressed as a pollinator (bee, butterfly, etc), bee keeper, or villain (pesticide/herbicide). Involve children, tell your friends.

For more info: [www.facebook.com/events/684154681672199/](http://www.facebook.com/events/684154681672199/)  
Together we can make a difference.

### Vashon Social Dance Group Monthly Dance & Lesson

Ober Park Performance Hall - 17130 Vashon Hwy SW  
(Vashon Park District Office Building)  
Saturday August 16, 2014  
7:00 - 8:00 pm Cross Step Waltz lesson (fun social waltz)  
Lesson with Candy and Laurie  
8:00 - 9:30 pm Dancing to deejayed music provided by Me  
NO PARTNER NEEDED! WE ROTATE OFTEN  
Join us 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. Come Dance With Us! Candy, VSDG Coordinator

### Vashon Maury Cooperative Preschool Open House

Do you have a preschooler at home? Come and check out the Vashon Maury Cooperative Preschool Open House on August 17th, 3-5pm. Explore the classroom in their convenient new location at Courthouse Square, across from DIG. Meet Teacher Molly Wilson and Parent Educator Elaine Webster, and find out more about their play-based program! Offering classes for walkers on up to kindergarteners!

### Electronics Recycling Event

Who: VHS Class of 2015 Safe Grad Night Committee  
What: Recycling fundraiser for need-based Grad Night scholarships  
When: 10 AM–3 PM, Saturday, August 23, 2014  
Where: Parking lot behind K2, near the intersection of Vashon Highway SW and SW 192nd St.  
Get rid of electronic and other unwanted items AND keep them out of the landfill!  
THE FOLLOWING ITEMS WILL BE ACCEPTED:  
• Computers, laptops, printers, computer parts, faxes, scanners, modems, cables, toner cartridges, computer batteries, etc.  
• Appliances: washers, dryers, refrigerators, water heaters, etc.  
• Stereo equipment: CD, DVD, VHS, or cassette players; speakers; turntables; etc.  
• Bicycles, motorcycles, cars, trucks, car-boat motorcycle batteries, etc.  
• Barbecues (no propane tanks), lawn mowers (empty gasoline and oil), fitness equipment, medical equipment, etc.  
THE FOLLOWING ITEMS WILL NOT BE ACCEPTED:  
Televisions, wood, glass, chemicals, hazardous waste, paint, tires, or alkaline batteries.  
Bring your recyclable items (working or not) to the event. All recycling services are FREE! Suggested donation: \$5-\$10 per item. Your donations will help fund Safe Grad Night need-based scholarships!  
This FREE community event is being sponsored by the VHS Class of 2015 Safe Grad Night Committee, courtesy of:  
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Email: [info@1greenplanet.org](mailto:info@1greenplanet.org)  
Phone: 425-996-3513

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

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

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# Traditional Coast Salish Weaving with Karen Reed

Chinook/Puyallup basket weaver Karen Reed will exhibit baskets, mats and other examples of her art at the Vashon-Maury Island Heritage Museum on Friday, August 22, 1-4pm, and again on Saturday, August 23, 10am-noon and 1-3pm. Her event is the latest in a series on Salish culture, art, archaeology, and history that explore themes of the museum's current special exhibit, "Vashon Island's Native People: Navigating Seas of Change."

Native artists spend as much time respectfully gathering and carefully processing materials as they spend on the process of actually weaving them into baskets and clothing. Karen Reed will display traditional weaving materials such as cattails, sweet grass, bear grass, wild cherry bark, and red cedar bark and roots. She will demonstrate some of the steps involved in preparing cedar bark.

While earning her degree at the University of Washington, Karen received the opportunity to study with her grandmother, Hattie Cross, and Beatrice Black of Taholah. Anna Jefferson taught Karen to gather materials, and many methods of weaving with cedar. The many other teachers with whom she has studied include Bruce Miller, Nettie Jackson, Joey Lavadour, Pat Courtney Gold, Evelyn Vanderhoop, Lisa Telford and Holly Churchill. One of her favorites was Hazel Pete, who "gave from her heart all the knowledge of using different materials and styles to any who would listen," says Karen.

The Capital Museum in Olympia selected Karen as a master weaver and she has demonstrated basket weaving at many venues, including the Smithsonian Folklife Festival in Washington, D.C., Washington State History Museum, The Burke Museum, and Seattle Art Museum. She has also volunteered and taught at Northwest Indian College, the Northwest Native American Basketry Association conferences, the Hazel Pete



Basketry Conference, Generations Rising at Evergreen College, the University of Washington, Bruce Miller's Longhouse at Skykomish, and many other places.

Basketry is an integral part of Karen's spirit. She believes it is something she was meant to do and that she has a responsibility to pass on the traditions and knowledge of basket making. Through teaching basketry and cultural awareness she works to erase stereotypes of natives and replace them with good feelings and accurate information.

For supporting the exhibit and these programs, the Vashon-Maury Island Heritage Museum thanks the following sponsors: Humanities Washington, 4Culture, Puget Sound Energy, DIG, Beth de Groen/Windermere, Rick's Diagnostic & Repair Service, The Hardware Store Restaurant, John L. Scott Real Estate, and the Northwest School of Animal Massage.

## Sheep Dog Classic handler profile:

Continued from Page 1

"I don't think we should. The country can't sustain it. It becomes agribusiness, greed and suffering.

When the end comes for her animals, Elissa wants to know that it's been clean and quick and they haven't suffered. This is a woman who is not looking for bigger sales.

### Lynne Green Got More than She'd Hoped For:

Lynne grew up in Kentucky horse country accompanied by a border collie. When she and her husband moved to Washington, he said he'd buy her a horse. She told him that he couldn't afford the kind of horse she'd want. He could, though, buy her a border collie. And so he did.

That first dog came from a line of working dogs. It was Lynne's plan to train the pup to compete in sheep dog trials. But the dog proved too hard for the novice trainer Lynne was in those days. Long time breeder and trial competitor, Kathy Knox offered Lynne a young dog named Kurt. Kathy had hoped to turn Kurt into a national champion but sensitivity to heat made Puget Sound a better place for him to live. And that was perfect timing. Lynne thought she was just looking for a dog she could learn to compete with. She got so much more.

"Kurt became the main guy in my dog life."

Lynne was diagnosed with breast cancer just before Kurt came into her life. Kurt became her constant companion throughout a year that included nine surgeries.

"While I was healing," Lynne said, "Kurt sat with me night and day."

After the third or fourth surgery, Lynne entered Kurt in a big trial with tough sheep. She figured that the focus required would be good for her health. He won the pro-novice class that day and their partnership as competitors was cemented



During their career together, Lynne and Kurt competed at many big trials including Bluegrass in Lexington, Kentucky, Lacamas in Washinton's Clark County as well as the Vashon Classic. Kurt and Lynn even made it to the National sheep dog trials where they advanced into the semi finals.

Whether her dog was working sheep on a farm or competing in a trial, Lynne says that she credited Kurt with being 75 percent of the team and her contribution only 25.

"These dogs are bred to read sheep and partner with the handler. They are amazing," she said.

"He always competed with all his will and heart," she said, "but he suffered from a chronic infection."

It was a sad and reluctant Lynne who decided to retire Kurt after the 2012 Vashon Sheepdog Classic. Kurt died last year at age 12. He had fulfilled his destiny as a trial competitor, but even more important, he had helped Lynne to a complete recovery.

Today, Lynne has Kurt's half brother, Craig. At age three, Craig is a not the same as Kurt. But he's a good dog in the field. During the lambing season he's helped calm and catch panicked ewes in labor by exuding gentle confidence. He'll be going to Germany soon where Lynne and her husband spend half the year in their roles as consulting trainers and leaders for religious organizations. And while they are there, Lynne and Craig will be working with a man who has 250 Suffolk ewes outside of Berlin.

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Next Loop comes out August 28



### Love the Sheepdog Classic? Be More Than a Spectator!

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# Island Life Passing Pain

By Peter Ray

One might ask, given all the entertainment and recreational activities open to one on Vashon on any particular weekend, why anyone would actively strive to join in on an event that touts a passage to pain as its main drawing card, instead of perhaps strolling through local gardens or watching four-legged, furry, obsessive compulsive canines chase packs of wool on the hoof over verdant hill and dale. Beyond active or passive spectating, there is an option open to straddle a saddle, wrap your fingers around your handlebars and cycle 30, 52 or 80 miles all on Vashon and Maury Islands for the benefit of the Vashon Island Rowing Club on the Passport to Pain (P2P) ride.

To the sane amongst us, the immediate two questions that might come to mind regarding this ride are why anyone would seek passage to an uncertain unpleasantness and, of course, who might think that offering this choice to just anyone is a wise, wonderful or even good idea. To a gardener, the contemplation of a painful garden experience is generally anathema to the ideal horticultural perambulation, and is about as likely to creep into thoughts regarding floral displays on a garden tour as would a meditation on running naked and on fire through sticker bushes. And I would be willing to bet that the very last thing on the mind of any sheep dog trial attendee would be strapping slabs of raw sirloin to one’s arms and thighs prior to doing a walkabout amongst a pack of feral and starving pit bulls.

To be truthful, while I have heard the crashing of a bike described a number of times by commentators at the Tour de France as being not unlike jumping out of a car at 40 miles per hour in one’s underwear (although I don’t know what level of personal experience they were using here as comparison), it should be emphatically stated that this is NOT the type of pain we are seeking here. What a cyclist sees on the course map for P2P is the potential for pain at almost every twist and turn on the route, but at the same time has the possibility to transcend it. What we are talking about here of course is good pain- burning thighs and rasping lungs and the satisfaction of knowing that you have gotten through it all.

On the 2013 P2P map there are two significant numbers in red near the top of the page, and they are: 80 miles- 10,000 feet of elevation gain. On an Island that is barely 13 miles long and rises to a whopping 400 plus

feet above its shoreline, this is a fairly remarkable cumulative total challenge. In looking closer, one sees a dotted line snaking over the length and breadth of the Island, and is defined in the key as “typical Vashon”. These route dashes are interrupted at least twenty five times by solid orange arrows that are keyed out as “significant hills”. This is where most of the elevation gain can be found, and is also where most of the potential pain resides, mostly because of the necessity for overcoming that gravity thing. One is tempted to enjoy the glide down the sides of the Island, but it is also important to remember that these are mostly all dead ends with passport stamping stations and snack and water offerings while one is temporarily stopped. But unlike balloon rides, it is important to also realize as one dashes to road ends and water views that what goes down, must also go back up, so the fuel and water stops should not be ignored. Another thing to recall and repeat as one begins each ascent is the three word mantra made famous by pro cyclist Jens Voigt: “Shut Up Legs!”

What this is all about is not really the pain, but rather just surviving the challenge. For those who watched all or most of the recent Tour de France, the extremes of pain and the travails of surviving it can best be exemplified by riders Chris Froome and Alberto Contador, who both suffered bone fractures in separate crashes, but continued to ride on until the pain became unbearable. This is not the level of fanaticism expected of P2P riders- as the map repeatedly reminds one, the ride is not a race. That being said, the P2P safety suggestion to not ride as a peloton (large group of racing riders) should be rather an obvious thing to avoid. While conversational pairings and small, single file pace lines can help make the ride go faster, one should always be mindful that most Island roads are narrow, with bike-able shoulders mostly found only on the main highway and on the road to Dockton. Share the road signs can be seen throughout the Island, and cyclists should be reminded that this sharing needs to work both ways.

I rode the entire 80 miles of P2P last year, and have signed up again for this year’s ride as well. At the moment, though, I am looking out the window at Kansas City passing by, with more family stuff waiting ahead for me in New Hampshire. I have my bike shoes and pedals, helmet, gloves and glasses all packed, but I’m not sure if there will be a bike there to ride, or if there will be the time to ride it. As before, I will be getting in some time at the local college pool to break up the days, and the cross training effect has proven surprising and beneficial in the past. The pain of those 80 miles on Vashon is a given. The question I will have to answer the morning of Saturday, September 13th is not “Are You Crazy?“, but rather how much pain my level of fitness will allow me to endure. Shut Up, Legs.

For info and sign up, go to: <https://vashoncrew.com/p2p/>



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# Pudge Needs A Home...

I’m a quiet, sweet-natured guy looking for a home with adults. I like people to pay attention to me, but I’m more comfortable when they let me decide the right time. Sometimes I just want to be by myself, thinking mysterious cat thoughts. And hey, about my name - I’m big but not heavy, so what’s up with that? Along with a new address, I’d like a name change, please.

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# Spiritual Smart Aleck

## Mother, Music, Memory, Cookies

Her name was Juanita. She grew up in a Salvation Army orphanage in El Paso, Texas. It was not a kind and gentle place. She and the other children were beaten sometimes.

“Those people were ignorant,” she once said to me.

She had a gift for playing piano, and started out as a child playing for all the orphanage and school shows. In her early teens she was singing songs and playing the mandolin for the Salvation Army on the street in El Paso. The last time I heard her play piano was three weeks before she died at age 86. She was playing and I was singing old songs we both knew. Actually, it was a perfect way for us to say good-bye, going out on the best aspect of our relationship. I got the music genes from that side, not to mention my mother’s mandolin and my aunt’s guitar.

My mother was angry all the time when I was growing up, but if you’ve been a parent yourself, you understand that. When I was the age she was when I was a teenager and had teenagers of my own, I thought: my mother went through this without therapy or antidepressants.

Most parents in the 1950s thought it was okay to hit children. That’s the way it was.



By Mary Iuel

My parents hit. Maybe when you’ve been beaten bloody in the orphanage when you were a child, merely hitting or slapping your child doesn’t seem that serious to you. Most parents believe it is wrong to hit children now. Oh, I know it still happens, but it’s not as accepted.

My mother must have had at least a qualm or two about her parenting. Sometime in her later years she asked me, “Was there anything I could have done better as a parent?”

I thought for a minute, and said, “It would have been nice not to have been hit so much.”

“I never hit you!” she exclaimed. “And I only hit your brother once!”

I was stunned into silence by this revisionist history, but it turned out that wasn’t all –



Juanita

when I listened to her reminisce about my brother and me, she said how fortunate she’d been because we were such good kids and never got into trouble.

I decided then that selective memory wasn’t so bad.

I assume it gave her a more peaceful old age than she might have had if she remembered what I remembered. In my case, all the smart mouthing, marijuana smoking, hitchhiking up and down the coast, folk singing, and hanging out with men, Socialists, Catholics, and Jews. So much for my Baptist Republican upbringing. I will not mention exactly how my brother, the present Republican business owner and family patriarch, got into trouble in his youth. I will only say I was surprised to hear her talking about how we never got into trouble.

When my mother was in her 80s and I was in my 50s, we would have long telephone

calls about things that were happening, or about family members. Everyone agreed that one particular aunt was a piece of work, for example, so that was always common ground. Those phone calls were some of the best times I had with my mother. Perhaps we had both accepted that we would never accept each other as we were, and we accepted that.

The night she died, after I got the phone call, I woke Rick and told him she was gone.

“She gave me music,” I said sadly.

“She gave you hell,” he said sternly.

Well, yeah. It’s tempting for some of us to make excuses for people who hurt us. But she did give me music. And hell.

She also gave me the recipe for oatmeal chocolate chip cookies. If there’s anything I’d like to pass along to you from my mother, it’s this recipe, as she typed it on the index card I still have in my recipe box:

Juanita’s Chocolate Chip Oatmeal Cookies  
1/2 cup shortening  
1/2 cup brown sugar  
1/2 cup granulated sugar  
1 egg  
1 tablespoon water  
1/2 teaspoon vanilla  
3/4 cup sifted enriched flour

1/2 teaspoon soda  
1/2 teaspoon salt  
1-1/2 cups quick rolled oats, uncooked

1 cup semi-sweet chocolate chips

1/4 cup chopped walnuts (optional)

Cream shortening. Add sugars gradually & cream well. Beat in egg until fluffy. Stir in water & vanilla. Sift together flour, soda & salt and add to creamed mixture. Add rolled oats, chocolate chips, & nutmeats. Drop from a teaspoon onto greased baking sheet and bake in a moderate oven (375°) for 12 minutes. Number of cookies depends on how big you make them.

Baking time can vary widely! Start checking at 8 minutes to avoid burnt cookies. Enjoy.

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# Planet Waves

by Eric Francis <http://www.PlanetWaves.net>



## Aries (March 20-April 19)

You may be feeling a truly odd kind of insecure, as if within your greatest strength lies your worst weakness. You can turn that one around, however. All you need to do is remember that you can. If you think of your experience as being more like a dream, it will be easier to transpose between the two similar thought forms, 'weakness within strength' or 'strength within weakness'. One of the ideas on which the thought form turns is your faith in your power to create. This you have, especially right now, with so many planets moving through your solar 5th house and a spectacular Full Moon coming. Of the Full Moon, the message seems to be reveal yourself. Show the world what you can do, and by extension, who you are. That gesture might be connected with some worry or some fear, though now is the time to push yourself a little, and to take the extra risk, in particular, the risk of being seen, known and acknowledged.

## Taurus (April 19-May 20)

This week's astrology describes an adventure of some kind -- it looks like leadership, but a participatory variety of the stuff. You may not define yourself as a 'leader', though if you remember that all humans are looking to nearly all other humans they encounter as examples of what to be or not to be, then everyone is in the role of setting an example. For you over the next few days, as the Aquarius Full Moon passes through town, you will see the extent, and the relevance, of your involvement in a situation, and the benefit of the example that you set. It would be great if we could go beyond the necessity for bosses, CEOs and generals. By engaging with people on what you might think of as a co-organizational level, you can help the world, or at least your world, take a step beyond that. Trust one thing if nothing else -- people respect you for your sincerity. And that is real respect.

## Gemini (May 20-June 21)

Beware of resentment in any form. Beware of the sensation that someone, anyone, it looks like someone you're intimate with, is interfering with your ethics or values. It may be that you really do want to take someone's point of view on board, but make sure that's true -- make sure you're not being influenced by some external factor, such as money. One test of the situation is whether you really can say what you feel. Do you believe that you will get fair treatment if you were to speak up? If you're concerned about either of those things, I suggest you go deeper and investigate what is influencing you. I will give you a clue from your astrology -- the concept of marriage is involved. By that I mean what it is, or is supposed to be, or that marriage is the pearl of great price, or your most valuable asset -- and your real feelings about that, and I do mean feelings and not your opinion.

## Cancer (June 21-July 22)

Do you identify as a person first, or as a partner first? This is one of the core questions of feminism by the way, discussed by the likes of Simone de Beauvoir and Erica Jong and many others. It was Jong who said that she wanted to be a whole person and not half of a relationship. We need this wisdom now, and I suggest you might be the first beneficiary of this body of thought. It has several branches, including the notion of owning another person, in many

different shades and tones; the value of jealousy and the presumption of a right to be jealous; the notion of control; and any feeling that might lead to the desire for revenge. There is a light side to all of this, which is the idea of justice, and justice can and indeed must spread into our most intimate relationships. Remember, though, when you stand up for fairness, do so in a way that is fair. If you want truth, be truthful. If you want partnership on level ground, then be that partner, first and foremost.

## Leo (July 22-Aug. 23)

Your life seems to be hanging in the balance, and you may be experiencing some situations as being unusually polarized. This might be showing up as a 'me versus them' scenario. You also seem incredibly restless, which is why you may feel like you have different interests than others, who themselves may be feeling restless and counting on you for stability. Sussing out the full equation, I suggest that the thing, the idea or the necessity that everything is teetering on is nourishment. There are many other manifestations of the astrology, though they appear to be superficial. The nourishment factor is the deepest level. You need it every way, such as food, space to yourself, space with others, and sex. Space and sex intersect with the presence of Vesta in Scorpio -- though this may be tricky, because there may be so many people around, sex will happen when there is space for it to happen. This is a core element of nourishment, though most would pretend otherwise.

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

Are you searching for The One? For the ideal counterpart or reflection of yourself who would complete your life that everyone would approve of, which would lead to perfect happiness? Oh good! I didn't think so. But you may be feeling some social pressure to fulfill that script. You may be seeing many other people around you play out this particular drama, and you certainly know the perils. I would mention that many seemingly lesser aspects of the game amount to the same thing -- the search for the one boyfriend or girlfriend instead of a friend or lover, to give one example. I believe and have observed that people can find unusual compatibility, though the search for The One is much different from this. Your relationship life is potentially far more colorful and more fun than anybody's prewritten script, anything that your friends would recognize, anything that your friends would approve of.

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

Do you really want to be the boss? Do you really need to? Despite some recent impulses to that effect, I really don't think so. Taking authority (in any conventional form of the notion) would be pointless in this situation. Yes, you know things really should be happening a certain way. What you want is cooperation. For that to happen, it would help immensely if you cooperated. Make it a point to work with, collaborate with, and draw inspiration from others. Consider this a special benefit of who you are. Out of these associations, another model of leadership will emerge -- something more distinctly collective, made of individuals, self-organized, in which everyone has their unique role. Everyone knows that the world can work this way, and many people have been envisioning this for decades. Even if it's not happening on a massive scale, it can happen in your life.

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

I love the connection between the word 'authority' and 'authorship'. Authority means taking control over something, which is directly related to creating a story. If we add the concept 'authorized', that means you certify that the story you are creating is in fact of your own creation, and something you approve of. How would it feel to live this way? You know you want to; you know that the element of story has been vital to your life lately, as has the element of being present for your own power, and also willing to use it. If this makes you nervous, think of it as writing the story you want to tell. The great thing about writing is that it can be rewritten, revised and re-thought-through, and when you are doing this with your whole existence, you know you really are living. You are indeed the author of your own life, so pick up your pen and make contact with the page.

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

So many possibilities! So much hesitation. What is going on? That would be a good question to ask yourself. I detect a scenario where you feel as if pursuing the best life has to offer could lead to the worst life has to offer. I think this is a common phenomenon, though for you right now it may be operating in an 'unconscious' way. By that, I mean that it may seem like something else, or you have not given language to what you are experiencing. As for those supposedly worst things, they all seem to be shadows cast over desire. Desire is indeed haunted in our society -- by various religious perspectives that call it sinful, or attachment, or the cause of all suffering. I suggest you be honest with yourself about what you want, and put it into words so that you can look at them and read them back to yourself. You may need to go through several layers of desire to get to the core of the onion; or you may recognize a distinct, unique constellation that says something that only you understand.

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

The question of Self is written all over the sky right now. Many people offer the idea that all love is rooted in selflove, though there is a question lurking behind that -- at what point does selflove become narcissism? I will tell you -- it doesn't. They are two different things, both of which are part of our psyches and part of our environment. Often narcissism describes the lack of selflove, which is how you can identify it. Yet there is that part of the psyche that must focus exclusively on its own experience; that must admire itself in a fully self-absorbed way, which is different from the gentler and subtler light of actually loving oneself. Narcissism is a problem, but the bigger question is what to do about it. Loving oneself is part of the solution, though I think that indulging the full experience in a fully conscious way can be helpful. Consider the possibility that your life is all about you. Consider the idea that existence is a reflection of the fact that you exist and nothing more. I am not saying this is true -- I'm saying it's worth

running through your biocomputer and seeing what you get back.

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

You're getting the message to take charge, though you may feel like you're headed for some obstacle you presently cannot see. That may be true, though to me it looks more like a point of contact where you actually get to accomplish something, make a change or take control of your destiny. There are two distinct sides to Aquarius. One is the egalitarian, we're-all-in-this-together side. The other more resembles a drill sergeant. You'll need to draw upon elements of both to make the most of the astrology that will be coursing through your chart like lightning the next couple of weeks. Remember that all groups need leaders, even if their only role is to focus the agenda and the conversation. Leaders are wise to draw their power from the consent of the governed, making it clear that leadership is an act of service. Get permission from those you would supervise, take charge and get things going.

## Pisces (Feb. 19-March 20)

You have just about everything going for you right now. It's important to recognize these moments, because they're relatively rare. One thing that might be getting in the way is how much you have to do, though you may have noticed that your responsibilities have taken a lighter vibration. You are able to get more done with less expenditure of energy. Take advantage of that and make sure you collect on the dividends. Speaking of, your work is worth more than you know. Send that message and send it consistently. More than anything, know it in your heart. While you have an abundance of energy, make some important changes that you've been putting off. They may involve your physical space, your diet, your work patterns, or taking up some activity that you've wanted to do for a long time. As for love, keep your heart open and the universe will take care of the rest.

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

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# Positively Speaking

## OK- That was amaaaaaaazing!

Let me put it this way. What if God gave you three weeks away from your day gig, each week has like a different theme and at the end, you’ve been completely rejuvenated, rested, understand where you’ve been, what’s been keeping you stuck, and have had the opportunity to discover your true friends and say no to some toxic situations, claim your personal power and find your smile again? AND....you did absolutely nothing to plan any of it in any way. It just happened.

If there’s one thing I’ve learned in life it’s to pay attention when things DON’T happen. So, as two of my client families went on vacation just as “Gypsy” closed, I sensed I was to rest in the after effect of having given my best to my clients and the show. You might call it ‘intuition’, I call it ‘following the Spirit’. Well...and also, weirdly enough because it never happens... no new clients showed up to fill their slots.

Those first two weeks were about “Accept the Past: Gather the Good”. The days began to unfold in a timeless way. Time really did seem to stand still. Whether sleeping, reading, writing or eating, I would accomplish some activity and there would still be hours and hours left ahead of me in each day. Deep thoughts, epiphanies and insights would surface like concrete facts letting me open the palm of my hand and blow off whatever clingy angst wanted to fester in my soul. “insight = disengagement” was never a more true dynamic.

I read “The Lovely Bones”.. I was so relaxed and strong, I could read an intense book about a girl from Norristown Pennsylvania – my hometown- whose name is Susie – the name of my childhood playmate who, for all intents and purposes, died in my lap when I was nine- and find comfort and meaning. It’s about being in between life and death and what grows in the place of loss. It was time for me to leave the in between place in the chapters of my life and notice what originated, developed and matured in the void of my own losses.

Then I read “Starbird Murphy and the World Outside”, the fictionalized story of a teenage girl who goes from a farm similar to the Love Israel Family, to their Seattle based restaurant. The novel sent me into pensive declinations of questions about what is a cult and what is a utopia and what is a community. I thought back to a paper I did as a junior in high school on Utopian cultures in America and I made many connections between my journey and living on an Island.

In between chapters of both books, specializing in Staycation ADD, I would erase hundreds of pages of orchestral score reviewing and debriefing my experience with “Gypsy” as I went along, and write many random rough drafts of columns, book ideas, and ‘assignments’. Oddly enough, episodes of “Everybody Loves Raymond” viewed on my phone via Netflix, also made my way into my sphere of experience. Although all of my activities might look like they fell under the category ‘entertainment’, none of what I did was entertaining. None of it was escapism. All of it drove me into my life, my story, my dreams, my hopes, my fears, my concerns.

Ah...concerns. That first week, I was compelled to give up worry. I physically couldn’t do it. “Whatever’ and ‘Surrender’ came to mind repeatedly. It didn’t feel irresponsible, it felt healthy. I felt very healthy. Nothing toxic. Which means chocolate is not toxic, because there was that.

I began to permanently settle myself

By Deborah H. Anderson



into my home, fully unpack. Everyday I put something on the walls, moved something from storage, sorting a box. This is monumental. Please remember I have been on the move since 1992. For me to stake a claim as if I was never going to move again felt hugely powerful. It was, however, part of gathering the good. It’s not possible to build on the good without roots, a foundation. After thirty moves in 22 years, I was putting my shovel in the dirt and tying a flag to the property markers.

Week three began with three misunderstandings that clarified big issues and a reconciliation. I phrased a question wrongly to one of my mentors and really, well, to put it bluntly I ticked him off. But out of that came my conversation with him that revealed my confession, “I am afraid of haters”. I may bluster well and look strong in response, but inside I’m terrified. He told me it was a badge of honor to have haters. My goodness, that’s a new county in which to live. Then I had to ask a colleague and future friend which side of the fence she stood on with regards to a controversial issue in which I am involved. As hard as the conversation was, she ended up understanding a part of my story in a new way and I realized I had more support than I thought I did. The third misunderstanding came when I set limits with a very toxic, one sided friendship, I being the giver and the other person being the taker. They’re still mad. I just feel free.

The reconciliation was an old collegial friendship that has been years sorting things out between the two of us. It took years because unless one is on Staycation, such things are prioritized around the daily necessities and ambiguities of daily life. It just takes longer sorting things out on the run, in motion.

I found a new mantra week three: “Not my monkey; not my circus”. For the first time in 15 years I didn’t play Bridge at Family Camp. I talked with people, knitted endlessly, read, engaged in craft activities, played with my young friends who accompany me, did a lot of music. I outlined an entire book; the only one I’ve ever wanted to write. Since I’m a day-camper, it also meant I got proper sleep for the first time ever. Every lunch and dinner was eaten with my dear daughter Caity. Lovely.

Usually on vacation one is refreshed through new sights and geography. Staycation 2014 gave me healthy perspective, resolution to interior conflicts, and strong defining moments.

Today I’ll organize daily life to support the growth of Staycation fruit. Leisure was wonderful. Now I will engage those insights with industry. Peace in motion. Joy in relationship. Life with a smile that comes from some place way down deep.

My favorite movie ever is “City Slickers”. From 1992-2005 I watched and re-watched it because it ministered to me on some level I didn’t understand. Sunday night, before I went back to work, it was my final act of Staycation. Ah...I get it. It was about figuring out what’s the one thing most important in your life, and finding your smile. The best gifts are unplanned. Thank you God. You’re awesome.

Love,  
Deborah



## Kevin Joyce: Love and Other Demons

Island Songwriter, performer and humorist Kevin Joyce will present an intimate solo cabaret show featuring Joyce on guitar and piano, singing original tunes written during his 25 years on Vashon, interspersed with fond stories, and personal reflections Joyce’s songs run the gamut from ballads to blues to R&B and alt country, all with his signature humor, intellect and disarming honesty. Tickets includes a copy of Joyce’s CD Say It.

Kevin is a singer/songwriter, actor, writer and director. Trained as a vocalist, he is a founding member of the University of Salamanca Chamber Choir (Spain), with whom he toured Europe as a soloist. Kevin composed, directed and performed vocal music scores for 10 productions with UMO Ensemble, a Vashon-based theater company. From 2000-06, he performed and directed with Teatro Zinzanni, singing alongside Joan Baez, among many others. He co-composed and starred in Rain City Rollers, a musical based on the 1936 Roller Derby, directed by Nikki Appino, and his award-winning solo musical monologue, A Pale and Lovely Place, created in 1996, was recently re-mounted in Seattle. Critics called the show “hilariously



entertaining”. Since 2003, Kevin has run Enjoy Productions with his wife Martha Enson, creating customized shows for large-scale special events, that combine theater, specialized skill acts, music, comedy and visual entertainment. An avid singer/songwriter, his CD Say It features an all-star list of collaborating musicians, including Francine Reed, Stu Hamm, Eyvind Kang, and Hans Teuber and is available on iTunes.

Kevin Joyce: Love and Other Demons  
Friday, August 15, 9 pm  
Vashon Allied Arts  
Tickets: Members/Seniors \$16,  
General \$20

## Vashon Concerts in the Park Clinton Fearon

Mark your calendars, Thursday, August 28th, 7-9pm. Bring the family! There’s plenty of grass and natural burms to spread out those picnic blankets and enjoy some wonderful music on a warm summer night. Families can come relax, let the kids play on the playground and enjoy the entertainment at these summer events in our very own Ober Park.

The concerts are presented and funded by Vashon Park District in association with Vashon Events.

If you’ve never experienced the warmth of community at the cool nights of summer concerts in the park, you’re in for a special treat. Join us for these magical evenings and enjoy the diversity of these amazing bands right here on Vashon Island.

On Thursday, August 28th at 7pm, we bring you Clinton Fearon & The Boogie Brown Band.

Always a crowd pleaser on Vashon Island, Clinton Fearon & The Boogie Brown Band is coming back to the Island for another amazing performance of his roots reggae music...this time in an outside park setting so that people of all ages can enjoy the music. If you like roots reggae, this is a show you won’t want to miss.

Much like quite a few other reggae musicians who came of age in the late 1960s and early 1970s, Clinton Fearon was a country boy who migrated to Kingston as a teenager in order to seek his musical fortune amongst the proliferating studios and sound systems of the big city. He was born in St. Andrew in 1951 and moved around the countryside with his father and stepmother before relocating to Kingston in 1967; he immediately organized a singing group with some friends, but it never amounted to anything and broke up before it could record. It was around



1970, when he joined Albert Griffiths and Errol Grandison to form the Gladiators, that he hit his stride as a musician, and began what would be the most significant and commercially successful association of his career.

Flash forward to 1989, when Clinton came to Seattle and co-founded The Defenders and then finally in 1993, formed his own group called The Boogie Brown Band.

When asked about his music, Clinton states that “...our sound is roots, its roots, lovers rock, rock steady. It’s not too far from the root. I’m not trying to branch off into anything I’m not totally relaxed with,” he continued. “A lot of (other bands) try to follow the market. I try to follow my creativity more so than follow the market. It’s what’s in your heart; you have to follow your heart.”

Clinton Fearon is counted among Jamaica’s most talented musicians by peers and professionals in the Reggae music industry. His infectious bass riffs have always led the way, whether he is playing bass, guitar or percussion, singing lead vocals or providing background harmonies.

### Local Weather

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Local Rain Totals  
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Weather forecasts

### Compost the Loop

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



# Island Epicure



By Marj Watkins

## Avoid Toxins in Foods

Why am I avoiding genetically modified foods, foods created by Monsanto to be able to tolerate huge amounts of insecticides, like Round-Up which Monsanto also sells? Read that sentence again and think about it.

Plainly, GMO foods contain poisons. Monsanto says these poisons only kill insects, not mammals, i.e. humans. Unfortunately, that has not proven true. Insects, yes, right away. Humans, yes, but much more slowly. Have you seen those Internet pictures of little rats fed GMO corn, their tiny bodies bulging with cancer tumors?

And have you wondered why there's so much cancer here that it's now the number three cause of death of US inhabitants? We try to avoid carcinogens, but they are in on or almost everything.

Oregon is in a massive fight against Monsanto. California forbids its seeds. Europe has banned GMO foods, and the hormone rBRT which ups cows milk production 25% but is toxic to humans and probably to cows, too. The EU stopped importing American beef because US cattle are fed GMO corn. Russia and China have banned GMO foods, too. There goes our previously thriving soy export market. What's keeping the US from banning GMO? Monsanto's handsome "campaign contributions" to congressmen and congresswomen? Hillary Clinton, already campaigning for US President, strongly supports Monsanto. She'll not get my vote unless she swings 180 degrees.

To avoid GMO foods, I read labels, looking for the words: Non GMO on the package. Mostly, I skip prepared foods. I cook from scratch, and mostly from the perimeter of the store: Fresh vegetables and fruits, well washed. Even organic ones actually taste best and yield more anti-oxidants. Organic produce is safe, but gets

sprayed with an insecticide made from pyrethrum daisy, to which I and many other people are allergic. I use few canned foods because too often the can linings contain BHA plastic.

Because all corn and soy products grown in the US are now GMO, and I've had allergic reactions to soy products, I reluctantly leave both out of my diet now. I search milk and milk-product cartons for the words: No rbST, No artificial hormones and No GMO ingredients.

I eat and serve those who eat with me: whole grains, and only breads, etc, labeled 100% whole grain. "Contains whole grains" doesn't cut it; that could mean only a miniscule amount of the parts of the grain with B vitamins and Vitamin E. I eat fresh vegetables and fruits with every meal as salad or dessert.

Breakfast One: Grapefruit half or sliced orange. Porridge made with steel cut oats, cooked with raisins and topped with whole-milk yogurt and blueberries or sliced strawberries or raspberries.

Breakfast Two: Fresh fruit. Omelet stuffed with chopped fresh bell pepper, green onion, and minced parsley. Breakfast is always followed by a mug or two of green tea such as sen cha or gunpowder tea.

Lunch: Smørrebrød One: A slice of rye bread, buttered and topped with 2 washed and dried lettuce leaves, 2 or 3 thin lean beef slices smeared with horseradish or mustard, large slice of tomato, mayo, and thin slices of sweet or dill pickle. Smørrebrød Two: substitute sliced hard-boiled eggs for meat. Milk or lemonade to drink.

Dinner: Brown rice, a high protein curry or a bean dish, and a large fresh vegetable salad.

Hot weather dinner: Huge salad of lettuce, sliced green onions, and pickled herring, or the Thai Beef Salad I gave you in the June 19th issue of The Loop. Toasted whole-grain gluten-free bread. Beverage, limeade. Dessert: Fruit with spray-on whipped cream. Oat bran cookies.

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## Next Edition of *The Loop* Comes out Thursday, August 28

Deadline for the next edition of *The Loop*  
Friday, August 22

# Go ahead, cook with your good olive oil!

By Kathy Abascal

Unrefined, cold pressed olive oil (VOO) is rich in interesting compounds including many unique antioxidants. Without them, olive would not be the healthy oil it is. A number of studies have looked how cooking affects those antioxidants and VOO generally. This research definitely contradicts current wisdom that we should not use our good olive oils for cooking at other than very gentle heat.

In one study, a variety of vegetables (zucchini, potatoes, eggplant, and green peppers) were fried in VOO for 5-8 minutes until browned; zucchini and eggplant were batter fried as well. The amount of olive oil antioxidants, such as tyrosol and vitamin E, increased in the vegetables during cooking. While the quality of the left over oil deteriorated, the vegetables improved. The batter-fried vegetables did not gain much but the breading gained antioxidants. Overall, frying in VOO improved the quality of the vegetables.

Homemade tomato sauces traditionally add VOO to fresh or canned tomatoes and cook them for anything from a few minutes to many hours. When tomato sauce is cooked by itself, its antioxidant content drops. In contrast, when VOO is added, antioxidants increase, even in sauces simmered for 6-10 hours. This benefit seems to be specific to VOO: When tomato sauces made with sunflower oil were compared with those made with VOO only the VOO increased the antioxidant activity in the volunteer's blood. This is key because ultimately our goal is to increase our own antioxidant status, not that of our foods. So this effect on the human body is important.

One of the problems with processed starchy foods, and especially potato chips and French fries, is that acrylamides form as these foods crisp and brown. Acrylamides are linked to both cancer and dementia. One study heated 20 different types of VOO in a deep fat fryer. Almost no antioxidants were lost during the first 15 minutes of heating, and 30 to 50% of the most unique antioxidants remained undamaged 4 hours later. This means that VOO's antioxidants are very heat stable. Next sliced potatoes were deep fat fried for 5, 10, or 15 minutes in the various olive oils. All of the potato chips formed acrylamides but the chips fried in the most antioxidant-rich VOOs formed vastly fewer. Ultimately, VOO worked as well a high heat tolerant mix of sunflower seed, cottonseed, and palm oil for panfrying but actually was healthier for deep fat frying, thanks to its antioxidants. None of the refined oils currently recommended for high heat cooking contain these unique, heat resistant VOO antioxidants.

All animal foods form troubling carcinogenic heterocyclic amines as they brown. Many scientists think that meats dramatically increase cancer rates because of these heterocyclic amines, known to damage DNA. In Mediterranean cooking, meats are typically marinated in VOO, herbs, and wine before they are cooked. In addition, as the meat, chicken, or fish cook, they are basted with VOO in lemon or wine mixtures. This exposure to powerful antioxidants dramatically reduces the formation of carcinogenic compounds. As VOO ages, it loses antioxidants - - up to 40% can be lost over a year's time. Cooking with older olive oils increased the amounts of heterocyclic amines but never to the degress of meats cooked without VOO.

Fish also form these toxins in response to heat. Canned fish (tuna, sardines, etc.) are exposed to heat in the canning process. When fish canned in soybean oil, water, refined olive oil and VOO were compared, the toxin formation was much lower in fish bathing in VOO. The antioxidants apparently formed a surface barrier that protected the fish from heat damage. Similarly, fresh fish (sardines, anchovies, hake, etc.) fried in VOO also absorbed important antioxidants from the oil during frying and generated far fewer troublesome amines.

These studies strongly indicate that, not only is it fine to cook with a good quality cold pressed olive oil, VOO actually is our best cooking oil from a health perspective.



*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.*

These studies tested olive oil at temperatures of 350 degrees F. That is the temperature a skillet on high heat generally reaches and a common temperature in home cooking. For instance, electric deep fat fryers sold for home use are set to cook at 350 F. In contrast, commercial fryers are often operated at higher temperatures, temperatures where some benefits of VOO may be lost. Studies, however, also suggest that, while the refined oil recommended for very high heat cooking may not break down at higher temperatures, they also lack antioxidants and fail to protect against the formation of toxic compounds and the destruction of beneficial compounds as our food cooks. Conclusion: A good quality, cold pressed extra virgin olive oil should be our choice not only for salad dressings and dipping for French bread but also for cooking, including some deep fat frying.



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# Burly Mountain & Allison Shirk



Burley Mountain has been playing their own form of country/rock in the Seattle area for several years. Fronted by Brandon Russell, who also plays rhythm guitar and writes most of the songs, it's easy to hear their influences, ranging from classic country to southern rock, to the Grateful Dead. Andrew Stauffer has been playing bass and adding vocal harmonies since the beginning, but things really began to take off when Marty Ofsowitz joined on lead guitar. With the addition of Scott Jantzen on drums in 2011 the quartet was fully formed.

Look for their upcoming feature-length album "Songs From the Night Before," available in late 2014, and in the meantime don't miss the opportunity to catch one of their high-powered live performances.

Opening up for Burley Mountain is Allison Shirk.

Allison Shirk is an all-original country-rock singer songwriter. Her music tells stories of a small town girl with an honest quality that shines through her voice and guitar. Born in Corpus Christi Texas, Allison has a quality that draws you in. She's a sweetly southern artist with an edge. Smart, beautiful and talented, she is a breath of fresh air. Allison is currently fundraising to record her debut album, Break My Heart, with a kickstarter campaign that launched on July 16th.

This is an all-ages show 'til 11pm, 21+ after that...and yet another FREE cover show.

Friday, August 15, 8:00pm  
At the Red Bicycle  
17618 Vashon Hwy SW  
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www.redbicyclebistro.com

# Live Music Thursdays

The Hardware Store Restaurant decided to start having a regular live music night back in March of this year and it has turned out to be a lot of fun and a great venue to hear some really talented people perform.

The music takes place from 7:30-9:30pm most every Thursday night.

For the month of August, we have the following musicians scheduled to play:

August 14th: Carinne Carpenter

August 21st: Loren Sinner

Drop on by, enjoy some delicious food and a tasty beverage or two...and listen to some beautiful music!

Live Music Thursdays  
The Hardware Store Restaurant  
7:30-9:30pm, No Cover!  
Thursday, August 14th: Carinne Carpenter



# Danny Newcomb & Carrie Akre

Carrie Akre is a musician best known for her work with Seattle underground bands Hammerbox and Goodness. Since Goodness disbanded in 1998, she has contributed vocals to the project band The Rockfords and released three solo albums. With a vocal delivery that is at once aggressive, haunting and melodic, Akre's style of female rock-vox is comparable, yet superior, to the likes of 80s power-vixens Pat Benetar or Lita Ford, and she is one of the few women to carry that strong vocal flavour into the 1990s with the advent of grunge and the rise in popularity of alternative rock.

Carrie Akre To say Carrie is well loved in the Pacific Northwest is an understatement. The most



amazing thing about Carrie's voice is that she can move throughout all musical styles -whether it's performing rock on a Smithereen's album, or full on gospel tinged solo material from her earlier solo releases, Home and Invitation. Using her 'thunderous, wailful vocals' Akre has a way of pulling and attracting the listener to her. With her solo work she uses lyrics that focus on the day to day struggles with life and relationships. Akre attempts to relate to every listener with a style that is both catchy as well as all her own.

Danny Newcomb, former lead guitarist, songwriter,



and founder of the acclaimed Seattle-based alt-rock band Goodness, currently performs original songs with his new band - the Sugar Makers, featuring his signature guitar solos. In the 1990s, Danny toured internationally with Goodness, releasing two full-length albums. Danny also writes songs and plays guitar for The Rockfords, featuring Mike McCready of Pearl Jam. Danny remarks, "I've always been a songwriter and a lead guitar player. Now, I'm performing songs that I can sing." Danny recently completed recording his band's first CD on Hockey Talker Records, which will be released in February of 2015. Danny's band, the Sugar Makers will back him up at the Red Bike show, featuring Rick Friel on bass, Annie O'Niell on backup vocals and Eric Eagle on drums.

This is yet another free cover show and all-ages 'til 11pm, 21+ after that.

Friday, September 5, 8:30pm  
At the Red Bicycle  
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# Subconscious Population



Subconscious Population... a band that everyone knows and is a huge part of Island history when it comes to music. If you think that maybe, just maybe... on a quiet summer night, sitting on your porch perhaps...you might have heard wisps of "Jah Lee Kali", "Funkified" or "One In A Million" floating through the air...you just might have. Yes, one of the island's most mysterious and captivating bands ever is back at it and having a blast blazing through their classic songs, as well as creating their own spin on

some very cool covers. Like Pink Floyd's "Wish You Were Here"....or Jimi's "All Along The Watchtower". These boys are having some fun and if you're lucky, you'll hear some of that from your porch, if the wind carries it just right. Now it's time we call them out for one of their captivating magical mystery shows....

Friday, August 22, 8:30pm  
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# Open Air: The 4th Annual Outdoor Aerial Festival at Open Space

*“Remember when you were a little kid and you would spin until you had to fall down? Or run to cool off? Or jump from the back of a couch and really really fly?”*

Open Space for Arts & Community invites you to fly with us, at our fourth annual Open Air – a light, bright, outdoor aerial festival with a splash of circus and magic in the meadow. Bask in the sun, enjoy the view of Mount Rainier, lean back and fly in your imagination watching fabulous aerialists from the Northwest and beyond.

Over the last three summers, audiences for Open Air have grown and grown – people of all ages have relaxed in the shade of our pine trees, with Mount Rainier as a beautiful backdrop, and watched in wonder as joy happens before their eyes – everything from dancing dragons to summertime snow to magic and poetry.

Producers and performers Janet McAlpin and Lynelle Sjoberg weave together an amazing experience, featuring the most amazing aerial acts in the region and extraordinary homegrown favorites, along with the talented students of the UMO School of Physical Arts and RISK.

This year’s aerial acts are simply stellar, including the electrifying Duo Volta, magnetic Tanya Brno, and the premiere of new trapeze duo Dizzy Daze from Lara Lee Rasberry and Jill Marissa. Vashon favorites four gorgeous ladies – Janet, Lynelle, Kathy Zybrk and Arlette Moody – premiering a joyful new bungee dance, Tom Pruiksma making magic, and music from RISK Jr.

Bring a blanket for seating, and bring a picnic if you like! Refreshments will be available for sale as well. Admission is by Donation - and no one is turned away for lack of funds, ever!

In addition to the magical performances, Open Air is growing in fun and fabulous ways – we are unveiling a fun new pre-event and collaborating with another Vashon tradition!

NEW THIS YEAR: Come early, and enjoy the Biggest Clothing & Art Swap on Vashon! Bring whatever you are ready to pass on, and take home whatever your new treasure you find. At the end of the day, we’ll pack up any unwanted items and deliver to Grannie’s.

And, we are collaborating with the Sheepdog Trials! A shuttle bus will run from the Sheepdog Trials at Misty Isle Farm to Open Space before Open Air begins, and then take folks back to Misty Isle after – so you can enjoy both quintessential Vashon events!

And now, read on for a small glimpse of the performers who will take your breath away on August 23...

Open Air begins at 4pm on Saturday, August 23!



And the Biggest Clothing and Art Swap tables open at 2:30pm.

Duo Volta - Adrienne Jack Sands and Oliver Parkinson - came together in 2013 to begin training static trapeze and developing their duet. Adrienne is a classically-trained dancer, with 6 years of experience as a solo aerialist both locally and internationally. Oliver formerly competed in both rugby and mixed martial arts, then found himself hanging for tricks on the flying trapeze. The duo has performed at Paradiso Festival, the Moisture Festival, and Emerald City Trapeze, as well as for private clients such as Whole Foods and Microsoft. They are currently based in Seattle, Washington.

Part stardust, part showgirl, Tanya Brno has been honing her body of work from a young age. After pursuing classical piano and opera, she discovered ballet, which consumed many years of her developmental period. Spending summers at prestigious schools such as San Francisco Ballet School and School of American Ballet (New York City), she landed in Seattle at the age of 16 to study on scholarship at Pacific Northwest Ballet School, and knew she’d found her home. Since then, she has become one of the most sought-after aerial performers in town. Tanya is a staple at the annual Moisture Festival, the Pacific Northwest’s largest display of interdisciplinary talent from around the globe. She has performed alongside Queensryche, the Rat City Rollergirls, the Mezzo Lunatic cast at Teatro Zinzanni, and Lily Verlaine, and more.

Dizzy Daze is the latest project from Jill Marissa, a featured artist with ticktock and The Aerialistas and Lara Lee Rasberry, featured artist with Circus Contraption, The Aerialistas, and The Candleweavers. Open Air will be the premiere of this duo trapeze piece.

Thomas H. Pruiksma is a poet, magician, writer, translator, teacher, musician, and lover of life. He was born in Seattle and has lived and worked in Tamil Nadu, India, and Oaxaca, Mexico. He is the author and translator of Give, Eat, and Live: Poems of Avvaiyar, and the co-author of Body and Earth (with artist C.F. John) and A Feast for the Tongue (with Tamil scholar Dr. K. V. Ramakoti). His most recent show at Open Space was the premier of By Heart: A Celebration of Words, Magic, and Memory. He makes his home on Vashon with his partner, David Mielke. [www.poetsmagic.com](http://www.poetsmagic.com)

The UMO School of Physical Arts is proud to feature a group of superstars, now in their 5th year of aerial study. Caz Cullimore, Madeleine Schroeder and Sarah Smith are dynamic, amazingly dedicated students who are performing at a breathtaking level for their young years.

# Jeff Peterson: Hawaiian Guitarist



Recognized as one of Hawaii’s most versatile musicians, Jeff Peterson is at the heart of the Hawaiian music scene today. His passion for the guitar has allowed him to shine as a solo artist and has given him the opportunity to collaborate with a wide variety of artists from Hawaii, across the US, and abroad. His focus on Slack Key guitar, classical, and jazz music has allowed him to develop a unique and transcendent voice on the guitar while being deeply rooted in the traditions of his Hawaiian heritage. He has contributed to two Grammy Award-winning recordings and has been honored with five Na Hōkū Hanohano Awards in Hawaii.

His solo CD Maui on My Mind was recognized as the Slack Key Album of the Year and received a Grammy nomination in 2010. Recent musical

highlights for Jeff include the release of a new solo CD Slack Key Travels, being the first Slack Key guitarist ever featured on Public Radio’s Performance Today, a New Year’s Eve appearance on two shows of A Prairie Home Companion with Garrison Keillor, and selection to represent the USA during a month-long tour in Brazil and Venezuela organized by the State Department for the American Voices series. Five of his songs were featured in the Oscar-winning film The Descendants starring George Clooney. The soundtrack for the film received a Grammy Nomination in 2013.

Jeff Peterson

Sunday, August 17, 7 pm

Vashon Allied Arts

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Deadline for the next  
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Friday, August 22

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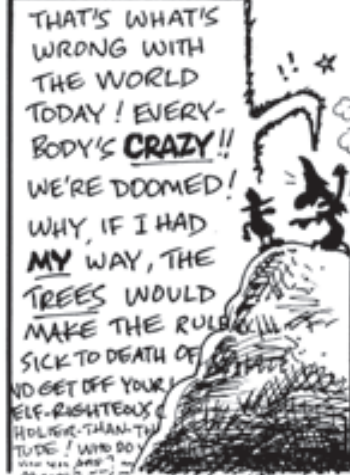
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DOUBLE!



NO... IT WAS MOSTLY  
HOT AIR -- KEEP  
RANTING...

