



VASHON

THE LOOP

Vol. 11, #18

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August 28, 2014

Vashon Household HomeShare Program



Vashon Household current project is the construction of 14 affordable homes for low-income first-time buyers. Sunflower Community Land Trust (CLT), built in partnership with Northwest Housing Development, will be the first Vashon Household project to earn a Built-Green rating.

Vashon Household Homeshare Partners connects people who are interested in sharing their home with another Islander seeking a home. We require detailed applications, references, and background checks to make the process of finding a housemate more manageable. All information is kept confidential. When a person seeks a Homeshare situation through Homeshare Partners, they are drawing from a select group of qualified applicants, rather than the very broad reach of a public listing such as Craig's List.

Our greatest need is to enroll additional home providers in the program. Please explore the concept with your circle of friends and acquaintances.

* Are you interested in supporting

affordable housing on Vashon?

* Do you have an extra room in your house with access to a bathroom and kitchen?

* Would you benefit from additional monthly income?

* Would you benefit from services such as help with housework, cooking, petcare, gardening etc.?

Homesharing is an option for all ages. For both housemates, homesharing offers a more affordable way of living, the security of another person in the home, and the opportunity to create a lifelong friendship.

Anyone who is interested in applying as a home provider or a home seeker may contact Barbara Brown at 206-463-4880 x704 to request an application.

Concerts in the park: The Portage Philharmonic



Summer is almost over and so are the annual free Summer Concerts In The Park. 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, September 4th at 7pm, we bring you The Portage Philharmonic.

Comprised of about 20 Islanders ranging from professional musicians to amateurs, the community musical group is celebrating its 41st anniversary this year. Charter member Lou Engels still plays in the band.

Engels remembers how Monty Sewell, who once played with Louie Armstrong, helped found the band

Continued on Page 6

The Rebel of the Road!



Hey all you old car and movie buffs, have we got a show for you! On Saturday the 30th at 5:00 in the evening we will have a showing of one of the best hot rod movies of all time, *The Rebel of the Road!* This is an all-ages, family-friendly (made for television in 1979) film that features a lot of character actors of the era and stars a gray primed 40 Willys gasser coupe. The movie centers itself around the classic concept that many vintage Western novels (think Louis L' Amour) and films are based upon, that of the good guy riding into the town controlled by the rich, bad guy and taking the big guy down as the townsfolk cheer our hero on. However, in this story, the good guy's stallion is a straight-axles Willys, and he throws down with a blown Hemi instead of a six-gun. Sound interesting? Come join us Saturday evening starting with a classic car/hot rod show at 4p.m. In front of The Vashon Theater followed by the 5p.m. showing of the film. Security will be eyeing the vehicles while their owners are enjoying the film. Following the film we would like to encourage the car owners to relive their youth and hang-out uptown while cruising their ride in endless loops.

Vashon Opera presents Don Giovanni

Vashon Opera's sixth season kicks off in September with Mozart's *Don Giovanni*, considered one of the greatest operas of all time. *Don Giovanni* is an opera in 2 Acts based on the legends of Don Juan, chronicling the Don's final twenty-four hours of this notorious libertine's wicked life with gorgeous arias and brilliant ensembles. Watch as the Don pushes his limits and meets his ultimate demise in this brilliantly crafted masterwork.

Part comedy, part tragedy this opera is Mozart at his finest, sparkling with music full of sheer genius, dynamic characters and some bold supernatural payback.

Sung in Italian with English Supertitles.

Come be engulfed by the fast-paced action, entranced by the exquisite music, and transformed by the power and expression of the human voice!

He's bad. He's dangerous...and even though his serenades are just divine, fate has a way of balancing the books.

Don Giovanni, considered one of the greatest operas of all time. He's bad. He's dangerous...and even though his serenades are just divine, fate has a way of balancing the books.

"The singers are extraordinary, the chorus is bright and fun, the orchestra is excellent and all of the amazing Vashon Opera volunteers have really outdone themselves this time for sure!", says Jennifer Krikawa.

The star studded cast includes Anton



Belov as Don Giovanni, Janeanne Houston as Donna Anna, Eric Neuville as Don Ottavio, Megan Chenovick as Zerlina, Jonathan Silvia as Leporello, Jennifer Krikawa as Donna Elvira, Michael Dunlap as Masetto, and Konstantin Kvach as the Commendatore. Dr. James Brown will return to stage direct, conduct and arrange the chamber orchestral score as he has done so beautifully with *Werther*, *Die Fledermaus*, *Il Tabarro*/Gianni Schicchi and so many of Vashon Opera's stunning productions. This will be Vashon Opera's first production in the new Vashon High School Theatre.

Purchase Season tickets for \$32 online at www.vashonopera.org

Individual tickets for \$35 at the Vashon Bookshop and at vashonopera.org.

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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.

Registration for Chorale Singers

New and returning singers are invited to register for the Vashon Island Chorale’s next session which begins on Tuesday, Sept. 9 and culminates in concerts on Dec. 6 & 7. Registration will take place at the library on Thursday, Aug. 28 from 6 to 7:30 and on Saturday, Aug. 30 from 10:30 to noon. Dues are \$55 and music costs approximately \$25. For additional registration information, email Karen Baer: vashonbaer@gmail.com.

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/ 567-6152 with questions.

Marijuana Anonymous

Marijuana Anonymous, Presbyterian Church
Fridays 7 pm”

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

The Vashon Loop

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Sci-Fi Sunday: Minority Report

Due to low attendance on Saturday I’ve moved Sci-Fi Saturday to Sunday. It’s still on the 1st Sunday of each month, still the same time.

This month for Sci-Fi Sunday: Minority Report.

Based on a short story by the late Philip K. Dick, this science fiction-thriller reflects the writer’s familiar preoccupation with themes of concealed identity and mind control.

Tom Cruise stars as John Anderton, a Washington, D.C. detective in the year 2054. Anderton works for “Precrime,” a special unit of the police department that arrests murderers before they have committed the actual crime.

Directed by Steven Spielberg, who hired a team of futurists to devise the film’s numerous technologically advanced gadgets, Minority Report co-stars Colin Farrell, Max von Sydow, and Neal McDonough.

This film is brought to you by The Chicken Soup Brigade, please bring canned food items and admission of \$5-\$10 for the box office.

The Chicken Soup Brigade is part of Life Long AIDS Alliance. LLAA has many programs and CSB is one of them. The Brigade gathers food, distributes it at a warehouse in Seattle in the form of a bag of groceries and prepared meals, has a meals on wheels program, helps with some of their bills by means of vouchers, people volunteer to give hair cuts, drive people to their appointments or take them on day outings, give them free theatre tickets and so forth.

What we see on Vashon is one of the most love oriented actions, gathering food. “Care to Shop” began almost 20 years ago in Seattle and it seemed like such an easy way to express your love and care for the sick. When the monthly totals come in Vashon has the distinction of besting the Seattle efforts 10 fold. If they raise 800lbs, we gather 1,500lbs! It has almost with out fail been twice as much! And that from 1 store vs their 10 stores!! They had to create an award for us and what we do.

Sunday, September 7th, 1:30pm at the Vashon Theatre.

This is for Chicken Soup Brigade, please bring canned food items and admission of \$5-\$10 for the box office.



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Varsity Boys Basketball Art Show Fundraiser

You may have read about them, you may have heard about them on Voice of Vashon but until you experience watching them in action you cannot grasp the full scope of the talent, dedication and passion this team brings to every game.

The parents have been fundraising all summer to send these young men in December to a team building tournament in Arizona. They have worked hard but nothing in comparison to their coach, Andy Sears. We would like to thank him and his family for all of his time and immense enthusiasm he expresses, he brings a special energy to all his interactions with our young men and for this we are very grateful.

Please come out and support our Vashon Island Pirates Basketball team on the first Friday Art Walk on September 5th. We will be situated in the OCCU building, located in the Thriftway parking lot. Come enjoy some wonderful art, enter our fantastic raffle and help support our amazing team! Get cheered on by some of our very own VHS cheerleaders for your efforts, and even enjoy a baked good or two.

Where: OCCU building across from Vashon Thriftway.

When: September 5th, 5 pm - whenever the party ends!

Please come out to show your support for our Vashon Pirates Basketball, and help them reach their goal to compete in Arizona this December. We hope to see you there!

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. Join the fun! Share you thoughts about local, state, national, and world events.

DATE: Tuesday, September 9, 7:00 to 9:00 PM

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 on its way; The Healthcare Movie; You name it.

Questions: Melvin Mackey, Secretary, (206) 463-3468

A Community Meeting Space at The Country Store & Farm

The Country Store & Farm has converted a portion of its upstairs into a community meeting space. “I heard that there is a need for community meeting spaces on the Island,” explains Country Store owner, Mike Biel. “Half of our upstairs was vacant so I thought that we could fill a need.” The space is freshly painted with new blinds, tables and chairs and is ready to welcome groups of up to 30. The room is available to non-profits at no charge. For-profits can rent the room for \$25.00 an hour (paid at the time of booking) or \$35.00 paid at the time of the meeting.

The meeting space is available during store hours: Monday through Saturday 9am to 5:30pm and Sunday 10:00 to 4:30. If you would like to reserve the room or for more information, call The Country Store & Farm at 463-3655

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The Ultimate Vashon Bike Ride



A bike ride along Vashon Island’s rolling central roadway fails to reveal the steep challenges that can be found at the island’s edges. On Saturday, September 13, 2014, hundreds of area cyclists will spend their entire day at those edges, taking on all of Vashon’s least fair, most gnarly hills, during the 4th annual Passport To Pain.

P2P is steadily gaining a reputation for being the toughest bike ride in the Puget Sound, with riders able to choose the degree of “crazy” they’re willing to endure. The IDIOT ride covers 10,000 feet of vertical gained over a brutal 80-mile circuit of the Island. The WEASEL ride is 50 miles and 6,500 feet of vertical. The WEENIE is a mere 30 miles and 3,400 feet. There’s also a team option this year

so you can share the pain.

Along the journey, riders get their P2P passport stamped at eighteen strategic checkpoints, where food, friends, photo ops and fun await. The more checkpoints reached, the better the chance for prizes at the huge raffle that happens at the post-ride barbecue.

Due to increased interest, the 2014 Passport to Pain will be capped at 400 riders. To register, or for course maps and more info, go to <http://www.passport2pain.org>. Passport to Pain is a fundraiser for the Vashon Island Rowing Club.

For more information, contact Nancy Foster-Moss, Ride Director: 206.372.4391 or fosmoss@yahoo.com

Larry Murante



Larry Murante’s beautifully woven stories about every day folks, set to song combine compassionate, socially conscious lyrics and an upbeat, joyful, energetic folk/rock style. Jackson Brown, Lyle Lovett, Hal Ketchum and Michael McDonald are all reflected in his music. Larry is known for his soaring, mellifluous, tenor, a strong rhythmic guitar style and an engaging stage presence.

With his third CD release, Point Of Entry, has garnered critical acclaim and

radio airplay from all over the country and parts of Europe. Larry has racked up a string of accolades in recent years, the most notable being the Grand Prize Winner in the folk category of the international John Lennon Songwriting Contest. Larry also recently won the West Coast Songwriters Song Contest and the Great American Song Contest and was a two time finalist at the Kerrville Grassy Hill Newfolk Contest.

Saturday, August 30th, 5pm, at The Vashon Golf & Swim Club.

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Island Life Hallway of Ghosts

By Peter Ray

I have been locked into a different routine as of late. My day generally begins with a plate of eggs and a cup of coffee that I carry out onto the back deck. Rather than staring into my eggs, my gaze generally migrates from the back field to the top of the row of pine trees to the sun coming up over Mount Kearsarge here somewhere near the southern middle of New Hampshire. My dad was always fascinated by “the mountain”, and given that it is a kind of bump in the road compared to what we have in the west, I can see why his excitement over seeing Rainier on a clear day made the view from the deck here somewhat pale in comparison.

I am now near the end of a garden tour around the foundation plantings of the house. This has been a bit of a chore, since aside from mowing the lawn, not much has been done here in nearly three years. It is not a nightmare, as it would have been had this house been situated west of the Cascades, but here in the rolling hills south of the White Mountains, gardens don’t go crazy as much as they slightly expand and meander. My favorite tree on the property is an Amur Maple, which I have always liked because of its shape and profusion of small blooms and large bouquets of seeds, which is where it is at at the moment. It is the seed clusters however that stand as both a fascination and a curse, since they all seem to be viable, and as a result there had been a hedge of seedling amurs along the east edge of the breakfast deck that I spent the better part of an afternoon crawling amongst with blue gloves and black kneepads while ripping roots from soft soil as I went. As with thoughts of saving some of the knick knacks throughout the house, sympathetic inklings of saving the saplings to plant elsewhere soon were subverted by my ruthless, weed killing mindset in order to just get on to yet another area. Sometimes ruthless is a good thing.

Another part of the routine involves going to Clarke’s Hardware almost everyday for various implements and accessories needed to complete the assortment of tasks and repairs: a box of brads for the paneling pulling away from the studs in the basement; a new folding saw to replace my years old one I had brought along but wound up breaking while sawing out pine tree roots that had pushed up a brick pathway. I am now a familiar face at Clarke’s, and am usually greeted with the question: “what is the project for today.” Part of the reason I like going to the hardware store is that the parking lot which sprawls from Clarke’s past the liquor store and on beyond Hannaford’s grocery to the post office is decorated with squiggles and drips of sealing tar that were laid down to repair

the ravages of winter. I’m sure that in some circles I am now known as “that guy who is always taking pictures of the parking lot”. I just can’t help it- whoever does the patching has a good hand, and the patterns and scrawls seem to be something between a southwest petroglyph and a Franz Kline or Jackson Pollock painting. I could probably spend days photographing the petroleum based patterns and calligraphy, but I have other, not necessarily better, things to do.

There is also the sorting to be done throughout the house, which I am not allowing myself to be either daunted or intimidated by. Instead, it is a fascinating journey of surprise and discovery with something new and different in every drawer and closet. I opened one drawer this morning that had black and white photo Christmas cards from the fifties and sixties which caught my attention for perhaps a little too long. One of the cabinets I opened the other day contained an old, hand carved wooden box that I remembered from years past. I picked it up and opened it, and even though it appeared empty, the particular spicy, woody fragrance that emerged and engulfed me sent me spinning backward through time to thoughts and memories of long ago. Another sensory thing I have engaged in is reviving my Dad’s old clocks. There was a time when he had them all going, and each hour and half hour were a chiming cacophony throughout the house. I was sad a few years back when I visited to find that the clocks had all become silent because he just hadn’t bothered to wind them any more, and the only sound in the house was the blaring from the Fox News channel, which generally was a lot less informative than even one clock bing-bonging the hour of the day. So, having found all the keys, I have successfully reactivated the hourly chime fest, and the tick-tocking as well as the bells has given a new life to the silent house.

Another thing I have done is open doors that I had never seen opened before. There is one short hallway between my parents’ master bedroom and the living room that was almost never used. My nephew informed me that he and his siblings used to call it the hallway of ghosts, since the only thing in there were pictures along the walls of our relatives from long ago. I have no idea who they are, but they do serve to reinforce the belief that people in past times never smiled. They are not, however, all stern, and one woman has the hint of a Mona Lisa smile just starting to happen. Some day I hope to have the time and the ability to figure out who they all are, but at the moment I have to get up to Clarke’s to get some caulking supplies, and maybe take some parking lot pictures, so that perhaps at sometime in the future somebody pawing through all my stuff will be saying to themselves: “this looks just like tar on asphalt, what the hell was he thinking?”



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Pudge Needs A Home...

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Spiritual Smart Aleck



By Mary Iuel

The Joys of Later Life

I knew a couple, both in their seventies, who lost a son to suicide. When the mother replied to my sympathy card, she said that she was sad that her son would not come to know the joys of later life.

At the time I did not know about such joys, but a few decades have rolled by since and I'm beginning to get it.

For one thing, by the time you're in your late sixties, you've had pretty much every kneejerk reaction a person can have, and you understand that drama is best left on the stage, because in real life drama is a waste of time and energy.

For another thing, you begin to make peace with mortality, your own and that of other people. Remember the first time you grasped the fact of your own expiration? What a bummer. You may have felt terror. You may have wept. You may have shivered and shuddered alone in your bed in the dark. Different people are bound to have different feelings about death, but in general I'd say they're against it.

I once worked as a chore assistant for a 100-year-old woman, whom I shall call Mildred (not her name). She was in a wheelchair, but her mind was working fine, thank you. About all she could do anymore was crochet baby blankets and tell me I'd missed a spot on the carpet while vacuuming, but she was alive and lively for all that. Her 97-year-old cousin, Gertrude (not her name) came to visit one week, and while Mildred napped Gertrude told me that some people, like Mildred, wanted to live forever.

Gertrude said, "I'm 97 and I'm ready to go any time, but Mildred just wants to go on and on." She shook her head with an air of irritation, as if to say, honestly, doesn't she know when it is time to quit?

So apparently the realization of your own mortality and your feelings about it evolve as you re-visit the prospect over the years. Perhaps as time goes on you realize, like Gertrude, that there might come a time when you are ready to rest. As you watch friends and family slip into their eternal rest, you grieve deeply, but you realize that your

time is coming, and that if all the people you knew and loved and who knew and loved you are gone, well, heck, who is left to remember those dances at the Spanish Castle (or Avalon Ballroom) with you?

Even in age, even in grief, even in physical infirmity, even knowing that there will be a last dance and you'll have to go home, you can feel the joy of being alive.

My husband passed away last year after many years of illness that ground him down. I am gradually getting used to his being gone, though I miss him terribly. He was the best company, and we shared forty years of history. I don't think the wedding vows are supposed to be a check list - you know, richer, check; poorer, check; sickness, yeah, dammit; health - it was nice while it lasted, and so on - but I think we hit most of those conditions at one time or another during our life together. When you're getting married, you're hearing the vows and saying, yeah, yeah, whatever, I will. You don't realize that those vows are covering all the things that are really going to happen in a lifetime.

But I digress. So I'm a widow now, and I'm getting old, and I don't have much in the way of worldly fortune.

And yet - when I got up this morning the sun was shining. I went out in the yard and pulled up a few feverfew plants - don't worry, they'll be back. Feverfew is a tenacious plant - and the exercise made me feel good, as well as the new unobstructed view of the flower bed. I made a cup of coffee, gave the dog her morning biscuits, and sat on the kitchen porch watching the chestnut-backed chickadees pulling seed out of the bird feeder, and I sang: "My life goes on in endless song, above earth's lamentation..."

Turns out that there are joys in old age. Turns out that grace rains down, and life bubbles up, and it's good to be alive, just because, even if you're lonely and grieving and walk with a limp and have high cholesterol and life seems too hard sometimes.

So stick around, friends. You wouldn't want to miss the joys of later life.

The Dance Club that Vashon has always needed... is here

From your friends at Open Space for Arts & Community, here's another reason to not leave the island... and still get what you need!

Presenting: club O

You don't have to spend a weekend night running in to Seattle just to find a cool place to dance. Now you've got your own place to go, club O: Vashon's own dance club.

club O is a regular monthly event, a chance for people to bust through the Friday blues and bust a move instead. The lights will be low, the disco ball will spin, and Vashonites can dance their hearts out.

Each club O night will feature a wide range of music and a full light show put on by local and off-island DJ's, bringing what they got to get Vashon dancing. Some nights will be theme nights, some will be fresh club music, some will be old school, all of it will move you!

Music starts at 8pm, Friday, August 29th and never stops until the dancers stop dancing....

And it's All Ages, All the Time.

Cover is only \$5 -- what are you waiting for?

NO EXCUSES ACCEPTED.

Open Space for Arts & Community is located at 18870 103rd Ave SW, Vashon.

Concerts in the park

Continued from Page 1

back in 1973. Engels said that Sewell owned a music store where Blooms & Things is now located.

"The band has pretty much been the same over all the years," Engels said, "except we have a bigger group of musicians to choose from now. All the seats are occupied."

When Engels was asked if he gets any special treatment for being the sole charter member still playing in the band, he said, "Yeah, they mention me every once in a while, when the old gray beards get up to play."

Portage Fill rehearses twice a month in the Williams Heating garage, thanks to the generosity of Dennis Williams, one of the horn players. "We're the Island's longest running garage band," said band member David Hackett.

There will also be several organizations set up at this show that will be on hand to talk to people, answer questions and accept donations for their services. Organizations such as Learn2Earn, IFCH, Dove, VCC, the Senior Center and the Vashon Food Bank...and a few more.



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Aries (March 20-April 19)

There's no point holding on, or stuffing your feelings down, and there is no point pushing another person. There are what seem to be competing forces in your psyche right now -- one is saying you must break free, or get control. Another is saying that you must devote yourself to healing. Either way, you need to vent some energy. You need to express your life force. And it's vital that you not allow what you perceive as the constraints of a relationship to stop you from doing that. Nobody owns you, nobody can and they never will. It's possible to convince yourself that they do, and that you don't really have any choices, and that may be a core belief that you need to address. Equally, if you feel blocked by not having anyone to share with, it'll help if you go beyond that perceived obstacle and get real about sharing with yourself.

Taurus (April 19-May 20)

Push could come to shove in a relationship, though I suggest you consider the possibility that none of this is about you. In other words, what is happening with a partner or love interest is all about them, and not about you. I don't mean to imply that they don't care, or that you don't matter. I do mean to say that you are not really the subject of their situation, no matter what it may seem. However, because so much of relating to other humans involves projecting onto others, and introjecting what others send our way, the boundary between what is mine and what is yours can get extremely fuzzy. You can try to sort things out, or you can refer to astrology, which says: don't take on what is not yours -- and at the moment most of what you're witnessing fits that category.

Gemini (May 20-June 21)

Don't panic. I mean, OK, you can if you want. If you insist. If you think it would be fun. But would it? If there is a crux of your fear, it's an especially harsh level of criticism that you may be inflicting on yourself. However, you don't look like the original source of the data. It looks like you're carrying around the self-inflicted emotional torture gene, and it's acting up. While you don't have to blame anyone, it might help to notice where this is coming from. To you it may seem as natural as holding a spoon, and it may indeed have been passed along to you from the person who also taught you how to eat. You seem to be burning up so much energy that you could make yourself unwell. I suggest you commit to expressing every drop of your energy in a positive and creative way. Don't ask how, just do it.

Cancer (June 21-July 22)

If you've been experiencing some kind of emotional or sexual blockage, you may be feeling a drive to work it out and open up. If you have not identified the theme as sexual, it's worth considering, because the astrology illustrates that vividly. It may, however, be something on a level deeper than you're accustomed to going. That is the nature of healing -- it happens in layers. We are all, as in all of us, the inheritors of the sexual pain, mistrust and frustration of the ages. For many centuries, sex has been used against the human race, as everything from a weapon of war to a tool for social control. Society's current insistence that sex be a commodity is not much of an improvement; it's the same old drama. Know that you're unraveling

something larger than yourself, but that at your core, you are yourself, with your feelings and your desires -- and that is all you need to be.

Leo (July 22-Aug. 23)

Life is a game of truth or dare, or rather, truth and dare. When you admit the truth, you're more likely to dare. This is an emotional level of alchemy. The reason the truth is so daring is because it demands action. The way this shows up in your chart, the first bold step is admitting how you feel. That will take a lot of pressure off of you, especially if you feel like the walls are closing in, or if you have no space to admit to your desire. It seems as if decisions made long ago, especially those related to your home life, are confining you. And that alone may be frightening. Yet it would be less frightening if you would practice some emotional flexibility. Here is a clue -- that would feel like losing control. It's not, exactly; what you would be losing is the illusion of control, and gaining access to a connection to flow and movement that allows you to actually steer your boat down the river.

Virgo (Aug. 23-Sep. 22)

Self-critique is not the answer to everything, nor is endless mental rationalization. You are entitled to feel how you feel. It's neither right nor wrong. If you don't like how you feel, you have two choices -- one is to understand the cause and do something about it; another is to change your mind. You can do the second without doing the first, though I would say that's unlikely. In the end, you will just have to change your mind. The problem with the analysis of cause is that it can be biased, and in this scenario, the bias is likely to be against you. The thing to remember is that you were not born in a vacuum. You entered the world through multiple strands of DNA, into one or more pre-existing family situations, and with your own personal karma. While it's true that things were done to you, in order to get to the next level, you will have to go beyond blame. Accountability is another thing, and that requires documentation, multiple viewpoints and a balanced analysis. Mostly it involves owning what is yours, and letting go of what is not yours.

Libra (Sep. 22-Oct. 23)

When people are afraid to look within themselves, usually this is associated with the darkness they expect to be there. Sometimes it seems like the whole world is in reaction to this one perceived fear -- that the inner world is a kind of nightmare. But what if the opposite is true? If you feel any aversion to looking inward, consider that what you're afraid to see is the light that's within you. It may be that the veil of self-blame is just that, a scrim that blocks your inner view, onto which all kinds of scary imagery is projected. You may find that obstacle especially frustrating over the next few days, to the point where you're ready to tear it down and see what's actually on the other side. You can trust one thing, at least -- there is another side, and what's there is different from the movie projected onto the screen.

Scorpio (Oct. 23-Nov. 22)

You know you want to let go. You seem to be holding on as a matter of will, but deeper down you know that what you need to do is let go of all the resistance in your body. This is not about letting go of your commitments,

or of your desire for some consistency in your life. Rather, it's an invitation to honor the truth that life not only involves change, it is based on change. This is true for everything from the development of an individual fetus to the evolution of a species to how we will respond to the biosphere crisis. Perhaps the single most useful, most beautiful and most potent human attribute is adaptation. You don't want to give up this power; you want to work with it as closely as you can. Change is imminent, and the truth is it can serve you very well, if you participate as its creative partner.

Sagittarius (Nov. 22-Dec. 22)

You may be wondering when your luck will run out. You're not there yet, and you have a long way to go. What I suggest you consider is when your fear will run out. You seem to have reached a limit of how much you can worry, how concerned you can be, how averse you are to taking the kinds of chances that you really want to take. It would seem that your even greater fear is allowing yourself to actually feel. This story is older than you, and it may be as old as civilization, so you don't have to take it so personally. For sure there is a family story involved, and I suggest you note the relatives whose emotions either ran below the freezing point or never seemed to drop below the boiling point. Yet what is indeed personal is that your own need to feel is exceeding your resistance. And in one burst, you may experience anything from pain to guilt to raw desire of a kind that you are often reluctant to admit to. Start with yourself. Then consider the virtue of living out loud.

Capricorn (Dec. 22-Jan. 20)

You may find yourself in a position where you need to take an unpopular position. That may be the right thing to do. I suggest however that you consider what, exactly, you're pushing back against. Do you really need to assert yourself against anyone or anything outside yourself, or do you just need to do your thing? It depends on what your goal is, which is partly about your circumstances. For example, in order to make a statement, you don't need to defend your right to free speech; you just need to say what's on your mind. That strongly implies that you have a right to do so, and you don't need to make that extra point. It seems that you want to find your distinct place in society. Therefore, do what you must, do what you want,

and don't explain yourself until someone tries to stop you.

Aquarius (Jan. 20-Feb. 19)

Others seem to repeatedly make the same mistakes, and there's nothing you can really do about it. You cannot get control over them. What you can do is take charge of your life. But rather than do this in an abrupt or aggressive way, I suggest you take the motivation you're feeling now and convey it into a longterm commitment. You know what you have to do. You know that ultimately you are responsible for your own existence. Even if there are outside factors influencing you, the quest of individual consciousness and volition seems to be about relating to them in a tangible way. That, in turn, requires a high level of awareness, and the willingness to stand up for yourself. Yet where that happens first is in your own life. It may involve a revolt against those who conditioned you to be submissive to them, at the expense of your own intentions. But remember -- this is an inner revolution, not one conducted on the phone or in the streets.

Pisces (Feb. 19-March 20)

You must have faith in yourself no matter how much your confidence annoys other people. Yet for that to work, you must maintain an unusual level of self-awareness. For many people that is tricky enough. yet there's one more element involved. You need to observe your environment with precision, while not taking on the burdens of others, or the issues they try to lay on you. And one more. It's essential not to project your material onto others. The way to accomplish all of this is to maintain a high level of inner focus while you maintain a circumspect view of the world around you. Account for your viewpoint, then notice how many other viewpoints there are. Don't confuse the two. Just because you're correct does not mean that someone else has to be wrong. Just because something appears to be true does not make you wrong. True confidence goes beyond all of that, which is why it can be such a source of aggravation to those who cannot go there. You know you can. You know it's time. And you know that faith trumps hope any day.

Read Eric Francis daily at www.PlanetWaves.net

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Thursday,
September 11**

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Friday, September 5

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Positively Speaking

Three Points Above Einstein

By Deborah H. Anderson



work, which seemed a slow and stupid thing to ask, especially when I usually didn't know how I got it, I just got it, school would have been a dismal experience if not for drama club, Acapella choir, and a hefty social life.

Thinking of myself as smart was not on the list. Only when I went to England my senior year and sat three A-Levels did I take an interest in education. I was enthralled. Followed by four years at a women's college where men were just dessert after a long week in class when I could raise my hand as much as I liked, the real world was a slam in the face after graduation.

A Masters degree achieved in a traditionally female area, Seminary, the worst, came next. My vivacious spirit and new found self respect was squashed by the professor who, in response to my questions and comments said, "Ah, but what does a woman want besides the love of a good man". Yea...really. Then there was the professor of Systematics I who when I asked if we could discuss Einstein's theory of relativity and new discoveries about time on the impact of theology and preaching responded, "Yea, if you think anyone is interested in anything YOU have to say" Indeed, two weeks before the final another student shouted loudly, "Would you tell her to be quiet! I didn't pay my tuition so I could hear what she had to say." I slunk out of the class feeling like an entire truck of wet cement was poured on me. I never returned, forfeiting the class, and my tuition payment. That single act continues to haunt me today. I did return to class to fulfill two class requirements for ordination, but I never recovered.

Until this year. Faced with homelessness and had already started eating from the Food Bank, I was going to have to use every one of those points in that number to regroup and retool. Bravely and boldly, I determined, having, to their credit also acquired a number of positive male mentors who did not understand my reluctance to put myself out there, to fire it up and lay it out. I was going to have to accept and use every God given brain cell I had.

If somebody was threatened or annoyed by it, well, so be it. They could just grow up. What athlete withdraws from the race because they are worried or want to be considerate of the flabby muscled or untuned or those who have not discovered their own gifts and talents yet? Yes, I can actually read and enjoy four books at once. No I don't have to hear the rest of your sentence to know where you're going with it -well...actually that's just Philly. That doesn't really have anything to do with my brain cells, just how they were trained to coordinate with my mouth.

And yes, I also intend to recover 'absolutely gorgeous' this year too. Full on woman. Full on smart. As I use to tell my highly intelligent oldest son, it's just a muscle. Everybody has their gift.

To the young girls behind me, I say, linear thinker or humanitarian, or athlete or artist, whatever your strength, use it all!! Shine like a star!! Enjoy!!! Tell the world. Let dealing with it be their problem, not yours. It's all a gift from God and God likes women a lot! Loves them, in fact. Be undeterred. Having it all means, relishing every ounce of who you were made to be and are today! Share it with the world.

Love,
Deborah



Inch by inch, piece by piece, I unpacked. That which had been boxed and put in storage in the Spring of 2013 was now, in the summer of 2014 being carefully placed in just the right places. It had been, to quote Eugene Peterson, a huge long obedience in a single direction.

I remembered seeing my hand going up above my head and heard my words, "Oh my God! Oh my God! Oh my God!" as I felt myself descending into the wood pile outside the West Seattle grocery store, slamming spine first into the jagged edges. October 2013. Unable to pick up my right leg upon righting myself, I was barely able to assess my injuries for the fact that running after children as a family care specialist was no longer going to be my 'save'. I lay in bed for a week, the signal gone between my right leg and my brain first in despair, then in surrender, to hear the Spirit whisper what I was to do to earn a living.

Detractors and people with a lot of scams and wrongdoing, people who had yet to learn how much God loved them and how the truth would set them free had done their very best to discredit me from earning a living. Now, it seemed they may have won. Using my early childhood teaching certificate had been the way to do an end run around them and keep my chin above the water line and do what I could to send my children in a different direction than poverty.

To my surprise and delight, two of my most faithful client families continued with me undeterred. "You are a force for good in my children lives" one of them later told me. But it wouldn't be enough. I filed for early Social Security. It wouldn't be enough either. God reminded me everything above my waist was working just fine. I'm a writer and a teacher and a motivational speaker and a musician/singer. There was going to be plenty to work with if I continued to work hard.

Finally, I realized I was going to have to acknowledge that which I had discounted and underused my whole life for various, what seemed to be, good reasons. I was going to have to use my brain.

Much has been made recently of encouraging young girls into Science, Technology, Engineering and Math. STEM. Like title IX, years ago, which encouraged female athletes, these new invitations are meant to support girls and young women with bright linear minds in using their natural resources to positive effect.

When I was in Junior High, I was told a number, by my mother after a bunch of testing. I've lived in conflict with that number my whole life. Out of that experience I ask a genuine question. Is the world really ready for, does the world really want, smart women to start taking the lead?

There are physical differences between the brains of men and women. Y Chromosomes' brains don't jump the hemisphere's the way X chromomes' brains do. Women can operate from their head and heart at the same time. It means women can be type B people sitting easy in the saddle while riding life, yet have type A thinking making very fast connections and coming up with very solid solutions.

The number I was given meant nothing to me until I was in my late thirties. My mother prompted me, immediately after disclosure of the test results, that, "You must always remember when to hide your intelligence around boys and men." She didn't even tell me why.

With a "C" average when you mixed in the A's, B's and D's depending on whether I was interested in a class or not, bored because they always wanted me to show my

Painter-Filmmakers focus road trip documentary on seeing art in the everyday



Vashon Film Society presents a screening of "SEE: An Art Road Trip" on Friday, September 5 at 9:30 pm at the Vashon Theatre. The film is a documentary joy ride traveling through the American landscape with two painters as tour guides.

Bo Bartlett, an internationally recognized realist oil painter, collaborates with his encaustic painter wife Betsy Eby in capturing images of iconic American land art sites and visiting art world luminaries and historic art studios. Bartlett and Eby live part-time on Vashon, but the artistic duo is spending most of their year in Georgia now since the establishment of the Bo Bartlett Center at the College of the Arts at Columbus State University.

"SEE: An Art Road Trip" was filmed over seven years and documents the married pair's travels to American land

art sites, from Spiral Jetty in the Great Salt Lake to Mount Rushmore, as well as historic art studios and art world luminaries like Andrew Wyeth and his famous model Helga.

Bartlett and Eby were intent on conveying their philosophy that "art is everywhere, you just have to open your eyes to see it." When Bartlett unexpectedly begins to experience real-life vision problems during the road trip, the film's story evolves from its focus on beauty and art to an existential meditation on seeing art in the everyday.

The September 5 screening is part of Vashon Film Society's First Friday Art Film series which coincides with the monthly Gallery Cruise. The documentary occurs at 9:30 pm at the Vashon Theatre, runs 75 minutes, and admission is \$7/all ages.



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Island Epicure



By Marj Watkins

Huzzah for Hamburgers!

You could make a package of ground lean beef or bison into meat loaf, but then you’d have to heat up the oven. and the weather is seldom cool enough for that yet. You could grill the meat at a picnic as burger filling. But evenings have cooled off quite a bit, and we’ve even had some showers and rainy nights as I write this for you to read near the end of August. Can you remember back from present global warming to when we sometimes got frosty morning in late August?

It is cool enough now to cook in my kitchen. The other night for my grandson James and me, I made hamburgers like these, using half a pound of the leanest ground, grass-finished beef. You could use ground bison, turkey, or chicken.

- Beef or Bison Burgers
- Makes 3 or 4
- ½ lb leanest ground beef or bison meat
- 1 teaspoon salt or to taste
- 1/3 teaspoon coarse-ground black pepper
- 1 teaspoon finely minced garlic or ½ teaspoon garlic granules
- ½ teaspoon crumbled sage
- 1 teaspoon dried crumbled oregano or 1 Tablespoon fresh oregano leaves
- ¼ cup water or ¼ cup each water and burgundy wine

Mix well with fork or wooden spoon. Add ½ cup oatbran ¼ cup olive oil or bacon grease Mix in the oatbran. Heat the oil or grease in a wide skillet. With a heaping tablespoon put blobs of meat mixture in the hot pan. Gently, though. You don’t want grease to splatter and burn you. Flatten and shape to the size of your hamburger buns.

Cook on medium high until browned on underside. Flip. Reduce heat. Cook on, until there’s no pink left inside any of the meat patties. An instant read thermometer should come up to 170 degrees. This is to insure that all the bacteria the meat picked up in being ground and worked with by butchers and cook get fried or grilled to death.

To assemble the burgers, tear off the top three or four inches of as many dark great or “red” lettuce leaves as you have buns. Cut the same number of beefsteak tomato slices. Assemble mustard, ketchup, mayo, a small dish of sliced pickles, a platter of cooked meat patties, another of big tomato slices and lettuce leaves, and another of halved whole-grain hamburger buns.

Let each diner assemble his or her own hamburgers, choosing the accessory ingredients of their desiring.

If it’s a warm enough evening to grill the burger patties outside, enjoy them in the fresh air. If the weather turns cold or rainy, serve them indoors as an easy buffet supper. For desert may I suggest diced nectarines, peaches, or blueberries with spray-on whipped cream or raspberry or strawberry ice cream decadently drizzled with melted bittersweet chocolate? (If uninterested in gaining weight, you might skip the dessert except for the fruit.)

Intermittent Fasting the Healthy Way

By Kathy Abascal

Right now, the 5-2 and similar intermittent fasting diets are popular. On the 5-2 diet you semi-fast two days out of the week by limiting calories to 500-600 per day. You eat “normally” the other five days. I’ve been asked if intermittent fasting can be combined with the TQI Diet in a healthy way. I think it can.

Most cultures and religions favor occasional fasts because they offer a temporary reprieve from overindulgence for both the body and the mind. Unfortunately (at least in some respects), we live in a very different world than our ancestors did. Humans today are walking containers of many toxins (DDT, DDE, PCBs, PBDEs, and dioxins, to name a few) that interfere with optimal health. Many are found in our blood because we pick up new ones as fast (or faster) than we get rid of old ones. Most toxins, however, are tucked away in our fats cells because we cannot excrete them efficiently. These stored toxins are periodically released, recirculate, and then are put back in a fat cell. Whether we are slender or fat, we all have toxins both in our fat and blood cells.

When we go on a complete fast, a stringent detox regimen, or severely cut calories for a while, we burn fat for energy. In the process, we momentarily add to our circulating levels of toxins, increasing our exposure to chemicals that disrupt health. These toxins do much of their damage by generating free radicals.

On a complete fast, you increase circulating toxins but do not have the antioxidants needed to prevent free radical damage because you are not eating food. As well, if you cut calories for longer than 24 hours, you start to use muscle tissue as fuel. Simply put: A complete fast in today’s world burdens rather than aids the body. The fast does not increase your ability to excrete toxins, you simply increase their ability to do damage.

Most detox and cleanse products on the market are equally problematic. None of us (whether fish, grizzly bear, cow, or human) can quickly detoxify many of these chemicals. Once in your body, their excretion will not be sped up no matter how much fiber you ingest or how many laxatives you take. Instead, the laxatives disrupt your intestinal flora, inflaming your body and adding to the stress of a calorie-cutting regimen that seldom includes adequate amounts of real, antioxidant-rich whole foods.

In today’s world, we need to take into account the heavy body burden toxins create. Our toxin levels are high and will continue to increase as new chemicals are brought to market. Rather than fasting and cleansing, we need to eat to help our bodies cope. We do this by

eliminating sugars, chemicals, alcohol, poor quality animal products, and food triggers to the greatest extent possible. Instead we want to load up on antioxidants by eating dark leafy greens, colorful vegetables, and other plant foods. As well, we avoid prolonged reductions in calories below what our body burns. And more than anything, we need to quit thinking that we can eat poorly from time-to-time because we can “fix” any damage done with a ritualistic fast or cleanse. A colonic and a juice fast are not going to eliminate toxins nor will they necessarily mend a damaged cell. There are no quick fixes.

Intermittent partial fasts can have a different effect if combined with a TQI approach. As long as you get your 500 calories from vegetables (raw, steamed, or roasted) and begin your day with a little plant protein, such as a miso soup with a little tofu or beans, you will be eating proportionately and will do fine. These foods will provide your body with the antioxidants it needs to help deal with increased levels of circulating toxins. And, given that you are only cutting calories for at most a 24-hour period, you will not be depleting your muscle tissue to keep you going.

To be healthy, your fast days should not include fruits, juices, sugars, fats, oils, animal products, alcohol, protein powders, and/or chemicals. To



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.

get the antioxidants your body needs – and to maintain your intestinal flora – your limited calories should come strictly from vegetables with a little plant protein for breakfast. As well, your “normal” days need to continue to be filled with healthy foods. Do not use your fast days as an excuse to eat the “wrong” foods the rest of the week.

I suspect that few are going to want to do intermittent fasting for long, but done properly, a little intermittent vegetable-only fasting may well jump start your metabolism while keeping keep your flora happy. It also might just reset your taste preferences so that healthy food on “normal” days tastes both richer and more satisfying. As a result this approach, used periodically, might be quite interesting.

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The Island Jazz Quintet

The Red Bicycle Bistro & Sushi will be shining its spotlight on one of the most innovative jazz bands in the Northwest, the Island Jazz Quintet. Meeting and growing in a place that is the antithesis of bright lights and glamour gave the band a chance to develop its style in peace. That style combines improvisational jazz, bossa nova, and a smoky hint of cabaret in distinctive arrangements that lead Victory Review to note, "Vashon Island boasts a group worthy of national attention. This group would be right at home in a New York cabaret."

Island Jazz Quintet released its third CD, "Who Knows," to a standing-room-only crowd at the Crepe de Paris in Seattle. This collection of originals and colorful arrangements of standards immediately began receiving national and international airplay. "This is one of Washington state's best jazz ensembles... Just listen to the personal touches and humor the band adds to 'What a Little Moonlight Can Do,' to see that this is a group that should be selling out shows all across the country." -James Rodgers

The band came into being in 1999. Early jam sessions in a cabin in the woods led quickly to regular gigs and a desire to record. The band released its first album in 2001, a self-titled collection garnering local airplay and critical notice.

IJQ features Maggie Laird on vocals, Richard Person on trumpet, Michael Gotz on guitar, Todd Gowers on bass and Todd Zimberg on drums.

IJQ was in full swing by 2004 which saw a second CD release, "Youkali." The title track is a lesser-known Kurt



Weill piece, a French-Arabian tango featuring some smearing trumpet and a sensual vocal. This disc turned up on radio play lists all over the country. The sound was evolving; standard polish gave way to more potent statements, more

originals, and more atmosphere. This is a free show and all-ages 'til 11pm, 21+ after that.

Saturday, August 30, 8:30pm
At the Red Bicycle
17618 Vashon Hwy SW
206-463-5590
www.redbicyclebistro.com

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



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
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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,

Fendershine



Fendershine is a Puget Sound rock band whose music spans a gamut as wide as the corners of the country from which its members hail. Arkansas swamp rock, Minneapolis post-punk pop, Bay Area psychedelic doo-wop, Boston folk-punk and Idaho panhandle prog-metal have been stirred up in the artistic, Pacific Northwestern mixing bowl of Vashon Island. Searing guitar and fiddle leads layered with electric and acoustic guitar rhythms are poured over a plateful of chunky grooves and topped with a smooth sauce of rich vocal harmonies. The 'shine's music will take you to a place as familiar and satiating

as a greasy truck stop breakfast after an all-nighter.

Fendershine is Eric Frith (lead guitar, vocals), Rick Vanselow (guitar, vocals) and Kim Thal (violin, vocals), plus a rhythm section new to the lineup this year, Ellen Parker (bass, vocals) and Stephen Buffington (drums, percussion). Their EP, "Rise and Fendershine," is available at Fendershine.bandcamp.com

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

Friday, September 12, 8:30pm
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Send To: Editor@vashonloop.com

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It's a great time to get back in the Loop.
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Next Loop comes out September 11

Allison Shirk on the patio



Join Allison Shirk on the patio at the Vashon Island Golf & Swim Club for live original music and heart-felt cover songs. Friday, Sept. 5th 5:30pm

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 ending on Sunday, August 18th.

The Total Experience Gospel Choir is coming to Vashon Island Community Church

“The Total Experience Gospel Choir ... is hailed as one of the Pacific Northwest’s finest soulful ensembles” and they have taken their heavenly voices across the nation and internationally. We are again excited to be hosting this annual fund raising event for The Bailey-Boushay House, a nationally recognized facility offering inpatient and outpatient programs for people living with HIV/ AIDS. Their mission is to provide exceptional care to people with HIV disease, promoting their health, well-being and functional independence. The show is being produced by Shade for the Children, “Making a difference in an indifferent world.”

Doors open at 6 pm, Saturday



September 13 for refreshments, the performance starts at 7pm

Vashon Island Community Church
9318 SW Cemetery RD

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.

This week, we bring you local musicians Rebekah Kuzma and Andy James.

Coming up later this month:

Thursday, Sept 11th: Annalise Emerick (all the way from Nashville!)

Thursday, Sept 25th: March To May

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

Brought to you by Vashon Events and The Hardware Store.



Daryl Redeker



Saturday, September 6th, 7-9pm, Snapdragon is pleased to bring you live music in the courtyard on Saturday nights. Stop on by for some wonderful music, delicious food and tasty beverages!

On Saturday, September 6th, we bring you Daryl Redeker.

Daryl Redeker is an Island musician of exceptional talent who has been writing and recording since the early 1970’s. He has released eight albums, which received extensive airplay in the Northwest and has opened for such well-known acts as Jose Feliciano, Phoebe Snow, Kenny Rankin and John Denver. In recent years, Daryl has turned his attention to teaching guitar. Daryl’s love of music and his ability to interpret a wide variety of musical styles makes him a dynamic and effective teacher.

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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

Live Entertainment
August 30, 8:30pm
The Island Jazz Quintet


September 5, 8:30pm
Danny Newcomb & Carrie Akre

September 12, 8:30pm
Fendershine

September 19, 8:30pm
High and Lonesome


17618 Vashon Hwy SW
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www.redbicyclebistro.com

Starts Sept 5
Boyhood



The life of a young man, Mason, from age 5 to age 18.

Starts Sept 5




Guardians of the Galaxy continues until Sept 1st

Shakespeare coming, Sept 20th
"Two Gentlemen From Verona"

Vashon Theatre
17723 Vashon Hwy
206-463-3232
Call for Times

For show times and info check www.vashontheatre.com



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Deadline for the next edition of *The Loop* is
Friday, September 4

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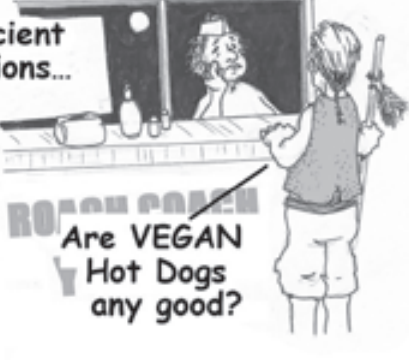


BY Jeff Hawley


STONEWALL PIVOTER - Island Mystic and prognosticator is called from his lofty aerie where animalcules and wee beasties emerge from great building timbers and lupines play with spinning, flying orbs. Stonewall Pivoter has been tasked with organizing the 2015 NATIONAL SOOTHSAYERS, HARBINGERS, FORTUNE-TELLERS, AND PRESAGES Annual Convention. ...but first, he seeks enlightenment and answers




...to ancient questions...




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HAPPY BIRTHDAY, DAVID!