

## KVSH 101.9FM to Air Monday, October 13

Voice of Vashon will make history at 7am on Monday, October 13 when KVSH 101.9FM begins broadcasting. It will be the first new community FM station to go on the air in the Puget Sound Region.

"We're proud to announce this wonderful news" said Jean Bosch, President of Voice of Vashon. "It was a big deal when we won FCC approval to build the new FM station on February 21 of this year, and now we will actually say live on the radio 'This is your community radio station KVSH 101.9 FM, Vashon Island'."

Fifteen years ago a small group of visionaries, including the late Bill Morosoff dared to dream that Vashon could have its own live radio voice. Now, after generous donations have come in and thousands of volunteer hours were contributed by Islanders, that dream has become a reality.

"This effort has come such a long way since we got started" recalls Jeff Hoyt, one of the pioneers at Voice of Vashon, current board member and KVSH Program Director. "Who would ever have believed when we began that we would have the emergency alert service, a TV station, dynamic website and now our own community FM radio station."

According to Steve Allen, a veteran broadcast engineer and longtime VoV volunteer, "We have built the transmitter, installed the 35' mast and antenna on top of the District 19 water tank just south



of town and acquired other equipment needed to put the station on the air."

VoV's team of volunteers have successfully tested the FM signal several times, indicating that many Vashon Islanders will be able to hear the station at home, at work and in the car. However, the Island is hilly and Vashon is limited by the FCC to a low power transmitter, so it will be impossible to cover the Island 100% with one signal. "Our transmitter equipment tests show the signal is heard loud and clear across much of Vashon-Maury Island." says VoV vice-president Rick Wallace. "There will be some shadowed areas on our Island of hills and valleys so we are designing a smart phone app for reception in these places."

*Continued on Page 4*

## Comedy Night with Heneghen

Friday October 24, Comedy Night returns just in time for you to not care. Oct 24 is National Taking Care of Business Day and we plan on celebrating, big time.

Your host, Steffon Moody, will take your money at the door, show you to your table, cook your dinner, rub your feet and then jump onstage and serve up that melt-in-your-mouth cerebral/physical comedy you have come to expect. If that is not Taking Care of Business, then I don't know what I'm talking about.

"Who else will be performing?" It seems like that is all anyone talks about. Answer: Kevin Kim-Murphy. Does Kevin Takes Care of Business? Indeed, that is all he does; he applies himself to Business like a hammer applies itself to a nail. He is now applying himself to comedy and we couldn't be more scared and happy.

The rumors are true; Pearce Cobarr has recently completed her PhD in Taking Care of Business School. You think you are so smart and that you know everything, well guess what? You are dumb and you know nothing. Thankfully Dr. Pearce is here to pour some funny stuff into your headholes.

Jonathan Laine was specifically bred by old witches to succeed at Taking Care of Business. Their centuries-old plan was meticulously executed and now, with the fate of humanity hanging on every punchline, can he fulfill The Prophecy? The Prophecy that says "Business shall be Taken Care Of"? No pressure, dude.

You know how ninjas will sometimes sneak into the White House and write new laws? [editor's note; fact check needed for that last sentence] Well, that's a lot like how Andy Royer Takes Care of Business. Everybody is so minivan-latest tragedy-glutensomething-weather obsessed that they don't even notice that the frozen burrito they were looking for was right in front of them the whole time. And that Andy already ate it. Could you do that? Not in a million years.

Dan Green is still in high school, but if



he were in college he'd definitely be majoring in.....wait for it.....English! He just seems like an English major. He also seems like the uppest commingest up-and-comer on our blindingly bright comedy scene.

It cannot be denied that several very important regions of Jim Farrell's brain do not work well, but that may only be because all of the blood is being shunted to the grossly inflated Taking Care of Business Cortex. MRIs show that Jim's comedy lobe is in the exact shape of a rubber chicken.

And on top of all that, we have a real treat for you. Our headliner, Heneghen, has been in the finals of the Seattle International Comedy Competition more times than he cares to remember. He is one of the rare comedians that can light up your funny center every night of the week with a completely different show. He's been at this for over twenty years and he keeps doing it because he's good at it, and he's good at it because he loves it and he loves it because when you Take Care of Business as well as Heneghen does you can't help but bask in the warm, fuzzy glow of love and laughter.

Show starts at 8 pm, Friday, October 24th and contains mature content that will likely hide inside the brain of children, confusing them until one day they explode.

## The Road to Resilience Update

I owe you an explanation and an update on Transition Vashon. I haven't heard, for some months now, from the 3 or 4 people that were still part of the group, so I'm assuming that it is in hibernation. I say "in hibernation" rather than dead because most all of the ex-transitioners are still believers and are involved in transition projects, such as the Time Bank, Tool Library, Food buyers club, and Seed Savers. When we started about 5 years ago, we were hoping to get Vashon excited about making a plan to adapt and transition into a low energy future. The fact was, there were already several groups on Vashon that had been working on transition type projects for several years, most notably, Sustainable Vashon, VIGA, and Wisenergy, later, Greentech, Community Solar, and Zero Waste Vashon. We also have innovative online services like Freecycle, VashonAll, and VashonList that help us connect needs with resources. In addition, over the last twenty five years or so, many non-profits, such as Vashon Household and the Food Bank, have formed to fill in the gaps left by an economy that is more interested in the accumulation of wealth than in the general welfare of the people. We can't retool the economy from our perch here on Vashon, but we can certainly localize more and keep our

By Terry Sullivan,

money circulating here. Our two credit unions are most welcome additions. Suffice it to say that we have some good things happening here.

The transition model seems to work best in communities that have not begun to build resilience and self reliance into their local economies. We were in an awkward position here because we could hardly lead a parade that left the gate an hour earlier. What we do bring to the table and is badly needed are 1) a sense of urgency, and 2) the need to come together as a community to create a comprehensive energy descent plan.

The sense of urgency revolves around the likelihood of current carbon emissions locking in unacceptable levels of warming 20 years in the future, and the probability of reaching global peak oil production in the present time. We're already seeing the effects of climate change, more and sooner than expected. The threat of peak oil production, although still valid, has been obscured considerably by the move into exploiting second tier oil sources like oil shale and tarsands, and new extraction technology, i.e., fracking. These new extractions have lulled us all into the belief that there are endless supplies of fossil fuels yet to be accessed as we develop new

*Continued on Page 7*

## National Theatre Live A Streetcar Named Desire

The fastest-selling production in the Young Vic's history, Tennessee Williams' timeless masterpiece A Streetcar Named Desire will be broadcast live from their London home by National Theatre Live. With Gillian Anderson (The X-Files, The Fall) as Blanche DuBois, Ben Foster (Lone Survivor, Kill Your Darlings) as Stanley and Vanessa Kirby (BBC's Great Expectations, Three Sisters at the Young Vic) as Stella.

As Blanche's fragile world crumbles, she turns to her sister Stella for solace - but her downward spiral brings her face to face with the brutal, unforgiving Stanley Kowalski. Visionary director Benedict Andrews returns to the Young Vic following his Critics' Circle Award-winning Three Sisters.

A Street Car Named Desire is part of the Vashon Theatre's "Stage to Screen" Series. This collection of performances is filmed in front of a live theatre audience at various Broadway and London Performance houses. They are shot and recorded in high resolution giving the audience the best seats in the house! In addition to Nation Theatre



Live, we also have scheduled performances with Bolshoi Ballet and Royal Shakespeare Company for the 2014/2015 season.

Sunday, October 12th at 4:00 pm  
Thursday, October 16th at 8:00 pm  
General \$20, Senior/Student/Child \$18, Advance Group Sales of 20 or more \$15  
Tickets at the Box Office and VashonTheatre.com





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National Theatre Live:

Street Car Named Desire

Oct. 12 @ 4pm, Oct. 16 @ 1pm

GreenTech- Community Cinema

Womens Way Red Lodge

October 14th at 6pm

Vashon Theatre

17723 Vashon Hwy

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Call for Times

For show times and info check  
www.vashontheatre.com

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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.

### Writing Class

The Living Room Workshops: Caring about the Reader  
Junot Diaz said that a reader is a writer's greatest friend. In this two day prose focused class we'll explore this question: what does it mean, as writers, to care about the reader? We'll consider how to make it apparent in our writing that we know that the reader is there while not limiting our own vision. Meets October 25. To enroll visit [www.thelivingroomworkshops.com](http://www.thelivingroomworkshops.com)

### Marijuana Anonymous

Marijuana Anonymous, Presbyterian Church  
Fridays 7 pm"

### Free Bulb Seminar

It's time to plant bulbs, but how and when? Attend this free workshop and learn about when to plant different bulbs, soil and fertilizer mixes, how deep to plant. Get ideas on stunning bulb combinations. Saturday October 18th, 11:00 am at The Country Store & Farm. Questions? 206-463-3655. 20211 Vashon Highway SW.

### Water District Meeting

Water District 19's next regular Board Meeting set for Tuesday, October 14th, 2014 at 4:00 PM here in the district's board room. 17630 100th Ave SW.

### Harbor School Hosts High School Preview

Do you know which high school your child will be attending? Do you want to know what commuting off-island is like? Or how many AP classes might be available to your soon-to-be high school freshman? Want to learn more about scholarship opportunities, financial assistance, and extracurricular sports & clubs?  
Representatives from several high schools (public and independent) will be visiting Harbor School on Monday, October 27, from 7 - 8:30 PM, to answer questions and provide information on their schools. If you are a current 7th or 8th grade (or parent of one), you are invited to attend Harbor School's High School Preview event.  
Meet representatives from Vashon High School, Annie Wright School, Charles Wright, Bellarmine Preparatory, Seattle Lutheran High School, and Northwest School!  
This event is free and open to the public. Refreshments provided!  
Where: Harbor School - 15920 Vashon Hwy SW  
When: Monday, October 27, 7-8:30 PM

### 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, October 14, 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 progress; The Healthcare Movie; You name it.  
Questions: Melvin Mackey, Secretary, (206) 463-3468

### Healer and Artist Erika Rado

Vashon Intuitive Arts welcomes Intuitive Healer and Artist Erika Rado from Bellingham, for an all-community event October 25th, 11-2pm. Come be part of the wave of healing and peace. Adults suggested donation \$20. Ages 5 and up welcome. Group-centered healing and Q&A Channelling. FB: Spirit Bird Intuitive Arts; Blog: ErikaRado.me. Contact VIA for event information: 206-463-0025.

### Vashon Drum Circle

Join Buffalo Heart, the big community drum, and members of the Vashon Drum Circle, Friday, October 10th, 7-8:30 PM, at Vashon Intuitive Arts. This free monthly gathering, open to all ages and abilities, is sponsored by Woman's Way Red Lodge.

### VMICC to kick off new planning effort

Dear friends, neighbors, and fellow islanders,  
By invitation of the VMICC, members of the King County comprehensive plan development staff will be joining us on Monday, October 20 at 7 PM to discuss our existing town plan and how we can update it for presentation to the King County Council for entry into the 2016 comprehensive plan. Our King County government has demonstrated an interest in keeping the concept of local plans part of the comprehensive plan, and has even commissioned staffers to assist one of our sister communities, Skyway/West Hill in their current plan development. It sine intention of the VMICC to seek similar assistance with developing an update to our current plan, and this meeting will be the first major step in that direction.  
The meeting will serve two purposes:  
First, to provide information to common questions regarding the comp plan and town plan. Questions like, why do we need a town plan? What elements make up such a plan? Could we have an island plan? How do we update our plan? These and any other questions you may have will be answered by experts.  
Second, the meeting will serve as a launching point for what we hope will be a new kind of town plan committee, one tasked not merely with developing a town plan, but planning an engagement process to use current communications technology like social media and polling sites to engage a representative cross section of Vashon-Maury Island residents. Our goal is that many residents take part in at least some portion of the process, and that the results represent their input and wishes.  
We are reaching out to many individuals and groups to attend and help us get this important process started, and to begin attracting broad range of constituencies to be represented in the final product. Please join us on October the 20th at 6:30 PM, McMurray multipurpose room. And if you know of others who might be interested, please invite them.

Thank you,  
Vashon Maury Island Community Council

### Vashon Social Dance Group Monthly Dance & Lesson

SATURDAY OCTOBER 18, 2014  
Vashon Social Dance Group Lesson & Dance  
Ober Park Performance Hall - 17130 Vashon Hwy SW  
(Vashon Park District Office Building)  
Saturday OCTOBER 18, 2014  
7:00 - 8:00 pm Country Two-step lesson  
Lesson with Candy and someone willing to assist...  
8:00 - 9:30 pm Dancing to deejayed music provided by Me  
No partner needed. Come and bring anyone interested in dancing!  
Suggested donation: \$10 for either or, both lesson and dance  
No one turned away due to lack of funding. Join Us!  
Hope to see and dance with you then.

#### The Vashon Loop

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# Free Bilingual Preschool for Income Eligible Families

The Vashon Island School District (VISD) has received a highly sought after grant from Washington State’s Early Childhood Education and Assistance Program (ECEAP) to start a free Spanish/ English bilingual preschool for three to four year old children whose families are income eligible. The program, called Mi Escuelita Preschool, will have its first day November 4, 2014 and is currently accepting applications to fill 20 spots. The preschool hours will be Monday through Thursday, 9am to 3:30pm at Chautauqua Elementary and follow the school district calendar.

For nearly a decade, VISD Director of Instructional Services, Roxanne Lyons, has sought the grant only to be turned away as ECEAP had a hold on funding. That changed this past June when Lyons placed her annual phone call to their office and received word that ECEAP was accepting grant requests.

“We are beyond thrilled with this news,” said Lyons. The pool of applicants for the grant was competitive. Lyons believes that VISD’s proposal to use the funds to create a bilingual program, a groundbreaking model for ECEAP, played

a role in landing the grant.

Lyons is passionate about the link between high quality preschool programs to a child’s success in later years. A report published by the Foundation for Child Development (Investing in Our Future: The Evidence Base on Preschool Education) suggests that attending a preschool program has, ‘...long-term effects on important societal outcomes such as high school graduation, years of education completed, earnings, and reduced crime, and teen pregnancy...’

The program has room to fund 20 three and four year old children, providing meals, medical and vision screening, and family support in addition to instruction. Lyons explains, “The family income must be at 110 percent of poverty level with consideration also given to children who are homeless, in temporary housing or in foster care.”

The dual language program will have learning take place half of the day in English and half the day in Spanish with an emphasis on Spanish culture wherever applicable. According to Lyons, dual language programs foster biliteracy and academic achievement through instruction

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# Open Space for Arts & Community proudly presents the Cider Fest Stomp and FLY FRIDAYZ



*The Great Divide photo by Pete Welch*

We get a yearning every fall here at Open Space, an itching in our feet and a jiggle in our legs, and we start to hear the imaginary strains of something we need to move to – and we know it’s time to dance. So we are pleased as punch to welcome The Great Divide and the Jeff Kanzler Band to the Cider Fest Stomp on Saturday, October 11! You can wrap up a fantastic 2014 Cider Fest at Open Space, and kick up your heels on Vashon’s biggest dance floor, to music from our island’s favorite musicians.

The Great Divide is a Vashon institution. This all-islander band was formed in the early ‘80’s and played locally for many years before hitting the ‘big time’, touring with blues guitar great Elvin Bishop. We got to talk with Loren Sinner about how the early days of The Great Divide, and he shared just how groundbreaking it was.

“When the band got going, it was the biggest deal around – there was no other band like this on Vashon. Everywhere we played, it was packed. Now there’s an upswelling of music on the island. But when The Great Divide formed, it was the first Vashon band made up of all islanders – it was very grassroots. And then we took it to a level none of us expected.”

In 1987, The Great Divide won the Marlboro Country Music Talent Roundup, with a \$5,000 grand prize and the privilege of opening for Alabama, The Judd’s and George Strait in the Tacoma Dome before a crowd of 20,000. They have opened for Asleep at the Wheel, Charlie Daniels, and many other acts, playing a mixture of country rock, Texas swing, and straight up rock.

Loren said, “We really play crossover music – country-based rock and roll. We like to do songs not everyone does, B sides and ones that are hard to find.”

“In 2002 we thought ‘let’s try this again’ – and we played, at it was great. Then we took another few years break and played around 2005. So playing now is a

big reunion for us. Two of the six of us live off-island now – Jerry Wilkes, our fiddle player, lives in Yakima, and his fiddle is a big part of our sound. And Bob Goring, his voice is probably the most important piece of the band.”

Opening for The Great Divide is The Jeff Kanzler Band. Jeff released Black Top Road (currently available on iTunes) to critical acclaim and extensive airplay in the US and Europe. Called “a jaw-dropping set of beautifully crafted country-folk” by Don Yates, Program Director of KEXP, Black Top Road was among KEXP’s Best Top 10 list of 2007 Americana releases. Dan Macintosh of Indie-Music.com said, “If you’re looking for the next big alt-country thing, Jeff Kanzler might just be the one. His rough-edged voice only makes his songs that much more believable. Much like Ryan Adams and Jeff Tweedy (Wilco), Kanzler uses a natural world-weariness to his advantage. His songs are generally sad, but rarely downright depressing. The important thing is that he comes off authentic from start to finish.” Black Top Road reached #4 on the Euroamericana chart (playlist rotation ranking reported by 140 stations across Europe).

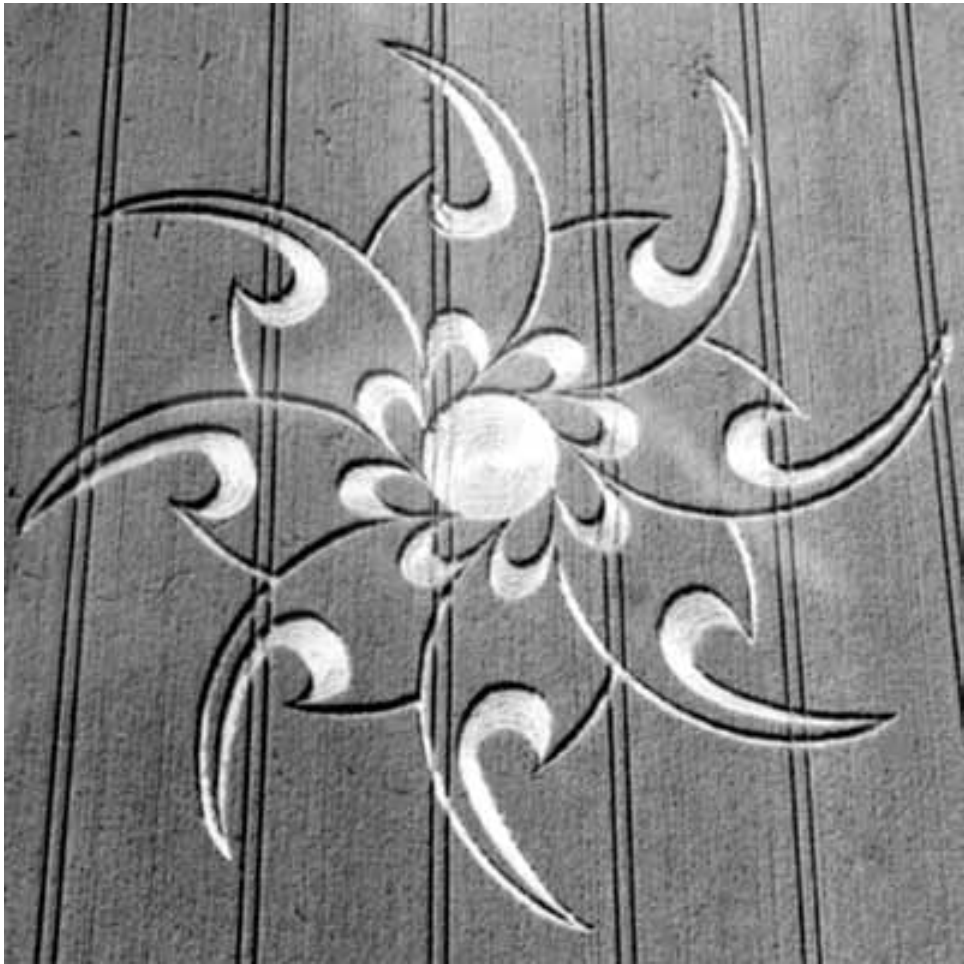
Then Jeff implausibly set down his guitar and has rarely picked it up since.

Now, with a new 12” EP entitled PILLS FOR TWO crawling towards a release date (it’s at the vinyl pressing plant now) and a local band comprised of veteran Vashon musicians Dianne Krouse, Dan Bruce, Kevin Almeida and The Great Divide’s Loren Sinner, Jeff’s guitar is happily back out of the case.

The Cider Fest Stomp brings together two fantastic Island bands, full of our favorite musicians, at the end of a great Island day, to share fantastic music and have some serious fun. Loren says, “Sandy Silagi will be doing dance lessons at the start of the night, and we’ve worked out a whole dance set – country line dancing, all

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# Crop Circles Talk and Slide Show



By Richard Rogers

The enigmatic subject of crop circles will be the focus of a talk and slide show presentation at Vashon Intuitive Arts. Crop circle enthusiast and former Vashon Islander Mark Schrader will be speaking on his five summertime visits to Wiltshire, UK between 2008 and 2013 to experience the crop circle phenomenon.

The origin of these formations in the grain fields of southwestern England remains an unresolved mystery despite attempts to ascribe them to hoaxers or extraterrestrials. There will be intriguing aerial and ground photos of crop patterns visited by Mr. Schrader, supplemented by additional photos and other illustrative material.

The presentation will be Friday, October 17 at 7:00 PM at Vashon Intuitive Arts, 17331 Vashon Highway SW. The event is free and donations are welcome to pay for the space. For info contact Mark Schrader at 360-452-6240 [peakaview@msn.com](mailto:peakaview@msn.com) or VIA at 463-0025.

# KVSH 101.9FM to Air Monday, October 13

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Programming for the new station will reflect Vashon’s unique character. “Morning Scramble will be live week day mornings and there will be new comedy programs, shows about community issues, and music ranging from Celtic to R&B, Jazz, Hip Hop, Chamber Music, World Fusion and beyond.” says Hoyt.

In anticipation of putting KVSH on the air, the VoV broadcast team has redesigned and rebuilt the Sunrise Ridge audio production studio to better serve live programming. They have added and improved the space and are installing state of the art broadcast equipment.

A VoV KVSH app for smart phones and tablets will be available soon, making it possible to listen to KVSH

101.9FM and 1650AM alerts locally and anywhere in the world where there’s cell or wifi service.

Station Manager Susan McCabe expresses the enthusiasm shared by the VoV board, staff and volunteers. “We are very grateful that so many of our island friends and neighbors share our vision of an FM station for Vashon-Maury Island. We are encouraged by the many new ideas Islanders are bringing to KVSH says McCabe. “It’s incredibly exciting. Those of us who’ve worked hard for this radio dream are simply amazed as we see our dream coming true.”

To follow the station’s progress and to download the free VoV KVSH app, visit [VoiceOfVashon.org/KVSH](http://VoiceOfVashon.org/KVSH).

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# Island Life

## A Pool for All Seasons

By Peter Ray

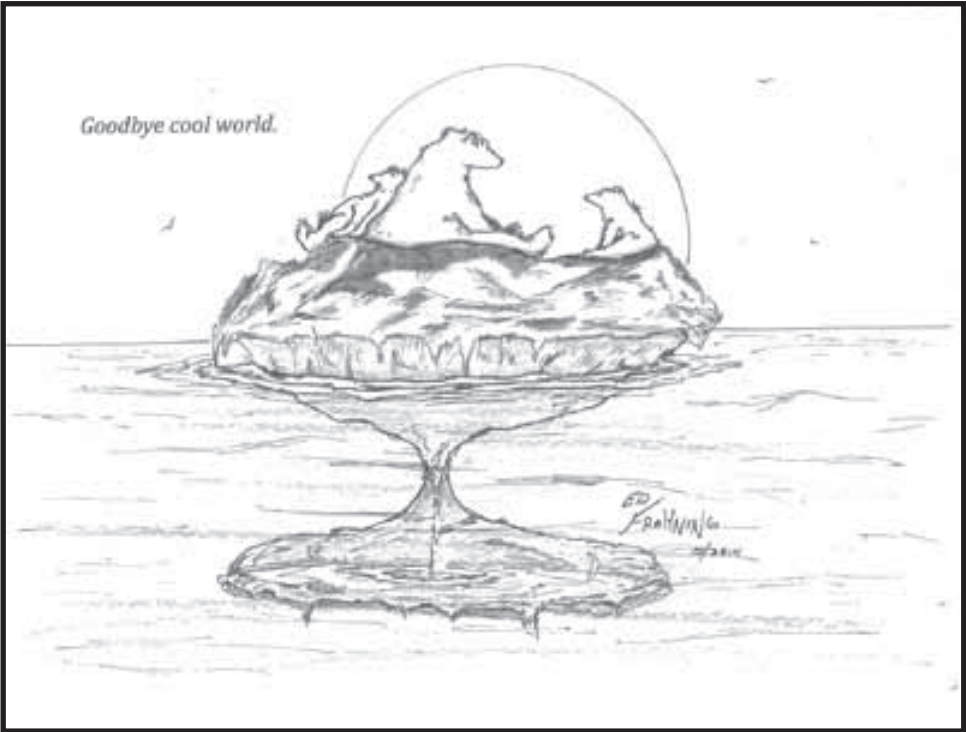
I don’t know about you, but I’m sick of my family at the moment, and since nothing of consequence is happening in that regard right now we will step back within the watery boundaries of this place until something of relative importance that is emanating from the northeast part of this country stirs my interest once again. Having departed the engulfment of emotions back there, I’ve settled into the surround of water here. Some might say these could be similar circumstances, as water and emotions can be seen as equals when viewed through the prism of astrology and tarot. Being surrounded by water here affords one certain degrees of comfort and solitary introspection. In looking back at my recent time in New Hampshire, I felt best in the midst of laps at the college pool or while cycling past cascading streams or the flat and calm of a small lake or pond. Out here, one shouldn’t have to explain the feeling of being on, in or near the water. If you don’t happen to get it, a person who can give insight into being in the realm of water will be on Island this weekend. Lynne Cox of ‘Swimming to Antarctica’ fame will be speaking at the Vashon Theatre this Sunday from 1-3pm as a fundraiser for the Seals Swim Team. An amazing book- an amazing person. An experience not to be missed- admission by donation.

Many years ago I almost became an activist because of swimming, or perhaps I should say that I got my first taste of becoming active because of the lack of swimming at my high school. I was getting to the end of my days in the YMCA league that I swam in- aging up and out- and after my freshman year it looked as though my swimming days were done. As I recall, I had gotten wind of a teacher who was interested in coaching, so I went to talk with him about it and was told I needed to get names on a petition to show that there was interest at the school. I began to collect signatures, but then was whisked away to an interview at a private school and the rest was proverbial history. It was a rocky history of success and failure and because of that failure I enjoyed ten years of refusing to get in a pool. It was about a year after I first came to the Island that I read an article in the Seattle Times about

Masters Swimming and I decided that my sore running ankles and knees needed a break, so I broke my boycott and got back in the pool. This was over at the University of Washington however, back when it was five bucks to drive back on the Island and the roads in between were still relatively vacant from the latter days of the Boeing bust.

It was around this time that the first real efforts were being made to get our own pool covered on the Island. This seemed like a no brainer to me, but since I was already deeply involved with the Masters elsewhere I did not get seriously involved- I will not however accept the blame for the pool not getting covered back then. As it is, and as I’ve learned since then, the desire to cover the pool has long been present here. From the Park District history talks given at Vashon Park District commissioners meetings by Ruth Anderson, to statements made by Commissioner Ameling on more than a few occasions about the most asked for Parks related actions by the Island populace, it has been made abundantly clear that there has long been an expressed desire here to cover the pool and make it a year ‘round facility. Why that hasn’t been done seems to be a function of the squeaky wheel theorem- that and the fact that the pool is not a grass playing field.

Following this spring’s backwash line debacle and near pool closure, a growing squeak has become audible from the wheels of certain members of the Island’s swimming community. Friends of Vashon Pool has been formed from the core members Shirit Yarkony, Mark Nassutti, Ann White and Barb and Bob McMahon. They have joined forces to investigate what the possibilities are for extending the season for using the Vashon Pool, with a long term goal of exploring what it would take to turn the pool into a full time facility. At a meeting last night at the library, a group of people ranging from coaches to lap swimmers to concerned parents and school district employees all shared ideas about where they wanted to see the pool change and grow in order to reflect the needs of the community. If you would like to get involved, check out the Friends of Vashon Pool page on Facebook, and do come to hear Lynne Cox this Sunday at the Vashon Theatre. On this Island, how many other speakers do you ever expect to hear that would have no problem swimming here if that was the only option?



## Orca Chow

By Orca Annie Stateler, VHP Coordinator

Eighty endangered Southern Resident orcas should have 360,000 Chinook salmon available to consume per year. That works out to 30,000 Chinook monthly, drawn from all West Coast and Salish Sea stocks. Trouble is, throughout the Pacific Northwest, Chinook are in substantial decline from their historical abundance. 28 Chinook populations are endangered or threatened.

Across all stocks, Chinook abundance correlates with the mortality of Granny’s Southern Resident kin and Springer’s Northern Resident kin. In thirty years, where will J, K and L Pods find their preferred food? Where will Mama Surprise! (L86) take newborn Baby L120 to eat? Will the areas where Kéetla/Springer (A73) and her one-year-old calf Spirit (A104) forage remain unspoiled?

On October 5, Islanders who attended Brad Hanson’s highly informative VAA Science Series talk on orcas and salmon habitat learned about Chinook abundance, as well as other essential factoids regarding



could develop from injury to the dorsal fin. Sat tags leave scars on our beloved orcas.

Between 2012 and 2014, researchers tagged four Southern Resident males. Of the four tag deployments, the tag on Scoter (K25) transmitted the longest -- 93 days -- and yielded the most information. Poor Scoter, however, has dart remnants in his dorsal fin because the tag did not detach completely. This happens sometimes when other whales try to remove tags. I suspect the orcas might find the sat tags annoying.

In 2012, a tag on Mike (J26) fell off, or a podmate knocked it off, after three days. In 2013, a tag on Wave Walker (L88) ceased working within a week. I did not consider L88 a suitable candidate for any invasive procedure. He was vulnerable because his mother and brother died in 2012. Wave Walker is the lone survivor of his L2 matriline.

In early 2014, Onyx (L87) sported a tag for 30 days. Onyx is Granny’s (J2’s) esteemed escort and “adopted” son. In a previous Dorsal Spin (“Orca Enigma”), I questioned the choice of tagging L87, considering his unique role in the Southern Resident Community.



Female Calypso (L94) with a festive salmon hat. Center for Whale Research photo.

Southern Resident killer whale prey availability and winter distribution.

More than 75% of the Southern Residents’ summer diet is Chinook, mostly from the Fraser River. Chinook from the Columbia, Klamath, Sacramento and other West Coast river systems were present in samples collected in coastal waters, where the orcas forage from January to May. In late autumn, Puget Sound Chinook and chum are important Southern Resident prey resources. Moreover, J, K and L Pods munch on a smattering of other species: coho, steelhead, sockeye, halibut, and lingcod.

If you missed the talk, go to [www.nwfsc.noaa.gov](http://www.nwfsc.noaa.gov) for links to studies cited. Check out your tax dollars at work in this handy report, “Southern Resident Killer Whales: 10 Years of Research and Conservation.” I am geeking-out with a hard copy.

Satellite tagging contributes to knowledge of winter distribution, but at what cost to the Southern Residents? A packed 45-minute lecture with a request to hold audience questions until the end did not allow for exposition on the negative aspects of this invasive methodology. To attach a satellite tag to a killer whale, barbed darts must pierce the dorsal fin. An infection

# It’s time to learn the truth about food

It would be tough to carry a bowling ball around all day. Yet I used to carry the equivalent of more than seven of them! I was fat. I lost 90 lbs three years ago and have kept it off. It wasn’t will power, it was science.

You can learn about some of that science by watching Fed Up, a documentary film being shown at the Vashon Theater on Tuesday, October 21, at 6 pm. It was produced by Laurie David who produced An Inconvenient Truth. You will see that our government made a terrible mistake in the 1970’s, basing its strategy against heart disease on incorrect science. That strategy launched the epidemic of obesity and diabetes. If current trends continue, by 2050 one in three people in the United States will be diabetic! Imagine what that will do to our economy.

In November I will start a class for anyone who wants to learn how to have a healthy relationship with food. More information on the class will be available at the film. I hope to see you at Fed Up.

Fed Up

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# Spiritual Smart Aleck

## Nine Months Along

It has been nine months since my husband died, and every day I adjust a little more to the new normal. It is not lost on me that nine months is the length of a human pregnancy. Maybe it is a length of time in which we are able to fundamentally change. Sometimes now I'll have three or four hours in a row when I'm cheerful and life feels good.

Grief is a predictably unpredictable ride, though – as is life, but more so. I was watching “The Vicar of Dibley” the other night, and Geraldine (played by Dawn French, one of my favorite British actresses) was walking down a peaceful country lane minding her own business, when she stepped into a hidden hole and disappeared straight down into a pool of water that was over her head. Sploosh. Disappeared, just like that. She came up sputtering, of course.

Grief can be like that. You think you're doing fine, and then, sploosh, you step into one of those holes. It isn't always that dramatic, but my point is that you don't see it before you're in it.

And what do you do? You climb out as well as you can, and you keep on walking. You do what you need to do – get the kid to school, wash the dishes, do the laundry, go to the grocery store. You talk to kind people who care enough to listen. You see your therapist, if that's how you roll. You pray. You think about your departed loved one. Sometimes you sob until your ribs are sore. You write in your notebook if that's your thing. You sing or draw or pursue whatever your art or craft is, because there is heart's ease in creation and using your hands. You watch the feelings and days go by, and sometimes you ask, how long, Lord?

Life does not stop for you. It goes on and it takes you with it, and sometimes you realize something inside has changed. Then you feel like you are betraying your departed loved one by feeling better. Here I am, laughing again, enjoying other people and myself.

A couple of years before Rick passed, he said he wished that we could both die at the same time – go out together after living together for so long. At that time I thought, speak for yourself, pal. I think he thought it was romantic, or maybe he thought I could not survive his death, or not survive



By Mary Iuel

it well.

After he died there were times when I felt the wisdom of his wish. It was, it is, awful not having him here anymore. I miss him so much. Sometimes I find myself thinking, well, I didn't go with him, but I wouldn't mind joining him. It's so hard going on without him. I would not kill myself – that has never been a choice for me – but as I age there are encroachments, physical things that go wrong with me. For example, a blocked artery in my heart, I found out this week. Yikes, huh?

A few months before Rick died, his social worker called me in for a little chat. She asked if I had noticed that his health seemed to be in a decline, as the staff at the kidney center had noticed. I said yes, I had noticed. I was relieved to hear her say it because I was frightened. Knowing that his medical team was aware somehow made me feel less scared, or at least less alone.

We talked a little about what the future might hold. I told her that I knew I could survive Rick's dying. I figured I would be a little ape crap haywire (cleaned that up for publication) for a couple of years, but I thought I could live through it. That was my intellectual take on the subject. Having an intellectual belief about an experience is not the same as living through it.

Our culture puts a lot of energy into finding true love, doesn't it? The idea is to find that person, get together, get married, maybe raise a family, and live happily ever after. What our culture does not do is prepare people for the fact that even in the best relationships where both of you stay committed, “ever after” has an expiration date. I asked myself in the first few months after Rick's passing, well, now what do I do, now that I've outlived happily ever after?

I don't expect to get over losing Rick, or to have “closure,” which I think is a myth. I have been given the gift of a little more time to be myself. And who is that, without my dear companion next to me to reflect me? I'm going to find out, but first I have to have this clogged artery in my heart opened up.

See, when I'm actually confronted with the possibility of my own demise, I say, whoa, Nelly! I want to live! I want to be an annoying old lady for as long as I can! Nuts to that following Rick to the other side. It'll happen soon enough. Stay tuned, folks. There will be more to come, I swear it.

# Ink + Mylar

## Drab to Fab

by Rachel Waldron

Hello, my name is Rachel Waldron. I am an interior designer, and a new addition to Vashon Island. I have been here with my family for about six months now and have loved every minute. The air is fresh, people are friendly and fun, my children are safe, and I have an amazing new (old) home to try out all my design ideas. My husband and I bought a 1920 fixer-upper with a great view and great bones, and have been ever so slowly coming up with a design that is worthy of the original intent and architecture.

I have A LOT of projects to complete in my home, and

ovation, and I gladly accept the understanding and patience with this process that the GC has. Any big project (kitchen remodel, home addition, new construction) should use a GC where small jobs (replacing existing finishes and fixtures) can be self-managed.

These fields easily overlap and it is not hard to see where confusion takes place. What is the point of my role, of my husband's role in a project that has a General Contractor? An architect is a licensed professional who has taken state required exams to ensure that they are intimately familiar with building codes, structural systems, building systems, construction documents, and much more. In fact, many



I'm sure many of you can relate. As a designer, I look forward to collaborating with home improvement professionals to enhance my project and ensure that it is built to last with safety considered.

So, what professionals do I regularly rely on that will be used in my own project? We all have different projects and needs, but there are key professionals we encounter in the home improvement industry, beginning with the general contractor (GC). I value many of the skills general contractors have, including scheduling, budgeting, and their relationships with craftspeople – often they are craftspeople themselves. General contractors also provide the invaluable service of helping with permitting. Anyone who has ever permitted a project knows that each permit submittal deserves a standing

licensed general contractors have many, if not all, of these skills as well. The difference lies in design experience. A general contractor has the experience and know-how to construct our vision. In addition to the responsibilities listed above, designers, whether they're an architect or interior designer, have years of training to develop a plan or project concept.

Interior Designers present the big picture. They have a formal design education, are trained to understand and follow building codes and create a vision for the overall design. Their education includes the study of architecture, design history, design concept and development. An interior designer can suggest layouts for your furnishings in ways you may have never considered, but the real skill lies in stepping back and considering the full space and every design element and principle

October 9 '14

to ensure a cohesive design – one that lasts and improves the lives of those inhabiting them. An interior designer is a great choice if you are working on multiple spaces or want to ensure spaces visually connect to one another and that every design element coordinates with the next. Another time to consider working with an interior designer is when you are working with fixed elements (walls, windows, openings, or changing the orientation or function of a space.

WHAT IS THE DIFFERENCE BETWEEN A DESIGNER AND A DECORATOR?

Interior designers are formally trained at an accredited institution and earn a degree. Decorators require no license, certification or formal training. The talented friend who has an “eye” for design may call himself/herself an interior decorator. A decorator works with fabric, furnishings, window coverings, and color. It may be useful to think of an interior designer as an interior “architect”. Many of us (though not all) have the skills to decorate but our training and experience may permeate deeper than a traditional interior decorator.

The best results are realized when a project's team of professionals have a good working relationship with clear communication and an organized plan. I am looking forward to getting started with my own team and keeping you posted here and on my blog ([www.waldrondesigns.com/news](http://www.waldrondesigns.com/news)) as my project moves along. I am also very excited about starting my interior design business on this amazing island and invite you to contact me with any questions about my services.

To learn about Rachel Waldron's interior design services, contact her at 206.249.9860 or [rachel@waldrondesigns.com](mailto:rachel@waldrondesigns.com)

## Free Bilingual Preschool for Income Eligible Families

Continued from Page 4

in two languages.

Interested families are encouraged to pick up an application at Chautauqua Elementary office during school hours or download a copy from the Schools & Programs tab of the VISD website: [www.vashonsd.org](http://www.vashonsd.org). The first deadline for applications is October 6th, 2014 but will continue until all spots are filled. The District has resources available to help families complete the application, if needed.

Additionally, VISD is actively seeking one bi-lingual speaking specialist to work in the classroom. More information can be found in the Employment section of the VISD website or by contacting Lyons at 206-463-8531.

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**Aries (March 20-April 19)**  
Just because an agreement you have with someone needs to be renegotiated or clarified does not mean that everything is coming unraveled. But would it serve you better if you did? Do your current agreements really serve you? Upcoming events will demonstrate the value of your independence, something that modern folks are all too willing to give up in order to have some assurance in their relationships. Often that ‘assurance’ is based on keeping secrets, and what happens next is the likely, indeed predictable, result of some seemingly deep secret coming out. I would propose that this is actually rather mundane information, the more potent for being concealed, offering you an opportunity for liberation when revealed.

**Taurus (April 19-May 20)**  
Try not to push others to receive the gifts that you have to offer, which are considerable. Rather, notice who appreciates you. Notice who takes on the nourishment that you have to offer. Or better yet, you might focus inwardly during what is likely to be an extraordinary moment of self-discovery. I can see from your astrology that this might show up along with some anxiety of a kind that you cannot easily explain, particularly around the time of the lunar eclipse and New Moon on Oct. 8. If you acknowledge any apprehension you’re feeling rather than trying to suppress or deny it, you’ll be able to tap the underlying creative and self-creative power that is coming to you, or rather, bubbling up from the core of your being. One result could be a stunning moment of revelation that you really exist. Strange as it seems, that is something that often needs to be learned or discovered.

**Gemini (May 20-June 21)**  
You will need to balance the urge to get out and make a splash with some deep needs for solitude and emotional healing. You might start with the healing piece, and take some time to yourself this weekend, and attend to your emotional needs. Then follow your intuition outside your door to whatever interesting places they lead you -- though only when you’re ready. Some profound forces of transformation are at work in your life, and I suggest you honor their movements fully. This will not take as long as you might think; it’s a little like how taking a catnap can be more refreshing than sleeping for two hours. Close your door, surround yourself with silence, and allow your inner healing energy to call you to your center. When you proceed from there, you will be more focused and confident -- and ready to meet the world.

**Cancer (June 21-July 22)**  
Mercury may be going retrograde this weekend, but don’t let that distract you from honoring your plans for advancement in your career or vocation. While there is a rather significant factor of the unpredictable, you still must work out a few scenarios for success and consider how you would respond, if they show up for you. As for the Mercury retrograde piece, that translates to being attentive to two things: one is business-related communication, and the other is ideas that you might otherwise sideline as being too strange or seemingly not workable enough. Sometimes the thing to do is what everyone says is the wrong thing, and the absolutely worst idea. You might not want to leap into something like that headlong, but whatever someone deems totally absurd is an invitation to consider whether it’s not fantastic.

**Leo (July 22-Aug. 23)**  
Now is the time to think about your long-term plans -- from a high perspective that allows you to see for miles. For as bold

as you are, you can be a bit near-sighted, and what you need now is a point of view that allows you to consider some possibilities that you’ve never considered. Even if you think you’re onto something big, climb a little higher and look around. Then look up and consider whether there isn’t another level from which to look and see. I’m not talking about ambition -- I’m talking about a vantage point. You may have to struggle against some emotional insecurity or a touch of agoraphobia as you do this. Yes, you might want to actually get out of the house and take a little trip -- or a long one, and look at the various scenarios of your life and notice what you learn about them. I am sure you’ll be surprised.

**Virgo (Aug. 23-Sep. 22)**  
Mercury stations retrograde in the angle of your chart associated with written communication -- and with gossip. I suggest you stick to writing, at least most of the time, since there is a delay interposed, and you can edit it. Any time you talk about anyone else, you’re right on the verge of what can potentially harm your reputation or that of someone else. Therefore, be careful what you say. If you’re going to say (or publish) anything, make it positive and as short as possible. The deck is stacked in such a way that what you say now will have unexpected influence later on. Therefore, you might want to think strategically, using your power of speech and written communication to lay the seeds of what you want to grow. As the Grateful Dead said, “If you plant ice, you’re gonna harvest wind.” If you plant love, trust and respect, you will harvest the fruits of intimacy.

**Libra (Sep. 22-Oct. 23)**  
The Sun has a long story to tell before it leaves your sign in a few weeks. There are many adventures ahead, though you might not notice that if you cling to any form of certainty, or go out of your way to avoid change. Indeed, progress is impossible without change, and so I suggest you tune yourself to all kinds of movement, large and small. Do yourself a huge favor and let go of any expectations you have on other people, and for that matter, yourself. You seem to be sending yourself a mixed message about whether you matter. You are neither the most important thing nor totally insignificant. Between the two is a whole range of actual, authentic meaning, though you are unlikely to believe that if you try to convince yourself otherwise. Nourish your soul. Feel, look and listen.

**Scorpio (Oct. 23-Nov. 22)**  
Your inner struggle comes down to your ability to receive nourishment. If I were to teach an introductory therapy class, the first segment would cover understanding blocks to receiving love, and blocks to the awareness of love’s presence. The first thing to do is to take care of yourself in a conscious, dependable, structured way. Start with what you eat. Food is not a game, and it’s not connected to statistics (calories, pounds, stone, etc.). It’s not about image. You know what is nourishing for you and what is not. If you are gluten-free, gluten-free cookies might not be what you need; you might need more mineral-rich foods (for example). The thing is, you know. And if you think of this more as an act of receiving than of giving, you might find it easier to negotiate with yourself. Then, of course, there are people. Some are nourishing and some are depleting. It’s good to know who has what you’re willing to receive.

**Sagittarius (Nov. 22-Dec. 22)**  
Mars continues to make its way across your sign, and has one of its most glorious and/or challenging moments this weekend -- it will be square the centaur planet Chiron in Pisces. You might want to do something

that challenges your present sense of emotional ‘worthiness’ or belonging. I would say the more triggered you are, the better. That’s because triggers can reveal your true inner dynamics, which are exactly what you want to know. You absolutely must know the connection between what seems to block you from what you want to do now, and any early wounding you experienced that is working at the root of that situation. This is not merely about making contact with your pain. It’s about knowing your inner landscape intimately, so that you can work with the territory and use your resources effectively.

**Capricorn (Dec. 22-Jan. 20)**  
What are you withholding, from yourself or from others? What, in the way of feelings, nurturing, words, or anything? Withholding can come with a sense of power, whether over yourself or over others. Do you detect any of that going on? If so, what do you think is at the root of that drive? Is it the fear of being exploited? One thing that our business-driven, allegedly capitalist society does not like to admit is that it’s from giving that people figure out how much they have. If you’re experiencing the feeling of not having enough, I suggest you try offering yourself to the people around you. You have plenty, and you can also afford to be a lot warmer and more communicative. People like you more than you may think. They care about you more than you know. Your generosity would be an excellent way to acknowledge that -- even as an experiment. For example, invite some friends over to a home-cooked meal.

**Aquarius (Jan. 20-Feb. 19)**  
The thing to do is take full responsibility for your situation -- whether you like it or whether you don’t. To the extent that your life is a mixed bag, you have come a long way toward figuring out that you’re the one who has created or developed the elements of your existence that really work for you. Remind yourself of that fact. While there are definitely some situations calling for leadership, the thing your charts are calling for is self-leadership. Take a few weeks and organize your most personal priorities. Be clear about what you want, which today means resolving to become clear about what you want. This may take a little while; you’ve been distracted, though you now have some time and bandwidth to focus on what is the most meaningful to you. Remember, no matter how much you think you know, this will be a discovery process.

**Pisces (Feb. 19-March 20)**  
This is certainly shaping up to be one of the more high-achievement times in your life. You are driven and determined to stop at nothing, which is calling forth some of your deepest resources. This includes your willingness to stand out; which really means your admission of how different you really are, and your commitment to making that difference work for you. You

can, will and in truth must keep going -- though I recommend that you take the time to slow down and appreciate the beauty that surrounds you. Make contact with the people you care about, and let them know you’re available to them. It would suit you well if your definition of success includes having the time and space to experience the world in purely human terms. This will be good for everyone, especially you -- and good for business.

Read Eric Francis daily at  
www. PlanetWaves.net

## Road to Resilience

Continued from Page 1

technologies. Yet, these are all reserves that were figured into the original assessment, not new sources.

The need to come together as a community to plan our future has been a major personal project of mine from the beginning of Transition: a classic exercise in herding cats. The existing groups are busy enough with their own projects and the way toward working together toward a common plan hasn’t presented itself yet. When the Community Council imploded a few years ago, I looked to the All Island Forum, which rose out of the ashes of the council. Their intent was to teach and encourage constructive group decision making, and to possibly become a new, more effective decision making body for our Islands. A lot of valuable instruction has taken place, but, so far, it has not evolved into a decision making body.

The latest hope for creating a community plan with island-wide input is the latest initiative of the Vashon Maury Community Council, of which I wrote last issue. The initial meeting for this project will be Oct. 20, at McMurray Middle School. Subsequently, most of you will be able to participate in discussions online.

A major part of planning for the future is trying to envision what limitations and opportunities that future will hold. We already know that our society uses 5 times more energy per capita than would be our share if the Earth’s resources were to be shared equally. That means we will need to make do with 80% less energy and resources than we currently use. Yes, 80% less. Keeping climate change within 2 degrees C warming calls for the same 80% reduction. That is why Transition wants to promote an Energy Descent Plan. This is a drastic change and will require all of our creativity and cooperation to do it in an orderly and constructive fashion. I hope that we can have some good discussions about this in the upcoming online planning process. In the end, the plan will be what our community makes it, but, if we insist on the consideration of the many compelling trends out there, we might make some real progress toward an energy descent plan.

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# Positively Speaking

## 1 October 1995 to 1 October 2014 Leaving the Ministry

By Deborah H. Anderson



The sun has been burning off the fog for about an hour and a half. Heat and light dissipate that which has obscured the landscape of broken down pier, tidelands and distant water.

Making decisions can be like fog burning off.

For a long time I didn't even see it. I was so busy providing service, doing my job, raising my kids, the facts were shapeless shadows or invisible life forms. And I believed in the authority of church leadership.

In ministry, one hears of a service opportunity, discerns it's merit and favor, and whether it has your name on it. The price tag attached to it is what you have to live on. You rarely work at what would be called "Fair market value". You yourself do not have a price tag.

I came to the Island by mistake on account of ministry. I sat in a living room and said to myself, "If they offer me \$1000 month, I'll know it's of God." They offered \$800 month (for this full time position) with a promise to increase it after I'd completed my final classes. The first year they would consider an internship.

"Well," I thought. "That's close." God is never just close. God is exact. I threw myself into the job working sixty hours a week most weeks. Home visits, leading programs, hospital visits, designing worship experiences, developing lay leadership, preaching every single week. It was a shock to my kids. After being home full time for the previous four years, and with the Dad in our family leaving...that's another story.

It grew too fast. The old timers were dismayed and disgruntled. "I don't know what to do with all these new people", one eighty year old exclaimed. Having just gone through five affairs and divorces before the new started, the church was shaken to it's roots and wounded people, historically old timers, were walking around like they'd just had a skin peel, or been skinned. They didn't want to hear about love and healing.

You can't pour new wine in old wineskins. The wineskin bursts.

1 October 1995 - The church was packed. Although only 24 people would ultimately be allowed to vote, the screen to the ante room had been pushed back to accommodate everyone. There were over one hundred people present to defend or support my work and my presence.

Two weeks earlier, the treasurer had

finally confessed to another congregant that she had embezzled two thousand dollars. I'd known it for about six months but couldn't get the church officials to do anything. They said it was too late to do anything. I can't think of anything sadder than helping someone live a lie when they are ready to do the right thing. But six months later, the books were suitably doctored and an 'audit' declared everything was in order.

The kids and I were cast out. No severance (the higher ups said it was too late to do anything. Seems like they lived in the land of 'too late for anything') no home, no job, no future.

Ten years from now I will write about the ensuing twenty years of living hell. For now, I am putting the memories in a plastic baggie and zipping it tight to contain the odor, that I might focus on the present.

Ah... the fog has collected once more, dimming the morning solar stream. Things in life can seem clear and then re-fog. But you can still walk forward knowing eventually it will clear.

1 October 2014 - The landlord circles at 3:00 PM on the afternoon I am to leave the premises. I am not fleeing. I am planting a new future. My heart is full of Joy and Strength and Resolve. I have developed THE GRAND ADVENTURE, as I've come to call it. Only one decision was necessary. I have to leave the ministry. I have to have a price tag on myself. I made that decision. I have a self. I have worth. I have value.

The fog is creeping toward shore now. The muted orb of illumination is strong enough and high enough and the day is old enough to see a bit more clearly, now. So too my life.

Many in ministry have no real faith. I will have real faith but be a business woman. Everything will be fine. And I will live happily ever after. Miracles still happen.

Soon, I will write in this place of THE GRAND ADVENTURE. You can read a bit at my blog [www.mealsandmoments.blogspot.com](http://www.mealsandmoments.blogspot.com).

For now, just know I encourage you to do the most bold, most positive, most nurturing thing you can do for yourself. And let the rest of world slip by unnoticed.

Love,  
Deborah



# Kealoha, internationally acclaimed poet & storyteller

Open Space for Arts & Community welcomes Kealoha, internationally acclaimed poet and storyteller, to Vashon. Kealoha performs at Open Space on Tuesday, October 21 at 7pm, and will conduct two workshops at McMurray Middle School on Wednesday, October 22.

We are beyond thrilled to have Kealoha come to Open Space and Vashon - we have a developing tradition at Open Space of bringing extraordinary artists from Hawai'i to Vashon - an 'island to island' journey in a way. Slack-key genius Makana has performed here twice, and is making a third visit to Open Space and Vashon on November 16. When Makana heard that Kealoha was playing here on October 21, he was sad that they weren't able to perform together - they're old friends who have shared stages more than once.

Kealoha was named the first Poet Laureate of Hawai'i in 2012. As an internationally acclaimed poet and storyteller, he has performed throughout the world -- from the White House to Hawai'i's 'Iolani Palace, from Brazil to Switzerland. He is the first poet in Hawai'i's history to perform at a governor's inauguration, and in 2010 he was selected as a master artist for a National Endowment for the Arts program.

Kealoha was featured on HBO's Brave New Voices series presented by Russell Simmons, and he has been a featured performer at major venues throughout the world including the Nuyorican Poets Cafe (New York City), the Bowery Poetry Club (New York City), the Green Mill (Chicago), New Jersey Performing Arts Center (Planet Hip-Hop Festival), Schiffbau (Zurich, Switzerland), the Bienal do Ibirapuera (Sao Paulo, Brazil), and the 2007 NFL Pro Bowl halftime show. He is the poetic vocalist for Henry Kapon's "Wild Hawaiian" project (nominated for a Grammy).

In the 7 years that Kealoha has represented Hawai'i at the National Poetry Slam, he has performed on the finals stage 4 times. He was ranked in the top ten of the nation's best poets in 2007, and was honored as a "National Slam Legend" in 2010. One of the young voices of Hawai'i, Kealoha is equally at home creating poetry based on Hawaiian chant as slam poetry riffs, performing on theater stages or outdoor festivals, speaking for lecture series or for kids.

Exciting, vibrant, timely, Kealoha is a keen and optimistic observer of life around him, able to evoke the feelings of youth or the poignant stories of Hawai'i's history. His sense of poetry and theatre engages audiences of all ages.

Kealoha has made dozens of



television appearances, including two performances for the Na Hoku Hanohano Awards (Hawaii's Grammys), PBS's Long Story Short (with Leslie Wilcox), and the State of Hawaii's "Can't Fool the Youth" anti-smoking campaign that he wrote, performed, and co-directed. He has performed 4 times on the "World's Greatest Poetry Slam" DVD series (2004, 2005, 2007, 2008) and starred in the movie "Hawai'i Slam: Poetry in Paradise."

Kealoha graduated with honors from MIT with a degree in Nuclear Physics, served as a business consultant in San Francisco, and played around as a surf instructor prior to becoming a professional poet.

In the literature world, his poetry has been published by Bamboo Ridge, Real Word Magazine, and the Honolulu Weekly. Kealoha has shared the stage with leading artists Jack Johnson, Ben Harper, Willie Nelson, Damian "Junior Gong" Marley, Jason Mraz, Michael Franti (Spearhead), Don Carlos, Medusa, and countless slam poetry superstars.

"Kealoha is more than just a poet, he is a one-man poetry movement. He practices what he preaches about mindfulness and positivity in art, and his openness of his spirit, both onstage and off, is a true gift to our community." --Cristin O'Keefe Aptowicz, 2011

National Endowment for the Arts Fellow and author of "Words in Your Face: A Guided Tour Through Twenty Years of the New York City Poetry Slam"

Tickets to Kealoha's Tuesday night performance are \$10 in Advance and \$12 at the Door, and \$8 for Students. No one will be turned away for lack of funds - audience members are invited to Pay-What-You-Can at the door.

Tickets are available at [brownpapertickets.com](http://brownpapertickets.com), Vashon Bookshop and at the door. Visit [www.openspacevashon.com](http://www.openspacevashon.com) for additional show information, and [www.KealohaPoetry.com](http://www.KealohaPoetry.com) for more information about Kealoha himself.

## Cider Fest Stomp

Continued from Page 4

kinds of fun. And we're doing one set with Jeff Kanzler and his band - that's going to be really special."

Doors open for the Cider Fest Stomp at 7pm on Saturday, October 11. Tickets are \$10 in Advance, and available at Vashon Bookshop and [brownpapertickets.com](http://brownpapertickets.com). Tickets will be \$12 at the Door. As always, no one turned away for lack of funds!

If you'd like to move to a different sound, the Friday before the Cider Fest Stomp features a young artist bringing an exciting new sound to Open Space and Vashon! Our monthly dance night, Club O, has been rocking the last Friday of every

month, and now it's time to add an extra spin - with FLY FRIDAYZ, debuting Friday night, October 10.

We're thrilled to welcome uber-talented Marcus Jones-Moore, AKA SPEAK ON THE MIC - a talented rap artist / producer / actor bringing fantastic new music to Vashon. This first FLY FRIDAYZ installment also features Brian Boyd, ADA BRIAN B SMOOTH, a DJ with loads of experience, and Peter Evans, AKA Donald Evans 3rd, a talented rap artist from Seattle.

Doors open at 8pm, and admission is \$10 at the door - and no one turned away for lack of funds.

Make your way to Open Space for FLY FRIDAYZ and the Cider Fest Stomp - music and dancing to suit every taste!

## Foxy Needs A Home...

Whoever adopts me will be very lucky to have such an affectionate, fun-loving companion. I don't demand attention, but when I get some, look out! I roll around and contort myself into all kinds of positions, I'm so ecstatic. I get along with other cats, and I'm quiet. What's not to like? Come and see if I'll stand on my head when you pet me. That might be my next trick.



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Island Epicure



By Marj Watkins

For Strong Bones: Magnesium, Not Calcium!

Don't let the dairy promoters fool you: Calcium does not make strong bones. It provides mass, but magnesium is what you want for bones that don't break easily. But, experts say, our diets are notoriously short on magnesium. That's a pity. Magnesium could do so much for us: It's a relaxant, lessens hyperactivity in kids, helps them get off brain-numbing Ritalin, quells nervousness in adults, and acts as a laxative, as in Milk of Magnesia. Bones, of course, contain many different minerals, and calcium is one of them. But calcium doesn't even work without magnesium.

The recommended daily amount of magnesium is 300 milligrams (mg) per day. Just whom they judged that by, I don't know. Probably that's an average. It's very hard to get that much, magnesium into your menus day after day, though. Also, calcium and magnesium need to be in balance. Milk, cheese, cottage cheese and ricotta all yield calcium, but no magnesium.

For foods that give us both calcium and magnesium, try almonds. They give you 332 mg of calcium and 386 mg. of magnesium per cupful. A mere ounce (22 almonds) yields 81 mg of magnesium. Pistachios are popular at my house for snacking. Shelled, one-fourth cup yields about 43 mg. of calcium to 51 mg. of magnesium.

Other good sources of magnesium: Oat bran, 96.4 mg. per half cup; Peanuts, raw, 3 Tablespoons (roughly 1 ounce) 49.8 mg; All Bran cereal, ½ cup, 128.7

mg.; Brown Rice 1 cup cooked, 83.8 mg; Navy Beans, ½ cup cooked, 107 mg. Lima Beans, ½ cup cooked 62.9 mg.; Spinach, chopped and cooked, ½ cup 78.3 mg.; Swiss Chard, chopped, ½ cup cooked, 75.2 mg.; Molasses, blackstrap, 1 Tablespoon, 43 mg; Banana, 1 medium, 34.2 mg.

Dark rye flour has a generous 317 mg. magnesium per cupful. Whole wheat flour: 1 cup, 136 mg.; white enriched flour, only 28 mg. Buckwheat is an excellent magnesium source, too. A half-cup of buckwheat groats gives you a goodly 131 mg. of magnesium with only 14 mg. of calcium.

Make some buckwheat pancakes and plop some cottage cheese on each to bring up the calcium balance. I haven't got the figures for buckwheat flour, but believe three of the pancakes below would give you around 150 mg. of magnesium. The amount of buckwheat flour in the recipe below would produce about 225 mg. magnesium spread among six to eight pancakes. Skip the syrup. Like everything else sugar based, it's an anti-nutrient. It uses up nutrients from other foods just being metabolized. If you must have sweetening, drizzle a little honey or light molasses over your portion of pancakes. If never heated, honey yields some enzymes and traces of vitamins from flowers. Molasses contains small amounts of magnesium and calcium.

- Buckwheat Pancakes
- Makes 6 to 8
- 1 ½ cups buckwheat flour
- 1 ½ teaspoons baking powder
- ½ teaspoon sea salt
- 1 cup milk or orange juice
- 1 egg
- 1 Tablespoon olive oil or melted butter
- 1 Tablespoon light molasses, optional

Beat all ingredients together with fork or wooden spoon. Oil spray and then heat a heavy skillet or griddle.

Bake pancakes on medium high heat. When you see bubbles around their edges and their tops loose their shine, turn them over. When they stop steaming, they are done

Herbal Bitters

By Kathy Abascal

Bitters are some of the simplest, oldest, and most effective of herbal remedies. Bitters are simply herbs with a strongly bitter taste. Once upon a time, much of our food was on the bitter side. Wild greens, wild berries, wild vegetables usually range in taste from slightly bitter to very bitter indeed. We developed an ability to handle those foods and our digestive responses have not yet adapted to changes that agriculture favoring plants with a sweeter taste has brought about. Today our foods usually range in taste from slightly sweet to very sweet, and most of us need bitters more than ever before to balance all the sweetness in our diet.

We also often live in the midst of emotional stress that affects our digestion. In stress, we do not secrete the saliva that contains carbohydrate-digesting enzymes. We do not secrete stomach acid, bile or pancreatic enzymes. Instead blood is diverted from the intestinal tract to our muscles. We are ready for physical exertion and are not prepared to digest food. Nonetheless, many of us cope with our anger, anxiety, and fear by eating. For obvious reasons, we do a poor job of digesting our food under those circumstances. This leads to many digestive issues ranging from simple indigestion

(with burping and farting the most usual expressions), to dyspepsia, heart burn, and a variety of intestinal disorders.

Our bodies respond immediately to the taste of food. If we taste sweet we begin to secrete insulin. A bitter taste triggers a more complex chain reaction. First, by reflex, we begin to secrete saliva and salivary enzymes. This reflex overrides the effect of adrenalin. Digestive secretions begin flowing. If you take some bitters 10-15 minutes before eating, you will have more stomach acid to greet the food you eat. The bitter taste nudges the liver into action and gets bile flowing. Suddenly, you are more able to properly digest your food.

And the effect of bitters goes beyond improving digestion. Over time, bitter formulas can improve heart function, strengthen nerves, and stimulate appetite. Bitters are useful in many, varied digestive disorders. They can provide substantial relief to those who do not digest fats or proteins well, who get nauseous after eating, or who have lost their appetite. Of course, bitters are not for everyone. People with red, pointy tongues usually will not benefit from them. In contrast, those with whitish coated tongues often benefit greatly. Because bitters stimulate the secretion of



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.

stomach acid they may be the wrong remedy for those with hyperacidity. However, frequently people who are eating improperly (that is eating under stress or not eating many bitter greens) actually do not secrete enough stomach acid when they eat and oversecrete in between meals. Those individuals can be greatly helped by bitters despite appearing to have too much stomach acid.

Bitters come in three forms: Simple bitters, aromatic bitters, and pungent bitters. The best known bitter is gentian (Gentiana spp.). This plant has a lovely blue flower and contains a very bitter chemical that wires are one treated with it to discourage rats from gnawing on them.

Aromatic bitters have volatile oils that help relieve intestinal spasms, flatulence, and more strongly stimulate the liver. They tend to provide greater digestive relief but lack the tonic effect of the simple bitters. An example is angelica (Angelica archangelica) root, a common ingredient in many liqueurs. Wild candytuft (Iberis amara) is an aromatic bitter that in formulas appears to help irritable bowel syndrome symptoms.

Finally, there are the pungent or warming bitters such as ginger (Zingiber officinale). Ginger is often used when nausea is a dominant symptom.

For many individuals, simply working more leafy greens (with their moderate bitterness) and spices like ginger and turmeric into the diet will suffice to maintain proper digestion. But in others, herbal bitters provide a remarkable, simple, and safe remedy. They are fabulous for those who tend to have dry skin, are slightly constipated, tend to maintain their blood sugar levels by eating simple sweet foods (as opposed to fatty sweet foods), often have a coated tongue, and tend not to especially like meals heavy in fats and proteins. As we age, digestive problems often appear and bitters are usually a safe, inexpensive, and useful way to help us digest and absorb nutrients in our food.

Recently I have been making bitters to add some flavor to mineral water. My latest mixture combines rhubarb stalks, orange peel, and fresh ginger steeped in alcohol for a few weeks. There are many interesting recipes on the internet to explore, just be sure to skip the ones that add sugar, honey, or agave nectar. These are to be bitter extracts.

The Invisible War

Woman's Way Red Lodge presents the award-winning film "The Invisible War" about the complex problem of sexual abuse against soldiers serving in our nation's military. Following the screening, Vietnam Veteran, activist and author Sarah Blum will speak about sex abuse in the military and lead a discussion about what we can do to help keep our women and men in uniform safe. The film and discussion happens Tuesday, October 14th, 6-8:30 PM at Vashon Theatre; admission is \$5-\$20 suggested donation.

Red Lodge thanks Island Green Tech and the Vashon Theatre for hosting Green Tech nights; neither Green Tech nor Vashon Theatre have approved, authorized or sponsored the



program content and are not associated or affiliated with Woman's Way Red Lodge. For more information please contact Amy Morrison at amy@wwrl.org

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# The Bog Hoppers

The Bog Hoppers are made up of a group of friends that live for Celtic music. Their sound can be described as a high-energy celtic drive with a bluegrass feel. A combination of original and traditional songs are played with emotion stemming from their roots in the Celtic regions. The band has deep roots in Celtic music and ancestry, but are still proud Americans. That is the reason they choose to play traditional Irish/Celtic tunes with heavy influences from generations of American music. Many of their original songs follow this same philosophy and help in the creation of their traditional arrangements.

The Bog Hoppers are still looking for ways to expand their sound and energy. Their priority is the music, and their mission



is to have fun performing at all costs. The Bog Hoppers considers each performance a full blown show, never just a gig. Audience participation is combined with comedy to ensure a great time for all when this band is on the stage! With this combination of friends at the wheel, this band is sure to always get a positive reaction from everyone they meet!

Friday, Oct 10, 8:30pm  
At the Red Bicycle  
17618 Vashon Hwy SW  
206-463-5590  
www.redbicyclebistro.com

# Vashon Events presents: Voices of Women Showcase

Vashon Events presents the Third Annual Voices of Women Showcase will take place on Friday, October 17th at 8pm. Multiple local women singers with amazing voices will perform original and cover songs. Performing so far are Allison Shirk, Christine Goering, Sarah Christine, Rebekah Kuzma, Azula, Sarah Hotchkiss, Maijah Sansen-Frey, Elaine Ott, Arlette Moody, Stephanie Murray, Maya and Kate Atwell.

There's something special about the voice of a woman... it permeates through time and space sharing the sorrow, happiness, and mystery of the world as only this unique instrument can do.

Join Vashon Events on October 17th and hear Vashon's songstresses in this intimate showcase. Female musicians will play both original songs and covers.

\$8 cover supports Vashon Events, the website that brings together all the events on their Island in order to build community - a community that is connected, that extends and inspires artists, and that invigorates the hearts and minds of neighbors.

Friday, Oct 17, 8pm  
At the Red Bicycle  
17618 Vashon Hwy SW  
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# Flashpoint: An Evening of Contemporary Dance

By Stephen Jeong

Snapshots of unique voices in contemporary dance: Flashpoint, an evening featuring the latest from six exciting choreographers in 10-15 minute works to inspire and fire the imagination. Zoe | Juniper is a Seattle-based dance group that has been described as a "crazy dream you just can't shake" by The Boston Globe. Choreographer Zoe Scofield and visual artist Juniper Shuey are two-time Princess Grace Award recipients and a 2013 Stranger Genius winner who create stunning and unforgettable dance installations. They have presented sold-out shows at Jacob's Pillow, On the Boards and The Joyce Theatre to critical acclaim, and are one of the Northwest's most dynamic dance companies. In dreamlike "eleven" set to the rhythmic march of Ravel's "Bolero," eleven dancers fiercely execute an evocative, masterful work.

Set to music by Philip Glass, "Leaves Have Fallen" is a duet by Seattle-based Ashani Dances that explores the heartbreaking dissolution of a relationship through emotional partnering and virtuosic technique by Iyun Ashani Harrison and Sam Picart. Artistic Director Harrison



rose through Juilliard and for 13 years has performed in New York with companies including Dance Theatre of Harlem and Ailey II. He also teaches on Pacific Northwest Ballet modern faculty and is Associate Professor of Dance at Cornish College of the Arts. Male dance artists are often overlooked on stage. Since 1994, Men in Dance Festival has encouraged the creation of dynamic choreography and performance opportunities for male dancers. Submissions from across the country are considered by jurors for its biannual festivals and master classes; VAA is pleased to present a selection from this festival. In "My Ugly Sister," Ronly Blau collaborates with composer

Joseph Panzetta to explore the challenging and often competitive relationships of sisters.

Blau has choreographed for the Northwest New Works Series at On The Boards, Bumbershoot, Composer/Choreographer and other local venues. Her first dance work in ten years is performed by Blau, Abby Enson, Cathy Desmet, Lynelle Sjoberg and Nicole Grey. Islander Blau also teaches yoga and supports holistic healing.

Karen Nelson is a local postmodern dancer and choreographer performing in the Northwest and internationally. She co-founded Diverse Dance Research Retreat, has presented work at VAA since she moved here in 1991, and practices, teaches and shows collaborative work at Hanna Barn. Nelson's solo "Golden Rooster" reveals passages and strata discovered in the image 'questions of the moth to the flame.' Accompanied by poet and dancer Kristen Tsiatsios. Elizabeth Mendana Shaw choreographed and dances in "Splendid Torch." Five dancers—Shaw, Isa Sanson-Frey, Barbara Gustafson, Maeve Haselton and Carol Wilcox—represent five generations of women, celebrating life's journey, cycles and transitions. Shaw arrived on Vashon four years ago after performing, choreographing and teaching in San Francisco; her work has been presented at Seattle International Dance Festival and Fremont Abbey Arts. The work's title derives from George Bernard Shaw: "Life is a sort of splendid torch which I have got hold of for the moment, and I want to make it burn as brightly as possible before handing it on to future generations."

Saturday, October 11, 7 pm  
Vashon High School Theater  
\$16 Member/Student/Senior, \$20 General  
Tickets: VAA, Heron's Nest, VashonAlliedArts.org

# VAA Family Series

Outstanding performances engage and educate in VAA's 2014-2015 Family Series—hand-selected for families and kids grades K-5.

DUO FINELLI  
LAS CALACAS: A Dia de Muertos Clown Show. Saturday, October 18, 10:30 am

Classic folklore brings the Mexican holiday to life through cartoonish comedy in Spanish and English. Traditional music includes original instrumentation on accordion, tuba, ukulele and theremin, in a festive carnival atmosphere created by



Vashon's fabulous Luz Gaxiola and Molly Shannon.

CASPAR BABYPANTS  
Saturday, Nov. 1, 10:30 am  
Sing, clap, dance and go wild to tunes from Caspar Babypants' new album "Rise And Shine!" Many parents of the '90s know Chris Ballew as front man of The Presidents of the United States of America. An Island



favorite, Caspar's performance is guaranteed to be a blast!

Puppetkabob Presents  
SNOWFLAKE MAN



Saturday, Jan. 10, 10:30 am

Celebrate winter through this remarkable puppet story of Wilson Bentley, the first person to photograph snowflakes and realize that each is unique. Oregon-based master puppeteer Sarah Frechette depicts this true story with vivid miniature scenes and expressive puppets that connect history, science and magic!

Book-It Theatre Presents  
ALICE IN WONDERLAND  
Saturday, Feb. 14, 10:30 am

Journey with Alice down the rabbit hole in a theatrical Wonderland. Encounter Lewis Carroll's enigmatic characters,



including Cheshire Cat and the Queen of Hearts. Alice navigates this tangled realm of misdirection and confusion by relying on her own strength and logic.

Family Series, all shows 10:30 am.

Vashon Allied Arts Series  
Subscription: \$20 Youth/Adult  
Individual Tickets after October 8, if available  
\$6 Youth, \$8 Adult  
Tickets: VAA, VashonAlliedArts.org

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# A Shimmery, Fantastical, Fun-Filled Weekend for All Ages at Open Space for Arts & Community

By Maria Glanz

What does a weekend full of mind-bending beauty and talent look and sound like? Does it glimmer, shine, tumble, spin into the air and plummet back to the ground? Do you hear marching bands blending with Kurt Weill and Cole Porter, the voice of a diva followed by a cabaret growl and then harmonies reminiscent of Simon and Garfunkel? Is the refrain made up of adults gasping in wonder and kids giggling and hands of all ages and sizes applauding?

There is one place on Vashon where you can find out! Burlesco Notturmo FANTASMA shimmers its way into Open Space for Arts & Community on Saturday night, October 18 at 8pm– followed the very next day by the return of the New Old Time Chautauqua vaudeville circus, with a 4pm show on Sunday, October 19, that is perfect for all ages.

For our eighth installment of Burlesco Notturmo, we welcome the return of two burlesque superstars. A professional dancer, Paris Original is poetry in motion and exudes the graceful elegance of balletic beauty. Paris calls on his experience in dance and theatre to captivate, inspire, and wins the hearts of audiences everywhere. Paris has performed all over the country as well as abroad in Europe and Australia and is a founding member of the internationally-recognized “boylesque” troupe, Mod Carousel. He is also a 2014 Burlesque Hall of Fame award winner.

The Shanghai Pearl is The Tantalizing Temptress from Taipei, Tempestuous Temple of Temptations, and Princess of Pulchritude! Miss Pearl is an internationally renowned burlesque performer and instructor, celebrated for her extravagant costumes, bawdy humor, sizzling striptease, and high glamour. Miss Pearl has been featured in the New Orleans Burlesque Festival, The New York Burlesque Festival, Boston Burlesque Expo, Tease-O-Rama, Teatro Zinzanni and The Burlesque Hall of Fame Weekender.

Joining Paris and Miss Pearl are extraordinary talents beloved on Vashon and beyond. Jason Quick the One-Armed Juggler has been performing his Single-Handed Variety Show for 20 years in the Pacific Northwest and has developed a unique blend of spoken words and circus skills that are unforgettable. Vashon’s own Jennifer Krikawa was seen recently singing the role of Donna Elvira in Vashon Opera’s production of Don Giovanni – and we are thrilled she will be gifting our Burlesco audience with a song. Jennifer has sung for numerous companies such as New York City Opera, Virginia Opera, Connecticut Opera, Sarasota Opera, Augusta Opera, Annapolis Opera, Central City Opera, and Israel Vocal Arts Institute, and has an extraordinary repertoire of work.

It would not be Burlesco without our black-slip-combat-boot-wearing fabulous band. THE LOVE MARKETS make songs for a world in which we are all on the market, looking for love against a backdrop of loss, greed, and political corruption. Fronted by singer-songwriter Angie Louise, the band mates the eerie glamour of Weimar Berlin with the bluesy grit of New Orleans. In 2013 The Love Markets released their debut album World Of Your Dreams, drawing raves from Seattle Magazine (“Irresistible... A deliciously dark carnival”) and City Arts (“Ruffle-clad ruffians... Uber-belter vocals... Fearsome chops”). Since their birth in 2008, The Love Markets have donned their well-used uniforms of military lingerie for sellout shows at ACT, Can Can, City Arts Fest, and Seattle International Cabaret Festival; been featured guests with Seattle Men’s Chorus, Sandbox Radio, and on TV’s ArtZone with Nancy Guppy; and provided music for many installments of Vashon’s Burlesco Notturmo,



The Shanghai Pearl red

where they are always enchanted to return. Listen and visit at [www.The-Love-Markets.com](http://www.The-Love-Markets.com).

And of course, Burlesco Notturmo FANTASMA is woven together beautifully by the statuesque and glamorous Mme X and her indispensable Lawyer, the alter egos of Open Space founders Janet McAlpin and David Godsey. Rumor has it Mme X will be debuting a new, stunning ensemble created by Patricia Toovey, as well as a brand-new illusion!

Burlesco Notturmo FANTASMA is for guests 21 and over. A few, select VIP reserved tables are available in the front rows, so patrons can enjoy the show like no one else! These tables include delectable treats from Snapdragon, and reservations are available online only.

And after FANTASMA, more magic unfolds! The Open Space elves will descend on the Grand Hall, joined by an all-volunteer troupe of roving merry-makers, to transform it into a family-friendly spot ready to welcome islanders of all ages to the New Old Time Chautauqua!

Back for their second show at Open Space, New Old Time Chautauqua performs on Sunday, October 19th at 4pm. The New Old Time Chautauqua is a rare breed of variety show with juggling, comedy, acrobatics, live music, good old-fashioned family fun, and circus style antics that would make even a pessimist smile. In its 32nd year and still going strong, this community-based entertainment will take you on a journey out of the modern, screen-based world and into a land of rip-roaring full body experience.

The New Old Time Chautauqua tours annually with an ever-changing group of 60+ members, bringing their brand of new vaudeville to communities to entertain and inspire.

The Fighting Instruments of Karma Marching Chamber Band/Orchestra accompanies each performance with rousing music and zany wisecracks. Each performance is a knock-yer-socks-off two hours of fun. The October 19th show at Open Space will feature acclaimed acts including...

THE FOUR MAN ACROBATICLIST NINJA THEATRE TROUPE... NANDA (pronounced, nah-n-dah): Characterized by a calculated chaos of comedy, high-energy kung-faux fighting, and irreverent pop-culture parodies, NANDA has been performing original action-packed theater-based shows since 2004. Also incorporating dance, juggling, and acrobatics, NANDA performances are a mishmash of classic vaudeville, circus and modern live entertainment innovation.

Also appearing will be the MUD BAY JUGGLERS, a startlingly inventive troupe

# Star Anna & Mark Pickerel



By Stephen Jeong

Join us for an acoustic set of amazing alt-country and rock music with well-known local musicians Star Anna and Mark Pickerel. Originally from Ellensburg, Anna is an immensely talented singer-songwriter whose honest and soulful songs from her three albums have earned the attention and praise of fans and the music press. Starting out as a drummer, Anna moved to the guitar and songwriting, later performing regionally with The Laughing Dogs. Former Guns N’ Roses bassist Duff McKagan praised her as “the real deal... she will be a talent that we can all say that ‘We saw her when....’ Guaranteed.” Critic Nicole Brodeur of the Seattle Times has described Anna as having “a voice full of bluster that will slam the door behind you, then find itself alone to take in the loneliness, the quiet, the beauty.”

Mark Pickerel is best known as the drummer in The Screaming Trees, and has played on albums with Mark Lanegan, Brandi Carlile, Neko Case and Nirvana. As a vocalist, his influences range from Leonard Cohen to Lee Hazlewood to Nick Cave. As a drummer and vocalist, he currently fronts the band His Praying Hands, with songs described by the Seattle Weekly as “surreal, almost psychedelic... It’s Americana, for sure, but via David Lynch.” Anna and Pickerel have performed and toured locally, and this collaboration is a dynamic and must-see event. Co-produced by Debra Heesch.

Star Anna & Mark Pickerel  
Saturday, October 18, 7:30 pm  
Vashon Allied Arts  
\$16 Member/Student/Senior,  
\$20 General Tickets: VAA, Heron’s Nest, [VashonAlliedArts.org](http://VashonAlliedArts.org)

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that juggles genres as easily as objects, weaving theatre, dance, physical comedy, and juggling into a creative and infectious entertainment experience; PEPPERJILL & JACK is a musical act based in Seattle, WA. They debuted in March 2012 in New York City, performing in the Astoria Symphonic Choir’s spring concert. PJ&J has played throughout NYC in various bars and clubs, always surprising audiences with their eclectic style and instrumentation. A genre-defying duo, they blend a Cole Porter lyric sensibility with Simon & Garfunkel style duo vocal harmonies. In a typical concert you’ll hear everything from trombones to ukuleles, all used for maximum listener enjoyment.

Matt ‘Poki’ McCorkle is the animate object, creating potent performances with mime, clown, and juggling. Fascinated with illusions, Poki is a self-taught mime,

clown and juggler who uses isolations, object illusions & object manipulation to bring life to umbrellas, hoops, hats, giant sewing needles, a Mannequin leg, a cloud, and more.

Other performers include PepperJill & Jack, Amy Englehardt (formerly of the The Bobs), Scramble, Euphonium Spaceship, the return of beloved favorites Joey Pipia and Godfrey Daniels, and much more!

Burlesco Notturmo FANTASMA plays on Saturday, October 18th, at 8pm, with Doors Open at 7pm.

New Old Time Chautauqua performs on Sunday, October 19th at 4pm, with Doors Open at 3:30pm.

Tickets for both events are available at [brownpapertickets.com](http://brownpapertickets.com), at Vashon Bookshop, and at the door



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