



VASHON

THE LOOP

Vol. 11, #5

SUPPORT OUR ADVERTISERS THEY MAKE THE LOOP POSSIBLE

February 27, 2014

Oscar Night Benefit Returns to Vashon Theatre



Vashon Film Society and the Oscar Night committee are bringing the island's annual Academy Awards bash back to the Vashon Theatre on Sunday, March 2.

It will be the group's seventeenth year of spotlighting Vashon's historic movie house by producing a local gala that incorporates the glitzy Hollywood Oscar awards show broadcast with homegrown entertainment on the commercial breaks.

The Oscar party is also a significant milestone for theater owners Eileen and Gordon Wolcott who have been marking their tenth year of showing movies at the Vashon Theatre. More than a decade ago, Vashon Film Society managed to convince a Seattle television station

to feature its Oscar Night gala on the evening news, and the resulting publicity about the island's down-but-not-yet-out independent theater convinced the West Seattle Wolcotts to take a ferry the next day to find out about buying the single screen cinema.

The Vashon Oscar Night party differs from swankier big city Academy Awards galas in several significant ways. Tickets cost much less, families with kids are welcome, and islanders are known to comb the aisles at Granny's Attic and other consignment shops to come up with funky, original spins on the haute couture donned by Hollywood stars. Before the real Academy Awards

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Vashon Will Get Our Own FM Radio Station!

On Friday, February 21, the Federal Communications Commission (FCC) approved Voice of Vashon's application for an FM radio station. Fourteen years ago a small group of volunteers, including the late Bill Morosoff, dared to dream that Vashon could have its own live radio voice. Now, that dream has become a reality.

VoV has been issued a construction permit for the new FM station at 101.9 on the FM dial. As soon as construction funds are raised, call letters assigned by the FCC and the needed equipment is installed, the station will start serving the Vashon-Maury Island community. Then, after a short testing period to make sure Vashon's station doesn't interfere with any other stations, a permanent license will be issued.

According to Steven Allen, a veteran broadcast engineer and longtime VoV



Voice of Vashon board, staff and volunteers on retreat celebrate the FM station license approval. Photo by Craig Beles

volunteer, the station will go on the air as soon as possible. "It will take some time to build the transmitter, antenna and other elements needed to put the station on the air but, fortunately, we built much of the needed infrastructure long ago in anticipation of this

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An open letter to Vashon Island:

We at BAKKHOS Holding llc, the makers of EdiPure products, found on Vashon Island what we believe to be the best opportunity to become part of a vibrant community, where our values match those of the people who will become our neighbors. Our vision to expand our operations as leaders of our industry begins with becoming a member of the community of Vashon Island, through a commitment to service, employment, and preserving the identity of the Island and protecting the environment and precious resources of the Island.

To achieve that goal, we understand that becoming good neighbors and stewards of the Island means hearing the concerns of Island residents, and acting in the best interests of the community while building our new business in a new marketplace.

Our commitment to Vashon Island is to ensure that our operations do not interfere

EdiPure

with the community, but instead enhance the lives of Vashon residents, through economic, nvironmental, and community improvements by our presence as part of the Island.

!We commit to hiring Vashon Islanders first for all of our needs, whether working with us directly as employees in our facility, or as contractors for our plans to build out the building to suit our needs. We commit to engage with other businesses on the Island to create relationships to provide services for our company needs. We commit to becoming an important part of the business community by continuing our membership with the Vashon Island Chamber of Commerce and the Vashon Island Marijuana

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The Road to Resilience Updates

By Terry Sullivan, Transition Vashon

This week I wanted to update you on some transition oriented projects that are in the works here.

The **Vashon Timebank** is alive and well on Vashon, but needing new members to become the really vital organization that it can be here. I notice on the Vashon Timebank Facebook page that there are a lot of people that "like" it and most of them are not members yet. Orientations are the last Sunday of every month from 4-6 pm at the Senior Center. If that time is not good for you email Diane Griffin at dianemariegriffin@gmail.com. She will be giving mini orientations to groups of you that can meet another time. You can also apply online at timebanks.org, click on "how to join." There are also members that have not as yet posted any services or requests. You have taken the time to be members so you might as well start taking advantage of it! If you are doubtful about how to do that, we will doing tutorials at the orientation meetings or you can contact Carrie Sikorski at carrie@s4svashon.org. I have so many people that I talk to mention some task they are not looking forward to doing. My response is always the same: join the timebank and have someone else

do it or help you do it. Then you can offer your time for things that you really enjoy and/or are good at. Joining the timebank is a really practical decision that could save you time and money. But we need you to join in order for it to really come into its own! Read about it at tbanks.org. If you are not a computer user, contact Carrie at 206 949 2790.

Gib Damann, Julia Lakey, and Shannon Brundle are hard at work organizing the effort to build a **Methane Digester** on Vashon. For those of you that didn't read my Jan 30 Road to Resilience, this plant would turn our organic waste (kitchen, garden, and eventually sewage) into methane (local energy) and wonderful compost (local food). Their group, known as Zero Waste Vashon (Z WV), invites all to join them every Saturday at 10 am in the lower room of the Episcopal Church. A group has recently visited working Methane plants in Vancouver. Several committees, spanning financial and legal to practical and promotional aspects have been formed and you might be the vital asset that one of these committees is looking for. If you would like information or to support

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Let's All Move Vashon Park District Forward!

Lu-Ann Branch

Chair, Vashon Park District

We are past the election and have our new commissioners on board, as of January 1st. Some things are the same: we still have wonderful parks and we have islanders participating in all kinds of active sports including hiking, soccer, horseback riding, softball, skateboarding, etc. And some things are different: we have a refined and redesigned accounting system, a General Manager with a professional background in finance, we are playing on some bright new ball fields, we have survey results that tell us what you think, and we have two new commissioners (Scott Harvey and Doug Ostrom). Oh, and thanks for re-electing me, as well!

True, those fields at VES (the former Vashon Elementary School) have come at a steep price from your VPD tax dollars, but almost half was actually paid for with money outside of Vashon Park District (VPD) funds, including some very generous

Islander cash and volunteer donations. And now we can track those dollars much more reliably with our updated accounting system and accounting staff.

Regardless of how we got here (mostly reduced annual levy money and taking on the VES Fields Project), I have seen our actual recovery coming for several months. We are just beginning to come out the other side, and it is exciting on a number of fronts.

First, we are moving beyond the VES Fields project. We have one final permit lingering that requires us to finish some work before mid 2015. However, we expect to complete that work this year. This is psychological, as well as financially responsible. Doing this work will finish the required work on the fields in the most cost effective and expeditious manner possible.

Second, per one of the recent WA State Audit's recommendations, we are committed to paying off all of our debt, and creating a cash reserve. This is a new way of thinking, supported by the majority

Continued on Page 8



*The Sewing Department
has gone to the
Cats and Dogs!*

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week: Cat and Dog
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Foster Needs A Home...


I had a rough life before coming to the shelter, so it's taken me a while to learn to trust people. I'm still on the shy side but once I get to know and feel comfortable with someone, I'll be devoted to that person. When I'm brushed, I purr nonstop. I never want the brushing to stop, either - I'll get up, turn around and plop back down to get some more. I'm a quiet guy and would like to find a quiet home with adults who understand my need to take things slowly. I'll pay them back with many years of love.



Go To www.vipp.org Click on Adopt

PANDORA'S BOX

Wishing Chad success in his new venture - time for a real job with which to the support family. We just don't know which new job he took - an embarrassment of riches.



Bo's Pick of the Week: His Twitter account - follow the misadventures of Bo at @BoTheShopCat.

(206) 463-3401

\$8 Nail trimming with no appointment

17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch

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Get in The Loop

Submissions to the Loop

Do you have an event or Public Service Announcement? Email questions or submissions to Steven Allen, editor of the *Loop*, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.

More Magic at Open Space



In March, poet-magician Thomas H. Pruiksma continues his classes in the art of magic. For the winter/spring quarter, we'll work on card magic, rope magic, and some classic close-up routines. The class is open to students age 8 and above, and meets from 1:00 to 3:00 p.m. at Open Space for Arts and Community March 2, 9, and 16. No previous experience necessary. Tuition and supplies are \$110. For more information or to register, call 567-4023 or email thomas@thepoetsmagic.com.

Free Range Folk Choir

Vashon Island's own Free Range Folk Choir will be presenting a Concert on Friday March 7th, 7pm at the Burton Church (23905 Vashon Hwy SW). Come enjoy the harmonies of a cappella choral music from around the world!

This concert will include songs sung by the Beattles, Credence Clearwater Revival and Stan Rogers, as well as choral folk music from Japan, South Africa, Bulgaria and the US. Admission is free; donations in support of the event are gratefully accepted.

We hope to see you there!
Free Range Folk Choir,
Vashon Island
FreeRangeFolkChoir.blogspot.com

First Friday Class of 2015 Grad Night Fundraiser

Support a fun, safe graduation night party for the Class of 2015 by purchasing delicious treats during the upcoming First Friday Gallery Cruise on Friday, March 7, 6 to 9 p.m. Stop by the bake sale outside the Hardware Store (17601 Vashon Hwy SW) to fortify yourself for a cultural trek through Vashon's many galleries and art exhibits.

The Grad Night Party Committee's fundraising efforts help make it possible for ALL of Vashon High School's graduates to attend a spectacular all-night, drug-and-alcohol-free extravaganza put on just for them. With your bake sale purchase you're supporting the efforts of Vashon parents to keep our young people safe and sober on possibly the most dangerous night of their lives.



Vashon Social Dance Group Monthly Dance & Lesson

Saturday March 1, 2014: Not sure who will be the instructor, but we will have a dance lesson before our monthly dance. Join us! Vashon Social Dance Group Monthly dance and lesson. As always, no partner needed and a \$10 donation is suggested to compensate our guest instructor for making the journey and inspiring us on the dance floor.

VSDG dance lesson and social partner (no partner needed) dance
Saturday, March 1, 2014
Ober Park Performance Hall 17130 Vashon Hwy SW Vashon 98070
Lesson 7:00 - 8:00 pm
Dancing to deejayed music by yours truly... 8:00 - 9:30 pm
No partner needed, No one turned away for lack of funding. Come join us for an awesome night of dancing and fun! Questions? Give me a call. Hope to see and dance with many of you Saturday, March 1, on Vashon.
Vashon Social Dance Group Coordinator
Candy (206) 920-7596

The Incredible Years Series

For Parents and Caregivers of children 3 – 10 years old
Facilitator: (Melanie Salonen)
Spring Class Dates: March 6, 13, 20, 27, April 3, 10, 24, 29, May 1, 8, 15 & 22
Cost: \$80 (Playspace members) & \$100 for nonmembers


The ages and stages of development can make different phases of parenting challenging. But as our children grow, so can our skills in parenting. The Incredible Years is a twelve-week, research based parent education program that provides parents with the tools needed to make the job of parenting easier; all the while raising happy, healthy independent children. The first several sessions builds children's social competence and cooperative behavior. The second half of the series focuses on reducing misbehavior. Topics include: effective bonding, effective praise/encouragement, emotion coaching, clear limit setting, house rules and chores, understanding your child's innate temperament, managing emotions (yours and theirs), what, how and when to ignore behaviors, and natural and logical consequences.

Youth ministry fundraiser

Vashon Island Community Church is going to be doing a fundraiser for our youth ministry. 222 VICC youth ministry Dinner and a show fundraising event. March 1st, 6pm-8pm at Vashon Island Community Church 9318 SW Cemetery RD. Hope you can make it!"

Melisa Carol (Missy) James

After a long fight with cancer, Melisa Carol (Missy) James passed away at her home in Seattle. Missy had been under Hospice care and her brother, David, had come from his home in Fairbanks, AK. to help her through her last days. Missy lived on Vashon the first 18 years of her life and was a 1979 graduate of Vashon High School. In addition to her brother, Missy is survived by her father and mother, Milt and Betty James of Mountlake Terrace, WA. A memorial was celebrated at the South Park Community Center on Sunday, February 16.



**NEED HELP WITH YOUR
FEDERAL TAXES???**

HEALTH INSURANCE SIGN-UP??

PROPERTY TAX EXEMPTION??

**Come to the
Vashon Library**

on Wednesdays from 10:00AM - 1:00PM


Starting February 5th & Ending March 26th

This tax help is **FREE** for people who make \$25,000 or less. You may have money coming back to you if you qualify for the *Earned Income Credit*.. Don't let the government keep your money! **File!**

HEALTH INSURANCE There is still time to sign up for health insurance. Bring last years or this years tax return. In-Person Assisters will be here to help!!

Property Tax Exemptions forms will also be available. To qualify you need to be at least 61 years of age and your income must be under \$35,000 and that includes Social Security.

No appointment necessary
All forms will be provided
Hilary Emmer
463-7277



The Vashon Loop

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


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

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

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

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Next Edition of The Loop Comes out Thursday, March 13

Deadline for the next edition of *The Loop*
Friday, March 7



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Harbor School Presents Voyage of Discovery 15th Annual Benefit Auction

“Voyage of Discovery,” Harbor School’s 15th Annual Benefit Auction, is a fun-filled fundraising event that includes a silent and live auction (with an array of fantastic items), sit-down dinner, and a special appeal in support of the school’s Travel Study program.

This year’s event features special guests Tami Brockway-Joyce and Jennifer Sutherland as our hosts for the night. Known to islanders as the Washington State Fairies, Ms. Brockway-Joyce and Ms. Sutherland will be introducing their original creations—the Filson Sisters as they MC the evening. Auctioneer Howard Choder will be on hand for the Live auction.

The auction itself will feature a plethora of destinations and special adventures (to honor Travel Study) as well as many fabulous treasures—original art by renowned artists, Mariner’s tickets, international-themed baskets, theater and event packages, hand-crafted jewelry and crafts, custom artisan furniture, restaurant gift certificates and gourmet dinner events....just to name a few!

The sit-down dinner will be served by Harbor School’s very own alumni and feature the wonderful gourmet cooking of Zamorana and Express Cuisine.

To get the ball rolling, Harbor School will hold a free Auction Preview Party at the home of current Harbor School parents Mike and Gretchen Spranger, March 7 at 7PM. Drinks, appetizers and good conversation will be the order of the night, with many of this year’s auction treasures on display.

Harbor School’s Annual Benefit Auction attracts over 150 guests from the greater Vashon Island and Seattle communities.

Harbor School’s Travel Study Program has been in place since the school was established in 1995. Travel Study at THS provides students with

a broader, more enriching curriculum; helps strengthen peer relationships; allows students to experience history first-hand; enhances language skills through immersion in different cultures; and develops critical thinking skills and independence. Travel Study creates global citizens and has inspired Harbor School students after they graduate and become alumni to experience more journeys abroad in high school and college. Harbor School Travel Study has taken students to: New Orleans (service learning/humanities), Eastern Washington (fossil hunting), Portland, OR (green urban travel), Ashland, OR (Shakespeare), Madrid, Spain (Spanish language/cultural immersion), Jamestown/Williamsburg/Yorktown (Colonial History), Guadalajara, Mexico (service learning/cultural immersion), Southwest States (Hopi Tribal Study), and throughout our own state to discover history, explore nature and science, study urban engineering and more.

Voyage of Discovery is grateful for the generous support of our auction sponsors: SAWBONES, Henrybuilt, Charley & Lanora Rosenberry, Connie Sorensen, Realtor - Windermere, Edward Jones, Vashon Thriftway, Island Home Center, John L. Scott, Fair Isle Animal Clinic, Robert & Deirdre O’Brien, The Jewson Family, Vinculums, Fizzic Interactive, Seattle Distilling Co. , JesusBarn Farm

The Harbor School’s 15th annual benefit auction, Voyage of Discovery, will be held at 6:00 PM on Saturday, March 29, at Open Space for Arts & Community on Vashon Island. Food and beverages are included in the ticket price of \$50. Tickets are available now. Tickets may be purchased by calling 206-567-5955 or online at www.harborschool.org. All proceeds benefit Harbor School, a non-profit independent school serving grades 4 through 8.

Letter from K2 to King County

King County Executive and Council Members:

It is publicly known that, in the near future, K2 Sports intends to close on the sale of its original factory buildings and property on Vashon Island. The purpose of this letter is to reaffirm our commitment to the vibrant community of Vashon Island where K2 Sports was founded more than 50 years ago. Despite the fact that we moved the business off the island, K2 Sports is legally and morally bound to take responsibility for adverse impacts on the environment, when those impacts are identified by state or federal agencies with appropriate jurisdiction.

Since the factory opened its doors in 1963, K2 Sports has always been a responsible member of the Vashon Island community and has never attempted to sidestep any appropriate requests regarding our environmental stewardship of the property. This commitment is evidenced by actions taken to test and address environmental liabilities and ensure that the structures on the property have not become dilapidated or blighted the island landscape.

After being on the market since 2006, a company called Bakkhos Holdings, LLC offered to acquire the property late last year. Many parties have been interested in acquiring the property over the years and several deals have fallen through. Bakkhos Holdings, LLC is the most sophisticated and capable buyer we have worked with since the property was vacated and we are pleased to have accepted their offer.

K2 Sports has not asked Bakkhos

Holdings, LLC or any buyer, for that matter, to indemnify the company against future liability from any existing environmental conditions at the property. Such an indemnification would not be aligned with K2 Sports’ moral responsibility to the Vashon Island community where many of our employees and their families reside to this day. Moreover, such an indemnification clause in a private contract would not prevent government authorities from imposing liability on K2 Sports.

The State of Washington, Department of Ecology (DOE) has requested additional steps be taken in connection with K2 Sports’ voluntary action to decommission a 300-gallon oil tank at the site in 2008. K2 Sports has contacted the DOE to advise them that all appropriate action would be taken to secure a No Further Action required determination from their department. The potential sale of the property, to any buyer, in no way bypasses K2 Sports’ responsibility to resolve this matter.

K2 Sports and its parent company, Jarden Corporation, have not and will not turn their backs on the very community that has such an important place in the history of the company and the lives of its employees. We will remain the responsible party of record should it ever be determined that our actions from 1963 to the current day have caused environmental contamination which requires cleanup pursuant to state and federal laws.

Best Regards,
Anthony De Rocco
President and CEO, K2 Sports

An open letter to Vashon Island:

Continued from Page 1

Entrepreneurs Alliance.

We commit to being stewards of the Vashon Island environment and our planet by reducing the need for District 19 water through the installation of a catchment system for our cultivation irrigation needs, by immediately reducing the consumption of resources that the building has been known to use for the last five decades, and by continuously considering the environmental impact of our processes through improving and reducing our consumption of natural resources as our company grows.

We commit to the community by partnering with Vashon Island organizations to increase the education of Vashon Island and the state of Washington’s youth to prevent and reduce drug and alcohol use; by creating opportunities for use of portions of the property for community purposes (if and where state and county laws allow); and through our direct involvement in events that improve the quality of life on Vashon Island.

We have heard the concerns of Vashon Island, and want to ensure the community

that your concerns are ours too; we will ensure that the former owners provide us with an nvironmentally sound property to guarantee EdiPure with a clean start for our new operations, and provide the comfort to Island residents that the company entrusting the property in our hands has protected your interests over the last five decades.

We ask that those of you who are unsure if we are the right company to become stewards of the property consider that we have been open and honest about our intentions, and have provided you with a real look into who we are and what we do. We ask that Vashon Island consider that we want to be your neighbor, an employer of Vashon residents, a steward of the environment, and a real part of the community.

We look forward to becoming Vashon residents ourselves, and hope you’ll accept us for who we really are, not who some believe us to be.

Sincerely,
BAKKHOS Holding llc.
Makers of EdiPure Products

Vashon Island Shakespeare Festival’s ShakesKIDS

Much Ado About Nothing, by William Shakespeare. Friday April 11th, 7:00pm Ober Park Performance Space

For one night only ShakesKIDS will present a ruckus filled cross dressing presentation of Much Ado About Nothing by William Shakespeare.

Claudio loves Hero, Hero loves Claudio; what could go wrong?

Claudio’s friend Benedick loves Beatrice and Beatrice Benedick, though they’ll not admit it. It’s all fun and games until the actions of a disgruntled prince force Benedick to prove his love for Beatrice - by killing Claudio. Arrests are made by the clown like local law enforcement and a trial is held that parodies the law of the land and it’s figure heads. With the bantering of Beatrice and Benedick, this play gives us one of

Shakespeare’s wittiest, most lovable pair of would be lovers.

ShakesKID’s production has the most possible fun with turning upside down this classic play.

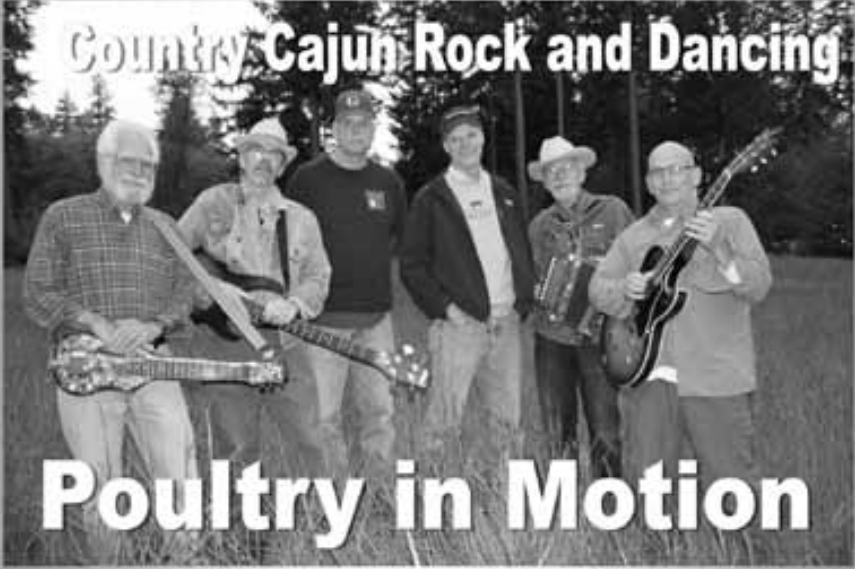
Children are constantly told how they must present themselves and which mold they must be seen to fit into. In this production we choose to isolate the molds themselves in order to reveal and dissmantel them. The boys have learned something of what it is to be a proper young girl, and the girls have learned a bit of what it means to be a fine young man. By reversing their gender identification we hope to expose for better or for worse how we the players and you the audience assume we must define ourselves. Also, and perhaps most importantly, it is just good fun to do!

Mardi Gras At Vashon Golf & Swim Club

Mileta Creek Restaurant

Fat Tuesday

March 4, 2014 5:00 to 9:00p



Country Cajun Rock and Dancing

Poultry in Motion

Authentic Creole Menu by Chef Bill Ewe

Gumbo, Dirty Rice, Cajun Wings, Beignets, Bananas Foster,

King’s Cake, Drink Specials

Reservations Required 463 2005 — Public Welcome

Dinner & Show- \$18.00 Before Feb 28th \$28.00 after Feb 28th

Show only- \$10.00

Dinner Served from 5:00—7:00

Island Life

Keep Vashon Normal

By Peter Ray

I have long had an interest in that transient icon of the automobile age- the bumpersticker. My earliest recollections of it, or a facsimile thereof, is from the late 1950's and early '60's when my family would go on vacation up into the Adirondack region of upstate New York. For the most part we would travel on foot between our rented cabin and the public beach which it was close to on Paradox Lake. But every now and then we would venture out to one of the tourist traps or roadside attractions- their relative value and cultural worth residing on an easily sliding scale. Once at these various establishments, what was of almost equal interest to me, beside the alligator display or the refrigerated North Pole, was the tooth fairy/Easter bunny moment we had when we returned to our two tone Chevy station wagon. It was then that one found a certain badge of vacationary achievement affixed to the car, usually to the front bumper with wire twist 'ems. In truth, these were not real bumperstickers, as they did require those wires to keep each mobile, thin cardboard placard in place. And while they did serve to spread the word about Frontier Town or the Serpenterium or visiting Ausable Chasm, they also created a bond among all these temporary travelers. Look! They went to Fort Ticonderoga, too.

Over the years, bumperstickers have evolved into a number of things, but mostly they serve as a message medium with a range from politics to causes big and small and on to general, freak out nonsense. Also along the way, the European white oval which was often stuck on the back of a foreign car and identified its country of origin by abbreviation- GB,CH, NL- has been co-opted and Americanized to the point where its original meaning has been lost, and each new multi-letter abbreviation requires some sort of full length identifier along the edge of each oval in print too small to read at any speed. In many ways, the bumpersticker has gone from a show of where you've been, Wall Drug perhaps, to a pronouncement of where you are. And as a possible response to the ubiquity and sameness of the white and black oval, other bumperstickers have cropped up which proclaim a given area's uniqueness. We of course have our own VSH stuck to many Island cars, but some might ask where that three letter combo came from. While a simple VI or VIWA would have been good enough, one ponders as one stares into its depths what it actually stands for: Vertical Side Hills, Vexingly Strange Hallucination or perhaps even Very Suspicious Homies? While coming up with any number of acronym interpretations, one is hard pressed to explain the need for a separate sticker that asks one and all out here in the Puget Sound to "Keep Vashon Weird".

Except of course if one had been to the recent meeting at Chautauqua Elementary about the proposed marijuana growing and processing facility attempting to find a home at the long vacant K2 building. If one had been there, or if, through yet another of our modern miracles of the information age, one visited the Voice of Vashon programs on demand pages and chose to watch the entire proceeding in the comfort of one's own home, one might indeed wonder what weirdness it is that we are hoping to preserve here. Having shot the above mentioned video and been a live witness to its nearly two and a half hour unfolding, I would say that the only weirdness I saw was that people whom I have otherwise considered open minded and thoughtful were spouting hypocrisy, unfounded speculation and fear driven supposition while denying the very people who are proposing that this business come

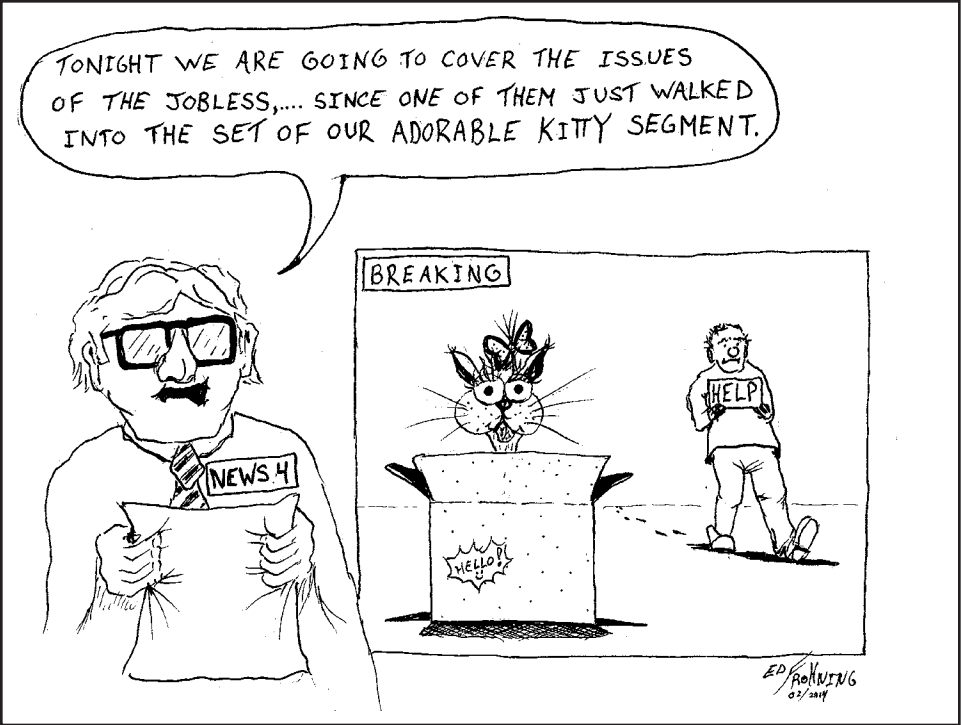
to Vashon the simple right to explain themselves. Having spoken briefly to one of those people, Dan Anglin, immediately following that meeting, I felt the need to have a few more questions answered, so I called him this morning and this is what I found out.

Of the environmental concerns, Mr. Anglin said that they plan to use one third of the amount of power that the K2 facility is capable of using, as opposed to the carbon bigfoot stomping some green number crunchers have suggested is inevitable in this grow light intensive environment, and that EdiPure is more than open to exploring alternative means of energy such as solar. In terms of water use, the planned addition/enhancement of a rain catchment system on the roof of the K2 building was explained at the meeting. I asked about waste water, since that hadn't been addressed, and was told that there would be no extra waste water from the plant growing operation. There will be a composting system for dealing with organic wastes.

I asked about the issue of candy being the so-called delivery system of the active ingredient derived from the cannabis plants. As was explained at the meeting, confections are the preferred method for ingesting recreational marijuana products, but that they have 68 different products ranging from pills, tinctures, vapor pens and savory items as well as the confections. Mr. Anglin did say that as the market matures this may change as the consumers, through their purchases, will tell them what they want. He also said that the edibles provide a smoke free set of alternatives to current forms of marijuana consumption.

One of the major desires of EdiPure is to keep medicinal marijuana in Washington State, as currently there is proposed legislation to eliminate the medicinal side of the industry. Mr. Anglin seemed most excited about the recent formation of the EdiPure Foundation for Hope, which will exist to provide free or discounted access to cannabidiol (CBD) for people with specific diseases and ailments. In looking this up I found that CBD has been shown to be effective in providing relief for convulsions (specifically as a treatment for epilepsy), inflammation, anxiety and nausea. It has been clinically proven to benefit patients in the treatment of Parkinson's related psychosis and as an antipsychotic in general, as well as being shown effective in preventing the spread of breast cancer cells. The EdiPure product, Olivia's Oil, is a CBD produced from a strain of cannabis that has been selected for its low THC and psychoactive content, and is named after a child patient whose autism has been successfully treated with this product.

As someone who delivered ornamental plants off the Island for years, I can tell you that I never once lost a plant off my truck, so the idea of bales of high grade pot or bags and boxes of THC infused gummies rolling off the backs of EdiPure delivery trucks into the arms and bongs of innocents while traveling Island roads or anywhere is just simply laughable. I can also tell you that I learned a few years after I began growing those ornamental plants with Mike Lee at the end of the road here that the word on the Island was that we had a pack of Doberman's prowling day and night to protect our pot growing operation back in the early eighties. It seems that the Island never tires of inventing stories about things it doesn't fully know about or understand. As far as weird goes, I have ordered 300 bumperstickers that say "Keep Vashon Normal", not because I want it that way, but because that's the way it is. Three-quarters of this Island voted in favor of making marijuana legal in this state, which now makes that crop on the cusp of being normal, which if you think about it is kind of weird- go figure.



Birds, Backyard Habitat and eyond, a film by Craig and Joy Johnson

Through videos Craig captured in their yard (in a developed neighborhood on Whidbey Island) the Johnsons share some highlights of what they have witnessed while sharing their yard with native wildlife. This includes birds foraging, raising young, maintaining plumage and more. Using Craig's animations, graphics and photographs, they also offer some suggestions to increase the variety of birds visiting your yard.

Watercolor artist, photographer and graphic artist, Craig Johnson, and Joy Johnson, writer, have created and published four books containing colorful, close-up photographs of birds (most found in the Puget Sound area). Their latest photo book is titled, "Our Pacific Northwest Birds & Habitat". Additionally, they have published two children's books, which Craig illustrated in watercolor. "Harry the Woodpecker's Search for a Home" was just released in



December 2013. Crafted and printed in the Puget Sound area, these books have reached more than 12,000 people and are available in most Washington Library systems.

Together the Johnsons study ornithology and have spent countless hours observing and photographing birds in the field. They have put together various educational materials to share their passion for birds and hope to inspire others to protect birds and wildlife habitat.

Vashon Will Get Our Own FM Radio Station!

Continued from Page 1
moment."

Station construction will begin after funds are raised for the project. "The FCC approval has happened much, much faster than anyone expected" says VoV board treasurer John Midgley. "Now we must finalize our engineering designs and raise funds to finish building the new station. We believe we'll need to raise \$50,000 but we're working to refine that estimate" says Midgley who hosts a VoV radio show called Jazz Kaleidoscope.

When asked about what programs will be heard on the air, VoV Station Manager Susan McCabe said "Our motto is 'Island Powered Media' so much of what you hear will be up to Islanders and we're always looking for volunteers to create new high quality shows." VoV is already broadcasting play-by-play high school sports, excellent jazz shows and streaming a compelling collection of Island music. There will be room for more Island-produced radio and VoV will even help train you to produce your own show through its Open Studio program. Get in touch with McCabe at susanm@voiceofvashon.org if you'd like to explore your creative ideas.

VoV's Emergency Alert System coverage will be much improved with this additional transmitter on FM. "The 1650AM bulletins will be repeated on the FM station in the same way volunteers put them out on VashonALL, Facebook and our website" says Luke McQuillin, VoV's 1650 AM Emergency System Coordinator.

Most people on the Island 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 a single transmitter. "We're planning to fill in areas where possible and we have several technical solutions in mind." says VoV vice-president Rick Wallace.

"This effort has come such a long way since we got started" recalls Jeff Hoyt, one of the pioneers at Voice of Vashon and current board member. "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 station."

Islanders are asked to help build the new FM station by making an online donation at www.VoiceOfVashon.org or by mailing a check to P.O. Box 2397, Vashon, WA 98070.

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Spiritual Smart Aleck



By Mary Tuel

The Mysterious Leak

“I grew up in a town where if you see a sign like this on the ground, it means either they hit the sign to avoid the deer, or the teenagers got into their parents liquor cabinet again.” – J.D. Tuel, our older son, commenting on a picture he took of a downed road sign on Facebook this morning

Got up before six this morning and took our son J.D. to the ferry so he could go to work, then came home, had breakfast, read the paper, and drifted back to the bedroom to lie down again for a while. Dozed off, woke up again, and was lying there waiting for my brain to start firing on all cylinders and petting the dog, when suddenly I heard a woosh of water running! Oh no!

A leak, I thought. We insulated our pipes and closed in the crawl space years ago, but it has been awfully cold a couple of times this winter. Maybe something froze and broke and has now cut loose.

I quickly went to the hot water heater closet, where I could hear the water gurgling through. What to do? Rick always took care of this stuff. My first thought was that I needed to check under the house to make sure water wasn’t gushing away there. In my haste I grabbed and put on a pair of work shoes which were somewhat too large for me. I’ve discovered that Rick’s shoes are only somewhat too large for me, and have taken to wearing them with thick socks for outdoor chores.

Went outside, grabbed one of the two ski poles I got at Granny’s that I use to keep myself from toppling over in the yard. I have bad knees and the yard has uneven ground – a prop helps.

Made my precarious way down to the door that opens to our crawl space, anchoring the ski pole as well as I could and hanging on tight as I wobbled downhill. Opening the door and sticking my head in, I could perceive no telltale sound of water running – whew, what a relief. Closed the door again and made my way around the rest of the house, carefully picking my way along the ravine side and then up and around to the front door.

Went to the water heater closet. The wooshing water sounds had stopped. Maybe it was the water heater filling up and it was topped off now? The feeling of crisis passed, but I figured I still had a problem somewhere, and I still didn’t know what to do about it. Time to ask for plumber recommendations on Vashonall, I thought. Or maybe put a post asking for help on Facebook.

Then J.D. came down stairs. He had decided he didn’t feel up to going to work and had



turned around and come back out here so he could spend some time with his daughter, arriving after I had gone back to sleep. Then he took a shower. That was the water I heard running when I woke up. We haven’t had anyone living upstairs for long enough that I’d forgotten that sound.

So the whole thing was one of those panic reactions to an ordinary event. Of course if I had realized someone was taking a shower upstairs and I didn’t know who it was, I might have had a whole different kind of panic.

I thought I’d grown out of jumping to conclusions, but apparently not. This experience makes me realize that I do need to line up a plumber, and a handyperson – people who can help me do the things I am unable to do around here. Did I mention that Rick always took care of that stuff?

J.D. walked home from the bus this morning while I slept. That’s when he saw the sign lying by the side of the road. He knows what he’s talking about when he mentions teenagers getting into the liquor cabinet, among other teenage adventures. Sometimes he tells me stories from when he was a teenager, and I’ve noticed that at some point in almost every one of these stories, one of the participants says, “My dad is gonna kill me!” It seems to be the unifying theme of teenage adventures, anticipating death at the hands of one or both parents.

We never killed him, though. One adventure involved taking our car for a joyride and wrecking it, and my response then was, “God let you live. It would be wrong for me to kill you now.” Not that I didn’t feel a little homicidal at the time. I did.

Glad we let him live. He’s been helping me with a lot of the heavy lifting around here. I don’t think he knows much about plumbing, though. Too bad.

Road To Resilience

Continued from Page 1

it financially: zerowastevashon@gmail.com or gibd@comcast.net.

Steve Graham is still looking for a site to set up the **Vashon Tool Library**. When you join the tool library, you will be able to borrow tools for your projects rather than having to buy one that will end up sitting largely unused in the back of your closet. Why buy a tool you will seldom, if ever, use again? Quite a few tools have already been donated and we are mostly waiting for a building to set it up. Steve is looking for a securable, dry space of at least 100 sq. ft. and is likely to receive a grant with which to pay rent. Contact Steve, 265 9929, sngraham@centurytel.net.

In the same vein, GreenTech is still looking for a site to set up a donated very extensive **woodworking shop** for use by Vashon subscribers. If you know of a dry space of 6000 sq. ft. or more or would like to know more about the project, contact Tag Gornall, tag3dvm@me.com.

Cliff Goodman has organized a **food coop** through the Roastery/Minglement. Many of you already save by special ordering bulk foods through Minglement. Cliff’s buying coop allows you to save even more by going in with others to buy even larger lots. He is looking into buying cases of organic produce as well. If you are interested in forming your own group, contact Cliff at 853 1719 or goodman.clifford@gmail.com.

I sent out a notice to the Transitiion listserve recently looking for interest in **cooperatively owning an electric truck**. You may have a truck sitting around that you only use occasionally, although you are paying insurance, tabs, and maintenance as if you were using it every day. It is probably a gas fed hulk that costs you and arm and a leg to drive. Wouldn’t you like to forego the bulk of those costs and have the use of a carbon free, incredibly thrifty, electric truck when you need it? There are two trucks on the island that will be available to buy. If 20 or 30 of us invest in one truck, the cost would be negligible. We will need a nonprofit organization to take ownership and the insurance, I found out, is totally workable. There are plenty more details that would need to be worked out, but there are plenty of precedents to model ourselves after. If you are interested in this, contact me at 463 2812, terry.sullivan46@gmail.com. What I’m really looking for is someone to lead this project and a number of others that would like to help work out the details.

What can be said about all of these projects is that they save money, put less carbon in the air, save resources, and strengthen community, just the tip of the iceberg, the parts we can see and start working on right now.

Comments?
terry@vashonloop.com

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Can you spell ‘kyoo ne form?’

Can you use it in a sentence?



The Fur Bees (Kathyrn Yeoll, Amanda Long and Jenni Wilke) costume winners

The Visiting Angels, a team made up of caregivers, Julea Gardener, Marilyn Oswald and Fran Brooks, correctly spelled cuneiform for a victory at the recent community spelling bee competition. Fourteen costumed teams took their places on the stage at Burton Lodge for the 8th annual Bee. Vashon Care Center’s team the Spelling Sages, with 200+ years of spelling, brought their own cheering section. Five high school student teams came dressed as witches, farmers, wizards, ballet dancers, and the Braidy Bunch. Other eager spellers included; Team Linguine, a family team; the defending champions The Rotary Roustabouts; Get Spell Soon; The Passengers made up of PO boat commuters wearing rain gear; the Seriously Serious Senior Spellers; and The Fur Bees. One of the original teams had to cancel out because of the weather conditions, but their spot was filled by a walk-on team of two. A young couple from Seattle was eating at the Hardware Store and saw the sign about the Bee. They were just on the island for the weekend and decided it would be a lot of fun to spell in a Bee. They came to check out the Bee and joined teams on the stage, using the name “The Weekends”!

Long time Bee emcee, Jeff Hoyt had to bow out due to a sore throat and illness, but his gracious wife, Cindy Hoyt, stepped right in to help Jeannie Dougherty bring the event to life with jokes and laughter. Just six teams successfully completed the first three rounds of spelling

and moved on to round four after intermission. The teams battled it out for two more rounds until two teams, the Visiting Angels and the The Witches, representing the VHS Class of 2014, proceeded to the Challenge Round. In this round the two teams were given the same word to spell at the same time. They then submitted their written spelling to the emcees. The tension built as word after word the two teams misspelled, misspelled, correctly spelled, and misspelled, until finally the Visiting Angels, correctly spelled cuneiform.

Between each round the audience was challenged to spell words, such as tzatziki and kohlrabi. Winners were given gifts of Burt’s Bees products. After a costume parade of the teams, the audience voted the Fur Bees, clothed in perky skirts, fake fur vests and antennae, as the costume winners. The three Fur Bees members, Kathyrn Yeoll, Jenni Wilke and Amanda Long, will spell for free at “Spell It!” 2015.

When the Bee concluded two inches of snow covered the roads. A crew of eight was required to get all of the cars out of the parking lot and onto the road! The event raised \$3,540 for the Vashon Community Scholarship Foundation, which awards merit scholarships to graduates of Vashon High School. Ninety eight VHS seniors will receive scholarships on May 28th at the VHS gymnasium and all community members are welcome to attend and celebrate the accomplishments of these young citizens.

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Aries (March 20-April 19)
You seem to be holding onto a lot of energy that you absolutely must express. I don't mean a modest amount of energy; I mean on a volcanic scale. Energy always finds a way into manifestation. Given what you're working with you must take up the power of directing it in a constructive way. That's not a given, and there are no guarantees. The closest you can come is a commitment to yourself to be aware from moment to moment where you focus your mind, particularly in your intimate relationships. You may need some time away from a partner, or space to experiment in entirely new ways. Any relationship is likely to either feel the stress or come along for the journey, though I suggest you not try to push or drag anyone into what is inherently about you alone. If you value the relationship, be honest about what you're experiencing and negotiate the space you need. At the heart of the matter seems to be an experiment in emotional independence for the purpose of exploring and experiencing life in ways you may have long dreamed of. This will not be a predictable process, and once you admit that it's happening, you will be on a journey with a life of its own. Or rather, a journey of discovering, perhaps once again, that you have a life of your own.

Taurus (April 19-May 20)
You may feel like you're trying to fit your ideas about yourself through a tiny opening -- as if it's impossible to have enough context to make a real decision about who you are or what you want. The tight space you're going through will help you prioritize and focus. Think of what you're doing as making micro-decisions, and consider any choice or adjustment a microcosm of the whole. It's not merely that small choices add up to larger direction. Rather, each stems from a larger idea of what you want. There is tremendous power contained in reckoning these details and seeing their relationship to who you are. It's easy to think that our lives hinge on the huge decisions we make. Yet even the most monumental changes of direction require many small adjustments to make them real. Therefore, you can think of each little observation or maneuver as an affirmation of who you are and what you want. This can involve the details of what you eat, how you spend money, how you spend your time (especially that) and where you invest your emotional energy. Your charts suggest you're at a major crossroads that may not come across as such. You may have no specific validation -- yet. Therefore, live well and live consciously, and trust that you're coming around one of the most significant turns in many years.

Gemini (May 20-June 21)
Situations that were puzzling or seemed impossible will start to make more sense -- in direct proportion to how weird they seemed before. In particular the last few days of February into the first few days of March may have that sensation of walking on the ceiling, playing music backwards looking for the secret messages or waking up being able to perform magic tricks that you don't remember learning. Or, alternately, if you find yourself in a crunch point where you feel like you have no clue how to handle yourself, pay attention to how quickly your environment is changing. Then, adapt from moment to moment. That's your speciality anyway, but usually you do this in autopilot mode. The challenge of the moment is doing everything manually, taking each breath consciously, and noticing the unusual openings that may come in the most mundane transactions. Many of those will be interior. The adventure of Mars retrograde in your 5th house makes possible a creative and sexual self-discovery experience like nothing you've ever felt. Your ability to experience life from both sides of the coin, your curiosity about the dynamics of desire and power, and a rare moment when you will allow yourself to say anything, well, it will all add up to a bold few months -- as bold as you want. In fact, you may open doors

that you'll never want to close.

Cancer (June 21-July 22)
With all the activity now unfolding in Aries and Libra, you may feel like your life is hanging in the balance. Yet you have plenty of influence over which way things go, you are protected by forces that may seem too large to see, and best of all, you are opening up to the people close to you. One theme that stands out of your charts is making peace with women, and if you are a woman, you may include making peace with yourself. There appears to be a trust issue that has been pushed beyond the point where you can ignore it, or live peacefully with the question unresolved. Part of this involves trusting yourself. Part is about trusting people to be transparent about their agendas and true to their own values. Bear in mind that the chaos and confusion so many people are in is not of their own making. It was imposed on them. Yet as a person comes of age and attains both adult power and responsibility, the option to step out of that pain and turbulence opens up. If your life is in the balance, it's over the question of whether you can admit your deepest truth to yourself. That is, you may cycle through a diversity of desires, ideas and feelings which may at times seem to conflict. Actually each is a different facet of the same truth of who you are.

Leo (July 22-Aug. 23)
Your most intimate relationships are in transition, which means you're being called upon to be especially flexible and resilient. One particular idea comes under the microscope -- that of 'the perfect marriage'. I believe there is such a thing, indeed I have evidence that there is. The perfection comes not from the static quality of the relationship but rather from its ability to grow, to change and to transform with the people involved. There must be a mutual commitment to healing; mutual respect for each person's physical and psychic integrity. With that includes recognition of free choice in all matters, especially relating to the partnership itself. I recognize this violates most of the commonplace definitions and concepts of marriage, which seem to be focused around rigid concepts and presumption of ownership. That model is not going to survive the onslaught of the 21st century, and your life is too full and too rich to be constrained by any factor not of your choosing. Here is the challenge: when established structures change, there needs to be a new set of ideas and guidelines to replace them. Those are best if driven by what the people involved agree to as their bottom-line, most essential values. Any relationship between two people will either be based on a dominant-submissive model, or based on consensus. Consensus is based on mutual values. That is the starting point and that is the destination.

Virgo (Aug. 23-Sep. 22)
You must focus on the question of what is real and what is not. This will not be as obvious as it seems. I suggest you not assume you have this one right, no matter how confident you feel. Indeed I suggest you not assume anything, and make careful note of the facts of the situation. Opinions can be deceiving, and it's essential to recognize them when you experience them. Facts are statements that can be documented and proven true or false. They are not about an emotional rationale or persuasive feeling; whether a fact stands up comes down to the data that supports it, preferably collected over time. The first area of your life to go over carefully is your relationships with loved ones, friends and partners. Do you have any outstanding commitments to them? Is there anything that got lost in the shuffle of the past couple of busy months? Is there anything you need to clear up? If you have made yourself invisible or have gone below the radar, if you've left facts out of the story or are avoiding anyone, now is the time to engage with them in a meaningful way. As you do this review, I suggest you

consider the way in which your self-esteem may be influencing you. Consider how you act toward others when you're feeling good about yourself and when you're not. Your observations may surprise you.

Libra (Sep. 22-Oct. 23)
Mars is about to station retrograde in your sign. That spans from March 1 to May 19. The retrograde process actually reaches back to early December, when Mars first entered Libra. So if you notice any shifts, changes or shakeups in the coming week or two, take the story back to late last year. The theme of this retrograde is profound self-discovery, though it may seem at first that others are the forum for what you learn, and you are the forum for their learning. That will work for a while, as you explore your inner dynamics within the context of a relationship. Yet as the retrograde progresses, you may feel the need to have certain experiences on your own. The forces involved are too powerful to cling to anyone or anything. If you feel a need, desire or obligation to maintain a connection or commitment, make sure you proceed in a way that is open and honest, and most of all, that works for you. If your personal needs require you to shift the pattern of relating, do so in a way that preserves trust and your options in the future. Said another way, you can live your life without burning your bridges -- something you would come to regret. Your emotional involvement with someone may be intricate and delicate, and that calls for special handling, high awareness and always -- always -- remembering who you are.

Scorpio (Oct. 23-Nov. 22)
Fear is a fact of life on Earth, the planet of eat or be eaten. How you handle your fear is not a given; you have many options. How you exercise them will make a difference. Let's start with the basics: fear is a form of energy and it points to a deeper energy source. If you treat it that way, and seek understanding of what is not immediately obvious, you will learn that fear does not need to be debilitating, and that in fact it can be empowering. The first thing to do is let your fear speak. Get the message of what it's saying. Translate it into terms that are clear, and that lend themselves to decisions. You're likely to feel the most panicky when you feel like you lack the power to choose. Therefore, information that leads to a state where you can decide what you want and what you need. Indeed, we could call this the theme of the entire Mars retrograde. This is a set of transits intimately linked to you because both of your ruling planets -- Mars and Pluto -- are so directly involved. When this fully takes shape in late April, you are likely to feel some serious pressure to make progress on many things you have set aside or left for the future. The thing to remember is to get the information you need in order to make an informed decision, and then another.

Sagittarius (Nov. 22-Dec. 22)
Don't worry if you think people don't like you, or if you're having some difficulty managing your social relationships. I suggest you take the events of the next few months as an extended opportunity to learn where you really stand with people, and also to learn how to build your overall standing in the community. I don't mean your popularity -- I mean real things like trust, dependability, loyalty and the willingness to stand up for what you believe in, even if it's going to piss off some people. Though you have it in you to be the supreme diplomat, you are also a Sagittarius, and your sign is equipped with a sharp edge. Still, it may be necessary to err on the side of asserting yourself. Do that firmly, directly and with understatement. Be a keen observer for passive-aggressive tendencies in yourself or in others. The 'passive' part is just a ruse for the 'aggressive' part, so get underneath that if necessary and suss out the source of that energy. Meanwhile, any relationship or encounter can lead to contact with anyone. That's a good incentive to say friendly things about people, and a reminder that in your life, the usual seven degrees of separation between you and any other person is about to be reduced to one or two degrees of separation. The world is small, and it's getting smaller.

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Capricorn (Dec. 22-Jan. 20)
You will be summoned to leadership in the coming months, perhaps immediately. Events and your own desire for integrity and achievement will give you the opportunity to exceed your current abilities and expectations of yourself. What you must be cautious of is any moment when you're doing something that cannot be reversed. This could be applied to many different situations, but I really mean decisions from which there is no going back. Despite that, you will need to be bold, and I suggest you assert that by listening to people you respect and taking what they say under advisement. That does not mean 'take all advice', it means consider what people say. This is basic politics and it's also common sense. Speaking of politics -- know who your allies are, and put them to work for you. Seek their assistance, and make sure they know how much you appreciate their contribution. Leadership is not all about the leader -- it's all about the people who surround and interrelate with that person. You want one or two people who are not afraid to disagree with you, assuming you have determined they are intelligent and respectful. When life is coming at you from all corners, make sure you have those corners covered. At the same time, you will command respect by standing on your own and never shrinking from a decision.

Aquarius (Jan. 20-Feb. 19)
There are those moments when you're sure it's the dark night of the soul -- when you have no sense of direction, and when you doubt whether you have the strength to go on. But lately, you are experiencing these junctures as something more like a nearly impossible alchemy of transformation. This process goes as deep into you as anything ever has. No matter how challenging your inner life may seem (speaking of the next three months or so), or how isolated you may feel from time to time, you have a truly amazing phase of your life approaching when you can change everything by changing yourself. Or rather, you will be given all you need to make deep inner changes, which will manifest in your seemingly outer life. You may feel like you're making only slow progress on your journey to self-knowledge and personal healing. Yet with these things, what you have is less important than what you do with them. If you use the self-knowledge you have gained, you will inevitably build on it. If you trust the process of your healing and allow that commitment to guide you in all of the decisions you make, you will advance your healing dependably. As you move through this territory, I have one suggestion. Be bold, and keep no secrets from others. Then be even more daring and keep no secrets from yourself.

Pisces (Feb. 19-March 20)
This monthly column marks my 20th anniversary as an astrologer and my 50th anniversary being on the planet. I'm happy to have made it half a century, though I am equally grateful to have devoted two decades of my life to daily study of, writing about and teaching astrology. I'm especially grateful to be a Pisces astrologer, because to me that means I have an understanding of all the rivers (that is, the signs) that flow into the ocean. The Sun is now in Pisces, and is making conjunctions to Neptune and Pisces in our birth sign. That means the waters are flowing freely at the moment, and it happens to be the season of your birthday. This setup means that you have equal access to intellect and intuition; to creativity and healing ability; to your expressive gift and your ability to receive and to listen. Make sure you put all these factors consciously into the mix of your life. Don't leave anything out. You know you're on a mission, and I suggest you give this everything you have, and make sure you collect the rewards of your efforts as you go. You are the specialist at long-range planning and deferred gratification. I suggest you adjust that slightly, focus on bringing what you've worked on forever to fruition, allow it to feed you and continue to learn whatever you can from anyone who is successful.
Read Eric Francis daily at
[www. PlanetWaves.net](http://www.PlanetWaves.net)

Positively Speaking

Never Give Up! Never Surrender

This next month a new series of classes “Equally Artistic” is beginning at Vashon Allied Arts for Special Needs Kids.

I put those words in capitals because they are heroes in their own lives every single hour of every single day. For elementary age kids there is a drama class and for middle and high school there is a creative writing class. They will have a chance to discover the artist within them.

People are always asking me why I haven’t given up under such incredibly adverse conditions. The answer certainly involves my faith but also because on March 18, 1961 while sitting in the backseat of a Renault waiting for a left hand turn an Oldsmobile doing 90 slammed into my back pushing the engine up and over my legs ramming it’s headlights into the back of my head and booting the car like a soccer ball 60 feet in the air and 120 feet off in the air where it dropped under a tree.

I joined an elite group of people that day. I became physically disabled.

Being disabled, having a disability, is the fudge ripple in the vanilla of life.

In the middle of working with the Blue Heron to fashion these classes, another accident happened. I tripped over something and slammed myself into a wood pile outside the West Seattle Thriftway. When I righted myself, the signal from my brain to my right leg was gone.

Now I have lost many things and people in my life; a husband, four babies, a couple of children, jobs I loved, money that was owed me. But in those moments when I returned from hospital and lay by myself staring at the ceiling, I had one fear. Could I rise again? Could I overcome this? Was this the one that takes me out?

Parents of children with disabilities live with that everyday.

But you know what? I never missed a column. I plowed into my writing in a

By Deborah H. Anderson



way I wouldn’t have thought possible. You see that’s why we’re the fudge ripple. When the going gets tough, we dig deeper and try harder. And we laugh. The title of this column is taken from the movie “Galaxy Quest”. Funniest movie ever except for “Rat Race”.

When my legs and back were injured as a child I was training to be a dancer. It was all I wanted.

So I turned to the other love, singing. Eventually I added drama and writing.

We learn to live with stares, and judgment and isolation and exclusion. Then we learn to blow it off and be who we’re meant to be.

There was a season when they referred to us as ‘differently abled’. I like that. That captures it.

Life is different for me now. My four toed cane is my new best friend. But guess what I can do with it? Dance!! It’s like having my own personal barre with me, a ballet barre.

For the last twenty years I have had the privilege of working in private homes helping children and their parents who have disabilities find their strengths and core gifts. Time to broaden the horizon into the Arts.

My teachers never expected less of me because I wore a brace or had a limp and foot drop. I’ve always expected more of myself to move past and into and above. Because of that, I could achieve.

It’s not too late to register. Call the Vashon Allied Arts today 463-5131 and sign up that child or teen with Downs or Epilepsy or Autism or CP or anything the world labels a ‘disability’.

Help them have a new label- Creative!

Love,
Deborah



The month of March 2014 on Saturdays, Deborah will be teaching two classes for children, tween’s and teens with Special Needs. Drama for elementary and Creative Writing for tweens and teens. Please contact the Blue Heron for registration. 463- 5131 for information and registration. Each class has three typical spots as well. Class size limited for individual instruction. Typical content, adaptive instruction.

Oscar Night

Continued from Page 1

are shown live on the big screen of the Vashon Theatre, a swarm of local “paparazzi” interviews arriving islanders on the red carpet, and rides around the block in a classic limousine are a favorite activity from 4 to 5 pm.

Once inside the theatre, party guests of all ages can compete in a costume contest with eleven categories including the “Cher” award for most outrageous garb. Other categories are Best Dressed Child (Female and Male), Best PJs (for those preferring comfy flannel attire and a blankie over formal wear), Celebrity Look-alike, Best Dressed Adult (Female and Male), Best Dressed Teen (Female and Male), Best Dressed Adult Couple, and Best Ballot.

Snapdragon Bakery and Café is catering the dinner again this year and promises vegetarian and gluten-free options, and wine sales will benefit Vashon

Maury Community Food Bank. Soft drinks and other non-alcoholic beverages and movie snacks will be available all evening at the theatre concession stand.

During breaks from the live Hollywood broadcast, community activist (and well known bus driver) Larry Flynn will serve as Master of Ceremonies for the local Vashon-centric activities that take place on the stage of the Vashon Theatre. Proceeds from Oscar Night ticket sales go toward annual scholarships that Vashon Film Society awards to aspiring film makers through Vashon Community Scholarship Foundation.

Tickets are \$10 advance (\$12 day of show), and the \$30 Superstar Deal offers a substantial \$5 savings by packaging admission, limo ride with photo, beverage and meal together. Tickets can be obtained at the Vashon Theatre box office, Vashon Bookshop and Brown Paper Tickets.

Vashon Library March Calendar

Children & Families

Family Story Times

Tuesday, March 4, 11, 18 and 25, 11:30am
Held at VYFS PlaySpace, 9822 Gorsuch Road SW Vashon, WA 98070.
Newborn to age 6 with caregiver.
You do not need to be a member of PlaySpace to attend.

Teens

Study Zone

Wednesday, March 5, 12, 19 and 26, 3pm
Grades K-12.
Drop in for free homework help from trained volunteer tutors.

SAT Prep

Saturday, March 22 and 29, 1pm
High school ages only.
Need help with the SAT? Sandweiss Test Prep is offering a free six week SAT class (attendance of each Saturday session beginning March 22 and ending April 26 is mandatory).
Registration required and class is limited to 22 students. Please register online beginning March 1 at www.kcls.org or call 206.463.2069.
Please contact the library for event location.

Adults

Great Books Discussion Group

Masks by George Santayana
Monday, March 3, 6:30pm

Tax Help for Low Incomes

Wednesday, March 5, 12, 19 and 26, 10am
Professional tax preparer, Hilary Emmer, will help those with incomes of \$25,000 or less, prepare their 2013 tax forms.
Free and no appointment necessary.

ESL Classes

Thursday, March 6, 13, 20 and 27, 6pm
Classes are held in the library.
Learn how to speak, read and write in

English. Free weekly lessons, beginning to intermediate level, taught by an ESL Instructor.
Call 206.463.2069 for more information.

Computer Class: Microsoft Word Level 1

Monday, March 10, 10:15am
Register online or call 206.463.2069 for assistance.

One-On-One Computer Assistance

Monday, March 10, Noon and 12:30pm
Do you need extra help on the computer? A KCLS volunteer instructor can give you one-on-one assistance.

Vashon Island Parents Read: The Whole Brain Child

Thursday, March 13, 7:30pm
Held at Vashon Youth and Family Services PlaySpace, 9822 Gorsuch Road Vashon, WA 98070.
Join the Second Annual Vashon Island Parents Read community reading program! This year read and discuss The Whole Brain Child: 12 Revolutionary Strategies to Nurture your Child’s Developing Mind by Daniel J. Siegel and Tina Payne Bryson. In this pioneering book, Daniel J. Siegel, neuropsychiatrist and author of the bestselling Mindsight, and parenting expert Tina Payne Bryson offer a revolutionary approach to child rearing with twelve key strategies that foster healthy brain development, leading to calmer, happier children.

Start to Fitness

If you’re resolved to begin the New Year with a more active, healthy lifestyle, it’s easy to get started at your library. Throughout 2014, find ideas, inspiration and tips on simple ways to add more movement and healthy options to your life through the new adult series, Start to Fitness.
www.kcls.org/fitness

Let’s All Move Vashon Park District Forward!

Continued from Page 1

of our commissioners (myself included). Even though past WA State audits from 2001 through 2009 never found a problem (known as a “finding” in audit-speak), with VPD using this \$400,000 line of credit (aka the “Tax Anticipation Note” or TAN), we are now committed to eliminating this practice. This is a multi-year process, and will only continue as long as the majority of VPD commissioners support it, but it is refreshing to have this philosophy as we move forward with financial planning. And, as we recover, we are projected to finish this fiscal year with a comfortable margin of cash in the bank.

To this end, we are also moving more slowly on ramping up staff and starting new programs. Elaine Ott, our General Manager, is slowly building her VPD team, and we, the commissioners, are reticent to take on new activities this year. Let’s cost effectively manage what we have, then, at a later time, we can consider taking on new activities. And, because we continue to keep the status quo, Elaine, by her own admission at our last board meeting, is quite comfortable with her current staff, and is carefully and methodically evaluating the need for new additions.

We are also taking this opportunity

to improve internally. Elaine and our maintenance manager, Jason Acosta, just came back from a conference trading new ideas on maintenance management planning with colleagues from all over the United States. They sat in on classes related to turf management, risk management, play area safety, creating a culture of innovation, and time management, among others. There is no question this investment in professional development will save VPD money and improve our efficiency in the area of park maintenance.

Your thoughtful responses to the survey we sent out last fall were very impressive. Your message came through loud and clear about fiscal responsibility and fiscal stability. Note our efforts in creating a refined accounting system, hiring a manager with a finance and accounting background, and our vision of eliminating debt. But I think an overarching theme was a sense that Vashon Park District has some work to do to regain your trust. We are working on that. And we look forward to proving to you that you can continue to trust us with your tax dollars and that we, as your elected representatives, represent your park and recreation interests here on Vashon.

Joanna Gardiner

Loving care for animals,
plants and homes

567-0560

Island Epicure



By Marj Watkins

Good Fats vs. Bad Fats

The convictions that all fats are bad and that we should throw out egg yolks seems to have run their course. Now we’re learning that some saturated fats are actually necessary. We’re reading a lot about the good Omega-3 fats and tsk-tsking Omega 6 fats--bad but only because we get too much Omega 6, especially in fast foods and fried foods, ready-made foods like bottled salad dressings, canola oil and generic “vegetable” oils, and in processed foods. Canola oil claims omega 3 fat, but contains more Omega 6. Olive oil is a healthier source of Omega 3.

I no longer use canola oil or Splenda, preferring the healthier olive oil and coconut sugar, Glycemic Index 35, instead of cane sugar, G.I. 100. Now the cookbooks Minglement has been selling for me need revision. That doesn’t mean you have to toss out my Wholegrain and Gluten Free book, or my Soups and Stews book. Just substitute olive oil for canola oil. I especially like importer, fellow Islander, and son-in-law Richard Osborne’s Turkish cold-pressed, extra virgin olive oil for salad dressings, available at the IGA, or the lighter Spanish oil from Thriftway for cooking. I buy the

3-litre box straight from Rich.

Most of my old family recipes, like my Welsh grandma Fannie Wey Brunson’s Carrot Biscuits are fine with oil instead of shortening, and with gluten free or low-gluten flour. Barley flour is lower in gluten and behaves well in baking. We like the taste and texture of it. I and those of my descendants who are gluten-sensitive have no trouble with barley flour. If I were making these for someone with celiac, I’d use sorghum flour with a bit of cornstarch to smooth the texture.

Grandma’s Carrot Biscuits
Preheat oven to 450 degrees

Sift:
2 cups barley flour
3 teaspoons baking powder
¾ teaspoon salt

Stir in:
2 long carrots, grated

Stir briskly to combine carrots and flour mixture and then fork-beat to combine and stir in:

¼ cup Spanish extra virgin olive oil
¾ cup milk
1 egg

Stir in 1 Tablespoon honey
Honey will keep leftover biscuits, if there are any, from growing stale. Drop dough by heaping tablespoonfuls onto a parchment lined baking sheet. Place on center rack in hot oven. Bake 13 to 15 minutes. The biscuits should be nicely brown with darker brown peaks. Eat them warm with real butter, which supplies virtuous Omega-3 fat, and tastes better than any substitute. Eat these warm from the oven and generously spread with real butter. Yum! They go well with baked chicken or beans.

By Kathy Abascal

Phthalates are a group of chemicals used to soften plastics and to hold scents and solvents in a variety of products. Many have been shown to disrupt our hormones. They alter testosterone production in men, cause early onset menopause in women, and have a variety of other negative effects on fertility. They are linked to insulin resistance, diabetes, and obesity. Phthalates are believed to contribute to the obesity epidemic by changing, perhaps permanently, how the body processes calories into fat. These chemicals cross the placenta and cause a variety of deformities in male animals, such as cryptorchidism and hypospadias.

We are all exposed to phthalates on a daily basis. We inhale them as our shower curtains, poorly chosen air fresheners, and various vinyl products off-gas. We absorb them through our skin as we apply a variety of body care and make up products. However, the primary sources of phthalates are our diet, our medicines, and our supplements.

Phthalates are added to many time released drugs and supplements, as well as enteric-coated pills to improve drug delivery. In most cases these uses are patented and considered a trade secret. As a result the government cannot require phthalates to be listed on the label. Nonetheless, we do know that most medications prescribed for acid reflux (such as omeprazole) provide significant amounts of phthalates. People using theophylline (for asthma or other respiratory conditions) had significant amounts of phthalates in their urine. Phthalates were present in hypertensive drugs such as diltiazam and dozens of other medications. They are also often present in significant amounts in some enteric-coated fish oil, garlic, enzyme, and probiotic capsules. Phthalates are found in capsules that are not to be crushed or chewed as well as in many soft gel capsules. And these medications and supplements can provide troublesome amounts of phthalates, much larger than most looking at a small capsule might imagine.

Our foods are an equally rich source of phthalates because they absorb phthalates from plastic tubing, food wrappings, linings, gaskets in metal caps, and inks on labels during processing and packaging. Animal feeds also contain phthalates, and phthalates are present in dairy and other meat products. In fact, chicken appears be our “best” food source of phthalates. In one study, a urinary phthalate used to measure phthalate exposure increased 6% for each and every additional ounce of chicken eaten in a day. So our phthalate intake can add up quickly. They are lowest in our fruits and most vegetables are low as well but phthalates are present in all.

So what are we to do? Obviously, we need to reduce our exposure to phthalates and it appears that we can do that simply by changing our diet. A Korean study looked at the prevalence of phthalates in adults eating a

variety of different animal foods. To gauge how diet might affect levels of these toxins they then had the participants participate in a five-day program at a Buddhist temple where the participants ate a vegan diet and followed the daily routines of the monks.

All participants at the onset of the study had measurable amounts of phthalates in their urine. These levels were considered acceptable, that is, not above the level deemed troublesome by the powers that be. After 5 days on a plant-based diet, the amounts of phthalates dropped in all. As a side benefit, the amounts of antibiotics in their urine also dropped as well. (Many of our animal foods come with traces of antibiotics that are contributing to the rise of antibiotic resistance.) This means that we can quickly affect the amount of phthalates we absorb by eating lower on the food chain: More plant foods, less beef, pork, chicken, and dairy. As well, we can stop hanging toxic air fresheners in our cars. We can buy body care products made from “real,” non-chemical ingredients that are packaged in glass jars. We can become more leery of vinyl, plastic wraps and films, and of plastics generally.

As well, we should try to reduce our need for phthalate-



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.

containing medications. I see with great frequency how a healthy diet can obviate or reduce the need for treatments for acid reflux, hypertension, and other illnesses. A good diet certainly can replace digestive enzymes, enteric-coated fish and garlic oil, and time released probiotic supplements. Pthalates are simply one more reason why eating a well-designed diet rich in fruits and vegetables makes perfect sense!

Lucy Horton Band

Up-and-coming acoustic, indie-pop group Lucy Horton Band (LHB) brings their fresh instrumentation and warm harmonies to the Island. Lucy Horton (vocals/piano), Gabriella Vizzutti (violin), Kelsey Mines (bass), Anna Mines (trumpet) and David Solomon (percussion) come from classical music backgrounds and met while studying music at the University of Washington.

Their collaboration launched at The Triple Door in 2012; since then, they have recorded, filmed music videos and toured. In addition to original songs, the band covers music as diverse as Adele, the Cranberries and ABBA.

Opening the show are local



teen duos Two Dime Icebox (Maya Krah & Maria Gilmour) and Kate Atwell & Mallory Breen. – by Stephen Jeong

Lucy Horton Band
Saturday, March 1, 7:30 pm
Vashon Allied Arts
Tickets: \$8 Member/Student/
Senior, \$12 General
VAA, Heron’s Nest,
www.VashonAlliedArts.org

The Phantom Tollbooth

Book-It Repertory Theatre brings this Norton Juster children’s classic to life!

Travel with Milo, who thinks seeking knowledge is a waste of time. Discovery of the Phantom Tollbooth leads him to The Lands Beyond where he meets the Lethargarians, the Whether Man and the Count of Connotation. On his adventure, Milo realizes there “are worlds to imagine and someday make real,” and that even in his room, “everything looks new and worth trying.” Families can join Milo on this imaginative journey – a fun and interactive way to explore literature with children.

Special thanks to sponsors R.O. Enterprises, Inc. and Vashon Thriftway.



Family Series
The Phantom Tollbooth
Saturday, March 8, 10:30 am
Vashon Allied Arts
Tickets: \$6 Youth, \$8 Adult
VAA, Heron’s Nest,
www.VashonAlliedArts.org



Espresso
Latte and Wisdom
To Go

Monday - Friday 5:30am - 3:00pm
Saturday 7:00am - 3:00pm
Sunday 8:00am - 2:00pm
17311 Vashon Hwy Sw
Cash & Checks Welcome

Bill’s Excellent Hollywood Adventure

Bill Wood is very pleased to be part of the Telling Stories series because that’s what he’s been doing since the invention of the typewriter. Most of the stories that he’s told have been lies (fiction), so it will take some adjustment for him to tell the truth for a change.

But 34 years as a writer in Hollywood has provided him with a wealth of tales - some of which sound like fiction, but are actually not. What happens when a 29-year-old guy - recently mustered out of the Army - and living on a subsistence basis in New York City, is suddenly called to go to Hollywood and Paramount Pictures as a contract writer with the immediate task of writing William Holden’s next movie, keeping in mind that Bill had never written a screenplay in his life and never had any intention of doing so. How did this happen? And what happened to Bill when he got there?

Well, for one thing the man we know as Bill Wood, the Jazz Guy on the Voice of Vashon, was William Wood back then, and if you want to know what happened to William Wood in Hollywood, think of it as sort of a cross between Mark Twain’s Innocents Abroad and The



Beverly Hillbillies. A fish-out-of water-tale in which the fish spends a good deal of time looking for the water and then has to learn how to swim all over again once he gets there. All in all an incredible tale of the pains and follies of Adjustment.

Bill’s Excellent Hollywood Adventure will begin at 4 pm on Sunday, March 9, at Bethel Church. This talk is part of Vashon Community Care’s Telling Stories Speaker Series, by and about Vashon Locals. Ticket sales are by donation and are available in advance at Vashon Book Shop or VCC. All proceeds from this talk benefit Vashon Community Care Foundation. The Telling Stories Speaker Series is sponsored by the C. Green Family Partnership.

Purr Gato

Purr Gato...the wave of the 80s, trip hop of the 90s and LoFi of now....

Four worlds collide. Founded in 2010 by veteran jazz and funk vocalist/composer Katrina Kope (lead singer, primary songwriter and keytar/synth player), along with former new-wave guitarist and trip-hop beat maker Tyler Kope (on synths and percussion), Purr Gato emits an attractive, yet occasionally ominous brand of Dark-Wave-Electro-Clash, combining a wild selection of musical influences to generate their trademark style. Sometime described as, "if Depeche Mode, The Knife, and Zero 7 had a baby."

Purr Gato has rotating members such as dancers, local singers and drummers including master flamenco percussionist and rock drummer David Levin. Purr Gato started hitting the Seattle music scene in April 2012. After a



string of performances at venues such as Neumos, The Crocodile, Nectar Lounge, The High Dive, The Hard Rock Café and more, they ventured into Electrokitty Studios to record their debut album "Heart Beat", engineered and produced by Gary Reynolds, in December 2012, and released at the Columbia City Theater on June 14th, 2013.

Purr Gato's goal is to play festivals, themed shows, tour, record, make music videos, get radio play, make money, make friends and have fun.

Friday, Feb. 28 at 8:30pm.
Free, No Cover
All-Ages 'till 11pm 21+ after that. At the Red Bicycle
17618 Vashon Hwy SW
206-463-5590
www.redbicyclebistro.com

Master of the Fiddle



Randal Bays is one of the best Irish style fiddlers of his generation, honing his skills over twenty-five years of performing and recording. His fiddling has often been compared to contemporary Irish-born masters Martin Hayes, Kevin Burke and James Kelly. A gifted composer and finger guitarist, Bays writes and performs his own music alongside traditional Irish tunes. In 2005, his CD "House to House" was picked by The Irish Times as one of the top five traditional recordings of that year. A resident of the Pacific Northwest, Bays has performed his jigs, reels and airs all over the US, Europe and Canada. For his Vashon concert, Bays will be joined by his son, Willie Bays, on flute, and Suzanne Taylor on keyboard.

Irish Music with Randal Bays
Saturday, March 8, 7:30 pm
Vashon Allied Arts
Tickets: \$12 Member/
Student/Senior, \$16 General

club O – Vashon's Dance Club



New Year's Eve nearly blew the roof off Open Space, and Club O has become THE place to be on the final Friday of the month! Vashon's own dance club gets everyone on the floor, from families to couples to anyone who just needs to move. DJs Mirage Six and Whitmore spin together while laser lights flicker and people of all ages dance in the shadow box. And now - a Teen VIP room is open at every Club O! Come in out of the rain, Vashon, and dance yourselves into Spring!

Friday, February 28, at 8pm
Tickets are \$5 and available at the door only. Open Space for Arts & Community is located at 18870 103rd Ave SW, Vashon.

The Nilbillies, The Sweet Twangs & Duo Finelli

The Pretty Good Opry comes to Vashon's most venerated country music venue, the Red Bicycle Bistro on Friday, March 7, 2014 at 8:30 pm. In the tradition of historic country music radio shows from days gone by, the Opry features three acts, mixing comedy, music and the cure for what ails you.

The Nilbillies are an existential bluegrass trio that doesn't play that much bluegrass. Lead billy and songwriter Steffon Moody offers his twist on the American dream, serving up fire and brimstone and is backed by the animal magnetism of Kevin Almeida on stand-up bass and funky country picking from Andre Sapp on mandolin. Expect to hear original songs that sound oddly familiar, but are mostly just odd. Top YouTube videos for The Nilbillies include "Only God Knows", "Space Monkeys" and "Lesbian Man". <http://www.facebook.com/TheNilbillies>

Duo Finelli is a pair of funny ladies performing slapstick, music, and dance in a bright, cartoony style. Luz Gaxiola is a Vashon native, and Molly Shannon is from San Francisco, where they met as students at the San Francisco Clown Conservatory in 2005. Since



then they've created original works of vaudeville comedy and performed in Europe, the United States and Mexico. Luz plays accordion and Molly plays steel-bodied ukulele, with circus and comedy woven into the act. They are based on Vashon island, and love to travel the world. <http://www.facebook.com/duofinelli>

The Sweet Twangs is a classic country band playing upbeat originals and classic country covers. Front man Ronnie Earl Porter has been playing guitar and singing across

America over twenty years, and got together a stand up bass, marching band drums, and a singing saw to create The Sweet Twangs. Their sound is fun and energetic, with influences from Hank Williams Sr and Johnny Cash and classic country sounds. <http://www.facebook.com/pages/The-Sweet-Twangs/492080667468714>

Friday, March 7 at 8:30pm.
Free, No Cover
All-Ages 'till 11pm 21+ after that. At the Red Bicycle
17618 Vashon Hwy SW
206-463-5590
www.redbicyclebistro.com

Born Yesterday

Romance mixes brightly with political satire in Drama Dock's revival of Garson Kanin's classic comedy Born Yesterday, opening March 7 at the brand-new Vashon High School theatre.

Chaim Rosemarin directs a cast of familiar Drama Dock players in this Broadway hit of 1946, that rolls as if it were written this morning. Peter Kreitner plays Harry Brock, a greedy war profiteer who comes to Washington DC to buy himself a Senator (Gordon Millar), with the help of an ex-Attorney General-turned-political fixer (Rich Wiley). It looks like the fix is in until Harry decides his companion, a (supposedly) dumb-blonde ex-chorine named Billie (Stephanie Murray), lacks the proper polish for Washington's elite, and hires investigative reporter Paul Verrall (Marshall Murray) to give her some. Others in the cast include Toby Nichols, Gretchen Neffenger, Shannon Mahan, Randy Martinez, Kirk Beeler, Lisa Breen, and Sue DeNies.

Will true love triumph over political chicanery? Can a flighty bimbo become an empowered woman? Do the good guys ever win one in Washington DC? Check it out with Born Yesterday.



March 7, 8, & March 14, 15 AT 7:30 PM. March 9, 16 AT 3PM
At Vashon High School Theatre



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Folk Music of Bulgaria

The Folk Music of Bulgaria arrives on Vashon for two concerts Monday, March 3 at Vashon High School. Featuring a talented group of five professional musicians who grew up with the Bulgarian musical tradition, the group, Bulgarite, regularly teach and give concerts for American audiences and Balkan immigrant communities throughout the United States.

On Vashon, the two concerts are set for 9:00 a.m. and 10:00 a.m. In addition to students, teachers and school district staff, a limited number of tickets for each concert are also available to community members for a suggested donation at the door. To reserve a ticket, please e-mail pamelamcmahan@gmail.com.

Curated by Vashon folklorist Martin Koenig of Balkan Echoes, this visit and concert by Bulgarite offers Vashon students and the community a rare opportunity to engage with the rich musical and cultural traditions of a part of the world at a crossroads between Europe and Asia.

Folk Music of Bulgaria is part of the Ethnic Artist Series sponsored by Vashon Artists in Schools and Balkan Echoes. VAIS is a collaborative program between Vashon Island School District and Vashon Allied Arts. Additional generous funding comes from National Endowment for the Arts/ArtWorks, Washington State Arts Commission/ArtsWA, Vashon Partners in Education/PIE, and Vashon PTSA.

The Onlies headlining a Benefit Performance for RISK



Have you heard The Onlies play? If you have, you are likely as excited as we are to have them visit Vashon! If you haven't, yet, here's a bit of praise from the Seattle Weekly: "Original and traditional Irish fiddle and string-based music from a highly talented trio of Garfield High freshmen. Samantha Braman, Riley Calcagno, and Leo Shannon keep you hanging on every note as they put their banjos, fiddles, guitars, mandolins, and even piano to toe-tapping good use, combining elements of Cajun zydeco, Celtic country dance, and other American folk traditions."

RISK – the Rock Island String Collective – is one of few string orchestras for fiddle music, folk and rock in a cozy, coffee house setting here on the Island. RISK welcomes a range of string instruments including Violin, Viola, Cello, Guitar, Ukulele, Mandolin, Banjo and Harp. This chamber ENSEMBLE brings a new flavor to Irish music, Klezmer, the Beatles, Red Hot Chili Peppers and more.

RISK Jr. provide high quality music learning in a group setting to ANY child (ages 3rd--5th grade) who is interested in learning a stringed instrument. Our repertoire includes a range of music styles, from American roots music to celtic, klezmer, classical, rock, and blues. RISK JR. students learn the fundamentals of playing stringed instruments using this wide variety of music. RISK Jr. classes are low-cost and available to everyone, regardless of ability to pay.

sophomores who've literally played together since they were two years old. Singing and playing fiddle, guitar, mandolin, banjo, and piano, they have developed a strong fan base throughout the Pacific Northwest, performing concerts, dances, restaurants, and pubs from Port Townsend to Palo Alto, CA. The Onlies have just finished their first full-length album, "Setting Out to Sea." The CD features six original songs and tunes, plus traditional and contemporary selections

Proceeds from the event will go towards the RISK Scholarship Fund, which supports music lessons and instrument rentals for low-income kids.

The RISK Benefit will take place at Open Space for Arts & Community, located at 18870 103rd Ave SW, Vashon, on Sunday March 9. Concert begins at 2pm. Tickets are \$10 for Individuals and \$15 for families with children (up to 4). NO ONE TURNED AWAY FOR LACK OF FUNDS! For more information, call visit www.openspacevashon.com

Concert for Trumpet & Piano

Raymond Deleon aims to expand perceptions around trumpet and classical music. Deleon started playing the instrument at age 6 under his father's guidance in his native country, the Philippines. He had his first solo performance at age 9.

Deleon studied at the University of Santo Tomas and twice received the Benavidez Award for International Excellence in Music. He has been featured as a premier soloist with orchestras including the Seattle Philharmonic.

His concert program includes Oskar Böhme's Trumpet Concerto in F minor, Variations from Norma, Vladimir Peskin's Trumpet Concerto in C minor, and Musseta's Waltz from La Boheme. Piano accompanist is Anne Herfindahl.



Raymond Deleon
Sunday, March 2, 4 pm
Vashon Allied Arts
Tickets: \$12 Member/Student/Senior,
\$16 General

O-asis: An Equinox Celebration of Middle Eastern Music & Dance

For years islanders have heard of Vashon's most exclusive private event known simply as, "The Belly Dance Party" and wondered how to get an invitation... Well wonder no more Vashon, this party has gone public! O-asis: An Equinox Celebration of Middle Eastern Music and Dance will be an event of epic proportions with food, drink, live music, and dance held at the Open Space for Arts and Community on March 22nd.

"This is a chance for islanders of all ages to take a break from the darkness and dampness of winter and celebrate the Spring equinox," said co-producer David Godsey. "All I can say is come prepared to party...this will be an event of epic proportions with food, drink, live music, a belly dance workshop, and a stunning dance performance."

"'The Belly Dance Party' was started by Dean Haugen, Bonnie McCallister, and their good friend Hotei Rice over 20 years ago. It began as a small gathering of friends who came in costume, brought a pot-luck dish and enjoyed live belly dance and musical performances" Everett continued. "The party became legendary among islanders and the Belly Dance community and finally it became too big for 'VillaBonDeanie' to continue to host it, so they asked me to keep the tradition alive."

A major feature of this year's event will be the long awaited return of Avaaza, Vashon's own world dance band. "We have all been busy with other projects and have not had a chance to perform together since the huge Solstice bash at the 'O Space' in December 2012," said lead vocalist, Azula.

"Avaaza is probably best known for playing to large crowds at the Red Bike, Blue Heron, and Festival, but we also performed several times at the Belly Dance Party, so we are really excited to bring our world dance groove back to this event...it should be a blast!"

The other members of Avaaza include: ClariT on clarinet and the EWI; Chaz Reed



on guitar and mandolin; Fletcher Andrews on the drum kit; and Jason Everett on fretless bass. Make guest appearances are Tracy Helming on violin, and Michael Nageub on ney (Egyptian flute).

Other elements of the event will include a belly dance workshop, the dance performance of excerpts from Cinderella-An Egyptian Story by Suzanna Davis, www.planetsuzanna.com/ cinderella with traditional Arabic music by House of Tarab www.HouseOfTarab.com. Party photos in the Garden of Earthly Delights with island portrait photographer, Terry Behal and Middle Eastern food and drink.

Tickets are \$12 in advance and \$15 at the door. Youth tickets are \$8 and there is a discount for those who come in Middle Eastern costume. Purchase your tickets at Brown Paper Tickets or the Vashon Bookshop.

This event is generously sponsored by: 4 Culture, Vashon Thriftway, Seattle Distilling Company, and Terry Behal Photography.

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