

Vashon Library Celebration



The newly renovated Vashon Library readies for it's Grand opening March 29 at 9:30am

To mark the grand opening of the expanded and renovated Vashon Library, a community ribbon-untying celebration will be held Saturday, March 29, 9:30am at 17210 Vashon Highway SW, Vashon Island. Please join community leaders, library staff, Friends of the Library and residents in celebrating the landmark occasion.



Books are being put in place at the new renovated Vashon Library.

To commemorate the expanded and renovated library, local dignitaries will join KCLS Interim Director Julie Brand for a ribbon-untying ceremony. Once the doors to the library are officially open, the public will be invited inside to tour the community building and enjoy refreshments generously provided by the Friends of Vashon Library and hear music from Vashon's own folk music ensemble, the Free Range Folk Choir.

The 6,000 square foot library was expanded to a total of 10,000 square feet, thanks to a \$172 million library capital bond approved by voters to fund major improvement projects at KCLS libraries. The library now features two study rooms, a Reading Room, a larger community meeting room and dedicated areas for Children and Teens. The building was designed with several green features, including a green roof

Continued on Page 8

Big Opportunity Knocks for the Heritage Association



This house just west of the Vashon Maury Island Heritage Association will soon be on the market and volunteers are making plan's to buy it for expansion of the museum facility

The Vashon Maury Island Heritage Association has embarked on a vigorous campaign to raise \$195,000 needed to respond to a sudden and unexpected opportunity. In just a few weeks a private residence next door to the museum, will be up for sale and it is the Heritage Association's hope to purchase it. Acquiring this property is a key piece in VMIHA's long range vision to expand and develop a Heritage Campus with an education center geared towards families and children.

After recently learning of the impending sale, volunteers rallied to formulate a plan and put the fundraising campaign in place. "Our challenge is to reach our goal quickly. The window of opportunity is here right now. If we miss this, it may not come back for many years. We're reaching out to the broader Vashon community to help us obtain the needed down payment funds. We really believe this is within reach if we can get the word out." said Deb Dammann VMIHA President.

An email seeking pledges was sent to the museum's members describing the campaign and VMIHA's vision. Pledges at various levels will receive gifts such as a harbor cruise, reservations for Miss Lucy's Dinner, or personalized bricks. VMIHA has also applied for a \$65,000 grant from King County 4Culture, an agency which provides funding opportunities for projects related to heritage and historical preservation. 4Culture has been a supporter of the museum for years and Dammann, is very optimistic regarding the grant.

The museum and the adjacent house have a unique and historical connection. Opened in 2007, the museum resides in a building that was originally a Lutheran church, built

by Norwegians in 1907. In 1909 the church built a parsonage next door. In 1956 the church and parsonage were sold by the congregation when the Lutheran church relocated south of Vashon's business core. Since that time, the former church building was home to Vashon Children's Center before becoming the Heritage Museum; and parsonage has been a private residence. Dammann states that "The current owner has been an excellent steward of this charming historic home, and a good neighbor to the museum. We see a great opportunity to reunite the church and home so they can function together again for the benefit of the community."

Dammann says they need more exhibit and storage space as the museum grows. But the main drive for the purchase is VMIHA's vision to attract families and children by creating a heritage education center where Vashon's interesting and colorful history can come to life. Initial ideas include offering engaging and interactive activities such as: Story time with descendants of actual Vashon pioneers, vintage gardening or butter churning; hands on displays where children can try on pioneer clothing and handle artifacts, and interactive computer exhibits. The education center would also be able to offer classes for adults such as genealogy, artifact preservation and regional history.

VMIHA is accepting pledges via their website www.vashonhistory.org or at the museum located at 10105 SW Bank Road. Open hours are Wednesday - Sunday from 1-4p.m. For additional information contact Development Chair Katharine Golding (206-567-4614); or President Deb Dammann (206-919-3547.)

Another View of the Vashon Park District

By Scott Harvey

This article is being written by a private citizen of Vashon, who happens to be a Vashon Park District Board Commissioner, in response to a article by Lu-Ann Branch, which was not reviewed or approved by the Park District Board before it was published.

Based upon a survey conducted by the Park District before the election last year, which was completed by 231 community members, the Park District has been doing a poor job of serving the community. While 35% of the respondents indicated they were somewhat to very satisfied with the Park District, 56% were somewhat to very dissatisfied. When you compare the very satisfied to the very dissatisfied, the results are more dramatic, 7% to 32%. This concerns me since a new operating levy must be passed soon, and such opinions indicate levy approval may be in jeopardy.

The survey also provided useful information as to what is important to the community, with many respondents mentioning multiple items. When you

combine financial controls/budgeting (28), retire debt (17) and a financial reserve (10), our financial situation tops the list. However, the highest single item is needed improvements to maintenance (31).

While a small group wanted to discontinue athletic programs and an equally small group wanted to stop non-athletic programs, a much larger group called for balance where all programs have a seat at the table. Many wanted to finish the VES project, while an equal number wanted to restore programs and increase staff to provide better service.

What has the board done since the election? A small \$50,000 reserve was included in the current budget and our maintenance supervisor and general manager were sent to a class to improve maintenance procedures. Another maintenance position was added just two weeks ago. All this is good.

What about the VES project? Unfortunately, it is business as usual.

Continued on Page 4

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Submissions to the Loop

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

First Friday Art Walk

Stop by Vashon Presbyterian Church on April 4, 2014 for First Friday Art Walk & see island artist Will Forrester's "Stations of the Cross" art work. The doors will be open from 6:00pm to 9:00pm for a self guided tour. Stop by either at the beginning or end of your art walk.

CURRENT EVENTS Discussion Group

Our meetings are held on the second Thursday of the month from 2:00-4:00 PM at the Senior Center in town. We will talk about current events at the local, state, national and international level. We will not discuss personal problems or peeves. We will allow people to advance their views of a situation without recrimination or acrimony. All views and positions are to be tolerated as long as people do not become personal.

Please come and bring your friends. If you have a news article you would like to discuss, please bring it along! For questions, contact Bob Hallowell at 206-992-4852

Find us on Skype
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The Vashon Loop

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Taizé: Evening of Contemplative Prayer Begins at Methodist Church

A Taizé prayer service happens every Tuesday at 6:30 at Vashon United Methodist Church, 17928 Vashon Hwy Sw. This evening of contemplative prayer and music is inspired by the Taizé Community, an ecumenical monastic order in France. Each service is about 30 minutes and is comprised of silent prayer, scripture and chanting.

"To open the gates of trust in God, nothing can replace the beauty of human voices united in song," reads a page from the Taizé website. "This beauty can give us a glimpse of 'heaven's joy on earth,' as Eastern Christians put it. And an inner life begins to blossom within us."

We hope the weekly Taizé service will be a peaceful and nourishing space for prayer during your week. For more information, call 463-9804 or visit www.VashonMethodist.org

Vashon Island Cub Scouts Team up to Fight Hunger

Vashon-Maury Island Cub Scout Pack 275 is teaming up with the Vashon Maury Community Food Bank and Island residents - as well as Scouts throughout the region - to fight hunger.

On Saturday March 29th, the Vashon Island Cub Scouts will be collecting food donations at the entrance to Thriftway. Vashon Island's Cub Scouts conducting its food drive as part of the Chief Seattle Council, Boy Scouts of America's annual "Scouting for Food" food drive, which is being conducted throughout King, Kitsap, Jefferson, Clallam, and Mason counties.

While our economy continues to recover, America still struggles with widespread hunger. It is estimated that nationally 17.6 million American households live in homes that experience hunger: where meals are frequently skipped or who go without food for a whole day (U.S. Dept of Agriculture, Household Food Security in the United States, 2012).

Through the combined efforts of Island residents, the Vashon-Maury Cooperative Food Bank and the Cub Scouts, hungry families will know that our sland community cares.

For more information, contact Cub Scout Pack 275 through Facebook at www.facebook.com/VashonIslandCubScouts

Sci-Fi Saturday: The Planet of the Apes

Join us at the Vashon Theatre in Support of The Chicken Soup Brigade. Ticket are \$5-10 Donation per person, And we are accepting Canned food. April's Film will be...."The Planet of the Apes" 1968 featuring Charlton Heston

Zero Mostel, Jack Gilford, Phil Silvers and a cast of thousands!

Saturday April 5, 1:30pm at the Vashon Theatre

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.

Saucy Sisters Fundraiser April 2nd!

Eat Pizza and raise money for the Amy Dubin Memorial Scholarship Fund. On Wednesday, April 2nd from 5-9pm Saucy Sisters will donate 20% of your purchase to the fund. Thank you for your support!

VIPP Spring Bake Sale

Between Thriftway and True Value

Sat. APRIL 12th 9a.m.-1p.m.

Stop by to purchase an array of goodies baked by some of the Island's best bakers. If you would like to contribute please drop off your tightly wrapped & labeled goodies after 8:30 the morning of the 12th. For more information please call Victoria 463-5381.

Vashon Social Dance Group Monthly Dance & Lesson

Saturday April 5, 2014: Barb Buys comes to Ober Park performance hall to teach a fun Country Two-step lesson and the Ghost Train (Zorba's) line dance. Join us at the monthly Vashon Social Dance Group Monthly dance and lesson. As always, no partner needed and a \$10 donation is suggested..

VSDG Country Two-step lesson and social partner (no partner needed) dance

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 with Barb, for her maiden instruction date with the VSDG.

Questions? Contact me.

Vashon Social Dance Group Coordinator

Candy (206) 920-7596



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- Cash Assistance
- Basic Food Assistance
- Child Care Services

You can also drop off paperwork, complete an Eligibility Review, Mid-Certification Review or make changes to an existing case.



Vashon student serves as page in state Senate

During the week of March 10, Mariah DeForest served as a page with the Washington State Senate in Olympia. DeForest was sponsored by Sen. Sharon Nelson, D-Maury Island. "Mariah's interest in state government made her the perfect match for the page program," Nelson said. "It was my pleasure to be able to sponsor such a bright young woman and I hope she enjoyed her time in Olympia."

DeForest first heard about the page program through her humanities teacher. "When I heard what the program was about, I thought it would be fun," DeForest said. "Learning about the way our government works fascinates me."

A student at McMurray Middle School, DeForest, 14, lives on Vashon Island.



Transportation Secretary names interim assistant secretary and ferries chief

State Transportation Secretary Lynn Peterson today named Capt. George A. Capacci interim assistant secretary in charge of the Ferries Division for the Washington State Department of Transportation.

Capacci will lead the ferry system until a permanent assistant secretary is selected. WSDOT will conduct a nationwide search to find the best replacement for outgoing Assistant Secretary David Moseley who resigned effective April 15.

Capacci joined Washington State Ferries in 2009 as regional port captain and was promoted to deputy chief of operations and construction for ferries in 2010. In his current position, he is responsible for overseeing ferry operations, vessel maintenance and preservation and terminal engineering.

"I am pleased to select Captain Capacci as Interim Assistant Secretary for Ferries," said Secretary Peterson. "Along with bringing a wealth of fleet management experience and customer-focused leadership, he is a proven administrator who will reliably serve our ferry system until the position is filled permanently."

Prior to joining WSF, Capacci served as vice president of fleet operations for BC Ferries in Victoria and general manager of the Alaska Marine Highway System in Juneau, Alaska. His ferry experience is built upon a seagoing career in the U. S. Coast Guard, including five years in command of USCG cutters. He graduated from the U.S. Coast Guard Academy with a Bachelor of Science in engineering and George Washington University with a master's degree in public administration.

"I am honored by the confidence Transportation Secretary Peterson placed in me," Capacci said. "My top priority is to uphold the high standards Mr. Moseley set for the ferry system."

Peterson said the state hiring committee is moving as quickly as possible to fill the vacancy.

"We're conducting a nationwide search, casting a wide net, to find the best person for the job and will include external stakeholders in the process."

Capacci will serve as interim assistant secretary beginning April 16, when Moseley concludes six years of service as head of ferries at WSDOT.

Vashon Youth and Family Services combines Mental Health/ Chemical Dependency Services

Vashon Youth & Family Services announces today that it is consolidating its Mental Health and Chemical Dependency treatment programs into a single Mental Health program. The agency will close the Outpatient Addiction and Recover Services (OARS) program. Instead it will provide support and education for Islanders struggling with addiction and recovery issues through its Mental Health counseling staff and identify referral sources for those who must seek more intensive levels of treatment in facilities off-Island.

"We are moving to further consolidate the addiction recovery services into our mental health program," said Kathleen Johnson, Executive Director of Vashon Youth & Family Services. The closure of OARS will have an immediate impact on approximately 20 clients who are currently enrolled in the program. "About 10 of the 20 clients in OARS are also receiving counseling from our mental health staff, and will continue to do so. We will work with the others to define what their needs are. If they have mental health concerns, we will offer them access to the consolidated mental health and chemical dependency services. If they would like, we will help them find other resources to help in their continuing recovery. The bottom line is: we are committed to making sure everyone gets the care they need."

The move comes 8 months after the program restructured to more closely align chemical dependency treatment with mental health. "We've worked hard to restructure the administration of the program, to try to make it more efficient and become sustainable," said Jeffrey Zheutlin, VYFS Clinical Director. "But we've come to the realization that with the small number of people enrolled and the structure of payments, we can't afford to run a stand-alone chemical dependency treatment program on Vashon."

Under the current reimbursement system in King County, VYFS is paid on a fee-for-service basis. "That means that we only get paid when someone comes to an appointment. If they miss, we don't get paid even though we still have staff working, and things like working with the court if a client is court-ordered to treatment, or following up if someone misses an appointment, those things don't generate income," Zheutlin said.

In addition, licensed providers of chemical dependency treatment are required to support a certain level of overhead in terms of staff expertise and documentation. "The combination of the mandatory high overhead, the low reimbursement rates and a smaller number of clients make it very difficult for a program to carry its own weight. In a small community, it's very difficult to afford to run something like this," Johnson explained.

The low level of reimbursement has been a problem for the program since its beginning. VYFS began offering a separate chemical dependency program in 2010. "In those four years, the program has not once covered its own expenses," said Johnson.

"Our focus now is to run a smooth transition with staff and clients to make certain that everyone has the care they need," Johnson said. "Our staff is excellent, and has given compassionate and effective care to about 75 Islanders during the program. We want to be sure that the transition is done thoughtfully so that everyone continues in a stable recovery."

Up to three staff members and one contract employee face job losses as a result of the consolidation. "These are all outstanding professionals. It's also difficult to face the possibility of losing such dedicated staff. We will work with those affected to try to find internal placements, or to support them in identifying other options."

Another View of the Vashon Park District

Continued from Page 1

Even though the work needed to satisfy the final permit requirements had not been put out to bid, the previous board voted to complete the work in 2014, with all the unknown funding amount coming from our new budget.

This is where I disagree about the advisability of "moving on". I agree that it makes financial sense to satisfy the VES permit requirements sooner, rather than later. However, a blank check from the Park District is not the solution. As was mentioned by several survey responders, it is time to return to the funding model that financed great facilities at Ober Park, Jensen Point and Paradise Ridge, where the users/community contributed a greater share toward the project cost. We should not wait until the next request. This model should be used to finish VES.

I discussed this option with several islanders, including fields users. However, I was waiting to receive a solid bid for the proposed work before discussing options with the rest of the board. Unfortunately, Lu-Ann's statement that "we expect to complete that work this year" gave the impression this was a done deal, which I dispute. Again, failure to fund our project differently in 2014, could convey things have not changed, which may lead to dire consequence at the ballot box next year.

As was highlighted in the survey,

I am committed to advocating for the elimination of all Park District debt and the accumulation of a reserve to address all extraordinary future needs. This would address the major concern voiced by the State Auditor, which resulted in a wasted \$10,000 for an unnecessary audit. In that regard, I plan to work with my fellow commissioners to develop a long-term plan before the end of June, which will accomplish this goal.

One commissioner has warned me I could have issues with other commissioners and at least one user group thereby becoming ineffective, if I push for these changes. While I hope that will not be the case, I remain committed to the tenets of my campaign last fall and to the 2,400 voters who believed I would help deliver a fiscally-responsible Park District that is inclusive (balanced) when funding programs for the entire community. At the same time, the Park District needs to address the maintenance needs identified by the public.

I, personally, am focused on the next 90 days. By making key decisions during this timeframe the Park District will have a full year to deliver a "New" Park District. It would be great if after June 30th Peter Ray could extinguish his camera and the Beachcomber no longer would find newsworthy items at Park District meetings.



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Island Life Fool

By Peter Ray

In one week my Dad will be eighty nine years old. On that day, he will be two things- one new and one that he’s always been. The first thing he’ll be is a little bit older- the other is that he will be recognized once again as an April Fool. In truth, if one were to be walking around pointing fingers and calling names, fool would not be one that would come to mind for my Dad. As it was, because of this birthday designation, I had a rather skewed view growing up of what a fool was meant to look like. There were only three houses on the short, side street where I grew up, and in the third house at the end there was yet another person born on the first of April. Her name was Zara Bowles, but the neighborhood kids had another name for her. She was Zara the Witch, although I don’t remember quite how she got that moniker, other than she rarely came out from her house tucked behind a wall of trees and shrubs except to drive by in her car, and as far as any of us could tell, she pretty much never smiled.

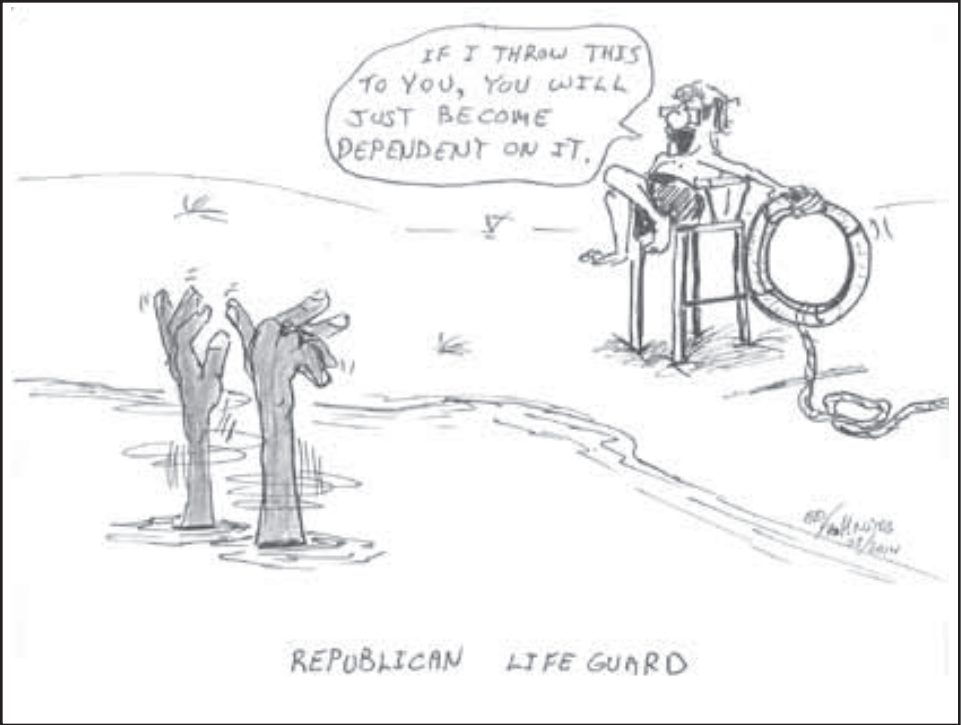
There was not a lot of humor in our house either, if one is counting such things, and attempts at jokes were kind of on the lame side. As I recall, there was an April Fools day ritual that we went through a number of times through the years- I cannot say for sure how often it was repeated. We had a small breakfast nook in the kitchen where most of our meals were consumed. There were windows on the south and west walls of the nook, which itself was barely big enough to contain the table and chairs my Mother selected for that space. My Dad sat at the west end at the head of the table. To his left was a cabinet with a black and white TV on top that spewed nightly news during dinner. I also saw Walter Cronkite shed a tear for the fallen JFK on there, and a few days later saw Lee Harvey Oswald catch a bullet to the gut from Jack Ruby. But none of that is very funny. Our family April Fools joke ritual happened to my Dad’s right where there was a small table which had a two-slotted toaster on top. As my Mother was into having things the way they were supposed to be, the toaster had a cozy over top of it that matched the curtains in the nook. Patience please, the joke is coming. For a number of years, before my Dad sat down for his breakfast, one of us would “sneak” in and remove the toaster from beneath it’s protective décor and replace it with some other object- a cardboard box or a grouping of water glasses that would help to make the cozy somewhat conform to the shape of a facsimile of the toaster. Then we would wait for just “the right time” to ask Dad to make some toast.

While you all are struggling to regain your composure, I will state fairly clearly that humor was not a regularly consumed staple in our family. I was often admonished “don’t be so funny” or “don’t be so smart”, which didn’t always work so well with me. My parents never

understood why I came home with Bill Cosby comedy albums- in looking back there may have been more than one reason for that. And when I came home from college to find that cable television had arrived, and that instead of audio clips from their various vinyl LP’s, I could now watch actual television shows in their entirety from Monty Python’s Flying Circus. It was somewhere around that point that my parents really thought I had lost my mind. That became, of course, not quite such a worry after my Mother learned that the first violinist from the Rochester Philharmonic was a bigger fan of the Python Troupe than I was.

I do not find humor in many things these days, probably because there are so many things all around that are so profoundly not funny. One of the things I was remembering recently over on the funny side was a similar bit of April Fools anticipation that I felt on the Island when Jay Becker’s Beachcomber would come out with their annual Island nonsense. What was best about these stories of ridiculousness that masqueraded as truth in the pages of Island news was not so much how funny they were, but rather how people reacted to them while forgetting the spirit of the day that spawned them. I can think of one story in particular that reported in no uncertain terms that a group of long haul eighteen wheelers had decided that Vashon would be a great place to have a road rally, in their trucks. There were flarings all around of incredulity and disgust that anyone would even think of doing something like that out here- I do not remember if any petitions had been drawn up by the time most were reminded of the date of that particular paper’s publication. I just recently found out that a story I had been hearing for years about how there had been plans around the time of the birth and death of the Supersonic Transport jet that Vashon had been considered as a location for a landing field long enough to accommodate the SST’s takeoff and landing requirements. As it turned out that story came from Mr. Becker’s predecessor, Nelson Phillips.

There was also the year that the very authentic looking “Burger King, Coming Soon” sign appeared on the vacant corner across from K2 and the ensuing teapot tempest that brewed and dissipated. One can only imagine what might appear on the K2 side of the street this year. I am not going to be the one who takes it any further than a suggestion, though. Judging from the 400 or so entries the last time I looked before disconnecting from the Facebooks Vashon All thread in that regard, it seems that humor is the last thing on anyone’s mind. As for my april fool Dad, I will probably make him a card without a joke or a pun. It will probably be a picture of some Spring scene around here- he was always fond of seeing Rainier when he visited. He’s made it this far, I don’t want to rock his boat too much. And I’d rather save boat rocking for where it’s needed.



Mustelid Mania

By Orca Annie Stateler, VHP Coordinator

Mustelid mania overcomes our Jack Russell terrier, Nashoba, when she detects Ono the Otter scampering under our deck with a juicy flounder or other succulent prey item. Nashoba whimpers and snorts at the floor above the spot where the river otter hides. This can be challenging when it happens at 3:00 AM.

Ono the Otter might be looking for a den site. Hmm, adorable yet odiferous otter pups. A frisky otter brood rates as one of nature’s best displays. The charming, stinky family Mustelidae includes otters, weasels, ferrets, minks, and skunks -- a personal favorite. In late March, lucky Nashoba saw another sly Vashon mustelid.

For more than a year, we three – Odin, Nashoba, and I -- have noticed the telltale paw prints of a mink on a nearby, secluded stretch of beach. Nashoba sniffs around the tracks with gusto. While walking the shoreline on a fine spring day, we heard two discontented crows squawking predator alert calls. I scanned the trees expecting to find a raptor; instead, a chocolate brown form rustling about in the bare branches caught my eye – elusive Cousin Mink!

The cheeky mink chased a rat out of the undergrowth and through a dilapidated concrete house foundation. The rat ran for his little life toward the Sound and jumped in without hesitation. The mink was hot on his trail. The rat swam behind a rock and then executed a clever diversionary



mustelid mania. Every quivering fiber of her terrier being said, “I’m supposed to chase those weasel-types and rodent-types!” Cousin Mink was not intimidated.

Of course, we did not have a camera on hand for our best mink sighting ever. Except for binoculars, we usually venture gadget-free into Mother Nature to soak up her splendor. I scoured the “interwebs” for a photo to evoke the demeanor of our mink neighbor. Visit <http://phillanoue.com/mink-photos/> for additional images similar to the enchanting “Mink in the Marsh.”

Though minks occur throughout the Pacific Northwest, my understanding is that the American Mink is not native to Vashon-Maury. Mink farms reportedly introduced the wily mustelids to the Island decades ago. Previously, we saw a mink swimming in the cove where we once lived.

Chez VHP’s other remarkable marine mammal sightings of late involve seals and porpoises. We watched a Harbor seal gnawing on an octopus for about an hour – you could tell it was chewy. Six or more Harbor porpoises, including calves, zipped through Dalco Pass in late March. We typically see groups of just two or three



“Mink in the Marsh” photo by Phil Lanoue.

maneuver -- a lá Tweety and Sylvester -- escaping to the right while the mink searched the water.

This amusing encounter illustrates why the ever-resourceful rat will inherit the planet after most species are obliterated. Cousin Mink boldly stared at us, tolerant of our presence. We were at a safe distance, and s/he was preoccupied with finding that rat, anyway.

Miss Nashoba was on her leash, in Odin’s arms, veritably squeaking with

porpoises down here.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041, as well as seal pups and sick, injured, or dead marine mammals on Island beaches. Prompt reports to the VHP expedite vital data collection efforts and sustain an accurate record of whale sightings for Vashon-Maury. Send photos to Orca Annie at Vashonorcas@aol.com.

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Spiritual Smart Aleck



By Mary Tuel

Shifting Gears

My Honda is in the shop being inspected for needed repairs, so I am driving Rick’s truck this week. My Honda has an automatic transmission. Rick’s Nissan has a manual transmission.

This morning it occurred to me that I am so old that I remember cars before they had synchromesh transmissions. Naturally I looked up synchromesh when I got home and read up on it.

In fact the cone synchromesh transmission was introduced by Porsche in 1952 in its 356 model, so in fact synchromesh was around long before I was driving, but the cars that did not have synchromesh were still around when I was learning to drive.

The first car I drove was a Willy’s Jeep, a post-World War II model that had a manual transmission. I was eleven at the time I had my first driving lessons, creeping and jerking up and down the driveway on the farm. I remember well the resistance of the gear shift lever in my hand and the horrible noises that poor tortured transmission made as I tried to learn how to coordinate clutch and stick shift. I remember that when I came to a stop I had to shift into neutral before shifting into first to start up again. Most of the cars I drove were like that, and the first car I drove that had synchromesh to shift down to first was a revelation. Talk about an idea whose time had come.

My mother’s car, a 1963 Dodge Dart, had a push button automatic transmission. Part of the whole 50s-60s push button convenience movement, I guess. After my wrestling matches with manual transmissions those push buttons were amazing. Once you punched the “D” for drive button, you just left it there and forgot about shifting gears while the car did it for you.

In 1969 my father bought me a 1958 Chevy Del Ray for \$284.00, or a little over \$300 with tax and license, at the Santa Cruz Volkswagen dealership on Soquel Drive. Giving me the car wasn’t generosity on my father’s part. The Ford Falcon that I purchased on my own (for \$150) had died up on Skyline Boulevard, and he towed me home instead of watching the All Star baseball game on television, so he was ready to get me launched back into my independent life before I could cause him any more trouble or inconvenience.

Oh yeah: the truck he used to tow me home was the pickup he bought to replace the one I ruined by driving without oil a year or two earlier. I drove the Chevy without water in it at one point, turning all the gaskets into burnt cork, and he and my uncle took it out to my grandfather’s barn and hoisted the engine out and took it apart, cleaned it up, and put it back together like new in about a week.

Fathers and uncles did that sort of thing for daughters back in the day. You can see why my father wanted me to go live somewhere else. I was ridiculously high maintenance.

The Chevy had a manual transmission featuring the gear shift lever on the steering column, which was popular in the 50s. It was not as nifty as an automatic tranny, but it was pretty smooth and easy to use.

One night on the way back to LA from San Luis Obispo, the transmission locked up and suddenly I had only two gears, second and reverse. I went into the first gas station I could find and told my tale of woe to a nice middle-aged man who got under the hood and unlocked the linkage arms, and told me that I needed to shift gears gently, using only my fingertips, because if I cranked the gear

Film director Megan Griffiths will appear with “Eden” at the Vashon Theatre on April 4

“Eden,” a survivor’s story of human trafficking, will be shown by Vashon Film Society as its April 4 First Friday Art Film Series feature at the Vashon Theatre. The dramatic feature is based on the true life horror story of teenager Chong Kim who was abducted in Oklahoma and trafficked into Las Vegas and California.

Rising Northwest director Megan Griffiths will appear at the Vashon Theatre for a Q&A with the screening and says she was drawn to the script because, “It was a journey of a woman who was in a situation who wasn’t rescued by anyone. In the great majority of films there’s a police officer character who swoops in and saves the day. Eden had to be her own hero.”

Vashon based editor Eric Frith and Seattle producer Colin Plank have also been invited to attend the showing and talk about the film.

Filmed almost entirely in Eastern Washington and Seattle, “Eden” tells the story of an 18-year-old Korean American about to graduate from high school When she visits a bar with her girlfriend and a fake I.D, she is duped by a man who offers her a ride home.

The young woman (played by actress Jamie Chung) ends up



Eden, actress Jamie Chung

being stuffed in the trunk of a car and doped up on morphine. Renamed Eden by her captors, the kidnap victim is thrust into a life of sex slavery with dozens of other young women living in a storage unit-turned brothel in the middle of the desert outside Las Vegas.

Producer Colin Plank said, “You think about these kind of things happening in other parts of the world.” When he read a newspaper article about Chong

Kim’s real life experience with American sex trafficking, Plank knew it was a movie he had to make. He hired Griffiths to rework the script and eventually direct the film.

While the film depicts the inner-workings of the trafficking ring, the filmmakers wanted to imply and not show the sexual violence on screen. Chong Kim was on set during the production and told the filmmakers the brothel scenes were eerily similar to her experience.

The Austin Chronicle lauded director Griffiths for “the nuanced tragedy ... she had brought to life.” “Eden” has garnered critical acclaim and a slew of awards from SXSW, the Seattle and Milan International Film Festivals, the San Diego Asian American Film Festival, and others.

“Eden” will screen at 9:30 pm at the Vashon Theatre on Friday, April 4. Admission to the showing and discussion is \$7.



Megan Griffiths



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Aries (March 20-April 19)
You are prone to intense reactions, though I suggest you keep a grip on yourself this month. Your emotional energy has more than double its usual power, and the planets are set up in a way that, for everyone, lends itself well to chain reactions. Your own planetary picture suggests that you may make judgments based on a mistaken sense of being unworthy of others’ love. I strongly suggest you research the facts of the situation and account for your own struggle with self-worth before over-reacting or even responding to something you perceive. Between the potential for misunderstandings and for things going out of control, it would be wise of you to put everything on a one-week delay before you make any accusations or decisions.

Taurus (April 19-May 20)
You can be the voice of balance and reason in a group environment because you understand how the dark side of people can emerge when they get together. While most humans fail to notice or choose to look away from this (mostly out of laziness or for fear of being cast out), the fact that you are aware is the best insurance against problems arising. And if they do arise, your understanding the scenario is essential toward finding the solution. Here is a clue: In groups where you might expect there to be a collective gain in intelligence, there is often a collective loss. The whole can be equal to less than the sum of the parts. This is of course the opposite of whole-system thinking, and where your awareness and leadership will become extremely helpful.

Gemini (May 20-June 21)
You may need to push your message a little in order to be heard or even noticed. Don’t go so far that you threaten your own credibility, but rather make sure that your presentation is colorful and clear enough to cut through the static. Communicate in person where possible; that will save you plenty of energy and allow you the opportunity to come across in an emotionally grounded way. That detail will skip the need for the bright colors -- you personally possess them. So short of getting on an airplane (unless the matter is of top-level importance, particularly to your career), show up in someone’s presence and explain yourself, making sure to convey your enthusiasm and love for what you are doing. That is the main selling point.

Cancer (June 21-July 22)
The best professional advice anyone ever gave me was to get my ego out of my writing. By that, I understood that the person meant not to be so invested in the seeming success or failure of my work; and mainly, to be open to changing my own ideas. In other words, don’t be so attached to a concept that it’s not subject to revision and improvement. The more you open up to this notion, the more of that improved vision will come to you. The less you proceed with emotional attachment to what you want to accomplish, the easier it will be. True, this takes some skill, but the bright side is that emoting consumes energy. You will benefit from redirecting that energy into creative options, of which you have many -- both personal and professional.

Leo (July 22-Aug. 23)
You may be uncertain whether to be in a total panic or to have unflinching faith in yourself. I am certain that there

is no middle ground here; that if you’re going to take a guess, go right to the side of faith. You have experienced the effects of crippling self-doubt enough to know that it gets you nowhere. That alone might be enough to convince you that it’s useless, but there’s also a spiritual issue involved: whether you think God loves you. If you have any doubt, I would propose that it came from somebody else. It was given to you, rather than being something innate. Your faith and your confidence are your actual property; an innate part of your character. The more time you spend there, the more obvious this will be.

Virgo (Aug. 23-Sep. 22)
There’s a potent mirror effect going on, though it’s essential that you make sure that the reflection you’re seeing is clear and not a distortion. When some element of your character is shown to you by someone else, or through someone else, there will always be a loss of clarity. Therefore, don’t take what you’re shown purely at face value. Engage it in a dialog. By that I mean the people and circumstances that seem to be pressing some point, or not letting you escape some concept about yourself. It may be true in some form, and I suggest you be open to how it may not be valid. Weigh truth and validity against the values of learning and growth and you will clarify your understanding of these very interesting pictures.

Libra (Sep. 22-Oct. 23)
Creative process is often seen by outsiders as something hot. That’s usually how it’s portrayed when dramatized in a movie or on TV -- as driven by passion or pathos. While there is always some fire contained within the creative drive, and while it may have the occasional solar flare, I’ve found that it’s necessary to be cool, methodical and focused in order to actually get something done. That’s what you’ve got going on right now, if you want it. Yet there’s also plenty of heat and glare to distract you; there’s as much controversy and emotional complication as you can imbibe. Yet the actual creative productivity thing -- that’s about being laidback, alert and self-aware. The risks involved are subtle. Wholesome progress is more likely to come over time, not as the sudden and/or stunning breakthrough.

Scorpio (Oct. 23-Nov. 22)
Your fantasies will tell you a lot, especially about who and what you want. So I suggest you open the spigot and really let in the images, feelings and information and not worry about whether it’s right or wrong. There is deep healing potential in being honest with yourself and equal potential for damage when you deny your desires. The purity campaign associated with both desire and fantasy is a ruse. There is nothing pure about it, though the closest you come to purity is when you’re absolutely real with yourself. Yes, it’s also true that the bridge from your imagination to reality might open up -- and if it does, it will be for a very good reason, which is specifically about healing something deep and long-denied. And that will feel good.

Sagittarius (Nov. 22-Dec. 22)
Don’t mistake emotional confusion for misery. On our planet, to feel at all means to feel some pain -- that is why feeling is so unpopular. That said, it won’t help to drink your feelings away. You might feel good for a while, but

you’ll miss the opportunity to address something that may on one level be troubling, but that on another level is of profound meaning to you and which holds a key to happiness. I suggest you not cut yourself off from contact with yourself, especially when yourself is trying so diligently to make contact with you. You’re not necessarily the ‘get help’ type but this would be a good time to have some competent, non-attached feedback and guidance, from someone who can perhaps assist in figuring out what you’re feeling.

Capricorn (Dec. 22-Jan. 20)
Was there someone in your past who left you with the feeling of being unloved? I am talking about before the age of seven. The way you’ll know that I’m describing what you may be feeling is that it comes with little onslaughts of an irrational sense of worthlessness. You are old enough, and strong enough, to recognize that this is not a feeling that reflects your current reality. However, if you experience anything like this, it may be compelling enough that you believe it means something. That might be an unresolved childhood situation, of which we humans usually carry around a few. This particular one is coming into focus, which is an invitation to set yourself free. Use your mind. Use your spirit. Consider the issue when it’s not bothering you.

Aquarius (Jan. 20-Feb. 19)
You seem to be working with devotion to set yourself free from some perceived authority. I would ask: when you reach a point of breakthrough, do

The Vashon Loop, p. 7
you feel any different? There is a seeming external source of power that seems to be casting a shadow over you. Then there is what looks like an inner haze that has the same feeling but is not as solid. The two are related. I suggest you focus on your inner sensation rather than on struggling against any outer circumstance. Here is one thought to be alert for: the idea that you must organize your feelings a certain way in order to be lovable or free. Other elements of your chart suggest that if you let go of trying to organize your feelings, you will taste the experience of inner freedom.

Pisces (Feb. 19-March 20)
You are becoming aware of many things that you’ve known for a while, but which are taking shape as being immediately relevant and truer now than ever. I would propose that among these is the power of belief to shape and even direct the flow of your life. Whether something is true or not, whether it is valid or not, whether it has any basis in reality, is secondary to the fact that you might or might not believe it. I suggest you recognize this power, and set out to determine what is true for you, and honor that. When you get to that point of honoring, you may notice a feeling of rebellion, though I suggest you work with that in an understated, cautious and serious way. Be a conservative rebel. Do only what you must so that you can be free to do what you want.

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

Live Local Weather

www.VashonWeather.com

The Vashon Loop has installed three weather station on Vashon Maury Island. Each weather station transmits it’s weather information to www.wunderground.com, www.pwsweather.com and Weather bug Back yard. The easiest way to view the weather information is to go to www.vashonweather.com. Live weather information is also used on the www.vashonloop.com website and its sister site www.vashonnews.com. Weather station locations are, Vashon Loop home on Gorsuch rd, Voice of Vashon at Sunrise ridge and Maury Island at the 3 towers with the sheep in the field. The best way to learn about each weather station is to find them on line, where you will find more Island weather stations.
Find out how much rain Vashon Maury Islands get and how gusty the winds are on Vashon’s new weather site www.vashonweather.com.

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Positively Speaking

18 March 2014...
Believing

By Deborah H. Anderson



anniversaries of the accident, I was right back to the moment.

How we respond to tragedy in our lives and the lives of those we love defines who we are.

I wrote to my playmate Susie’s brother via his son. He knows. I asked for pictures of Susie. The only one I have is from the newspaper write up about the accident, her school picture.

So these are the questions we have to which we must determine answers. How much do we look back? When do we look forward? When do we know we are lost in tragedy and when do we know we are just grieving?

I have become an artiste of sorts in going through trauma and change. I’ve said it to you many times before: the keys to assimilating life experiences in positive ways are a) feeling, b) crying it out c) telling the big and little truths about your behavior.

After I posted and reached out to contact her brother, another miracle happened I never ever in my wildest dreams anticipated or asked for.

In this digital age, classmates of mine from that year of the accident began to write what their reaction, as children, was to my accident; to being told by the teacher I would be gone for a long time, to my ‘disappearance’ from class and their lives. They wrote of ‘it was the first time I experienced the meaning of personal injustice to someone’ (referencing the thoughtless actions and consequences of the drunk behind the wheel), they spoke of courage and strength they attributed to me, to their sense of loss.

Here we were back in the first year of the sixties, kids, not even tweeners, and I never knew they had feelings about this horrible tragedy that had happened to two families of their classmates.

There will be pieces missing from your take on whatever tragedy you have experienced and as you seek healing, deep healing and restoration, God will hand those pieces back to you that you might be whole in a new way.

Someday, the book I really want to write is about growing and healing through trauma and loss and change. You see, this column was named because I wanted, through my words in this column, to show people we can experience and speak of the negative in a way that brings a positive outcome if we are committed to speaking the Truth of any situation.

The last comment written in regards to the Facebook post came a while after; the next day I think, I’m not going to go check now.

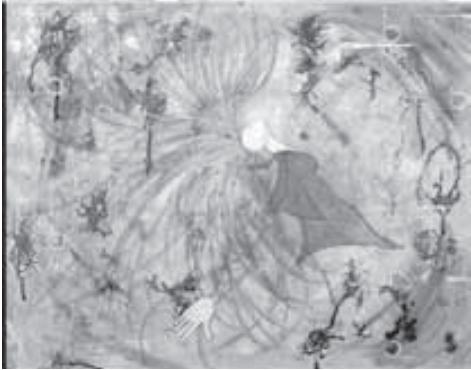
In reference to a comment I had noted when I was growing up I was not allowed to speak of the accident, my feelings about being injured I mean at home. I was taken out of school three times of week early to go to physical therapy for shock treatments to my leg and half an hour of whirlpool from fifth to ninth grade. I wore a brace until I was in my mid twenties that was this ugly leather thing that strapped just below my knee. Yet, I was not given permission to speak of pain, or loss, or grief. It was viewed as ‘feeling sorry for myself’.

It is a gift of the faith given to me by God that I chose not to do drugs or alcohol to escape the pain, but it has been years and years and years of feeling like an outsider because I can and do talk about

heART Show “Tangibles of the Intangible” Opens at VIA on April 4th

Island heARTist Kara LC Jones (aka MotherHenna) will open a solo, mixed media show titled “Tangibles of the Intangible” at Vashon Intuitive Arts (VIA) on April 4th at 6pm. The show marks the one year anniversary of Jones’ move back to Vashon Island after a two-year Sedona hiatus, and the works in the show are a bit of illustrated narrative from that journey and return.

The show will include original works, hand embellished giclee prints, and Jones’ new experimental pieces done with air clay. “The giclee prints are experimental for me, too,” added Jones, “as the process I’m using for some of the embedding and sealing is a chemical free version of encaustic using only beeswax, no damar resin or oil.”



The show opens for First Friday Gallery Walk on April 4th and Jones will be at the 6pm opening that night to talk shop and answer questions. The pieces will show at the VIA gallery for the entire month of April.

Sacred Day with Paul “Che oke’ ten” Wagner

April 15th Vashon Intuitive Arts
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An award-winning Native American Flutist, Che oke ten’s debut Native flute CD “Journey of the Spirit” been honored with the “Best Native American Album of 2009”



my feelings, my pain, my joys and the reality of the hardships I bear. Ironically, I had chosen, at the age of nine in my hospital bed, to live in my head and not my heart. But because of belief, I didn’t do drugs or alcohol because I didn’t want anything messing with my head. Later, because of belief, I ‘unfroze’ and included my heart. Instead I learned to talk. Oddly, I was considered weird for it. I would have been considered more normal if I’d taken drugs, become a drunk or sexually active.

But, as someone said long ago, because I made that choice, I didn’t add to my problems.

Just sit down and listen to your own heart or someone else’s, or the thoughts running through their head. Engage, affirm, encourage. OK that method is hereby copyrighted by me, but do it! I give you permission. You, they, everyone, need(s) to talk, weep and be listened to. It makes you fully alive.

All those family and friends of the helicopter crash victims are doing right now is talking, weeping and listening. That pain will never go away, but they will, God help them, learn to live with it.

March 18, 2014. The year I knew I was right to believe!

Love,
Deborah



Vashon Library

Continued from Page 1

and enhanced daylighting. The new library offers patrons a thoughtful place to read and interact, while connecting them gracefully to their surroundings with enhanced views of the surrounding park. Artwork by David Eckard, titled Cumulative Cumulus, is suspended from the ceiling of the library.

In preparation for the library opening, the temporary library site at 100th Avenue SW will be closing on Sunday, March 23, 5pm.



Computers are getting set up in the Vashon Library.

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Island Epicure



By Marj Watkins

Cooking with Sea Vegetables

Vegetables from the sea bring you 97 different vitamins, minerals, enzymes and probably nutritional elements our food scientists haven’t discovered yet. Their flavors are mild. Try cooking wakame with kale and garlic You can get dried sea vegetables of several kinds at Minglement.

Those I like best to use are kelp, hijiki, wakame, and nori. Soak Hijiki until the tiny black pods swell and turn the soaking water brown. Japanese eat it as a vegetable side dish sprinkled with white sesame and rice vinegar. I make a global minestrone soup by combining a spoonful of dried kelp flakes or hijiki and its nutritious brown soaking water with my usual minestrone vegetables and meat scraps plus garlic. If you have my cookbook Island Epicure’s Excellent Soups and Stews, sold at Minglement, you have several versions of this delicious, health-giving Italian soup that saved my life when I had pneumonia in Florence, Italy a few decades back.

I like to have some cooked rice in the refrigerator. It can be the basis for many dishes, rice cakes for breakfast or lunch for instance. Stir half of a cupful of cooked rice with an egg, a tablespoon or two per serving of chopped red bell pepper, a sliced green onion, and a tablespoonful of soaked dried wakame. Fry the mixture by rounded tablespoons in a wide skillet with olive oil.

Sushi Rice with Prawns
2 to 3 servings

- 1 cup cooked brown rice
- 1 Tablespoon dried wakame pieces
- 1 Tablespoon sugar (I use coconut sugar for its low Glycemic Index: 35 GI vs. cane sugar’s 100)
- 2 Tablespoons rice vinegar or 1 Tablespoon apple cider vinegar
- 1 Tablespoon sherry or mirin
- 1 Tablespoon finely minced ginger root
- 3 prawns
- Salt to taste

Poach the prawns in water to cover and a lemon slice and 1 Tablespoon minced onion. Cool, shell, and slice the prawns. Stir them with the rest of the ingredients listed above. Serve warm.

Norimaki: Cook ½ cup sweet rice starting it in cold water so it will be sticky. Mix the rice, vinegar and sherry or mirin. Place a row of spoonfuls of rice 1-inch from the edge of a nori sheet. Flatten the row. Lay a strip of wasabi mustard paste down the center of the rice’s length. Now put on a row of poached, shelled prawns and a green onion or two. Roll up the nori, pressing to hold the rice together. This works best if you started the rice cooking in cold water so it will be sticky. You should have enough rice for two rolls of norimaki.

Cut the norimaki rolls into one-inch chunks. Behold and enjoy homemade sushi. Leftover cooked salmon goes well in place of prawns.

- Miso Soup with Wakame
- 2 servings
- 2 cup boiling water
- 4 teaspoons miso or to taste
- 2 skinny or 1 fat green onion, thinly sliced aslant
- 2 teaspoons wakame flakes

Dissolve the miso in the boiling water in 2-cup Pyrex measure. Stir in the wakame flakes. Divide between two soup bowls. Garnish with green onion. This quick, easy soup makes a tasty first course for a lunch or dinner.

It Makes Sense to Avoid Juices

By Kathy Abascal

Juices, and juice-based smoothies are popular and perceived as very healthy. Nonetheless our bodies are better off without them. First, we typically strain the fiber out of most our juices, fiber we need to grow the right intestinal flora. Second, even if we drink juices that retain the fiber, juicing typically changes how much fruit and sweet vegetables we end up eating. When we have to chew and swallow, we fill up more quickly because we have the opportunity to provide our brain with some feedback on how satiated we are via hormones such as grehlin. We might eat an orange or a few carrots for a snack. But, if we were juicing, we might well instead use 2-4 oranges or up to 10 carrots to make a glass of juice. Our culture tends to think that if something is good for us, more is better. Actually, more of anything than our body really wants is seldom a good thing. In the case of juice, we are ingesting much more fructose (fruit sugar) because we end up consuming more fruit and sweet vegetables. And fructose is difficult for the body. Any excess fructose grows the simple sugar loving microbes that are not beneficial to our digestive tract. The fermentation products that result as they digest that fructose can cause intestinal distress. The fructose we do absorb is processed by our liver and in excess burdens it. The result: Increased levels of triglycerides, cholesterol, and LDL with lowered levels of HDL. Fructose in excess also increases our cells resistance to insulin, often eventually leading to diabetes. Simply drinking a glass of juice a day over a lifetime in one study increased the incidence of diabetes by some 18 percent. As well, excess fructose can cause kidney stones, gout, and fatty liver.

Thus, there are good reasons to avoid juices, juice fasts and smoothies. Instead eat whole fruits and vegetables. And yet another reason to quit drinking your food: Drinking juice is associated with an increased incidence of rectal cancer. A study looked at the diets of people diagnosed with colon cancer and compared their diets with a similar but cancer-free

group of people. In the study, researchers distinguished the specific types of colon cancer and learned some interesting facts in the process. Different fruits and vegetables had different effects on different parts of the colon. Thus, proximal colon cancer decreased the more brassica vegetables were consumed. Brassicas were defined as cabbage, Brussels sprouts, broccoli, and cauliflower (but usually also include rutabagas, turnips, kohlrabi, cabbage, kale, collards, and mustard greens). Eating more brassicas, more dark yellow vegetables (carrots, pumpkin), and apples reduced the risk of distal colon cancer. Brassicas eaten along with green leafy vegetables (lettuce, endive, salad greens, silver-beet, or spinach) showed a strong trend toward decreasing the risk of distal colon cancer. Only apples reduced the risk of cancer; other fruits did not. Then the surprising fact: Those who drank more fruit juice had a much higher rate of rectal cancer. In addition, those eating a lot of fruit showed a trend toward an increased risk of rectal cancer.

They have not established why different vegetables benefit



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.

different parts of the intestines although no doubt it is the result of different foods feeding different strains of microbes. Nor do they know exactly why juices are especially problematic for rectal tissue. Nonetheless, it is quite clear, and getting clearer, that we need a variety of whole vegetables for health, and that we should eat, rather than juice, our foods.



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High and Lonesome

High and Lonesome was formed in 1985 and played all the bluegrass festivals throughout the Northwest. The band broke up at the end of 1989, but reunited in 1993 and were hired to play 3 shows at the very first Wintergrass Bluegrass Festival that year.

After another hiatus, High and Lonesome reunited and recently performed at the Darrington Bluegrass Festival last summer, 24 years after the last time they performed there. Earla Harding, founding member of the Wintergrass Blues Festival, recently said that High and Lonesome was one of the greatest local bluegrass bands ever.

The mix of music High and Lonesome will be doing will be solid as a rock classic bluegrass and traditional pre '70's classic country



music. Islanders will recognize Tab Tabscott on dobro/pedal steel guitar and vocals, as well as John Schubert on guitar and vocals. They will be joined by Pete Martin on mandolin/fiddle, Al Hutteball on bass and Rich Jones on banjo/guitar and vocals.

Friday, March 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

The FieldHands

Together for years writing and playing original music on Vashon Island and in the Seattle area, The FieldHands are a rock band.

Their music blends some of the best traits of rock, alternative country and the Americana vibe present in music from artists like Wilco, Son Volt, Lucinda Williams, Ryan Adams, Iris Dement and others.

Multiple harmonies, driving guitar lines and soaring lead instrumentals punctuate good stories and strong melodies.

The FieldHands incorporate local flavor and imagery in their lyrics. They write songs about love, friendship, journeys, the road beneath their feet and the water that surrounds us. Their brand new CD is amazing, get one at this show while you still can!

Opening up for the FieldHands will be Phil Royal.

Because Phil Royal was, at age eleven, small of stature and of only average rhetorical wit, he started strumming the guitar in a bid to be noticed by the girls. Forty one years



later he is still trying to impress his wife. Although he really has no durable insight into the true nature of life or who we genuinely are to each other, he claims to have caught rare glimpses on occasions where music was involved. He is known to despair that all of these melodic and lyrical efforts are but a glorious and frivolous waste of time but, then, moments of transcendent ecstasy are otherwise hard to come by. He is thus wedded to fingerstyle six string until time stiffens his fingers and robs his mind.

Friday, April 4 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

Vashon Food Bank Benefit Concert

April 5th at the old VFW hall, now Vashon Books, we are having two live bands, an auction and giveaways in support of the Food Bank. This is a family style event starting at 7:00 pm. First to take the stage is Seattle's own Love Dealers, a rockin blues band. Then there will be an auction of items donated by local businesses. Then Chasing OZ takes the stage to close the night with performance rock style originals, a night you won't soon forget. Both of these bands are up and coming and very good entertainment. People are asked to contribute what you can for the pot luck and tickets at the door are \$10.00 or a full bag of nonperishable food items. Your ticket will enter you for a drawing each hour for give aways.

So come have a great night of community and sharing. We do wish to thank all the Island businesses who helped cover the cost of the event so that all proceeds will go directly to the Food Bank. They are John L Scott, Unforgettable Fire LLC, Healthier Air and Heating, Uninhibited Ink,

True Value, Chris Hunt Accounting, Miles Automotive, The Hardware Store Restaurant, The Rock Pizza, and more to be announced.

Sunday Social Hour is part of a new series at Open Space

Sunday Social Hour is part of a new series at Open Space, Sundays at 4 - supported in part by a grant from 4Culture.

Here's just a taste of who you'll see, and hear, on stage for this installment but honestly, words cannot do these folks justice. You all should just come and listen for yourselves!

David Godsey aka The REV - is a graduate of the Professional Training Program at the Circle in the Square in New York and the Laboratory of Movement Studies at Ecole LeCoq in Paris. A co-founder of UMO (in 1987), David was lead artist for UMO's Final Broadcast (2007), and directed the creation of UMO's Millennium Circus (1999) as well as Birth, Love, Death and Re-Birth (1996), a collaboration with the Seattle Men's Chorus. David and his partner Janet McAlpin are the founders of Open Space. Vashon Islanders are got the know The Rev and his spontaneous sermons in Voice of Vashon's Church of Great Rain. It is rumored that David is fueled solely by fair trade organic dark chocolate.

Azula began her vocal training singing in her grandmother's garden, growing up in a house filled with music, from classical to Barbershop quartets to Sunday choir. While studying classical vocal training as a mezzo-soprano coloratura at Hope College in Holland, Michigan, she started her journey into Jazz and Blues, and the Global Music Scene. She moved to Europe to study and was exposed to the languages and music of Eastern Europe, going deep into her Hungarian ancestry. She currently sings in French, Spanish, Portuguese, and Arabic among others, performing most recently on Vashon with Avaaza (World Music) and One Night Stand (Blues), and her duo Strella with Seattle guitarist Leif Totus.

Whether she is gracing the stage solo with guitar in hand, or backed by a full band, Sarah Christine's soulful siren is capturing attention. This Northwest native weaves a positive musical tapestry, blending her rich honey voice, conscious lyrics and uplifting melodies with the flavors of



Soul, Reggae and R&B. Sarah's voice has been heard throughout Washington, Oregon and Hawaii and has been a presence at numerous festivals including Northwest Reggae Fest, Sierra Nevada World Music Fest, Conscious Culture Fest, Bumbershoot, Seattle Hempfest, Northwest Folklife and many others.

Mr. Jeff Hoyt has a head for radio. And all of the hats to go on it. He's written, produced, and/or performed in thousands of commercials for clients from C to shining Z (with a healthy dose of A's and B's thrown in for good measure.) Plying his craft from a home-based recording studio on beautiful Vashon Island near Seattle, Jeff fills his days with a variety of radio pursuits that feed both his family and his soul, a job he defines as "radio for fun and profit."

Over the past 20 years, Kevin Joyce has established himself as one of the most versatile and prolific creative artists in the Pacific Northwest. Kevin is an accomplished performer, Emcee, musician, and auctioneer. With his wife Martha Enson, he co-founded EnJoy Productions in 2003, and has produced large-scale performance events throughout the Northwest. Kevin was host and curator of the Seattle TV Variety Show Big Night Out, and a regular performer in Teatro ZinZanni, sharing the stage with luminaries like Joan Baez and French cabaret legend Lillian Montevecchi.

Dianne Krouse's love for music has her playing lead alto saxophone in many big bands, combos and professional

performance groups across the Pacific Northwest including the Seattle Women's Jazz Orchestra. She also plays clarinet, flute, guitar, piano and loves to sing. One of her favorite creative pastimes is writing, recording and arranging music. She also loves to play with all of the amazing and talented musicians on the island.

Michael Meade, D.H.L., is a renowned storyteller, author, and scholar of mythology, anthropology, and psychology. Michael combines hypnotic storytelling, street-savvy perceptiveness, and spellbinding interpretations of ancient myths with a deep knowledge of cross-cultural rituals. He is the author of Fate and Destiny: The Two Agreements of The Soul, The World Behind the World, The Water of Life: Initiation and the Tempering of the Soul; editor, with James Hillman and Robert Bly, of Rag and Bone Shop of the Heart; and editor of Crossroads: A Quest for Contemporary Rites of Passage.

Jason Staczek is a Seattle-based composer, producer and Hammond organ player. His scores for the films of director Guy Maddin have been called "swirling and adventurous" and their latest work together, "Keyhole", is currently in theaters worldwide. Jason also collaborates with musical inventor Ela Lamblin writing for experimental instruments like the Shrimp Platter and the Koola, a Styrofoam harp. He was a 2012 Sundance Composer Fellow, plays piano and organ with ATO artist Lindsay Fuller and has conducted orchestras on three continents.

The performers at the April 6 Sunday Social Hour will be:

Rusty Willoughby and Jennifer Sutherland
Sarah Christine
Dianne Krouse
Steve Amsden
Azula,
plus other island singers in "The Choir"

Members of the Social Hour band are: Chaz Reed, Fletcher Andrews, Loren Sinner,

Storyteller: Michael Meade ...and of course, The REV

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The Chorale’s 25th Anniversary Concert Session

The Vashon Island Chorale begins rehearsals on Tuesday, April 1 to prepare for its celebratory 25th anniversary concert “No Bridges” to be held at Bethel Church on Sunday, June 29 at 3pm. Composer Bronwyn Edwards was commissioned to write a suite of music celebrating the history and many wonders of Vashon Island and the Chorale will present this special concert free as a gift to the community. A grant from 4Culture is helping to make this event possible.

Singers can register on April 1 from 6:30-7pm at the Presbyterian Church before rehearsal begins at 7pm. Dues are \$50 and music costs are \$8.50. Make checks for \$58.50 to Vashon Island Chorale or V.I.C. A rehearsal CD will be provided. To make other arrangements for registering, contact Karen Baer, vashonbaer@gmail.com.

P.S. Be sure to get your concert tickets for the Chorale’s March 30 Benaroya Hall concert at the Vashon Book Shop.

Vashon Chamber Music

By Tanya Stambuk

The Finisterra Trio presents two piano trios popular with chamber music audiences,

Antonin Dvorak’s Dumky Trio and Paul Schoenfield’s Café Music. Both composers draw on numerous ethnic sources in these works yet assimilate them into their own distinct musical language.

Dvorak’s great trio is filled with expressive music that ranges from melancholic lyricism to intense joyous outbursts.

Schoenfield stated that his music “is not the kind of music for relaxation, but the kind that makes people sweat; not only the performer, but the audience.” Café Music is full of surprises, witty musical jokes and dazzling writing for all three instruments.

Vashon Chamber Music
The Finisterra Trio
Friday, March 28, 7:30 pm
Vashon Allied Arts



Tickets: \$18 Member/
Student/Senior, \$22 General
VAA, Heron’s Nest,
VashonAlliedArts.org

Cordaviva

Cordaviva is a 9-piece powerhouse of dance music influenced by the disparate rhythms and styles of the African diaspora. Their upbeat original music is a unique blend of soukous, rumba, Afro beat, funk, and various Latin styles. Bright horns compliment sublime vocal harmonies (sung in various languages), soulful guitars, and relentlessly driving percussion.

Cordaviva has performed at such notable Seattle venues as The Triple Door (lounge and main stage), Nectar Lounge, The Tractor Tavern, and ACT Theatre. Cordaviva’s influences stem from musical legends such as Nigeria’s Fela Kuti, Guinea’s Bembeja Jazz, and Congo’s Franco & TPOK Jazz, as well as the Brazilian and Afro-Cuban sounds of Caetano Veloso and Mongo Santamaria.

“You’ll be in for a real treat when you see Cordaviva... blending Soukous, Afrobeat, and Reggae gives [them] an unexpected edge in the local World music scene and completely sets them apart...[they do] a fantastic job of combining sax, trumpet, percussion,



guitars, keys and vocals all while giving each instrument their own spotlight.” -Lindsey Scully, SSG Music

If you missed this band on previous visits to the Bike, now is your chance to see the band everyone was talking about. This is a free all-ages show until 11pm, then 21+ after that.

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VAA Center for Dance: Original Works

VAA Center for Dance’s Original Works for the first time stands as its own production rather than as part of Spring Ballet. “Our Original Works program is only 6 years old,” says Director of Dance Christine Juarez, “but the support of our audience and the enthusiasm of our dancers have grown steadily.”

Beginning as a program for a few seniors to choreograph an original dance before they graduate, the event bloomed to encompass dancers across levels 4-6 (ages 10-18). Students develop their ideas individually before auditioning prospective works. Faculty/staff mentors contribute guidance and feedback during auditions and subsequent rehearsals.

This year, Juarez introduces a new element. In response to students’ queries about incorporating their peers from outside VAA, she opened Original Works to other dancers, as well as live musicians as accompanists. This evolution reflects the philosophy of Vashon Allied Arts to reach out broadly to nurture emerging young island artists.

Yet another new feature is location. “This will be our first production at the new Vashon High School auditorium,” Juarez adds. “The Original Works



Photo by Mike Urban

program gives more young island artists the opportunity to perform there, and in the new Vashon Center for the Arts in the years to come.”

VAA Center for Dance
Original Works
Friday, April 4, 7 pm
Saturday, April 5, 7 pm
Sunday, April 6, 1 pm
Vashon High School Auditorium
Tickets: \$12 Member/Student/
Senior, \$16 General

School Outreach Performance
Friday, April 4, 2-2:50 pm
Tickets: \$5 Students/Chaperones
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Group reservations by April 1;
Contact Dance@VashonAlliedArts.org

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