



THE VASHON LOOP

Vol. 11, #9

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April 24, 2014

Festival logo 2014



The Vashon Chamber of Commerce is excited to unveil the 2014 Vashon Strawberry Festival logo created by Nancy Sipple.

This is the 3rd festival logo designed by Sipple, who is an Island artist, quilter, businessperson and volunteer extraordinaire! Nancy has also contributed a quilt block for the VAA quilt for the past 18 years! She often features something festival related in her quilt squares due to her fondness for this festival that she has taken part of for so many years.

When asked what her favorite part of festival is, she would say it is a tie between the parade and the street dance. Her fondest memories are from her first festival experience (around 1990) when she and her

husband, Gary, had just moved to Vashon. They were sitting at a restaurant having dinner watching the festivities. After dinner they danced in the street and became even more enchanted with the Island and the Strawberry Festival.

As a past Vashon Chamber of Commerce Board Member, Nancy has done her share of festival volunteer work and helping out where needed. She finds time to volunteer for her many passions and causes while also keeping busy as a John L. Scott Realtor, practicing her many talents and spending time with her family.

Thank you Nancy for this colorful logo which, of course, features the festival symbol....the STRAWBERRY!

Vashon Grange Artists on Spring Studio Tour



"Shepardess" oil on board by Najua K. Frost.

By Will Forrester

When, as a young boy, Gus Schairer, one of 7 artists exhibiting at the Grange Hall with next month's Vashon Island Art Studio Tour, saw sculptor Constantine Brancusi's "Bird in Space" he was stunned and energized with the realization: "That's what I want to do!" Although that vision became obscured by the challenges and vagaries of life, Gus never lost sight. Various business ventures were a source of pride and the joys of family life demanded responsibility, but those and a range of other obstacles seemed to push that dream away. Still, the passion remained inside, dormant, and waiting.

When Gus finally came to the good life on Vashon Island, he found all the tools to finally bring to life the beautiful sculptures that have been waiting to come out his whole life.

His exquisitely carved sculptures will be featured along with six other artists at the north end Grange Hall, a new venue on the Arts Tour and one of 23 artistically rich and exciting stops on the upcoming Vashon Island Spring Art Studio Tour during the first two weekends in May.

Participating in the Grange Hall exhibit along with Gus are Suzanna Leigh, Marcia McKinzie, Valerie Lulu Roberts, Najua Frost, William Forrester, and Lenard Yen. These seven artists are among the many island artists that make the weekly Thursday night trek up to the Grange Hall to engage in the difficult but foundational challenges of drawing the human figure. The discipline of drawing the human figure, capturing its light and shadow, emotion, gesture and proportions is a tall order for the Grange Artists. Yet they steadfastly continue in the belief that it informs and sustains all of their studio art. Many of us are finding our artistic tools and mediums that, like Gus in varying degrees, have been too long dormant.

Suzanna Leigh learned to paint watercolors at her mother's knee. After 20 years of teaching, including running "Suzanna's School",

Suzanna began to truly focus on her art. After painting watercolors and printmaking with Quartermaster Press, Suzanna found her affinity with painting on silk, achieving the vibrancy of color she sought. Suzanna's painted stories might accompany folktales from China. She draws from the natural beauty around her, stroking her brush like a sumi painter. Suzanna paints patterns on silk using silk dyes and employing "Serti" and Shibori techniques. Serti is the use of lines of resist to contain the dye, and Shibori is the traditional Japanese way of folding and blocking cloth to create surprising patterns. The work of Suzanna's hands express the joy of her beautiful spirit. Suzanna will have paintings on silk, wearable art including scarves, and hand painted and dyed silk fabrics waiting for your creative touch.

Valerie Lulu Roberts is a longtime Vashon Islander who also finds exuberant beauty in our natural world. Valerie continues to paint in watercolors which satisfies her more fluid and sensual muse, but also has found an affinity with the encaustic (wax) medium that satisfies her more visceral and expansive needs as an artist. This broad range of mediums is "a type of therapy or vehicle to explore the unrevealed parts of my soul" The act of painting for Valerie is all about love. What kind of love? "Love of beauty, love of nature, love of human intelligence..." Or, to quote the great soul singer Barry White: "Capitol L: Love!" Valerie will also have greeting cards of her work.

Najua Frost began her life as an artist in childhood, when she learned to her chagrin that art class was never long enough to finish her current piece underway. After a 20-year hiatus from creating to raise a family, she began painting again in 2003. Najua's passion is landscape painting in oils, and her interest in the figure often leads her to integrate them into her landscapes. She captures many scenes of Vashon life in her sketchbooks, facets of which eventually find their way into her

Continued on Page 7

Why the Vashon Schools Foundation Matters

Thank You Vashon! Last week it was announced that Vashon Island High School is a recipient of the 2013 Washington Achievement Award in two prized areas: Overall Excellence and High Improvement. Fewer than 1.5 percent of High Schools achieve this simultaneously: excellent and getting better! VHS is being recognized, but it is the entire school system and community that make it happen.

Sooo..., how did that happen? It is no accident. Vashon supports education by passing levies, bonds and backing our support groups PTSA, PIE, clubs, sports, and other organizations. We vote with our ballots, back it up with our checkbooks, and it makes a difference.

Ten years ago, enrollment was declining, state funding was declining, and costs were increasing. This had gone on for years. The compounding effect was not obvious, but it was crippling to teachers and administrators striving to

educate our students. The culminating event came with the financial collapse of 2008. It was painful, but it forced us to confront the new, undeniable reality that public revenue alone would not fund public education sufficiently to adequately prepare our students. The financial crisis was fought on many fronts: including reduced pay, higher fees and the creation of the Vashon Public Schools Foundation. Some programs were reduced or support shifted, but mostly, programs were spared.

Since then, the school district has implemented strategies to stabilize our finances and build solid reserves. Instead of responding to unpredictable funding, teacher and administrators have shifted their focus to improving programs: improving teacher training and collaboration, early identification and intervention for challenged students, improving facilities, and more. We have also restored some of the compensation

Continued on Page 4

The Impact of Interest rates.

Don't miss the opportunity to get the most new home for your money.

How interest rates impact a mortgage payment		3.50% <small>(3.637% APR)</small>	4.50% <small>(4.640% APR)</small>	5.50% <small>(5.655% APR)</small>
Sale Price	Loan Amount	Monthly Principal & Interest Payment*		
\$200,000	\$160,000	\$718.47	\$810.70	\$908.47
\$400,000	\$320,000	\$1,436.95	\$1,621.40	\$1,816.93
\$600,000	\$480,000	\$2,155.42	\$2,432.09	\$2,725.39

*The payments reflected are principal & interest payments only, & are based on 30-yr amortization & 20% down payment. Mortgage insurance, property taxes, & homeowners' insurance not included. This is not intended as an offer to extend credit, nor a commitment to lend. Loan rates, fees & terms presented here are for illustrative purposes only & may not be currently available. The document was prepared to assist real estate professionals in illustrating some financial options available.

How Does a Rise in Interest Rates Impact Your Buying Power?

In a nutshell: When interest rates are lower, you qualify for a higher loan amount. The table below illustrates how changes in the interest rates on a 30-year fixed rate loan can impact your loan amount.

If, at the fixed rate shown below, you qualified for a loan amount of:	This is the loan amount you would qualify for based on a higher rate of:		
	3.50% <small>(3.637% APR)</small>	4.50% <small>(4.640% APR)</small>	5.50% <small>(5.655% APR)</small>
\$200,000	\$200,000	\$177,248	\$158,173
\$300,000	\$300,000	\$265,872	\$237,260
\$400,000	\$400,000	\$354,496	\$316,346
\$500,000	\$500,000	\$443,120	\$395,433
\$600,000	\$600,000	\$531,744	\$474,519
\$700,000	\$700,000	\$620,368	\$553,606

This document is not intended as an offer to extend credit nor a commitment to lend. The loan interest rates, fees and terms presented here are for illustrating purposes only and may not be currently available. The document was prepared to assist real estate professional in illustrating some financial options available.

Your Windermere Team:

Dick Bianchi	JR Crawford	Beth de Groen	Denise Katz
Linda Bianchi	Connie Cunningham	Rose Edgecombe	Kathleen Rindge
Heather Brynn	Cheryl Dalton	Paul Helsby	Sophia Stendahl
Sue Carrette	Nancy Davidson	Julie Hempton	Deborah Teagardin

www.WINDERMEREVASHON.COM

206-463-9148 vashon@windermere.com

Windermere Vashon

Quilters' Extravaganza!

On Saturday April 26th Granny will sell all of her quilting material. Enough to restock all day long. There will also be a Quilt auction. "Granny's Mystery Sampler" size 60" x 90" completed by the lovely Granny JoAnn Bardeen.

Granny's Attic at Sunrise Ridge
10030 SW 210th st, Vashon Island
206-463-3161 www.grannysattic.org

Retail Hours:
Tues/Thurs/Sat 10-5
Donations 7 days a Week! 8-4pm

PANDORA'S BOX

April is gone, but shed no tears
Mother Nature did enough of that for us.
On to a brighter, sunnier, warmer May.
More new stuff in - check out the great prices of Whole Earth Farms dog food - kibble and cans.

Bo's Pick of the Week: Jason's Christian Mingle profile.
Follow him on Twitter! @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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Find the Loop on-line at
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www.EagleEdit.com

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206/819-2144
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Click on Adopt

Next Edition of The Loop Comes out Thursday May 8

Deadline for the next edition of *The Loop* is
Friday, May 2

Compost the Loop

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

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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.

CURRENT EVENTS Discussion Group

Meet at the Senior Center each month on the Second Thursday, 2:00 to 4:00 PM
Join us to talk about subjects of your choice. We review Local, National, and International issues that affect our lives. Personal problems are not discussed.

We are Looking for more participation. Remember the Second Thursday each month
2:00 to 4:00 PM

Let’s Read Poetry!

all are welcome to read their poems on the last day of Poetry Month. Wednesday, April 30, 5:30-7 pm at the Vashon Bookshop. Sign in, share your work, two-page limit.
Vashon Poets Laureate continue to celebrate poems and poets through this informal event.

For additional information, contact Ina Whitlock at iwhitlock@centurytel.net.

Have a Story or Article

Send it to:
Editor@vashonloop.com

Find us on Skype
Vashon Loop
206-925-3837

The Vashon Loop

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Likewise articles submitted to the Loop in no way express the opinions of the publisher, editor, staff or advertisers.
We reserve the right to edit or not even print stuff.

Hilarious Day with Peter Ray

L a u g h , P l a y

Come join the crowd for hilarious one-minute games based on the TV show “One Minute to Win It”
http://youtu.be/dQX85_k145A

1:00 - Saturday, May 3, Ober Park Performance Space
. . . . a n d b e a S t a r !

Peter Ray will video us playing hilarious games. This video will be crafted into an entry for the “60 Second Film Festival”

Free

Everyone is welcome.

Please RSVP: Weslie Rodgers 206-463-5566
weslie@northbest.com

The Vashon Dances of Universal Peace are back

After a two-year break, we’re back. We honor the world religions with simple circle dances to live music. We dance and sing to invoke the Divine Spirit in everything. And then we eat together.. 4th Saturday of each month.

Come on over after the Farmers Market? Bring a Joyful Heart and food to share. Or just bring a smile; we provide the main dish, mild or with chipotle. Donation of \$5 suggested but not required (to pay for the room)

Join us on Saturday April 26 at 3 PM at Vashon Intuitive Arts
17331 Vashon Highway. Music practice the @3 PM. Dance @ 3:30 and Potluck at 5 PM. The dances are simple. Join us for joy & fun. Ages 3 to 93. Laughter is anticipated, Excessive serious is not required.

For questions contact: Suzanna: @ 206-463-5255 / leigh.suzanna@gmail.com or Rifaat : 206-713-6917 / ecotoolsllc@comcast.net

Basic Shotgun Class

Interested in the fundamentals of shotgun shooting? The Vashon Sportsmen’s Club will be hosting an NRA Basic Shotgun class on April 26 (9am-5pm) and April 27 (1pm-5pm). The class is \$125 (add \$10 if you would like lunch provided on Saturday). We’re keeping this to a small group so there will be lots of 1-on-1 instruction with focus on safety, handling, and fundamentals of shotgun shooting. If you are interested or have questions, please contact Kim Forhart (kforhart@yahoo.com or 463-9545).

Advertise in the Loop!

It’s a great time to get back in the Loop.

ads@vashonloop.com

Next Loop comes out May 8



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Wolftown open house

Sat May 10 at noon. Wolftown open house- come take a tour and see what this great project does!

You must RSVP by calling 206-463-9113

Suggested donation- \$10 per person.

We are a 501c3 non-profit that does wildlife rehab and education and teaches sustainable agriculture

Harbor School OPEN HOUSE

Harbor School will hold an Open House on Wednesday, May 7 at 7 PM for interested families and students who want to learn more about the academic curriculum and programs offered to students in grades 4 through 8.

If you are interested in attending the May Open House please RSVP at (206) 567-5955 or email frontoffice@harborschool.org. For more information about Harbor School, please visit <http://www.harborschool.org>.

Admission packets for the 2015-16 school year will be available at the event. Harbor School encourages interested families who plan on applying for the 2015-16 school year to attend.

Edible & Medicinal plants of the Pacific Northwest

Join wildcrafter and herbalist Kate Tonnessen as we explore the plants of the Pacific Northwest the Cedarsong way.

Delve into the rich world of the plants and learn the historical and modern uses of the many edible and medicinal plants of the area. You will learn to safely identify and harvest various seasonal plants.

Learn ways to prepare wild foods and how to make basic medicinal preparations using our native flora. Participants will leave each class with a different herbal medicine to take home with them. Each class will also include a delicious organic, vegan meal including many locally foraged foods.

Note: This class takes place entirely outdoors so make sure you come prepared and appropriately dressed for any weather.

2014 Class Dates: April 27th, May 18th, 10am-3:30pm

Email our office for Class cost & registration form cedarsong@cedarsongnatureschool.org

Financial assistance may be available. Cedarsong is a 501C3 non-profit organization.

Quartermaster Press Art Sale & Demo

Please join us during the two weekends of the Vashon Island Art Studio Tour, May 3–4, 10–11; and on First Friday, May 2, 6–9pm. Curious about just HOW we make our monoprints? On each Saturday afternoon, from 2–4 pm, the studio will be featuring monoprint demonstrations. The Quartermaster Press Studio is located in the Beall Greenhouses, 18531 Beall Rd. SW.

Thank You

Vashon Island books is thankful for the efforts of the following stores for supporting the fundraiser that was held on April 5th, our community came out of the woodwork to support the efforts of Roger Lehet and his family to have a beautiful event in benefit of the food bank. We would like to take this time to recognize those businesses that supported these efforts. We were lucky enough to receive donations from Perrys Burgers, Saucy Sisters Pizza, Express Cuisine, Sporty’s Bar and Grill, Pure Foods, Spider’s Ski & Sport’s, IGA, Studio 101, Uninhibited INK, the Vashon Liquor Store, BLOOMS (a gorgeous center piece), Vine to Vashon and Treasure Island (a beautiful bone necklace). We respectfully acknowledge these businesses for supporting our community. This event would not have come to light if not for the efforts of Roger Lehet and his family and we thank him for allowing us to be involved here at Vashon Island Books, where we support community efforts in fundraising as well as community togetherness.



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All Vashon Spring to Summer Presidents' Challenge

Shape up Vashon challenges the whole island community to team up to win Presidential Active Lifestyle Awards or Presidential Champion Awards. Make a team of 2 to 8 people of your family, businesses, coworkers, friends or your favorite organizations and be ready to start May 10th through June 30.

What does this challenge require?
All you need to do is:

Your choice of individual or class exercise ½ hour a day 5 days out of 7, 6 weeks out of 8. Each week you add a healthy eating habit. These habits come from the list of eight choices such as drinking more water or adding more vegetables to your diet. Log your progress every few days to win a Presidential Award. It's free!

Shape up Vashon will enter all who win a Presidential Active Lifestyle Award or Presidents' Champion Award by June 30 into raffles to win great prizes. People who are members of Shape Up Vashon who complete the challenge will also qualify for special Member awards.

What is the President's Challenge? Check it out at www.presidentschallenge.org. Pres. Eisenhower started the Presidents' Challenge because even in the 50s he was aware that military recruits were not fit for duty. Pres. Kennedy made it famous. All of our Presidents since then have valued fitness and continue to promote this Challenge to schools, families and adults. Last year, with Michelle Obama's fitness campaign,

the nutritional challenge was added.

Towns around the Country are developing programs to challenge their communities to improve their health together. By June 30, we will be able to measure and publicize how many Presidential Awards Vashon as a community has earned and approximately how many calories we spent winning those awards. In July we will have a celebration to announce the team and whole Island results. We will award prizes to the top winning teams.

What is Shape Up Vashon?

Shape Up Vashon is a nonprofit organization dedicated to creating a healthy community with incentives, a weight group, classes, challenges and events to encourage Vashon Islanders to take the next step in improving their health. We encourage each person to recognize and improve his or her own health challenges to decrease cardiovascular risk and improve health overall. We are an all volunteer organization, sponsored by Foundation for Care Management, and have been providing education and healthy challenges for over two years. www.shapeupvashon.org

Start thinking about forming your teams now. You can look for more information and details about how to register on our website, here in the Loop, and at the Farm Market May 3rd.

Let's go Vashon!!!

Harbor School's Aspiring Student Photographers Featured at Two Wall Gallery during May

Harbor School students, under the guidance and instruction of renowned island artists Christine Beck and Ray Pfortner, will be featured in an upcoming exhibit at Two Wall Gallery beginning May 2, 2014, and running throughout the month of May. The exhibit features dozens of photographs taken during a recent Harbor School Travel Study trip to Port Townsend.

Each year, Harbor School students

"These teens were very impressive, full of enthusiasm and imagination. They photographed with a focus and seriousness that rivaled my adult students. As always with teens, the learning goes in both directions. I would have it no other way. What a joy to spend a week doing photography from first past last light with such a great team." –Ray Pfortner, co-leader

participate in a Voyagers Week Travel Study trip that gives them a variety of experiences to choose from. The students featured this month at Two Wall Gallery selected the "Digital Photography Intensive" as their Voyagers Week choice (March 2014). Christine Beck and Ray Pfortner, led the week-long experience to Port Townsend along with THS faculty Zoë Hughes and accompanying alumni Lhamu Konrad (class of 2012). Students immersed themselves in photography -- learning the lessons of composition, framing, lighting, light painting in the dark, and other basic and advanced elements. From sunrise to sunset, their



days were filled shooting around historic sites and the waterfront. At the end of each day, the instructors made time for the students to critique their work as a group. With thousands of photographs after one week of shooting, the students also learned the difficult art of selecting which ones they would use for the gallery exhibit.

The work displayed at Two Wall Gallery is a collection of photos captured during Voyagers Week with each student represented. The works are for sale and proceeds will be used toward Harbor School's Arts Initiative.

King County Community Service Area program hosts spring town hall meeting

Residents of unincorporated King County can meet with County officials, learn about small grant opportunities for their community, and be informed about current County work in their community during a series of town hall-style open houses, scheduled in May.

Sponsored by the King County Community Service Area (CSA) program, the town hall open houses are an excellent opportunity for residents of unincorporated areas to learn more about King County's work in their

specific community and speak out about their own priorities.

Open houses will take place from 7-9 p.m., with time for residents to meet one-on-one with representatives of specific County departments and branches.

Tuesday, May 13, Vashon/Maury Island featuring Councilmember Joe McDermott, Sheriff John Urquhart and Deputy Executive Fred Jarrett.

Location: McMurray Middle School, 9329 Cemetery Rd. SW

Vashon Schools Foundation Matters

Continued from Page 1

reductions to keep our teachers from losing ground relative to their peers.

Did the financial storm pass? The patient is stable, but public education funding is far from healthy. Although the legislature is making progress toward fully funding education, decades of financial attrition will not be reversed quickly, if ever. Washington's economy has been affected by the evolving global economy. Forest products and airplane production moves out of our state to be replaced by .com's and biotech, but not without tax incentives. The tax revenues are limited and complicated. The money is not in Olympia, and likely will not be for a long time.

Fortunately for Vashon, we have solutions and the Vashon Schools Foundation plays a critical role. Our Schools Foundation is more efficient than most non-profits, and the additional resources enable our schools to maintain enhanced offerings and improve our weak areas. Most importantly for our students, kids are engaged, scores are improving, and graduates are better prepared to thrive in an ever-changing world.

This year's Vashon Schools Foundation' Spring Pledge drive is underway thru May 6th. The key to reaching our \$500,000 goal is participation. Very generous contributions are wonderful, but broad based modest donations are also essential. Please consider what is right for you, and make your pledge. Our schools are making good progress, but maintaining the gains, and realizing the opportunities ahead, requires your continued support. Thank you!

Steve Ellison
Vashon Island School Board Member,
Vashon Public Schools Foundation Member



Learn more at VashonCenterForTheArts.org

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

Find us on Skype
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Island Life Irk Day

By Peter Ray

As anyone reading this column should know by now, I have come to dread the second and fourth Tuesday of any given month. If you regularly read and nod and plod and groan through the seemingly never ending litany of articles posted in this space, which some might call the Vashon Park District Chronicles, while others may perhaps more correctly designate the entire mess as “just more VPD crap”, you will be more than self-aware that I am leading in here once again to another of my recountings of the latest edition of the most recently passed VPD Commissioner’s Clown College Revue and Jamboree. I know, too, that I can say just about anything I want regarding this special event, as almost no one shows up to observe the festivities and check on the veracity of what I write in this regard.

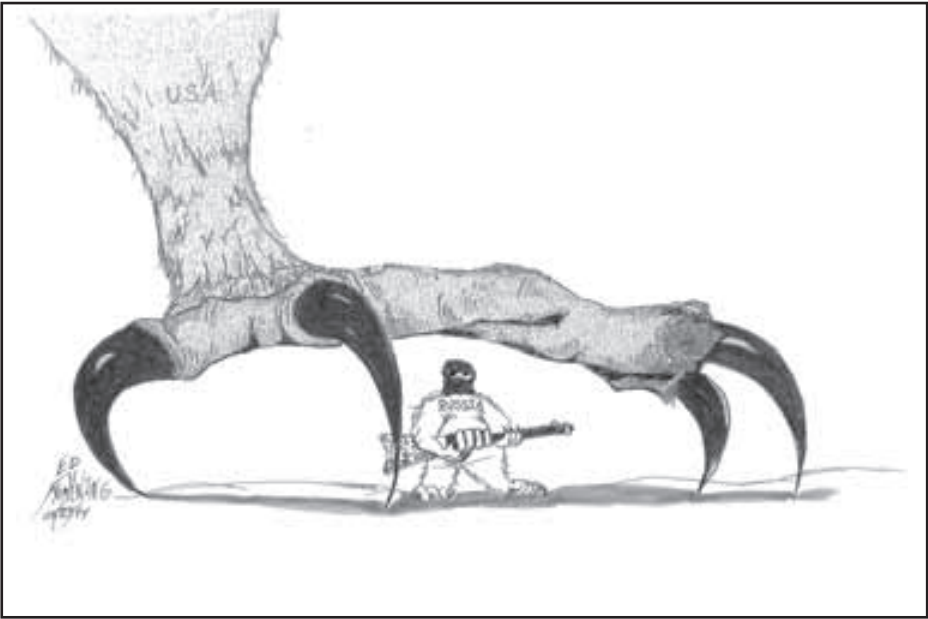
On the other hand, the grand folks over at the Voice of Vashon have agreed to post the recordings I make of each, entire biweekly clown show on their on demand page of the VOV website so you can see for yourself that I’m not making any of this stuff up. Of course, if you prefer you can endure the nonsense in the privacy of your own home and within a safe walking distance of your bar fridge or liquor cabinet, not to mention being within reach of the pause, fast forward or mute button. Another possibility is that if you have an old computer screen that you’d like to send off with a brick or a sledge hammer or semi-restricted explosive device while watching something really annoying, here’s your chance. Actually, you might consider watching these meetings on an older, non-essential monitor anyway, as you might at any moment during the viewing find a shoe or half empty pint glass launched toward the offending target without any chance of recall. Be forewarned.

In truth, it is not all screeching cats and finger nails on the chalk board at any given VPD board meeting There are of course CC Stone’s dessert snack samplers of both gluten and non-gluten sugary goodness that keep one and all fueled for the duration. And at this latest meeting before the opening gavel fell, I had a brief conversation with VPD executive director Elaine Ott about her wanting to show what goes on at the Park District in a more favorable light. I agreed to sit down with her in the not too distant future to discuss and then write about the good stuff at parks, so don’t dial out on this one just yet. An example of a good thing was fairly quickly forthcoming at last night’s meeting when Ms. Ott reported on the progress being made on resolving the current pool dilemma. For those unaware, the recent renovation of the High School found the pool’s shared connection with the old septic and drain field severed, with only the pool sewage line being reconnected, while the pipe carrying pool backwash water was left capped due to new regulations regarding septic systems and highly chlorinated water. Pumping and hauling the water from the backwash tanks was explored and found to be cost prohibitive. As it is, a new separate leach field for this water is

being built to accommodate the outflow, but the pool will open two weeks later than planned, which of course is way better than not opening at all.

Another bit of light in the VPD darkness was CC Stone’s report on her efforts to connect the Park District with the Salmon Safe group (<http://salmonsafe.org/>) out of Portland, as a few Island farmers have already begun participation in a program that reduces the pollution of our Island waters with fertilizer, pesticides and animal waste. Even though this presentation was more than appropriate for Earth Day, it was also quite relevant to the current situation with the new VES fields project, and the higher demands required by sand based playfields for much more irrigation and fertilizers, which then can potentially be leached and washed into island streams and aquifers. It has also recently come to light that former parks manager Jan Milligan had prepared an extensive report on the problems and demands of a sand based field system, a report that was apparently ignored by the board in accepting this form of field construction. Commissioner Ameling’s surprise at maintenance supervisor Jason Acosta’s recent presentation about the increased costs surrounding all aspects of maintaining the VES fields seems disingenuous at best in light of the existence of this report.

For those who are looking for drama in streaming videoland, one can skip over almost the entire first two hours of the park board recording on the VOV site to about the one hour and fifty nine minute mark. It is there where you can join in on the discussion of maintenance at the Pt. Robinson light house already in progress. Over the past year and a half, I and other meeting attendees have been a witness to the ongoing battle between Capt. Joe Wubbold and Mr. Ameling over the need for painting the roofs of the lighthouse and the crews quarters which are now the lodging rental buildings. This has been messy and unnecessary and primarily driven by the funneling of all available monetary resources into finishing the massively over budget VES fields project. Just about three or four minutes after the point where this current discussion gets overheated, you can witness the mass exodus (as much of a mass as the sparse attendance allowed) of those who had had enough of Mr. Ameling’s obfuscation, redefinition and splitting of hairs regarding this matter. At this point, in spite of Steve Sussman’s calm and logical reasoning regarding what some might call the red roof dilemma, you might be fed up with the blither almost as much as we all were. Since you are already on your computer, you can just sit back, have a long or short draw on your beverage of choice and mosey on over to the Vimeo video site where I have posted a collaboration with Island musical bard John Browne in a reworking of the country/western classic, retitled here as “Ghost Park Board in the Sky”. You can find the link here, pardner: <https://vimeo.com/91056989> . Happy trails!



Bromance

By Orca Annie Stateler, VHP Coordinator

Earth Month brought an orca bloom to Vashon. Multiple groups of killer whales visited Island waters. In mid-April, two distinct ecotypes traversed the territory, gingerly avoiding each other. Southern Resident K Pod commuted through Colvos Pass while Transients meandered through East Pass. Late in the day on April 14, both ecotypes were in the Tacoma Narrows, separated by mere hours.

I expect to see Transients here in April; however, in my 20 years on Vashon, I have never seen K Pod here in April. In early spring, K Pod usually forages for salmon in coastal waters between Washington and central California. That these 19 endangered orcas came into Puget Sound from the ocean is perplexing. Perhaps coastal prey resources are meager this year. Evidently, the fish chasers did not find great eats here, either. K Pod headed out to sea again on April 15. Researchers saw no new babies.

K Pod’s foray into the Sound was brief possibly due to the influx of various Transient groups. The Resident orcas were somewhat subdued; the Transients were rather flamboyant. Chez VHP particularly enjoyed observing the exploits of two adolescent Transient males: T49C, age 16, and T77A, age 18. Though they are not blood relatives, their camaraderie calls to mind interactions between closely related Southern Resident males. Our Dos Amigos, T49C and T77A, have a “bromance.”

We watched the handsome dudes for several hours as they cavorted off Point Defiance Park. The two were often within touching distance of one another-- traveling side-by-side, hunting cooperatively, doing synchronized tail slaps. Though they are technically still sprouters (sub-adults), T49C and T77A are already the size of full-grown Resident males.

Some mature Transient males are enormous. For example, 36-year-old Rainy, T011A, is a contender for biggest male in the West Coast Transient community. T011A was among the killer whales traveling north in East Passage on the morning of April 15. To see stunning photos of Rainy and other Transients, look up The Transient Killer Whale Research Project online.

Someday, our Dos Amigos could



grow to the size of T011A. Careful study reveals that T77A, the older Amigo, is a bit larger than T49C. From Friday Harbor to Eld Inlet near Olympia, T49C and T77A proved how photogenic they are. Dubbed “the Twins” online for nearly identical nicks in the trailing edges of their dorsal fins, these orcas roamed all over the Salish Sea in mid-April. This week’s photo stokes my nostalgia for San Juan Island and our lovely “bros.”

Regrettably, an unwelcome consequence of the Twins’ popularity was obnoxious boat behavior. We witnessed it near Tacoma: numerous vessels converging on just two orcas, and a loud, fast-moving tug that made a beeline for T49C and T77A. The Boys appeared perturbed by that tugboat. Report harassment to NOAA at 1-866-767-6114.

Many Transients identified in Vashon-Maury waters this spring are newcomers; e.g., the T011s; T49C and T77A. The T011s accompanied the T137s, a group I saw here previously. Note that these orcas are entirely different from the Transients I wrote about in the 4/10/14 edition of The Loop. During Earth Month, we have been blessed with an abundance of Kéet.

In our First Nations household, every day is Earth Day. Truthfully evaluate your ecological footprint while the non-Indigenous world also celebrates Mother Earth during April. The human tendency toward perpetual denial imperils our sacred whales and our planet.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 206-463-9041, 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



Bromance: T77A and T49C in San Juan Channel. James Gresham photo, 4/12/14

Compost the Loop

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



Spiritual Smart Aleck

My Beautiful Cousin Nancy

When I finish writing here, I will finish packing my car and take off for California. It is time to go say good-bye to my beautiful Cousin Nancy.

She’s throwing in the towel after four years of fighting cancer. She’s been through surgery, radiation, and several kinds of chemotherapy. She’s lost her hair, and now it’s growing back in a curly frizz unlike the wavy-straight hair she used to have. She has laughed and cried and thrown up and put as positive a spin on everything as she could, which is how she’s lived her life. She lived to attend her son Jeff’s wedding on Maui, possibly the happiest day of her life if the pictures are anything to go by, and to have a warm relationship with her daughter-in-law Ariel. She lived to watch the first year and a half of her grandson’s life, and he has been her heart’s delight.

She has loyal friends and family down there in California, and she has me up here. When she lived in Soap Lake for three years (long story), she and I made some trips to beaches and casinos – Nancy loves to gamble – and one year she and I and her sister Charlotte drove to Montana to visit their relatives in Kalispell and go to Glacier Park. She got me to see the Grand Coulee Dam and the dry falls created by ice age floods that broke through natural dams in Montana. I never would have seen all those things if it hadn’t been for Nancy. I never go anywhere.

Except California, which is where I’m going now, to tell Nancy I love her, to tell her she is beautiful, to have some more inappropriate laughs together if possible, to say good-bye for the final time in this life, to ask her to give my love to Rick on the other side.

We’ve been buddies since before I can remember. We were



By Mary Tuel

born 10 months apart. Her mom, Chick, was my father’s sister. Chick had multiple sclerosis and was in a wheelchair for most of our childhoods, and Nancy spent a lot of time taking care of her, coming home after school to take care of Mom and make dinner for her Dad, who would be angry if it wasn’t ready when he got home. Nancy went to work when she was eighteen, and she was married for fifteen years. The marriage broke down and she ended up a single mother, working a full-time job and a nighttime job during the week, and cleaning houses on the weekends when her son was with his dad. When I visited her in those days, we’d be in the middle of a conversation and she’d nod off.

I include here a picture of Nancy and me, taken in front of my family home in 1964. After her mom died in the spring her dad bought one of the first Mustangs, and on this day she drove it down to the ranch to visit us, wearing an outfit she made herself that matched the Mustang. I didn’t know until last year that she had taken the Mustang while her dad was at work to make the trip, and when she got back, he was furious, and she didn’t care that he was furious. She’d had enough of being bullied by him.

So I’m off for one last good-bye. If she’s gone by the time I get there, I won’t hold it against her. I know she’s ready to rest.

It is the last day of Lent and tomorrow is Easter. I started trying to derive deep significance and symbolism out of starting a trip on the last day of Lent and literally driving into the resurrection because that’s how I roll, but then I thought, oh Mary, give it a rest. What it is, is enough. Save your energy for the drive.

I wish you all a blessed season of resurrection. I’m sure I’ll tell you all about the trip when I get back. Maybe even with pictures.



Burlesco Notturmo GLAMOUR

Glamour... the quality of fascinating, alluring, or attracting, especially by a combination of charm and good looks excitement, adventure and unusual activity magic or enchantment

Sounds like the ideal way to slip our way into the balmy temperatures of May, doesn’t it? Burlesco Notturmo, Vashon’s sexy, saucy cabaret, returns with an all-new, alluring, adventurous, glamorous concoction on Saturday, May 3.

Fascinating and attracting are defining characteristics of The One The Only Inga Ingenue, world-wide burlesque star, returning to our stage with delectable new numbers. A combination of charm and good looks fits burlesque artist J. Von Stratton to a T (plus she’s just off a world-tour with Macklemore and Ryan Lewis how’s that for adventurous?). For unusual activity we have the singular Bill Robison, and sultry island songstress Arlette Moody debuts Lilette, a glamorous new character. The Love Markets return in their decadent little black slips. All hosted by the most statuesquely glamorous diva ever, the enchanting Madame X and her charmingly unusual Lawyer.

TheOneTheOnlyIngaIngenue was born and raised in Seattle, WA, where she studied French ballet, traditional and rhythmic tap dance, jazz and modern dance. Since joining the Seattle burlesque community in 2005, Inga has become an international burlesque star, headlining in shows all over the world. She is a feature performer in Lily Verlaine & Jasper McCann’s productions of Through the Looking Glass: The Burlesque Alice in Wonderland. Inga is also featured in DeLouRue Presents’ widely-renowned Homo for the Holidays, with RuPaul’s Drag Race winner Jinx Monsoon. Inga was a founding member of Sinner Saint Burlesque, and for the U.S. run of SHINE: A Burlesque Musical, written and composed by Canadian duo The Wet Spots. In 2011, Inga won the title of Miss Viva Las Vegas at the Viva Las Vegas Burlesque Competition, and joined The Atomic Bombshells, one of the world’s most successful and respected burlesque troupes. Inga was also voted one of the Top 50 Burlesque Performers in the World by the readers of 21stCenturyBurlesque.com in 2011 and 2012.

J. Von Stratton is Seattle’s sweetheart and an icon in the arts community. She is an original member of the Burlesque supertroupe, The Atomic Bombshells. Her unique blend of theatrics, dance, camp, and kitsch have made her a Seattle favorite, as well as taken her across the globe. She has been a highlighted performer in Switzerland, Finland, Denmark, Germany, Canada, Portugal, China, and Australia. Jamie has worked with Macklemore & Ryan Lewis, Dita Von Teese (with the Atomic Bombshells), Margaret Cho, and Sir Mix-A-Lot, as well as a bevy of Burlesque’s finest.

For over 25 years, Bill Robison has charmed audiences young and old around the world with his unique and masterful style of physical comedy. Using his rubber-like face, elastic body and limitless energy, he transports audiences to



a zany, unpredictable and hilarious world. His performances are a synthesis of outlandish comedy, a penchant for the absurd and a reckless sense of abandon – all seamlessly combining the timeless feel of old Vaudeville with European style clowning.

Lilette, otherwise known as

Arlette Moody, is a transplant from Austin Texas. She studied dance at the University of Texas where she also dipped herself into performing Musical Theatre. Arlette has sung in multiple bands including Bojest and Rumpus, as well as appeared in Nine, Pippin and other shows

Continued on Page 8

THE GREATER GOOD MOVIE

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Screening Date & Time:

Saturday, May 10th @ 5:30pm

Location:

Land Trust Building

Contact:

Marchpower@yahoo.com

Other details:

Easy Potluck (bring food to share, if you can, but plan to join us for the meal, regardless)

Website: Vaccinesandbeyond.blogspot.com

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Our "eagle burger" is a 1/2lb. premium beef with fries or onion rings.

Thursday Lunch 11-1PM

Prime Rib Fridays
Best place in town! 6pm 'til it's gone

Sunday Breakfast
Cooked to order! 9am-12 noon

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Always Welcome!



Aries (March 20-April 19)
In every area of your life, especially relationships, proceed with caution. Caution does not mean fear; it means awareness and proceeding with a commitment to having accurate information. Because you must direct your own life based on your feelings, you are the most significant source of intelligence. Your primary mission in life is to define who you are on your own terms, meaning it’s crucial that you actually listen to yourself. Others will give you vital feedback about what they want and what they intend to do, though you may need to ask directly and boldly. Observe whether your environment is supporting you or not. What are the complexities and wrinkles? Who else is involved or is influencing events? Where are you, and do you feel like you belong there? The more sincere your inquiries, the more sincere the answers will be.

Taurus (April 19-May 20)
In order to think outside a container, it’s necessary to know its shape and its dimensions. Then it will be clear when you’re within a previously defined boundary, and when you’re outside. Once you’re in a larger space, you have the challenge of defining something that is essentially infinite. At that point, you don’t need constraints; you need workable definitions and approaches to living, including flexibility – starting with your imagination. You are accustomed to working with limits on what you think you’re capable of and what you’re willing to believe. If you start with the premise that anything is possible, you will go light years toward accessing your deeper talent and sense of purpose. The intelligence source you are tapping into might feel like something ‘other than yourself’. That’s not really true, but if you have that feeling, you’re accessing a source of vital information you can trust.

Gemini (May 20-June 21)
You currently have the ability to see around corners and deep into yourself; look in all directions. Travel home by a different route. Make conscious decisions to alter your routines and to keep your perspective moving. If you can, go to a high place like a hilltop or a tall building and look down on your community. Extraordinary astrology is encouraging you to reevaluate your goals in a radical way. It’s easy to consider what you want based on what you think is the right thing, or what you planned on doing in the past. Now you can take the chance of considering what you really want to accomplish. That involves a risk of some kind, engaging with the unknown and unpredictable. When you see the potential to fail as well as to succeed, you know you’re in the right place.

Cancer (June 21-July 22)
So many factors now are working in your favor, it’s difficult to list them all, but they include abundant creativity, passion and curiosity. Yet you need to keep a handle on your emotions, because your feelings may deceive you. Your first priority is sidestepping conflict: recognizing what does not matter, and removing all emphasis from it. If others try to engage you on that level, move on. Recognize what matters to you now, not past attachments, and prioritize on that basis. Your own preference and immediate significance are vital to you now. They always were, but one fact of civilization involves all the efforts at conning people out of their true needs and desires. Also, focus on quality work. In this world, you can do just about anything you want, as long as you do it well.

Leo (July 22-Aug. 23)
You seem to be facing the ongoing challenge of mental clarity and organizing what may feel like an overwhelming workload. The key to simplifying is systems

design: simpler, more efficient, more effective ways to do things. The methods you used when you were less successful (or had more modest plans) need rethinking and revision. Begin with a blank template; make an inventory of all you want to get done, all that’s demanded of you, and your resources -- including assets you don’t have available yet. Flexibility and the prerogative of creating options are crucial. If a system is to be flexible, it has to be designed as such from the beginning. Perceived limits need to be accounted for, and addressed directly as variables -- not as mandates. It’s time to bring everyone and everything else up to the same standard of flexibility you embody.

Virgo (Aug. 23-Sep. 22)
The question, “What next?” is second only in importance to “What now?” You get to the next place from where you are now. So start by evaluating your exact location and status at this moment. Then figure out how you got here. Use a chronology, lists of prior and current goals, and who you are trying to please. Analyze your financial assets and liabilities, where your money comes from and where it goes. What could you or would you do if you had more money or less debt? When people say to me, “I would go to therapy but I can’t afford it,” I suggest they go to the first session and say they want to work on why they don’t have enough money for what they need. If this moment in your life comes with one turning point, it’s about taking a no-bullshit approach to your finances.

Libra (Sep. 22-Oct. 23)
Confidence is the issue. Ask what you would do, if only you had the confidence. Notice when you are reacting, when you’re responding and when you’re provoking. The difference may be subtle; for example, you may be reacting to someone a certain way in order to provoke a response. You may resort to manipulation. You have to know what you’re doing. You must understand the politics of any situation, including the most intimate, and proceed appropriately. That will involve being real and choosing your words carefully, which will compel you to know your own mind, and to practice stating your desires and your intentions to others. You have to stop bullshitting people about who you are and what you want. Withholding your true feelings is not getting you anywhere, and you know how many setbacks it’s been responsible for. It’s time to be real and only real.

Scorpio (Oct. 23-Nov. 22)
You may feel lost or powerless when the exact opposite is true -- a perfect example of the distinction between perception and reality. If you feel lost, you’re likely to act that way, and that will be real to you. The main challenge you face is twofold. You have an overwhelming sense of responsibility, to someone or something; direct it toward yourself. The other is denial. It’s easy for you to pretend that what is, is not. Over the next 10 days, a number of orientation points will emerge that will help you determine where you stand with yourself, some in moments of conflict or feeling triggered. You will be able to see clearly what your opinion about anyone or anything really is. That is the thing you want to navigate by. All emotions, negative, positive and seemingly neutral, will be useful -- and must go to productive use.

Sagittarius (Nov. 22-Dec. 22)
This is not the time to make or break contracts -- you’re under too much pressure, there are variables you don’t know about, and it’s essential that you figure out what you want before you commit to anything new. Hold to your current course as the grand cross and solar eclipse do their work. If you encounter something interesting to do, do it, just don’t sign away more than a future

evening or weekend. You must see your options beyond the trivial. This is a time of authentic, deep decisions for you, meaning you need some idea of what is available. You like to jump into things headlong without considering what might develop. But your current astrology says you need to be a clear thinker, an analyst and a visionary to make the most of options you’re not yet aware of.

Capricorn (Dec. 22-Jan. 20)
You know who you are and where you’re going -- but don’t tell anyone else. Rather, begin to slip into the life you’re embarking on like a hand gently wiggling into a well-fitted glove. Your astrology seems to be pushing you into making radical decisions, particularly where your career or business is concerned. I suggest you make subtle decisions, smaller than you may think matter, involving people and how you relate to them. Everything you do in your business life now comes down to intricate human contacts, and the conscious cultivation of trust. Appearances are involved, yet you must be careful about using appearance to deceive. Rather, use the magic and power of presentation to convey the underlying truth of who you are. Present your real talents elegantly, right from your soul. Most success is not built on this -- yours will be.

Aquarius (Jan. 20-Feb. 19)
You can feel everything that’s happening, and it’s essential that you do. Others may have no idea the extent of your sensitivity or how tuned in you are to your personal world or the world around you. Information is entering your awareness for

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a reason. Don’t unnecessarily leap into the center of the action or involve yourself in anything that is only peripheral to your life; avoid distractions. What you’re observing and learning involves a deeper, ongoing project in leadership training. One key to leadership is knowing when to get involved in a situation and when to back off. You’re in a grooming process for a very specific purpose, which calls on you to have solid knowledge and many contacts. It will make itself known when the time is right. Pay attention because the timing will be significant.

Pisces (Feb. 19-March 20)
If I had to tell you one thing, I would say: Chiron is in your sign. Embody the healer. Be the place of sanctuary, the mind that is open to wisdom; participate in the eternal chain of knowledge passed from teacher to student. Tune your mind to the interconnectedness of all things, and have patience with those who don’t see the connections, or who seem committed to not noticing. You have not chosen the path of sacrifice; if you renounce certain circumstances and things, it’s for the purpose of being open and available to that which is exponentially better. Remember to seek within for what you need -- be it knowledge, resources, strength or awareness. You are not the source, but at this time a deep connection within you is opening up to the source. Ask sincerely and be willing to receive.

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

Vashon Grange Artists on Spring Studio Tour

Continued from Page 1

paintings. She also works abstractly and in watercolors; her exhibit for the Studio Tour will be a collage of her many explorations.
Marcia McKinzie, is a self-taught artist, whose retirement recently provided the opportunity to unearth her hidden talent. Marcia has developed a technique called “Watercolor Batik”. She paints on rice paper, and then the painting is covered with paraffin wax. Through a process of crumpling and adding more color, then more paraffin, the end result is a “richly colorful, beautifully textured painting”.
Lenard Yen has not lost the puckish, whimsical and adventurous spirit of an artist that for many of us is muffled by the demands of life. After a career of running restaurants (and a mysterious career of teaching at Columbia University in the previous mid to late century!) Lenard moved to Vashon and set his energies and expressive line to task: Lenard’s unique and rich drawings and paintings often appear like a walk through art history. An homage to Toulouse Lautrec, a bow to Ferdinand Leger, a quote from Rouault, an influence from Odilon Redon, and a reference to the American modernist Leon Golub. Lenard has a keen eye for a rich heritage that keeps him grafted onto the tree of contemporary art. “I’m into visual potlucks, shape shifting jams, and rummaging the closets of memory and dreamscape for my journey to the canvas. Relationships are part of paintings, a love affair.” In the end, there’s Lenard: unique and honest.
William Forrester’s dad wanted him to be a political cartoonist, but he found he was too willing to hear the other side of the story to ever convincingly ink a good caustic cartoon, and he did not relish the prospect of “getting angry six times a week”. In the late 70’s He attended The New School of Visual Concepts, ran by the parents of our former Beachcomber editor Leslie Brown. There Leslie’s parents taught him to draw and paint to the aroma of

turpentine and Twinkies as the school was next to the Hostess Cupcake Factory on Aurora Avenue. Then, in 1982, he got lost in the New York art world for 16 years. In these recent days, Will is taking a break from painting murals to offer a new medium: Jigsaw Puzzles for Weddings; large scale custom cut jigsaw puzzles for weddings and other festive occasions. Let him take a photograph of you and your fiancée (or you and your graduating friends, or whatever!) and he will glue it down to Russian Birch 9 ply plywood and cut it into enough pieces to hand out to your wedding or party guests. They can then sign the back of thier puzzle piece and put the puzzle together. Come see the three puzzles made thus far and watch the progress of the large 12’x 8’ 60 piece puzzle being slowly assembled on the McFeed’s building by Vashon Allied Arts.Will is also showing Watercolors of GreenMan Farm vegetables, (originals and greeting cards) and his continuing series of charcoal Portraits of Elders and Mentors.
The Grange Artist website can be found at <http://vashonartists.blogspot.com/>
The Vashon-Maury Grange Hall is located next to the parking lot just above the north end ferry dock.
Vashon Art Studio Tour will be held May 3rd and 4th, and May 10th and 11th from 10am to 5pm. There are an abundance of 23 studios on the tour, all over the “Shire” of Vashon. This is a tremendous opportunity to visit some colorful studios with a range of colorful artwork: Painters, potter, weavers, sculptors, printmakers, woodcarvers, jewelers, photographers, glass blowers and more. Maps to guide your tour will be available at most island businesses and all tour stops, identified by a Vashon Art Studio Tour sign.
You can review all the tour sites, and review artists personal websites, all found at www.vashonislandartstudiotour.com/Spring2014/

Positively Speaking

Evening Prayers

Sitting here in the dark with the living room slider open and the warmth of the stored heat from the day, one of the cats purring on a pillow, dishes from Easter dinner sitting on the counter, I am still undecided. I have, literally, six different topics and drafts I could finish for this issue.

I was going to submit part II of random thoughts about chocolate but it seems a little pithy for what has actually happened this week.

Stream of consciousness perhaps. Caity, as always, came into the house today and immediately started singing. I had been just unpacking CD’s and her old recitals from high school and her senior recital from college and an audition set. She sings along. We critique.

Both my daughters are fabulous singers. If there was ever anything I did I was really proud of, it was teaching my girls to sing a song from the inside out. Both my girls compose. You mean all those nights I was up late writing ‘Mercy Road: A vaudeville version of the good Samaritan’ for Isaac and Chris’ sixth grade Sunday School class, the hours their dad spent and I spent together in the garage or basement studio, working together rehearsing for gigs, the several choirs they suffered under their mother’s conducting and their father’s accompanying and arranging, the assemblies they soloed in, the duets and concerts and recitals we all sang in...they actually liked it!). !!! Yes siree... Music was the family business and it is pure joy to watch them live out their own passion. I did not see that coming...

Then again, I wanted to talk about the box. It had a foot thick collection of correspondence that took my breath away. Have you ever been through a really bad experience and then discovered , as you

By Deborah H. Anderson



were moving on, that it actually was much worse than you thought. In that moment you will say to yourself ,“There is a God”. Keep moving forward!

I wanted to share with you my other writing projects. But they are mid creation so...not so much. Describing them can’t be done briefly. And it’s kinda like interrupting a thought.

Acceptance, the last stage of grief was another topic I rolled around in my brain. I’m not really there yet. Unlike the maxim, I don’t want to teach what I don’t know.

The \$5 clock I bought at St John Vianney’s rummage sale a dozen years ago has just rung bedtime. It’s been a long time since “He is Risen” o’clock. My body is desiring of a reclining angle and I have to finish my chores first.

So instead of waxing philosophical about authenticity and the power of love and the strength of nurture to promote the workshop listed below, or encouraging the faint of heart or wishing hearty atta boy or girl to those who have just lived in victory, I will instead wish you peace. Inner, circumstantial, relational, domestic, international, daily, periodic or occasional peace. With that and more so, contentment of the life giving sort that gives you the confidence to do your best even better tomorrow, to love who you are and enjoy your friends and... Experience peace. Good night all.

Love,
Deborah



Deborah is offering the workshop/retreat day “Love,Power,Nurture,& Strength” for girls and women from teens through seniors. May 3, 2014. Thomson Lodge@Camp Burton 9:30am-3:30pm. \$65 including lunch. Register by emailing dhavashon@gmail.com with ‘retreat’ in the subject line. “Deepen Your Faith; Be Excited About Being Alive!”

My Brother Kissed Mark Zuckerberg

Be Inspired!

Two brothers lead very different lives on opposite coasts, but when one brother is diagnosed with HIV in 1988, their worlds are immediately drawn together, transforming both men forever. A true story, this original one-man play features Vashon artist-performer Peter Serko, who tells the story of his younger brother David, pursuing his dreams of dancing and acting in New York City in the 1980s, coming of age at the epicenter of the AIDS epidemic.

In early 2012, Peter started The David Serko Project through Facebook to commemorate the 20th anniversary of his brother’s death, hoping to connect with David’s friends and acquaintances from NYC. This resulted in an unexpected wealth of memories, accounts, photos and videos that fleshed out a picture of a rich life filled with art, joy and



friendships. Drawing from this archive, Peter paints a picture of one brother yearning to know more about the life of his brother during the years spent apart.

This production explores universal themes of unconditional love, the meaning of friendship, the importance of hope and the enduring power of courage.

Generously sponsored by Vashon Youth and Family Services.

My Brother Kissed Mark Zuckerberg
Saturday, April 26, 7 pm
Vashon High School Theater
Tickets: \$8 Student, \$14 Member/Senior, \$18 General
VAA, Heron’s Nest,
VashonAlliedArts.org

Unsolitary Solitaires

By Ed swan

Spring migration delivered some excitement this month with two groups of Townsend’s Solitaires showing up in north Vashon yards. These birds are rare migrants on Vashon and usually make very brief visits. Amy and Alan Huggins found two perched high in fir trees on the 13th. The birds than dropped down to a garden fence and begin catching flying bugs on the wing, “flycatching.” Solitaires, part of the thrush family that includes robins, catch insects in a variety of ways. They also inspect yards and gardens for berries and other small fruit. A group of 5-6, came into Kathryn True’s north Vashon garden on the same day and fed on the blossoms of her pear trees. Insects and spiders provide most of their food in the breeding season and berries serving as the majority of their food in winter. Solitaires defend winter territories that have the best berry locations as much as many birds protect breeding season areas around their nest.

Townsend’s Solitaire breed in dry coniferous montane forests in Washington. Most Washington breeders nest east of the Cascade crest, but a few try out edges of clear cuts in the northeast Olympics and some on the western slopes of the Cascades. They pass through Vashon in April, usually seen flycatching along the edges of woods as they head back to nesting territories from wintering farther south. Most winter and year-round birds are found in Eastern Washington. Three winter Vashon records exist and two in fall migration. Joe Van Os had one stay through the winter one year at his office in south Vashon Island. Sightings of solitaires range widely across Vashon in the last few years, though Pt. Robinson provides the most consistent single location.

A couple of other fun recent sightings involved birds that stick around all year. Friday the 11th, Susan McClellan watched a Barn Owl hunting at dusk at the field along Old Mill Road just north of Ernst

Pond and south of 220th (the usual site for the sheep dog trials). Checking all of the Old Mill Road, Wax Orchard and 232nd Rd fields might prove successful at dusk for the next several months. Last year as many as four at a time were seen in the fields on either side of 232nd at the end of the runway at the end of May and early June. Also on Friday the 11th, Bob Hawkins got a visual of two Virginia Rails at the end of Monument Road where it runs into Quartermaster Drive. These birds take extra luck to see at any time, being so non-descript and secretive, but an afternoon sighting is even more unusual.

If you have a question about Vashon birds or an interesting sighting to report, email me at edswan@centurytel.net or call at 463-7976. I’m available also as a guide for bird watching on Vashon and trips to birding hot spots around Puget Sound. Right now, my second edition of The Birds of Vashon Island is selling fast. Sales will soon surpass the number for the whole first edition. Order on-line by credit card from my website at www.theswancompany.com



or mail a check for \$31.45 (book and tax) to Ed Swan, 11230 SW 212th Place, Vashon, WA 98070. If you’re on Vashon, I’ll deliver books personally to your door. Off-Island delivery requires a total check of \$35.50 in order to include shipping and handling.

Burlesco Notturmo GLAMOUR

Continued from Page 6

around the Austin and then Seattle area. She has been a featured performer on Vashon in multiple arenas as well as spreading her wings with choreography and her own songwriting. She has a flare for creating her own costumes, and has always enjoyed being a little naughty and figures she may as well do it on stage. Burlesco Notturmo GLAMOUR is her debut as Lilette!

THE LOVE MARKETS make songs for a world in which we are all on the market, looking for love against a backdrop of loss, greed, and political corruption. Fronted by singer-songwriter Angie Louise, the band mates the eerie glamour of Weimar Berlin with the bluesy grit of New Orleans. In 2013 The Love Markets released their debut album World Of Your Dreams, drawing raves from Seattle Magazine (“Irresistible... Intoxicating theatricality... A deliciously dark carnival”) and City Arts (“Ruffle-clad ruffians... Uber-belter vocals... Fearsome chops”). Since their birth in 2008, the Love Markets have donned their well-used uniforms of military lingerie for sellout shows at the Bullitt Cabaret, Le Can Can, City Arts Fest, SAM, and Seattle International Cabaret Festival; performed as featured guests with Seattle Men’s Chorus, Sandbox Radio, and on TV’s ArtZone with Nancy Guppy, and provided music for multiple installments of Burlesco Notturmo, where they are always enchanted to return. The Love Markets are Angie Louise (vocals, songs, keys); Robertson Witmer (accordion); David Marriott Jr. (trombone); Dave Pascal (bass); and Chris Monroe (drums), and honorary Love Market Ben Morrow.

Janet McAlpin (Mme X, Artistic Director & Producer of Burlesco Notturmo) and David Godsey (Her Lawyer) founded Open Space

in 2006. They are also co-founders of UMO Ensemble, and have performed together in Red Tiger Tales, El Dorado, Millenium Circus, and much more. Vashon Islanders are most recently familiar with David’s spontaneous sermons as The REV in Open Space’s rousing Sunday Social Hours. Together Janet and David create original character clown pieces, frequently involving aerial apparatus and fruits or vegetables. Mme X is just back from traveling the world over looking for the perfectly glamorous cocktail dress. She found it here on Vashon (thanks to P2V). It is a jungle out there. It was so hot... so wild... so many small people. She and her Lawyer are delighted to be back in the cool, wet and glamorous world of the Pacific Northwest.

Burlesco Notturmo GLAMOUR takes place on Saturday, May 3. Doors open at 7pm and the show begins at 8pm. Tickets are \$25, and available at Vashon Bookshop and <http://www.brownpapertickets.com/event/660633>. Dress in your finest Glamour and get a ½ price ticket, at the Door only! For more information, visit www.openspacevashon.com or call (206) 408-7241.

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

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Deadline for the next edition of *The Loop* is **Friday, May 2nd**

Island Epicure



By Marj Watkins
Buy Organic, or Not?

Do you always buy organic produce to avoid toxic pesticides? Or has the always-rising price of food driven you to ignore those more expensive fruits and vegetables? Or do you just buy organic apples and other produce when you’re going to eat their skin? How can we eat the most healthy foods without going broke?

Some time ago Dr. Andrew Weil sent out a list of which fruits and vegetables should always be bought organic, and another list of which ones are safe to eat when they aren’t organic. I stuck it on my refrigerator. Here it is for yours. In Maine our neighbors told us it’s really necessary to spray apples only at petal fall. We did, and had lovely, crisp, tart Macintosh apples with never a worm or blemish. I never have sprayed my lone apple tree, and the fruits seldom contain a worm or brown spot.

- Fruits--buy organic, always:
- Apples (commercial growers spray seven times between blossom and ripe fruit)
- Grapes
- Nectarines if imported

- Peaches
- Strawberries

- Vegetables--buy organic, always
- Celery
- Cucumbers
- Peppers, hot and bell types
- Potatoes
- Spinach

- Fruits okay to buy non-organic:
- Avocado
- Cantaloupe
- Kiwi
- Mangoes
- Papayas
- Pineapples

- Vegetables okay to buy non-organic
- Asparagus
- Cabbage
- Corn
- Eggplant
- Mushrooms
- Onions
- Sweet Potatoes

Kale and collards may or may not have been sprayed with insecticides. Make your choice: wash them or live dangerously? I always wash them.

Notice that the only root vegetables on the buy organic list are Potatoes. But Beets, Carrots, Rutabagas, and Turnips are not on either list. Safe? I’m thinking that if they are planted in the same ground that last year grew cabbages, corn, eggplant, onions, or sweet potatoes, they could have picked up some insecticide, as could any plant. To be really safe, I spray my patio pot “garden” only with soapy water, not detergent-laden water.

Don’t Let Familiarity Breed Contempt

By Kathy Abascal

It is easy to assume that our more common and abundant foods are not all that valuable nutritionally. In fact, they are often as good as, or better than, some of the perhaps more exciting foods available. Both dandelion leaves and young nettles bring a lot of good to the table. Surprisingly, as some recent studies show, so do those little white button mushrooms found at our grocery stores.

For one, they have a big effect on our intestinal flora. People with inflammatory bowel diseases, such as irritable bowel disease or ulcerative colitis, have many fewer types and numbers of “good” microbes growing in their intestines. As well, the microbes that cause food poisoning reduce the types of beneficial microbes in our intestines as they make us sick. But this lack of diversity is not immutable: We know that diet can rapidly change the composition of the flora, for good and for bad.

In one study, one group of mice had a diet that included dried, ground white button mushrooms (about 1% of their diet) while another group ate the same food but without mushrooms. After 2 weeks, the variety of beneficial strains increased while the variety of more troublesome strains dropped in the mice eating mushrooms. The mice were then either treated with chemicals that trigger colitis or with microbes that trigger what in humans would be a Clostridium infection. The mushrooms created an intestinal environment that both protected the mice from chemical colitis and sped up healing from the intestinal infection. In other words, mushrooms in the diet enhanced diversity, and a diverse mixture of good microbes protected the mice from inflammatory bowel conditions and sped up healing from food poisoning.

Another study compared five different mushrooms: White buttons, oysters, shiitakes, maitakes, and crimini (crimini are older white buttons). First they analyzed the effect of these mushrooms on immune cells. Each triggered changes that are useful in preventing cancer. Surprisingly, the white buttons had the strongest effect in one test and were equal to crimini and shiitake in another. And, as in the previous study, the mushrooms protected the mice from chemical-induced colitis.

Many different types of mushrooms have been shown to inhibit the growth of prostate, colon, and breast cancer cells. In one test of seven vegetables known to inhibit the growth of breast cancer cells, white button mushrooms had the strongest effect. So, in terms of enhancing our odds of avoiding cancer, it makes sense to include these little guys in our diet.

The media has made a big to-do about how white button mushrooms “surpass” the effect of shiitake, maitake, and other more exotic mushrooms, and indeed buttons have in some small studies. But the real message is that we should eat more mushrooms, more frequently;

not that we should switch to white buttons only. A study on mushrooms and arthritis is on point. In this study, mice were fed a regular diet or a diet with 5% added powdered shiitake or white button mushrooms. Then they were injected with chemicals that inflamed their joints, much as rheumatoid arthritis would. Those eating white buttons had a lower incidence of arthritis and those who ended up arthritic had a much less severe form of arthritis. Those fed shiitake gained different benefits: They suffered much less bone damage. The study conclusion was that both types of mushrooms were beneficial in arthritis.

Some sources report that criminis (the little brown buttons) protect against heart disease. I’ve not seen that study but have read others showing that maitake, oyster mushrooms, and other mushrooms I am unfamiliar with (such as chestnut mushrooms and blushing wood mushrooms) help normalize blood fats and prevent atherosclerosis.

There are many reasons why we really should eat mushrooms



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.

regularly. Most days we can use white and brown buttons while taking forays into the edible wilder and more expensive mushrooms from time to time. Ultimately, the greater variety in our mushrooms, the greater variety of beneficial microbes in our intestines, and the greater variety of health benefits to be gained.




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Delilah Pearl & The Mantarays

Delilah Pearl and The Mantarays perform sultry ballads and jazzy rousers from the era of the divas: Peggy Lee, Nina Simone, and Ella Fitzgerald. Delilah sizzles in front, on vocals, backed by stalwart Vashon Island musicians Greg Dember (piano) , Michael Whitmore (guitar), Toliver Goering (bass) and Dodd Johnson (drums). The Mantarays deliver the standards freshened by an approach influenced by years in rock, experimental and indie music.

Opening for Delilah Pearl & The Mantarays will be Rebekah Kuzma and Andy James. Rebekah Kuzma and Andy James sing with shades of the Everly Brothers, the Swell Season and other harmony duos. Expect music from England,



Italy, Appalachia and their record collections.

Friday, April 25 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

Publish The Quest

Publish the Quest, a band with deep Vashon roots that has made a name for itself worldwide as both a musical and philanthropic force, is coming home to Vashon.

Jacob Bain, frontman for the group and also a founder of the all-Islander ensemble Trolls Cottage, grew up on Vashon and lives here now. Other band members include Samantha Boshnack on horns, bassist Jeff DeMelle, woodwind whiz Izaak Mills, guitarist Mark Oi, keyboardist and sax man Chris Poage and percussionist Adam Kessler. The group plays an energetic and danceable mix of blues, rock, ska and world pop.

A passion for social and musical outreach has taken the group around the globe. Working with a nonprofit called Learn Africa, Publish the Quest has made several recent trips to Cape Verde, Zimbabwe, Mali, Poland, Portugal and Spain, where band members have played in festivals and music halls, recorded with local artists, and conducted music workshops and jam sessions with under-privileged children. On their

most recent trip to Zimbabwe, this summer, the band brought along a trove of donated instruments and soccer balls to give to kids in Harare and Hatcliffe Extension, a slum just outside the city.

An impressive roster of international stars has collaborated with the band — Femi Kuti, Nneka Lucia Egbuna, Matt Chamberlain, Eyvind Kang, Radioactive, Oliver Mtukudzi and Vieux Farka Touré have joined forces with the group on recordings and in concert. A recent single, “Sodade,” was recorded with Cape Verdean vocalist Laise Sanches, with all proceeds from the sale of the song going to benefit the cause of arts education in Africa.

The show starts at 9 p.m. at Red Bicycle Bistro. It’s an all-ages show until 11 p.m., and for ages 21 and older after that. There is an \$8 cover charge.

Saturday, April 26 at 9pm. Free, \$8 Cover. All-Ages 'till 11pm 21+ after that. At the Red Bicycle, 17618 Vashon Hwy SW 206-463-5590 www.redbicyclebistro.com

The Highlife Band

The Highlife Band is an authentic and unique reggae band from Seattle. Rhythms from the Spanish and French Caribbean are combined with Jamaican rockers, bif-baf, steppers, one-drop, and dancehall reggae traditions. The lyrics are direct, and sing of love and conscious direction in everyday life.

Live performances are power-packed and the performers animated and engaging. Playing over 40 shows last year around Washington, Oregon, Idaho, and Northern California, the band now has an official music video, 4 live in-studio radio performances, and two albums under its belt: the self-titled debut, The Highlife, (2011) followed by What’s To Come, (2013).

Friday, May 2 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



FREE Tickets to Every Child on Vashon for RED TIGER TALES!

One Show Only – Sunday, April 27 at 4pm

Four red-nose clowns, garbed in red and cream robes and red felt hats, perch atop each other. The one on the tip-top is shouting, enthusiastically... can you hear? What is she saying?

“Vashon children get FREE TICKETS!”

If you are a Vashon parent, hopefully your child has brought home a Red Tiger Tales bookmark that says FREE Youth Ticket. Thanks to a grant from 4Culture, Open Space for Arts & Community and UMO Ensemble are throwing open the doors and welcoming every Vashon child to see this delightful, exuberant show for free.

Red Tiger Tales recently finished a sold-out run at ACT Theatre in Seattle. A National Endowment for the Arts grant helped over 1,200 Seattle students see the show for free – and it was such a rewarding experience, UMO and Open Space wanted to bring it to Vashon.

Red Tiger Tales uses the red-nose clown discipline to tell stories in the Buddhist, Sufi and Taoist traditions. Elements of karate and capoeira are mixed with clowning, tumbling and aerialist displays of strength and beauty. Red Tiger Tales has played to rave reviews from both audience members and press, including:

“It’s Zen Loonie Tunes!” – an enthusiastic audience member;



Lyam White & Janet McAlpin photo - Michelle Bates

and, “UMO’s Red Tiger Tales blends physical theater with puppets, music, Sufi stories and sublime silliness. Eye candy for the kids, mind candy for the adults (and at only an hour and 10 minutes long, good for even the most determined wigglers).” – Parent Map

Red Tiger Tales plays for one performance only on Sunday, April 27, at 4pm. Doors open at

3:30pm. Adult tickets are \$15 and on sales at Vashon Bookshop and at www.brownpapertickets.com/event/632996. All children must be accompanied by an adult; no more than 4 children per adult.

Open Space for Arts & Community is located at 18870 103rd Ave SW. For more information visit www.umo.org or www.openspacevashon.com, or call (206) 408-7241.

Bye Bye Birdie

Set in the 1950s, Bye Bye Birdie is loosely based on the Elvis Presley phenomenon, and the effect he has on one small American town.

Join directors Marita Ericksen and Pam Hotchkiss and a troupe of talented Island youth—groove to familiar hits such as “Put on a Happy Face,” “One Boy,” “One Kiss” and “Ed Sullivan.”

Thank you to our sponsor Vashon Thriftway.

Musical Theatre
Bye Bye Birdie
Friday, April 25, 7 pm
Saturday, April 26, 7 pm
Sunday, April 27, 4 pm
Vashon United Methodist Church
Tickets: \$6 Youth, \$10 VAA Member/Senior, \$14 General VAA, VashonAlliedArts.org



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Welcome Spring

Vashon Maury Chamber Orchestra’s April 25 concert welcomes Spring with Delius’ lush On Hearing the First Cuckoo in Spring and Air and Dance, Bach’s Orchestral Suite No. 1, Arthur Foote’s Suite for String Orchestra in E Major and selections from Busoni’s beautiful and rarely heard Concerto for Piano and Strings in D Minor.

The orchestra, led by Music Director and Concertmaster Karin Choo, will be joined by esteemed Vashon musicians Linda Lee (piano) and Gaye Detzer (violin). The following morning, orchestra and soloists reprise selections from the program in a fun concert for kids.

Vashon Maury Chamber Orchestra
Friday, April 25, 7:30 pm
Vashon Allied Arts
Tickets: \$10 Member/Student/Senior,
\$12 General
VAA, VashonAlliedArts.org
Concert for Kids
Saturday, April 26, 11 am
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“Pay-what-you-can”



A Seattle Men’s Chorus Ensemble



Captain Smartypants is an a capella comedy group, an offshoot of the larger Seattle Men’s Chorus, whose stylistic range includes swing, doo-wop, pop covers, Motown, techno-pop and barbershop. They have been heard all over the Pacific Northwest and beyond, thrilling, delighting and charming audiences from Washington, D.C., to San Francisco with their unique blend of humor and accomplished voices.

Since their inception in 2000, Captain Smartypants has performed with stars such as Margaret Cho, Jennifer Holliday, Kristin Chenoweth, American Idol finalist Blake Lewis and many others. Their video performance of “Kislev Cowboys” (aka “Brokeback Dreidel”) has received over half

a million hits on YouTube since it posted in 2008, and was featured on NPR’s Hearing Voices.

Led by director Eric Lane Barnes, their 10-year anniversary show Captain Smartypants: the First 100 Years broke all previous Smartypants box office records in its May 2010 run at Seattle’s Town Hall. Their Vashon performance is guaranteed to have you tapping your feet and laughing out loud.

Captain Smartypants
Saturday, May 3, 7 pm
Vashon Allied Arts
Tickets: \$16 Member/Student/Senior,
\$20 General
VAA, Heron’s Nest,
VashonAlliedArts.org

The Mother of all shows is back!

Show mom how special she is this Mother’s Day! Bring the whole family out for a unique night of music, poetry, juggling, and performance comedy and drama at The Mother of All Shows, Saturday, May 10th, 8:00Pm, at The Red Bicycle Bistro and Sushi.

This year’s show will be hosted by Vashon’s own Steffon Moody, and features a wide variety of artists and entertainers, including, but not limited to: John Browne, Duo Finelli, Iris Spring, Hans Nelson, Tribal Voices, Thaddeus Jurczynski, Janessa Wight, Patrick McManus, Steve Lipke, Llama John Heaveside, Magician Perry Spark and Tessa Mae Schumacher.

The suggested donation is \$10, people under 18 are free! This show benefits the 22nd annual IsleWilde summer arts festival. Directions to the Mother’s Day Show and more information about the Red Bicycle can be found at <http://redbicyclebistro.com/>.



Duo Finelli , photo by Dean Forbes

Islewilde is also supported also by a King County 4Culture grant. This year’s festival performance weekend will be Friday and Saturday, August 22nd and 23rd, on Old Mill Road, with free workshops for all several weeks before as we create lanterns, sets, puppets, music and props for the festival. Our traditional lantern walk starts Friday at dusk. For more information about the festival, please visit our website at: www.islewilde.org

Salish Sea Early Music Festival SIMPHONIE

The Salish Sea Early Music Festival presents harpsichordist Elisabeth Wright, viola da gambist Susie Napper and baroque flutist Jeffrey Cohan in SIMPHONIE, a program of the most wellknown baroque trio sonatas for these instruments by Johann Sebastian Bach, Jean Philippe Rameau, Jean-Marie Leclair, Francois Couperin and D’Anglebert on Tuesday, April 29 at 7:00 PM at Bethel Church on Vashon Island.

This ensemble was one of the first to represent the Seattle early music scene in Europe as the Seattle Baroque Trio three decades ago. The program will be repeated in Tacoma and Seattle. Please see below for complete details.

The program will include Jean-Marie Leclair’s well-known Trio Sonata, Opus 2, No. 8 for viola da gamba, flute and continuo; Johann Sebastian Bach’s Trio Sonata for viola da gamba and flute, transcribed for this performance from Bach’s two versions for viola da gamba solo with obligato harpsichord, and for two flutes and continuo; François Couperin’s Second Concert from Concerts Royaux, which were often performed for Louis XIV before 1715 and published in 1722; the Cinquième Concert for obligato harpsichord with the accompaniment of viola da gamba and flute from Jean-Philippe Rameau’s Pieces de

Clavecin en Concerts (1741); and harpsichord solos by Jean-Henri D’Anglebert.

During the reign of Louis XIV, “Simphonie” (there were several spellings) referred simply to chamber music for any number of players - as few as two - and often included instrumental transcriptions of orchestral and vocal repertoire. The composer and violinist Jean-Féry Rebel spent his formative years during this period, and four decades later in 1737 when he was 71 and the “simphonie” had gone quite out of fashion, Rebel crafted a “new” mode for it: a wild, programmatic and cohesive set of pieces depicting the creation of the world, which he entitled “Les Éléments, simphonie nouvelle”. Jeffrey Cohan’s and the Salish Sea Early Music Festival’s Simphonie Nouvelle follows Rebel’s lead in conjuring up a new presence for the “Simphonie” and other elements of baroque music, while affirming the grand overtones of ancient forms that often assume a more straight-forward role today.

Bethel Church at 148th Ave sw & 119th St. (14736 SW Bethel Lane) on Vashon Island. suggested donation: \$15 or \$20, 18 & under free, students \$5

More info www.salishseafestival.org, or call the church at (206) 567-4255

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April 25, 8:30pm
Delilah Pearl & The Mantarays

April 26, 9pm
Publish The Quest

May 2, 8:30pm
The Highlife Band

May 10, 8pm
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LOGJAM



BY Jeff Hawley

Live Entertainment
April 25, 8:30pm
Delilah Pearl & The Mantarays

April 26, 9pm
Publish The Quest

May 2, 8:30pm
The Highlife Band

May 10, 8pm
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Were you impressed with the Two Old Goats Lotion?

If you were, then you are going to love what we have in store for you next:
 We are now an official distributor for



Double Helix Water®

If you have aches and pains and are tired of all of the pharmaceuticals out there, you may want to experience an easier way to combat those pains. Curious about how Pure Water can contribute to your overall health and healing?
 You'll have to stop by for the answer!

In addition, new merchandise is arriving weekly from:
Outback Trading Company
 New Spring Hats, Jackets and Ladies Western Wear

Horze
 New Spring & Summer Fashions
 (You don't have to own a horse to look stylish!)

Phoenix Performance Products
 New Summer & Show Gloves

Come to VI Horse Supply for all your horse, dog, poultry and farm needs!
 We have feed and supplies for all of the critters who live at your place, not just horses!

17710 112th Ave. SW & Bank Road
Hours: 9:00 – 6:00 pm Daily
10:00 – 6:00 pm Sunday
CLOSED WEDNESDAYS
206-463-9792
www.vihorseupply.com
Like us on Facebook!

(at Cedar Valley Stables & VI Horse supply, Inc.)

Here at the Medical Pot Clinic, we treat a variety of ailments.

Take this gentleman for example. He was an ambitious, stressed-out CEO. After our marijuana treatment his ambition is gone, he's totally mellow and IS a GREAT Stone-stacker!

How long has he been working on that stone-stack?

...3 weeks. We haven't told him that his business is in receivership.

A cartoon illustration of a character in a tutu jumping over a large, cloud-like shape labeled 'FOOM'. The character is in mid-air, with one leg extended forward and arms outstretched. The cloud-like shape is on the ground, with radiating lines indicating a splash or impact. The word 'FOOM' is written in large, bold, stylized letters next to the cloud.

THAT'S SOME POWERFUL ROOT BEER

HAWLEY