

Ride the Nightmare...



The 5th Annual PASSPORT TO PAIN on Vashon Island: The toughest, most fun ride in the Puget Sound region. Is Saturday Sept. 12.

Situated on beautiful Vashon Island, PASSPORT TO PAIN (or P2P) is an extraordinary cycling challenge that offers 3 levels of vertical climb -- the 80-mile Idiot ride with a climb of 10,000 vertical feet, the 50-mile Weasel ride (6,500 vertical ft.), or the 30-mile Weenie ride (3,400 vertical ft.). The 5th Annual P2P will be held on Saturday, September 12, 2015.

What makes P2P different from other rides? Despite 10,000 vertical feet to climb, P2P organizers pride themselves on making the experience feel like a party on wheels. A dedicated team of event staffers regale riders at each of the 18 checkpoints. Wearing outlandish costumes and providing comedic relief, they stand at the ready to collect clothing, stamp passports and provide refreshments. Whether riders complete the Idiot, the Weasel, or the Weenie, they can all count on a fun-filled party waiting for them at the finish line and an over-the-top pile of BBQ to devour.

"Fantastic ride! Brutal route. Brutal! But amazing volunteers, super fellow cyclists and some really delicious brownies helped me power through the last 25 miles. I'll be back next year!"

-2014 P2P rider

P2P was started by the Vashon Island Rowing Club (VIRC), a non-profit

organization that supports more than 100 island youth and adults each year by offering a competitive rowing program. VIRC has consistently trained world-class champion rowers in our junior crew program and produced over \$1.2 million in college scholarships earned by Vashon rowers in just the past 4 years. The VIRC program is year-round. PASSPORT TO PAIN was founded as a way to help raise funds and have fun at the same time. The funds raised by P2P support the VIRC in purchasing new equipment, offering financial aid to many young rowers, and making improvements to their facility and boats.

In addition to its 10,000 vertical feet, P2P also gains a uniquely fun and outlandish flavor from its location - beautiful Vashon Island, just 20-minutes west of Seattle by ferry boat. Long populated by artists, small organic farmers, and those who seek a rural lifestyle close to the Seattle metropolis, Vashon adopted its slogan "Keep Vashon Weird" many years ago. P2P prides itself on creating a fun and wacky ride - checkpoint volunteers dress in costumes or decorate their checkpoint booths in themes - in 2014, a devil costume and an insane asylum were the highlights. P2P is a ride for fun, not a race. Organizers do not keep times □ so there are only winners, no losers (a very Vashon tradition).

This year, P2Ps "Idiots," "Weasels" and "Weenies" will gather at Jensen Point on Saturday, September 12, 2015 for the

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Fail Better



New York City or Bust!

Vashon's own UMO Ensemble journeys to the New York Fringe Festival in August with FAIL BETTER, their critically acclaimed love letter to Samuel Beckett.

But before they go... they're inviting you to a benefit performance!

FAIL BETTER: Beckett Moves UMO One Night. One Show. See It. On Vashon. Saturday, July 25 at 8 PM. (Doors open at 7 PM). At Open Space for Arts & Community on Vashon. TICKETS: \$30 (at BrownPaperTickets.com)

Join UMO for a Benefit Performance of their critically acclaimed FAIL BETTER: Beckett Moves UMO. After critical raves and two runs at Seattle's ACT Theatre, UMO has been invited to take the show to the New York Fringe Festival - a fantastic opportunity! The artists are raring to go, and UMO is facing one significant challenge - shipping the 400 lb. teeter totter to NYC.

How many shows take a 400 lb. teeter totter to NYC? We are betting UMO is the only one EVER.

The performance on July 25 is being held as a fundraiser to offset travel costs - and more importantly, to share this show with Vashon. Join the experience of

the show that took Seattle by storm, and stay after to visit with the artists, enjoy refreshments from the Hardware Store, and celebrate one of our oldest island arts groups.

"Ever tried, ever failed. No Matter. Try Again. Fail again. Fail Better." - Samuel Beckett

FAIL BETTER premiered at ACT THEATRE in fall 2014, as part of the Seattle Beckett Festival, and returned for a second run in April 2015 following stunning first-round reviews and sold-out houses.

The work of Samuel Beckett has fascinated the members of UMO for many years. Beckett consistently grapples with the existential questions of life, love, action and inaction. Everyday life and simple tasks, yearnings fulfilled and unfulfilled, are plumbed with great depth and enormous humor. Beckett's writings speak directly to physical enterprise: walking, balancing, eating, hanging, spinning. UMO takes these impulses, these questions and conundrums, and uses them to launch our love story - into the air itself.

UMO explores the essential themes of Samuel Beckett's prose using a

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The Road to Resilience

I 735 and I 732

There are two important initiatives out there right now that you should know about. Many of you have signed one or both, but I will try to explain them for those that need more information.

The more straightforward one is I 735, which is intended to overturn the Supreme Court "Citizen's United" decision. In that decision, the plaintiff's argued that corporations could not be limited in the amount of money they spent in elections because the first amendment guarantees the right of free speech to people, and that corporations, in this case, had the same rights as people. In affirming this decision, the judges said in effect that money was the same as free speech and that corporations were people. In order to reverse this decision, we will have to pass an amendment to the US Constitution that specifies the opposite. The ballot title states the following:

"Initiative measure 735 concerns a proposed amendment to the federal constitution. This measure would urge the Washington State congressional delegation to propose a federal constitutional amendment that constitutional rights belong only to individuals, not corporations, and

By Terry Sullivan,

constitutionally-protected free speech excludes the spending of money."

Sixteen states have passed this resolution. A little civics lesson: In order to pass an amendment to the federal constitution, it must be passed by congress and ratified by the legislatures of 3/4 (38) of the states. If you think that big moneyed interests are flooding our elections with money, you should sign this initiative.

You may have signed the similar I 1329 last year, which didn't get enough signatures to make the ballot. You must sign this one also. As an initiative to the legislature, the deadline for signature gathering is after Dec 1, so we will have a lot more time to get the signatures.

The other initiative is I 732. The ballot title states as follows:

"This measure would impose a carbon emission tax on certain fossil fuels and fossil-fuel-generated electricity, at \$15 per metric ton of carbon dioxide in 2017, and increasing gradually to \$100 per metric ton (2016 dollars adjusted for inflation), with more gradual phase-in for some users. It would reduce the sales tax rate by one percentage point over two years, increase a low-income

Continued on Page 7

VoV at Strawberry Festival

By Susan McCabe, VoV Station Manager

VoV returns for the tenth year to the corner of Bank Road and Vashon Highway to announce the Strawberry Festival Grand Parade. New volunteer hosts Tim Everitt and CC Stone, formerly of the KVSH Friday Morning Scramble, will host the live broadcasts on KVSH 101.9FM, VoiceOfVashon.org, the KVSH App and on VoV TV Comcast Channel 21. The Kids Parade starts at 10:30AM Saturday morning, followed by the Grand Parade at 11AM.

Look for KVSH show hosts who will emcee the main music stages at Ober Park and Pandora's Box. Ober Park music starts at 1PM Saturday and continues with live music until 8 PM. Pandora's Box stage opens at 1:45PM Saturday and goes until 6:30 PM. There's more music Sunday from 11:30 AM to 6:30 PM at Ober and 11:30AM to 4:15PM at Pandora's Box.

This year's Festival is all about



**Vashon's Own
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music with seven stages hosting live performances throughout the weekend. New this year is a music merchandise tent at Ober Park where Festival-goers can purchase CDs and take home their favorite Festival bands. See you there!



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Deadline for the next
edition of *The Loop* is
Friday, July 17

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.

New Nar-Anon Meeting

West Sound Area invites you to a New Nar-Anon meeting Saturday, June 27th, 6:00pm to 8:00pm. 17708 Vashon Hwy SW on Vashon Island at the Presbyterian Church.

Potluck and Nar-Anon Speakers. Everyone is welcome to come and be a part of Vashon Island's first Nar-Anon meeting.

If you have any questions you may contact Marian E at 253.307.8576

Water District 19 Meeting

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

Find us on Skype
Vashon Loop
206-925-3837

Have a Story or Article

Send it to:
Editor@vashonloop.com

Summer Vendor & Flea Market

Summer Vendor and Flea Market Sale sponsored by the Vashon Senior Center taking place on Saturday, August 15th 2015, at (9 to 2 PM) on the VFS property at 18005 SW Vashon Highway. The Center will be manning the Flea Market area and the parking lot and grounds are being made available to Vendors: be it food, crafts or household items. Parking available

Donations for good and sale-able items are needed by the Center and if you would like to donate an item contact the Center at 463-5173 or Lois Yunker at 465-5841. If you want to hold an item/s until the week of the sale it would be appreciated otherwise arrangements will be made for pick-up.

If you would like to rent a space to sell, food, crafts or household goods please contact us by July 20th. Vendors need to bring their own tents or tables. Vendor forms available at the Center - 10004 SW Bank Rd or can be obtained on-line via Lois Yunker - lois.yunker@gmail.com. Tent space: \$25- 10X10, large table \$20 or a card table at \$15. Water, rest room and electricity on site. All items must be removed at the end of the sale and Flea market items will be donated to Granny's.

As part of the Fund raiser a Homemade Pie Raffle will take place and raffle tickets may be purchased prior to the event at \$1.00.

Vashon Drum Circle

Vashon Drum Circle, a free monthly gathering, meets Friday, July 10, 7-8:30 PM outdoors at the Village Green. Drum on behalf of the health and well-being of our community. Sponsored by Woman's Way Red Lodge, this gathering is open to all ages and experience.

VCC Caregiver Support Group

Vashon Community Care will host a Family Caregiver Support group open to all family caregivers in the community.

It will take place the first Thursday of each month from 7-9 pm. Contact cara.aguilera@providence.org / 567-6152 with questions.

Festival Parade Parking

Are you seeking a great place to park to view the Strawberry Festival Parade? Vashon Presbyterian Church is offering reserved parking (by donation) again this year. We also offer chairs for a comfortable view of the parade.

Our Festival fundraiser will support ongoing relief efforts from recent earthquake in Nepal. Two organizations with a local connection will benefit from the fundraiser: Shelter Nepal, which presently is providing prefabricated homes of corrugated metal to families in outlying areas, costing \$150/house. Nana's House will be the other recipient of the fundraiser and is currently working to restore 5 families living in a remote area to pre-quakelife, providing shelter, food, clothing etc.

If you want to reserve parking/chairs, please contact beverlyskeffington@gmail.com or call 206/354-8921. Reserved spaces will only be held until 10:45am on the day of the parade.

Bike accident May 19

Did you witnessed a Bicycle accident on May 19, 2015 between 2-3pm north of Vashon Town at Vashon Hwy and 171st street, just north of the Park and Ride lot. The bicycle rider was injured and required medical help. If you have any information please contact Jack at the Red Bicycle Bistro at 206-463-5959

Fun in the Sun camp


A summer camp for pre-teens and young teens is missing on the Island. The Park District is sponsoring Fun in the Sun camp. While there are many programs that Vashon Allied Arts offer our children, the Park District is in a good position to offer a complete program of community service along with fun. The teens will gain valuable work experience and an appreciation and pride in our public facilities while they work in the various parks. This work will include some trail building, trail sign making and other projects in our parks. Then the teens will eat lunch in Ober Park. The last two hours will be fun activities such as swimming in the pool, volleyball, disc golf, beach time, etc. Camp will be 4 one week session. Sign up for one or more weeks. Cost is \$200 per session. Each session will have between 10 and 15 teens and have two counselors.

July 20-23, July 27-30, Aug 3-6, Aug 10-13

Since this is new we are asking that those who are interested to e-mail me at hilonvashon@yahoo.com for pre-sign up.

If we get at least 10 teens for a week session, then that week will be a go. Less than 10 children and that session does not happen. Pre-sign up ends June 10th.

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The Vashon Loop

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M/V Lotus to visit Vashon

Vashon, WA., This July 18 and 19, during the Vashon Island Strawberry Festival, the M/V Lotus, a 92 foot, 1909 cruising houseboat will be docked at the Quartermaster Yacht Club. This spectacular floating museum and B&B will be open to the public from 11:00 AM to 4:00 PM, Saturday and Sunday during the festival. This event is sponsored through a coalition of the Quartermaster Yacht Club, Vashon-Maury Island Heritage Association, Keepers of the Lighthouse, and JR Crawford Realtor with Windermere Vashon. Visitors to Lotus can come by car and park at the Yacht Club or take the convenient Strawberry Festival's South ferry shuttle. The shuttle runs on a 30 minute schedule, from downtown Vashon to Tahlequah and back, with a special stop at the Yacht Club. While there is no charge for admission, the Lotus Foundation, a 501(c) (3) charity, is maintained through public support and appreciates donations at the door.

Listed on the National Register of Historic Places, Lotus was built for Maurice McMicken, attorney, legal counsel to the legislature of the State of Washington, publisher of the Seattle Post Intelligencer Newspaper, Sportsman and civil leader. Lotus was designed by Naval Architects - Lee and Brinton, and built in the Sloan Yard, Seattle, Washington. She was built to cruise the Inside Passage of the Pacific Northwest, and has been a familiar sight in Puget Sound and North to Glacier Bay in Southeast Alaska for over 100 years. She was the largest power yacht on the West Coast when she was launched in 1909.

The historic motor vessel Lotus currently serves as a maritime floating lodge and small group event venue. With five staterooms, galley and grand salon on the main deck and an expansive entertainment promenade on the upper deck, the Lotus is meticulously appointed with artifacts of rustic old-world charm



that ushers the soul back to the turn of the previous century.

The hosts of the MV Lotus event are a well matched partnership. The Heritage Museum's current special exhibit title is "Point Robinson Lighthouse, 100 Years on Watch," and celebrates the centennial of an important historical Puget Sound site in partnership with the Keepers of the Lighthouse through October; and is taking reservations for the Virginia V Cruise, "Admiral Vashon's Voyage," August 16. The Museum's nautical theme bridges well in coalescing with Quartermaster Yacht Club for the MV Lotus visit. The Yacht Club will open its gates to host not only the MV Lotus during the Strawberry Festival but also the Classic Yacht Association rendezvous the following weekend, July 25. Proud of their new state-of-the-art docks, the Yacht Club is eager to give the Vashon community an opportunity to view the Club's shore side facility. Working with the Vashon Park District, the Yacht Club also is home to the Sailing Program currently enrolling students for the 2015 summer program.

JR Crawford Realtor with Windermere is the generous corporate event sponsor.

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Joe Thieme Runs for Unofficial Mayor

One of the contenders running for Unofficial Mayor of Vashon this summer, a revived Strawberry Festival tradition, is Joe Thieme, also known as Joe T, with a campaign slogan of "Vote for THE Old Goat!" - a subtle nod to his competitor Bandit, a pet goat.

In this Mayoral race opponents vie for the seat by raising the most funds for their charity of choice, with each dollar donated counting as a vote. Joe is running in support of the recently formed non-profit organization Rj's Kids, formed by Rj's parents Judith Neary and Ramon Ontiveros after their son's suicide death in October 2014.

Joe T. has been a narcotics counselor and youth advocate for almost 30 years. He's been associated with many regional organizations whose focus is healthy youth development, including King County, the State of Washington and the Puyallup Tribe.

Since moving to Vashon five years ago Joe has become a Vashon Senior Center member and volunteer, joined the board of the Vashon Alliance to Reduce Substance Abuse (VARSA), and got involved with the Suicide Hope Initiative (SHine), a grass-roots support effort spear-headed by Garnett Burke, sister of Palmer Burke who passed by suicide in the Fall of 2012.

When asked, "Why Rj's Kids?" Joe said, "They're doing stuff that I've been wanting to do for the island youth for years. I have a wish list for Vashon and it's huge."

He said he first met Judith and Ramon at their son's memorial, which Joe said he attended just to help in some way. As it turned out Joe and Ramon realized they knew each other from past work experience.

Joe encountered Judith again when she conducted a presentation at a VARSA meeting about Rj's Kids' long-term vision of a community center for island youth



and millennials. "They're ideas are loving, caring and help human beings. They really touch my heart."

The money raised by Thieme will go toward an Rj's Kids scholarship fund earmarked for an upcoming program where they've partnered with Axiom Equine, an island company conducting life skills and leadership development workshops while engaging in powerful and direct experience with horses. Co-founders Melissa Rampe and Kate Shook said "Axiom Equine is honored to work with Rj's Kids. We value the opportunity to help empower these precious lives and plant a seed of change!"

Joe T. is proud to represent Rj's Kids, as well and will be campaigning right up to Festival weekend. He encourages everyone to "vote often" via donation jars around town or online at www.rjs-kids.org. "I would love to see us all come together for the kids."

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Friday, July 17

Island Life Free Parking

Peter Ray
pgray@vashonloop.com

Along with a number of other things, the issue of parking and safety along the Vashon Highway came up at the latest Park District commissioners meeting last night. This was not really the main event that all were in attendance for- that special part of the agenda was reserved for the ceremonial bid opening for the latest iteration of that giant sucking noise that is the VES fields project. As had been predicted earlier in the day by the radio voice of Capt Joe Wubbold, the cost to finally bring this travesty to a close so that King County is satisfied that all permits and agreements are completed to their liking we find to be somewhere around \$400,000. The reason for the uncertainty is that two options were offered to get the project done. The first, costing a total of \$394,843.08, including tax, would get it all done by this September. The other, at a price tag of a mere \$412,247.68, including tax, would allow the work to be spread out into next year.

As I understand it, all of this work has to be done, otherwise the County has the right to close access to VES fields. The reason that the Park District was offered extra time to complete the project, above and beyond the extra time they have already been granted to complete the project, is to allow the possibility of spreading the costs out further over time. Having been a reluctant witness to the painful march toward finishing this project, I have come to realize that at this point the Park District has gotten all the passes that the County is likely to hand out, so the objections that Commissioner Harvey raised to doing all the work required seemed odd at best. The Park District agreed that they were going to do all the permitted work from the start of the project. Mr. Harvey called for lawyers to look into options for what should be completed and legislators to apparently try to reason with the County and their demands. What would seem to be a better use of time and resources at some point would be to look into how the project got off the ground to begin with when the matching funds that were to come from Island resources were known now not to have been in place. Having never seen the documented evidence of either the demand or the need for the VES project at all, it would be nice to see some verification of Commissioner Ameling’s claim that there was a demand in the first place. We hear a lot from Mr. Ameling about the crowds that throng to the fields on any Sunday as being evidence that the Island likes what it sees there, but this seems to be more from the “if they build it” effect, as none of the field users continue to show up at any of these Parks meetings to support the fields, and none were there for the bid opening last night.

A big part of last night’s big debate was over the need to pave the fabled “north parking lot”. As has been stated before, the County has said that this has to be done, so I was a bit baffled as to why Mr. Harvey brought his arguments to the floor to begin with, since it had been made fairly clear at past meetings that the County would not be flexible on these points. It was also brought up that overflow parking had spread to both sides of the highway on game days, and that safety complaints had been registered by the County. It was stated that on occasion over fifty cars had been counted out on the shoulders of the highway, but it was also mentioned that there were only thirty parking spaces in the proposed north lot. There has been also some discussion as to whether or not actual asphalt needed to be used, as opposed to less expensive gravel. Mr. Ameling mentioned something about the County requiring paving to mitigate clean air issues- presumably to eliminate the dust of hot, dry days. This also begs the question as to whether making more parking spaces for more cars is actually a good or bad thing for the air. I suppose with the preponderance of Prius’s and Teslas on Island roadways these days, the dust might become the bigger issue. I may have missed it/them in my few visits to VES lately, but I don’t recall seeing any bike racks there.

It was curious that while parking was mentioned as a safety issue at VES, no mention was made of concerns over families with small children who might choose to attend one the concerts in the park. On a number of occasions I have ridden my bike through a maze of cars and pedestrians both coming and going to the musical festivities at Ober and found the navigation there to be a bit treacherous. With cars parked, again, on both sides of the highway and coming and going from the library and the park and ride and Vashon Village, the congestion created by this event may be better suited for the wider open spaces of the vast emerald expanse of VES. One remembers the days when the Islewilde festival occupied space there before it was VES. One also can imagine that the sacred playing turf there now might not stand up too well to the compacting, collective weight of sitting and dancing concert goers, unlike the resilience of the rough and tumble field grass that was there before. And of course there is the watering schedule there now that wasn’t a part of the process in older times. It seems that with the price tag for these fields rapidly approaching three million dollars, we could have gotten way more value than we did. And nobody has said anything yet about the lights that still have not been installed on those bare naked concrete pylons awaiting their brilliant arrival. For more on the VES gift that keeps on taking, stay tuned.



Harbor School says, “Save the Sound”

The Vashon Loop is publishing op-eds written by Harbor School 4th and 5th graders. This is the first half of the op-eds, more will be published in future Vashon Loops as space allows - Editor

For the past two months, the 4th and 5th graders at the Harbor School have been studying about the Puget Sound. We have researched various critter in the sounds and why they are important. We’ve had numerous opportunities to get out of the classroom to explore the sound on Vashon picking up trash at KVI, exploring the low tides at Point Robinson, and participating in the BioBlast at the Maury Island Aquatic Preserve. We’ve also had chances to visit the Seattle Aquarium and travel all the way to Padilla and Deception Pass to apply what we’ve been learning in the classroom. Students were given the chance toward the end of our unit of study to write an opinion piece advocating for the Puget Sound or another critter. Thanks for reading!

By Us
By Meredith

Our Sound needs help. For years our water has been providing us with food, homes, a safe ecosystem, and now it needs our help. We owe the Puget Sound our lives. So we need to help our waters, we need to take action.

Any fertilizers we use in our lawn will eventually be washed into our Sound, creating more deaths to our beloved sea creatures. Since 1960 the population surrounding the Puget Sound has more than doubled which has created even more pollution and death. For example, in the past 125 years 70% of our important habitats like eel grass beds and estuaries have been destroyed by us. We need to rebuild what we have destroyed and you can start in your own backyard. Please help these critters, they helped us.

On May 12th, the lower school at the Harbor School went on a beach clean up at KVI. We found at least 200 pieces of trash. That’s 200 bad choices that WE made. One piece of trash goes a long way, so go, do it, pick it up and you will be saving a life.

Look at the orcas, the seals, the whales, the fish, the eel grass, the water. Than look at us. We are smiling, they are frowning. We are thriving and growing, they are slowly dying, breathing in the smoke in our air, eating the fish that are filled with oil, choking on plastic bags. All killed. By us.

Our Sound Matters

By Emerson
The Puget Sound is a magical body of water. Imagine what life would be like without it. Thousands of people commute every day and thousands of people travel to visit the beautiful island of Vashon. Jobs would be lost and families would go without money or food. Most of all, the animals and sea creatures that live in the Puget Sound would be lost.

We need to protect these creatures because they’re dying from our mistakes and actions. If you want to protect them and our Puget Sound, all of us need to take action. Pick up garbage and litter off of the beaches so that the litter doesn’t drift into the ocean. Make sure that when you’re fishing you take all of the netting out of the water so that animals don’t get stuck in it.

Also don’t buy or put chemicals in your yard because they soak into the ground and travel into the ocean. Then it kills sea creatures and pollutes the water. Also, be aware of your surroundings because the sound is home to so many creatures and you wouldn’t want to run into any animals when your on a boat.

One person can make a difference and if we don’t, then we and many other creatures won’t have what we call home.

The Wonders of the Ocean
By Owen

You see the wonders of the ocean. Imagine a world where all the beaches and waters are covered with dead animals and black sludge. A place where you can’t swim and you can’t see the wonders of live fish and crabs. All because no one wants to change.

Did you know there are only 1,000 orca whales left in the world? So if you want to save the wonders of the deep sea like the orca, listen up. Stop littering, pick up trash, and recycle. Because with out our help there might be no sound to protect. No wonders like eagles and hawks. No seagulls or sea stars. Every single person should want to save the sound so unite, come together and save OUR SOUND!

Orcas: Amazing and beautiful
Creatures
by Freddy

Orcas are amazing, beautiful creatures. And yet, they are still endangered because of human denial about what is happening to them. Orcas are, to me, the very definition of endangered. There are less than 90 of them left in the Puget Sound, and they

Continued on Page 9

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Spiritual Smart Aleck

The Rotten Part of Life

Everyone understands the importance of cleaning out the refrigerator on a regular basis. Granted, sometimes the motivation is a certain something in the air that turns out to be leftovers from three weeks ago.

Yesterday I cleaned out the condiments and containers in the refrigerator door. They’ve been in there a long time. That jar of pickle relish? I don’t eat pickle relish. Rick loved it on sandwiches. He’s been gone for a year and a half. This is both a math and a logic problem.

I pulled out a couple of virtually empty mustard jars, some highly suspect yogurt – it made a little “pfff” sound when I opened it – a container of apple juice which I remember bringing home a year ago, and other interesting archeological finds.

I’m not sure if Worcestershire Sauce has an expiry date. That’s the trouble with condiments in general. Let’s see – barbecue sauce, salsa, soy sauce, blackberry pancake syrup? If it’s not growing mold, is it okay? If it’s the kind of thing that tastes a little expired when it’s fresh and new, how do you determine if it’s spoiled?

Maple syrup: I keep it in the fridge because if it is not chilled, it starts to ferment. It stays.

In the vegetable drawer, the appearance of the food can be the deciding factor. I am aware of the sensible advice that a little brown on your lettuce leaves won’t hurt you, but when the leaves have gone all the way to black and the texture has become slimy, I return lettuce to the wild.

I take aging vegetables and other moldy or slimy carbohydrates to the compost heap, where the raccoons and other scavengers trundle up from the ravine to browse. An awful lot of expired food has gone in that heap over the years, and most of it didn’t stay there for long. When I go out every day or two to toss the compost bowl from my kitchen, all that is visible in the heap is a lot of coffee grounds and filters, plus a few things like melon rinds and corn cobs and shucks. And clam shells. FYI, clam shells do not compost, at least not within your lifetime.

Despite the paucity of actual vegetable matter that stays in the heap, I know that if I removed the fence and dug in, I would find a



By Mary Tuel



huge writhing mass of worms doing what comes naturally, and around, under, and beyond them, lovely black compost. I know this because I’ve dug in a few times. I like to throw a few shovels of compost into the hole when I plant a rose, for example, to get the plant off to a good start. Don’t want the deer eating inferior roses.

What I noticed a few years ago was that the compost was leaking out the fencing at the bottom of the heap. It radiated out in a circle. I also noticed that plants near the heap benefitted from that creeping black soil. They were flourishing.

Then I heard about keyhole gardens. A keyhole garden is a circle with a compost heap in the middle, and a little path from the edge of the circle to the compost heap so that adding compost is easy. This central compost heap has wire fencing, like my compost heap, and the compost leaks out the bottom, same as my compost heap, but in a keyhole garden the compost is going directly into your garden soil, so you’re enriching your soil with compost from below while growing things in the garden on top.

I have seen keyhole gardens with walls built out of stone, and cinder blocks, and empty bottles, whatever is on hand to build a wall.

I’ve wanted one ever since I saw keyhole gardens online, but have never got around to making one. I don’t have enough stones, cinder blocks, or bottles. I suppose I could start drinking. Just kidding.

It would be great to have one of those gardens. I’d feel so righteous every time I emptied the compost bowl, or cleaned out the refrigerator and fed the compost heap.

Nice to participate in this upside to rot. Go, worms! Go, bacteria!

Ah, the circle of life. cats. People like dogs and cats.

Why We Need To Engage, and How Carrie The Musical Helps Us Do That

By March Twisdale

I’ll be honest. Talking with youthful islanders about Carrie The Musical was remarkably easier than talking to adults. Begging the question, why? After three weeks of chatting people up, I’m beginning to craft an answer to that question.

“When you hear “teenager” and “validation” together,” asked Nate Mollison, lifelong youth mentor, parent and skateboarding enthusiast, “what comes up for you?” Kids shout and cheer in the background, their bodies flying through the air as they dip in and out of the new BARC skating bowl. “Two ways people miss the mark,” he says, answering his own question, “overthinking it and trying to find the right thing to say, which isn’t what that other person actually needs. Being present is the main thing.”

Nate’s thoughts are mirrored by Greg Thompson, a longtime mental health counselor at Vashon Youth & Family Services. “I’m trying to help adults understand the importance of validation. You can’t tell someone else how they should feel. You want to meet them where they are at. Stay in a mindful state.”

In my conversations with adults across our fair isle and beyond, this need to slow down and listen came up again and again. So, what’s stopping us? After all, if a friend calls us up crying because her husband just left her...do we dismiss her? Pretty much, no! So, why do so many adults treat teenagers like they are, “just being dramatic?”

Melissa McCann put it this way, “The parent impulse is to say, you shouldn’t feel that way, everything is great, if you gave other kids a chance they would like you...blah, blah, blah. Instead, my favorite saying is, “Bite your tongue until the blood runs down your chin and listen.”

That is harder than it sounds because, when our children hurt...we hurt. Greg Thompson has worked with hundreds of island families during his time at Youth & Family Services. “Even when you believe a child is over-reacting to something,” he explains, “you can’t dismiss them...you need to validate their reality at that moment.”

Many of us “know” the power of reaching out to a person who may be suicidal. We have been told the importance of asking the question directly, rather than beating around the bush. But still, it’s scary! Greg Thompson says, “It’s important to tune into people and sense where they are at in their despair and even ask the question, Are you thinking of killing yourself?” But, how many of us have done this?

“From my personal experience,” says Nate Mollison, “one of the most difficult things about being an adult is not knowing what to

do. And feeling like there aren’t many ways to help out. And so, without knowing the answer, the best option is to BE present. Authentic, real presence...just living. Being there. Instead, a lot of parents react to what they fear will happen. And that fear gets in the way. You can’t be present with your kids if you are caught up in your imagination of what might/can/could happen.”

“People want to shove it under the rug,” adds Greg, “but reality shows up in the mental health system and the educational system all the time.”

So, how can a book or a musical carry any value? After all, it’s not real. The actors aren’t going to sit beside you as your heart breaks...and characters in novels are mere words on a page, right?

Melissa McCann explains, “even if a teen doesn’t want to talk about something, just knowing that someone saw and offered to listen...that matters. And, when it seems like no adults care, reading about an adult character who does care; this can be very reassuring.”

Before you scoff at the idea, consider this: according to Romance Writers of America, all romance novels have a central love story and an emotionally satisfying ending. Who can resist the ideal romance & all the validating emotions that go along with it? Not many, given that romance novels make up

21% of novels sold!

Melissa McCann, who has published several sci-fi, fantasy, and horror novels elaborates further. “I have a really hard time with parents who say, It’s sink or swim! They’ve got to figure it out for themselves! Well, that’s great if sinking is an acceptable option. Some kids sink and some kids kill themselves and some kids, as they are sinking, take the entire school down with them. Whether we’re talking about the real world (Columbine) or the fictional world of Carrie White... this happens. Far better for children to learn that powerful lesson in a fictional setting.”

This is one reason why Melissa McCann believes Carrie The Musical is a powerful opportunity for Vashon Island. “The act of going to see the play is your signal to your kids that you are seeing them, that you care, and that you would love to listen to whatever they want to talk about.”

“I am interested now,” Nate Mollison says, “I don’t typically go to live performances, but the perception of these young people? How they are viewing the messages contained in this play...makes me think it’s worth taking another look at.”

We, the parents and cast hope that you will agree and join us for Vashon Youth Theatre’s production of *Carrie The Musical*.

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Planet Waves



by Eric Francis <http://www.PlanetWaves.net>

Aries (March 20-April 19)

You're getting a taste of what it means to be ambitious -- to strive for longterm goals that you might have doubted you were capable of reaching. You're entirely capable -- and there's something much more encompassing calling you. Your life is not about what you achieve but rather who you are becoming. Yes, they are related. This far exceeds any external goal; in truth, what you express in the outer world can only ever be an extension of who and what you are inside. That's the place to focus, particularly as you discover that your ideas and your experience of self are way ahead of the current state of society. You seem willing to take the chance to cultivate or provoke real change. For that to happen around you, it must happen within you as a matter of habit. Get used to the fact that you're a different person every day.

Taurus (April 19-May 20)

You're getting a chance to re-evaluate a relationship, or an approach to all of your relationships. Think of where you were two years ago, and consider where you are today. If you do, you'll be surprised at the progress you've made. Go deep with this one. See if you can remember your fears and your concerns in all their different forms. Remember all the cleanup work you felt you had to do, perhaps dreading it. Think of how restless and self-searching you felt. Now consider how you feel today, especially if you're being reminded that you have some other projects ahead. In all likelihood they are a lot less daunting than what you've been through. You have any skills you need. But mostly what you've acquired is clarity and the ability to speak for yourself, remaining connected to your feelings. Go back and consider how many seemingly intractable problems that one skill has helped you work out. Remember, you've still got it to work with.

Gemini (May 20-June 21)

What you think is troubling your mind, possibly in the form of a decision you need to make, is rooted in an emotional question. If you're trying to get a handle on where you're really coming from, or what you really want, check in with your feelings -- their subtler level. Your mind may be racing along, which could distract you. You may be grappling with seeming contradictions that appear and disappear, which is confusing. Indeed, it may turn out that what seemed so pressing yesterday or a few days ago has less urgent tones. So it would be wise to slow down, give yourself some time, and check in about how you feel day by day, even hour by hour. There would seem to be little need for urgency and a greater need to tap into your inner environment and experience the true colors of who you are. That will help you respond to the underlying question: what is motivating you right now? It's not quite what you think..

Cancer (June 21-July 22)

Mars in your sign is providing you with extra motivation, energy and self-confidence. Even better news is that you can afford to slow down and allow people and opportunities to come to you. In fact it would help significantly if you would harmonize with your own attractive power. It's true that Mars is assertive, but in the sign Cancer, you can invert that and be a magnet for others. Even if you're usually the more retreating type, or don't like to be noticed, you now have the moxie to meet others on your own

terms, or some obviously mutual ones. Be grateful that people are approaching you. Find out what they have to offer and what they want, and get some idea about what it means for them to exist. Some interesting, exciting meetings are in the works over the coming days and weeks and I suggest you be open to them, regardless of any other commitments you may have.

Leo (July 22-Aug. 23)

The current (and ongoing) Venus-Jupiter conjunction in your sign is encouraging you to welcome a new era in your life -- one of abundance, of relative freedom and the ability to express yourself. Therefore, live abundantly, and stretch into some options you might not ordinarily take; take some risks expressing yourself. This is the time to 'live as if' -- to tune into the feeling of how you would exist closer to your full potential. One key to doing this will be setting aside perfectionism. Your true potential does not have one pre-ordained form, nor must it match any exact requirements. Another is setting aside your pride. You're free to express your needs and your desires without any fear of judgment. You don't need to be awesome or amazing, which are not actual values. You merely need to be human, which is to say sensitive, aware and boldly expressive.

Virgo (Aug. 23-Sep. 22)

Focus on the specifics, the details, the fine print. Be bold enough to state what you want or need on your own terms. Then, see how people respond. You have more influence than you think, which will increase as you observe this power. I suggest you try an experiment -- don't justify your desires, just acknowledge them and state them out loud. Justification is another entity, a world removed from honest desire. You have no need to get involved in this kind of psychological complexity. But what your astrology suggests is the need for directness. Go right past your usual tendency to hedge, to couch or to state things in a diplomatic way. Indeed, you would do well to throw diplomacy to the four winds and be what, for you, would feel brash or swashbuckling. This is just your mind playing tricks on you. To others you will seem refreshingly direct.

Libra (Sep. 22-Oct. 23)

Your star is rising, and I suggest you take the ride. By this, I mean throw your life open to the possibilities, needing no plan or assurance where you will end up. One thing that would help is to make your presence known. While you're doing that, look and listen to the world around you -- really study what people say, what they do, and how they present themselves. Notice in particular how they feel about their value in the world, and what prevents them from doing the things they want to do. Listen to their desires, their frustrations and their concepts for what to do. Then notice how different a place you're coming from. This tells you more than you think -- because it describes your relatively strong position in life. Part of your strength comes from confidence in what you have to offer and your understanding of the value you have to others. This will encourage you to make the most of every opportunity, and to make opportunities for yourself. Be strong, be generous; though don't be proud.

Scorpio (Oct. 23-Nov. 22)

You have an unusual opportunity to burn off the influence of your family like

the rising Sun evaporates the morning fog. The more heat you feel, the more clarity you will gain. You might not think that attachment to relatives and the patterns of your biological tribe get in the way of much. Yet these affinities and loyalties have a way of costing you your independence. This might come as the fear of what someone might think, the need to conform to a standard you don't believe in, or following emotional rules that don't have defined concepts or any real purpose. Your solar chart describes a burning need to think, feel and define your life according to your own values and desires. There's no room to compromise when it comes to the imposed morals and restrictions of others. Notably, these webs and entanglements are usually invisible, or manifest as 'loyalty'. If your astrology has one message right now, it's to be true to yourself.

Sagittarius (Nov. 22-Dec. 22)

You're standing on ground more solid than you may think. It's true that you can get lost in a world of feelings, which are not subject to control or accounting. Most of what the world counts as dependable is really about the illusion of control. You can afford to let go of that pretense and define 'real' your own way. If you can envision something, it's real. If you have a tangible goal, that is real. If you have a heartfelt desire, that's real. If you're able to tap into your own wisdom, that is real. Most of all, your faith in yourself is likely to be the most tangible thing in your life. I would remind you that this isn't an abundant resource on our particular planet, and that you're blessed with an unusual gift. It's yours to use, and I suggest that you strive continuously to make what exists as an idea into something with solid manifestation.

Capricorn (Dec. 22-Jan. 20)

You may be feeling like this is your last chance to become something or accomplish something. Who knows, it might be, or it could be a mental illusion. Either way, it's worth living as if that's true for a while. Imagine there's something you've been wanting to create for yourself lifetime after lifetime, and now you've got another opportunity to have a go at it. But you're aware that you have not quite given yourself the chance on a number of past occasions, or taken advantage of the relative easy opportunities you've had. Now you have another opening. True, the circumstances are not perfect. There may be a few obstacles in the way. But once again you really do have what you need, by which I mean the personal resources. And you have some cooperation that has, in the past, not been forthcoming. So yes, pretend this is your last chance, and let that motivate you.

Aquarius (Jan. 20-Feb. 19)

Life is holding out many gifts and options right now, as long as you're open to them. Even as you receive I suggest you remain open and honoring of your own freedom to choose, to give and to receive. People and communities often set a trap when it comes to receiving -- once you have someone or something, you're supposed to fold up, cling to that person or situation, and refuse to want or accept more. I suggest you take another approach: the more that's offered, the more open you remain. One great invitation can lead to the next. One amorous encounter can open the way to another, with the same person, or someone else. Let one creative or business opportunity establish your viability for another -- and be willing to receive them as a form of abundance. To sum up, the more you're offered, the more I suggest you stay open to receive. Keep your flow going.

Pisces (Feb. 19-March 20)

Keep diverting your energy into

Road to Resilience

Continued from Page 1

sales tax exemption, and reduce certain manufacturing taxes."

The purpose of this law would be to transfer some of the states tax burden onto the burning of fossil fuels, which increase the carbon dioxide load in the atmosphere. Carbon dioxide, as you probably know, is the main pollutant that is causing our atmosphere to warm and to change our climate. In order to do our part, we need to incentivize a reduction of our use of fossil fuels and speed the transition to carbon free energy sources. The easiest and most effective way to do that is to increase the cost of using carbon fuels. It is important to understand that this measure is revenue neutral, that is, it does not increase the tax burden on the citizens of Washington. Every dollar collected for carbon use is taken off another existing tax.

You can expect to pay 25 cents more per gallon for gasoline at the pump and a quarter of of a cent more per kilowatt-hour for energy produced from fossil fuels. That means also that you will pay 1% less in sales tax, the poorest 400,000 working families would get up to a \$1500 rebate of sales tax, and the B&O tax will be eliminated altogether. To calculate exactly how this tax will affect your family, go to: carbon.cs.washington.edu/juhki

Duncan Clausen, co-director of the Carbon Tax Initiative campaign, gave a presentation to a fossil fuel industry group in Washington State. As you would expect, he did not receive an enthusiastic response. However, they did say that if they were going to have to submit to some form of carbon regulation, they would rather see the carbon tax than a cap and trade program because the tax would give them a reliable predictor of costs that would make planning for the future far easier.

I hope I've given you reason to back these initiatives. If not, please read up on them and make a knowledgeable decision. We are the ones that will make these changes happen; the powers that be will not do it on their own. Your signature will put these issues before the state legislature for consideration. If they don't feel confident to act on them, they will be on the ballot in 2016. You are not signing anything into law, only giving us all a chance to consider it.

Comments? terry@vashonloop.com

creative and recreational experiences. In other words, chill out a bit. Pretend all your work is done for a while, no matter how much you may have to do, or want to do. Live as if everything is chill and under control and working out just fine. Do what you can to tune into that feeling tone. Consider this a creative experiment in manifestation without working as hard as you usually do. This is a chance to allow your emotional body to lead the way to contact, to experience and to an expansion of your life. In fact, you have less to worry about than you may think, and certainly less than you did a month or two ago. Much of that worry was the result of a mental fog that obscured your real state of affairs. It described a confused state of communication in your relationships that was in many ways outside of your control. Therefore, strive for ease and clarity and you will receive the benefits that they offer.

Read Eric Francis daily at www.PlanetWaves.net

Positively Speaking

Michigan

By Deborah H. Anderson



Then, it seemed like my parents idea to go to Michigan was born of a desire to be in the best place possible for summers. Every year, for seventeen years, the pilgrimage to Grandma and Grandpa Anderson and Grandad and Grandma Richards was made. It began with a seventeen hour drive thru categorized by the seven tunnels, Indiana and ‘up to Kalamazoo. Drivers switched off at two hour intervals. First my mom and dad, then when my brothers were older, them too. Finally, me.

Going to Michigan fell under the definition of ‘carefree’. Visiting Kalamazoo meant family gatherings around Uncle Robert’s pool or up at Uncle Artie’s cottage on Gull Lake where he owned multiple speed boats so the kids wouldn’t fight over them. My mom’s side was a dynasty. She was ninth of ten (with two sets of twins) and Grandad, as I’ve mentioned often, created the tool and die industry in America. So family and ‘the shop’ were the center of everything.

In an era where white gloves and hats and teas at department stores still existed, a trip to Gilmore’s for the latest fashions was a delight. Best yet at Gilmore’s were the night concerts. With the parking lot closed off, the stars in the sky providing a good portion of the light, Symphonies and ensembles and soloists treated us to musical respite from the long hot days.

Two summers I got extra time without the family. The first, I flew out by myself for two weeks ahead to be alone with my grandparents. Alone never happened. I was surrounded by cousins and aunts and uncles who gave me all manner of direction and diversions and learned useful things like how to make honey butter. I also got hours alone with the baby grand my grandparents owned. Don’t get me started on being the center of controversy when I did not inherit the baby grand. Mom, really, take a chill pill. Where would I put it? Seriously!

The second time alone was two weeks with my cousin Charlotte at my Uncle Robert’s Appaloosa horse farm. He owned the Grand Champion at that point so I learned all about the money market for stud fees. I also learned how to ride, and that I loved riding . Uncle Robert wanted to give me a colt that wasn’t going to colour out but had been sired by Rudy so I could pay for college with stud fees. Mom didn’t like the idea so Daddy Long Legs stayed in Otsego, location of the farm.

I learned I loved living on a farm. I loved the hours, the chores, the hard work, the groundedness of it all. I loved living that close to the cycle of life. I saw a horse palpated which will make you think twice about growing up a woman if you haven’t had your first ob/gyn appointment. I also learned how to pick out the molasses from horsefeed and how to love a big animal like it was a kitten.

Grandpa was a shuffleboard king, literally president of the St Petersburg club, so of course there was a shuffle board court in the back of the house. There was a tree shaped like a swan’s neck right above. Perfect place to sit and

be a kid. And the old grassy hill over by the insane asylum where we could roll down all we liked and never get scolded for getting grass stains, because in those days there were play clothes and there were dress up clothes and play clothes were meant to get dirty.

When the neatly divided time between the two sets of grandparents had arrived at the halfway mark, we made the seemingly endless trip from Kalamazoo to Muskegon. My dad’s parents were considered the poor side of the family. I dunno. To me, if you have two houses, one in town and one at The Lake, and own everything you possess outright, you’re pretty wealthy. Granted they weren’t buying a new Lincoln with cash every year like Grandad Richards, but it taught me ‘poor’ is relative.

The Lake was middle lake of Twin Lakes, which was actually three lakes. Never did figure that one out.

Grandpa and his brother built houses next to each other and since they were lumberman and carpenters after they finished owning a grocery store, they built boats and docks and diving platforms and a cool raft that floated on old oil barrels.

I learned to swim there. I learned I loved the water. At one end of the lake there was a ‘life size’ dollhouse with columns and a front porch. I would row one of the boats down there and just kind of float and covet all at the same time for as long as I could.

Now, now I would gladly receive a baby grand and an Appaloosa and a life size dollhouse with columns and a front porch and a cottage on the lake that has a shuffleboard court out back. They would be icons of summer pleasantries and the softer side of life. They are the landmarks of childhood for me.

When Caity was given the huge scholarship from Interlochen and attending the Academy for high school became a reality, it brought three trips a year to Michigan. Isaac and I took several loooong road trips from Midway up to Traverse City where Interlochen is located. Bringing Caity back down with us that last year after graduation, I stopped by the cottage on Middle Lake to show them. Isaac said, “I thought you made this place up, Mom. It’s really cool”. No I did not, and yes it is.

Then we stopped for a last time in Kalamazoo. I drove to the house where my mom was raised, the source of so many good memories for me. Like all places revisited from childhood it was smaller and less than I remembered. We drove by the shop which had been sold to the city after the business was moved to China. I said good bye to an era now erased by all but memories.

We were summer people. There is joy in being the summer people. Let us be good hosts.

Love,
Deborah



Safety Patrol



By Seán C. Malone

Sheriff Tex wasn’t a real sheriff as far as I know but he had a TV cartoon show every day and in the 50’s, us kids lived for it. It was in the early days of television and Saturday cartoons were never missed. Early in the morning, we would sit in front of the test screen with the picture of an Indian chief in the middle of a bunch of graphic calibrations which would shift as the engineers adjusted the picture for the upcoming cartoons. Once the cartoons started, it was the sound and motion that kept us glued to the set for hours. We called it the TV room, when it was really Mom’s sewing room where she mended our jeans, sewed Sister Molly a summer dress or worked on her Chiton collection.

Chitons are a type of mollusk that cling to the rocks and are only to be found on certain beaches at very low tides. Mom soaked the sea animals in formaldehyde to rid the Chiton of its flesh. She only wanted the bones; which she would re-assemble and glue together for the display case that Dad had built. The glued white vertebrae looked like 5 or 6 flattened clam shells in a row.

The TV was big and flat and very heavy. The screen was a meager 10 inches, but to us it was a god as we wasted our time in front of it watching for the cartoons or Sheriff Tex to come on.

Sheriff Tex always ended his show the same way. He would hold up his right hand with the thumb and index finger together in the form of a circle and say: “Remember kids, Safety First” and clicking his tongue as you would do to a horse to make it go.

Our principal, Mr. Moore, never clicked his tongue, but it was a great day when he handed me the white belt and shoulder strap that made me school patrol. My silvery badge had a red background which made me a sergeant while the blue background was for captain. It was a very proud day when I held up my red flag to stop the cars and let the younger kids cross the highway in front of Vashon Grade School, about halfway between town and Vashon Community Care.

Mr. Moore was a shy balding man with a good sense of humor. I know this because I was in his office too many times for minor infractions of the rules. In other words, not all of us were good boys. Not to offend anybody and I won’t mention names.

Mr. Moore kept a rubber hose under his desk; but he only showed it to me once, he never used it, and we sort of became friends. When I wasn’t being reprimanded, Mr. Moore would tell stories about his teaching days in rural Alaska. He drove a Model A on the ice

in the Winter as the ice was a highway. Once on the ice, they removed the rubber tires from the front rims so the car would steer better. If a passenger complained of his ice driving, Mr. Moore would take off the steering wheel and hand it to the complainer. There was no nut to secure the wheel to the steering column.

Mr. Moore gave chores to us trouble-makers to keep us out of mischief. A new school was being built where the Harbor School is now. They already had the lower grades in the new building but Mrs. Larson, our cook, was in the kitchen of the old building and the chore boys were asked to push carts of steaming food from the old school to the new school. The carts were stainless steel and the pans of food were set in trays of boiling water to keep them hot. On turkey day, when we finished pushing our carts, we were allowed to sit around the kitchen and pick the turkey bones. We liked Mrs. Larson’s cooking except for the way she fixed canned peas. She always over-cooked the peas and they smelled like burnt cigars.

Three of us had to stay after school to improve our cursive. It didn’t work. Mrs. Marston was very kind but I never learned cursive and people can’t read it if I try. Now, the schools are dropping cursive from their curriculum.

We weren’t in mischief all the time. Mom read us a newspaper article about an Everett boy who lost his legs playing on the railroad tracks. He was at Children’s Orthopedic in Seattle and his family was asking for donations. “Could we collect money from the neighbors on Cove Road to help the boy we had never met”, I asked? “Why don’t you have a small fair with games and prizes and raise money that way” she replied.

The idea caught on like wild fire as us kids thought up games we could charge to play. Dad made a stand up clown out of plywood. He had a big mouth and my sister sewed beans into bean bags, to be tossed into the clown’s mouth for the prize of an apple.

I had a docile old pack horse named Kiddy. For a nickel, you would get to ride Kiddy around the peach orchard where the driveway was on both sides.

“Mom, can we stop pulling, our arms are getting tired”, Sister Molly asked. The taffy was sticky and the pulling made it stiff; so it wouldn’t stick to your teeth or the top of your mouth. Very carefully, Mom cut out little squares of waxed paper and we twisted the ends around the taffy and sold it for a penny or two.

There were lots of kids on Cove Road and they came to the fair from as far as a quarter mile away. We made eleven dollars that afternoon and it was all sent to the boy with no legs in Everett.

Compost the Loop

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

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

Island Epicure



By Marj Watkins

Cold Dishes for Summer Days

These are our salad days. You don’t have to be vegetarians or vegans to put cold, high protein, salad-based meals on your table. A white bean salad even looks cool, whether you chill it before serving or not. This one is adapted from an Azerbaidzhani recipe in “Cooking from the Caucasus” by Sonia Uvezian.

- White Bean Salad
- 4 servings
- 2 cans white kidney beans or Great Northern beans, drained or 3 cups home-cooked Great Northern beans, drained
- ¼ cup olive oil
- ¼ cup fresh-squeezed lemon juice
- Salt and pepper to taste
- 2 green onions, tops included, sliced
- 2 Tablespoons minced parsley
- 1 Tablespoon fresh dill leaves or 1 teaspoon dried dill
- 1 Tablespoon slivered fresh mint leaves
- 1 ripe tomato, cut in wedges
- 2 hardboiled eggs, quartered
- 8 to 12 olives
- In a salad bowl whisk or fork-beat together the olive oil, lemon juice, salt and pepper. Add the beans and gently but

- thoroughly mix. Cover and chill. Just before serving, sprinkle the onions, parsley, dill, and mint over the beans. Garnish with the tomato wedges, egg quarters, and olives.
- There are great cold entrees for us omnivores, too. Here is a lovely salad for those who enjoy seafood. Very little actual cooking time is required. Nutritionists tell us we need to eat fish or other seafood a couple of times a week for the iodine. Your thyroid, one of your body’s master glands, lives on iodine.
- Seviche
- 3 to 4 servings
- 1 pound sole, cod, or shrimp, or a combination
- 1/2 to 1 cup lemon or lime juice (bottled is okay; fresh is better)
- 2 green onions with tops, sliced
- 1 ripe tomato, diced
- Salt to taste
- Cayenne, minced jalapeno, or red pepper flakes to taste
- Lettuce leaves
- In a small amount of water, poach the fish just until it’s opaque, or cook the shrimp until it turns a healthy pink in water to cover with a sprinkling of dried onion flakes and a few inches of lemon rind.. Drain and cool it. When cool enough to handle, peel the shrimps and chill. If using fish alone, drain and dice it into bite size pieces. Combine the seafood with the lemon or lime juice, green onions , tomato, salt and red pepper. Chill and let marinate for several hours, or overnight, gently mixing a couple of times.
- Wash the lettuce leaves and pat them dry with clean tea towels. Arrange on salad plates. Divide the seviche among the plates.

Concerts in the Park



Vashon Events and the Vashon Park District have announced the lineup for the annual Summer Concerts in the Park. The extremely popular and free outdoor concert series will begin on Thursday, July 2nd and run through Thursday, September 10th. All concerts start at 7pm and are held in Ober Park on Vashon Island. Enjoy live music performances from today’s top talent in rock, folk, reggae and blues performing against one of Vashon’s most beautiful outdoor backdrops. Plus there will be a night of Shakespeare in the Park.

Bring the family! There’s plenty of grass and natural burms to spread out those picnic blankets and enjoy some wonderful music on a warm summer night. Families can come relax, let the kids play on the playground and enjoy the entertainment at these summer events.

Thursday, July 23rd, 7-9pm: Shakespeare in the Park: Much Ado About Nothing

Love is the victim when lies are the weapon. Young and innocent, Claudio and Hero’s love is put to the test when the Duke’s wicked brother, Don John, decides to stir up trouble. When her innocent cousin is slandered, Beatrice leaps to Hero’s defense and enlists the aid of Benedick, her rival in wit and a friend to Claudio. Loyalties are tested in this comedy of love, betrayal, and redemption. Directed by Amelia Meckler and brought to you by GreenStage.

Concerts in the Park are presented by the Vashon Park District and curated by Vashon Events. If you’ve never experienced the warmth of community at the cool nights of summer concerts in the park, you’re in for a special treat.

Please remember that there are no dogs allowed at Ober Park. Alcohol and smoking are also not permitted.

FAIL BETTER

Continued from Page 1

giant teeter-totter, ropes and pulleys. Five archetypal Beckett characters tackle love, life, death and going-on in typical Beckett fashion: with humor, metaphor, stillness and gross indecency - creating a living, visceral experience.

For FAIL BETTER, UMO is thrilled to welcome Guest Artists Terry Crane and Jimmy Garver. Terry is a world-renowned rope artist, and Jimmy is an extraordinary sound designer, joining us from Washington, DC. Jon Schroeder, master set builder, designed our giant teeter-totter. Elizabeth Klob, executive artist of UMO, directs and serves as artistic visionary. With Ms. Klob, UMO Ensemble members Lyam White and Maria Glanz were lead writers. Mr. White, Ms. Glanz and UMO Founders Janet McAlpin and David Godsey, perform along with Mr. Crane.

Harbor School says, “Save the Sound”

Continued from Page 5

need your help to survive! I am guessing that many of you think that orcas lifespan is fifty to seventy years. Well, think again! They are supposed to live for one hundred or more years.

But because of tons of chemical waste in the water they are living much shorter life’s. In fact, when they die, they are so filled to the brim with horrible chemicals that they have to be treated as toxic waste. So I implore you. Help them. Feel for them. Do everything you can to give them the future that they deserve.

Save a clam, save a home by Calvin

Imagine a world without a home for all its creatures. Where would they go? How would they survive? The macoma clam could die if we don’t protect its home, the Puget Sound. Just one animal can make a difference in the life of another and help it survive. If you agree with me, don’t throw litter in the water. Be aware of where you’re going near in a motor boat and maintain it so oil spills don’t happen. Clean water is really important to clams and other members of the bivalve family. Gulls wouldn’t have one of there main source of food. Clams eat by taking in water and filtering the nutritional parts in the water taken in from their siphon. So, we need to keep the water clean, so we can save a home and save a macoma clam.

Save Our Puget sound by Sadie

Puget Sound is a miracle. A beautiful one. One that I wouldn’t replace for anything. But, as easily as miracles are made, they can also disappear. Nature is gorgeous. And what we have left we should cling to

desperately. Puget Sound was once so full of wonder. The magic is nearly gone now, but there is still so much beauty left. But if we aren’t careful, we will lose it forever. Puget Sound can be the source of so much information. So much can be used to learn. And it’s fun to learn about.

People may think, I have to get to work in the mornings or oh, it’s too much money. But it will be more money to fix the sound in a few years from now. The Sound is so beautiful, it’s worth saving. Something left of a miracle.

Just a tiny snail

by Nick

It’s just a tiny snail why does it matter? Fragile ecosystem the eel grass will drown the babies will starve. What we have done cannot be fixed you can stop it from getting worse. You know what to do don’t wait for some one else save the sound memories of what once was Save the Lacuna save the future Don’t rip out eelgrass don’t harm their environment Show integrity do what is right keep trash out of the water If we don’t protect these tiny creatures then we will have ruined the earth. It matters

The Vashon Loop is publishing op-eds written by Harbor School 4th and 5th graders. This is the first half of the op-eds, more will be published in future Vashon Loops as space allows - Editor

Ride the Nightmare

Continued from Page 1

chance to prove their endurance - or outright insanity - on this brutal Island-wide ride.

Online registration for PASSPORT TO PAIN opens on May 5 at www.passport2pain.org. The registration fee is \$100. Team Options are available: up to 12 riders in a group can join, so they can start at the same time and ride together. The registration fee remains \$100 per individual for teams. All proceeds from P2P benefit the non-profit Vashon Island Rowing Club.

Event Details:

- This is the 5th Annual P2P Island Ride (the event is not a race)
- P2P will be held on Saturday, September 12, 2015
- P2P begins at Jensen Point

- on the Burton Loop at 8 AM
- Riders are given a passport to be stamped at each checkpoint
- The longest ride option includes a climb of 10,000 vertical feet on the 80-mile course
- There are three course options for all riding levels:
 - o The Idiot – 10,000 vertical feet - 80 miles
 - o The Weasel – 6,500 vertical feet - 50 miles
 - o The Weenie – 3,400 vertical feet - 30 miles
- “For intensity, P2P takes the ribbon. I’ve done Ramrod 4 times and never once pondered not finishing. P2P – from Maury Island on – was one long slog of self-doubt and pain. So yeah, I’ll be back next year!”
- 2011 rider

Advertise in the Loop!

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

ads@vashonloop.com

Next Loop comes out July 23

TRASH TALK

Newspaper and office paper are printed with soy based, nontoxic ink so use it for mulching or composting. You MUST SHRED it first so it doesn’t mat down. Don’t compost glossy or colored paper – colored ink is OK. Paper is “brown” carbon material, so mix it with equal “greens”.

 www.zerowastevashon.org

Loose Change

R&B Band

Loose Change is now booking for your summer parties. We have dates available Call Troy @ 206-794-9451

Ian Moore

Buy your tickets here before they are sold out: www.brownpapertickets.com/event/1627496

Ian Moore is a prolific singer-songwriter who was spawned from the 90's roots rock scene of Austin, Texas and gained popularity as a guitar prodigy. Winner of seven Austin Music Awards including "Best Musician", "Best Band" and "Best Electric Guitarist," he has opened tours for the Rolling Stones, Bob Dylan, ZZ Top and British icon Paul Weller and has recently played sideman to artists as diverse as Roky Erickson and Jason Mraz. He has performed on hundreds of radio and television programs worldwide including The Late Show with David Letterman, The Today Show, a one hour Direct TV special, as well as a part in Billy Bob Thornton's feature film "Slingblade." In 2012, he was honored to share the stage with members of Jimi Hendrix's original band at Hendrix's 70th birthday tribute at EMP along with a host of other legendary guitarists. In 2013, he was featured on the



cover of Fretboard Journal with Billy Gibbons. Later that year he joined Crosby, Stills & Nash as a featured guitarist and singer at the EMP Founder's Awards Gala honoring CSN for their contribution to the music world.

Now as well known for his soulful vocals and insightful lyricism as his stellar fretwork, Moore has been playing stadiums, festivals, theaters and club venues throughout the US and Europe for over

two decades. With 4 Top 20 Billboard hits and eight albums to his credit, he continues to mesmerize critics and audiences alike with his riveting live performances

Friday, July 10, 9pm
\$10 COVER
All-Ages 'till 11pm 21+ after that.
At the Red Bicycle,
17618 Vashon Hwy SW
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www.redbicyclebistro.com

One More Mile



One More Mile is a Vashon band that has been together for over 5 years now. With a combined talent that has been blessed to perform on stages from the Washington Performing Art Center to the earthy feel of the old Central Tavern in Seattle's Pioneer Square over the course of their varied careers, One More Mile is committed to putting out the best of music for all to enjoy. Still committed to roots of the blues, and branching out into some funk sounds and performing a few originals as well, they really give it their all to make for a show that is always talked about the morning after!

Their rhythm section is made up of Sam Veatch and

David Salonen and they are better than ever, as these two guys have been playing together now for over 5 years. They are as tight and wonderful as any band could dream for. Lonesome Mike is still perfecting his harp sound and really puttin' his all into his music. Jason Lollar and Tommy Bean trade licks on their guitars that gets everyone excited to just BE THERE when the music is playing! They believe that nothing should be left behind when performing. Cover charge, ID required.

Friday, June 17, 9pm.
All-Ages 'till 11pm 21+ after that.
At the Red Bicycle,
17618 Vashon Hwy SW
206-463-5590
www.redbicyclebistro.com

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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 for another epic show at the Red Bicycle Bistro!

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. 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 a recent trip to Zimbabwe, 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.

Bain said he has found



great inspiration in working with kids and musicians in Africa – people he said had "an insatiable appetite for music." To share the healing aspects of music with children in Africa, he said, has been a joy.

Publish the Quest's latest album is called "A Thousand Kinds of Gold", and Bain said he is currently working on a short film that will document the band's work in Africa. This comes after a recent successful Kickstarter campaign to raise money to fund these projects.

Opening up for Publish The Quest we have RalphReign.



RalphReign is a gift to the art of Hip-Hop. Offering a breath of fresh air in the polluted cloud that music has become. Great music great message. RalphReign simply combines classy metaphors, similes, and a complex lyrical rhyme structure over soulful beats. Ralph Reign creates a realistic impression of the world. A glimpse into the mind of a young man wise beyond his years. Possessing wisdom which could only be attained by experiencing life from the drivers seat. Love and positivity are weapons which Ralph Reign uses to combat D'evils. Ralph Reign does not conform to any predisposed labels society has in place. Ralph Reign is originality. Ralph Reign is creating a peaceful world one song at a time.

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. I.D. is required. Cover charge.

Saturday, July 18, 9pm
At the Red Bicycle
17618 Vashon Hwy SW
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Summer SUPER FUN at Open Space for Arts & Community!

The Strawberry Games, Straw Fest TEEN DANCE, plus an awesome surprise...

Open Space for Arts & Community jumps into Strawberry Festival fun! For the first time, we are working with Festival Organizers to expand Strawberry Festival activities beyond the traditional town core.

On Friday night, we will host a TEEN DANCE. Featuring Tacoma DJ Michael Fort, and FREE PIZZA, this will be a spot just for teenagers to hang and enjoy. Teens have been flocking to Club O every month, and we're delighted to give them a dance all their own. Thanks to VARSA for sponsoring this event!

On Saturday and Sunday, our beautiful meadow, with Mount Rainier as a glorious backdrop, turns into an old-fashioned family fun zone... with an Open-Space-inspired modern twist.

Open from 12noon to 5pm on both Saturday and Sunday, the Strawberry Games will include Frisbee Golf, giant bubble trays, rock-painting table, water balloon tosses, a petting zoon, and old-school games like sack races. We are creating a Mama Tent for mothers and babes to rest, and snacks and drinks will be available for purchase. Plus we'll have some fun extras dropping in - chair massage, dog agility show, and more!

AND we are unveiling a brand new summer arts tradition...

Our PopART Putt-Putt Golf Course! Inspired in part by our Kinetic Art sculpture, created at Open Space in Summer 2012 by artists Jon Carlson and Dave Olson, and by the ever-growing Welcome Arch created by Ken C Judd, PopART-Putt Putt will be unlike anything Vashon has ever seen. Artist teams are creating small-scale, kinetic, interactive sculptures with a Putt-Putt hole in each one. More details coming soon!

Teens dancing, Strawberry Games and PopART Putt-Putt... Come enjoy the Art of Play with us this summer!

Event Details...
Friday, July 17, 7pm to 10pm: TEEN DANCE NIGHT

Free for teens
Saturday & Sunday, 12noon to 5pm: STRAWBERRY GAMES FUN ZONE

Free activities for all ages
Opening Saturday, July 18 at noon: PopART Putt-Putt!

Small fee to play; will be open on weekends through August 9th

Special Thanks to our Summer Sponsors for their support - Straight on Strength, Laura Michalek - Fundraising Auctioneer, and Amiad & Associates!

July at VALISE



Jeff mf Shaggydog on glass

During July, VALISE Artist Collective and Gallery presents Jeff Farnum (Jeff mf) and Jiji Saunders.

Seattle artist Jeff Farnam (Jeff mf) strives to make undeniable, one of a kind, physical art by giving new life to things tossed aside. Colorfully curious characters grace his collection of paintings on wood and found objects. Of his art he asks, "Is it a stoned turkey grazing for grubs? A green-eyed guppy looking for love? A crusty old cowboy on a three-legged cat? There's something rustling in the bushes and now you can't turn back."

Also in the gallery this month, VALISE member Jiji Saunders installs

an exhibit that, on the surface, seems to be a child's birthday party. On closer inspection the sculpted figures appear peculiar and uncanny. "The characters I created reflect our cultural traditions around children, the tension between expectation and disillusionment, and the uncanny and deja-vu nature of successive birthdays." Saunders' installation includes ceramic sculptures painted with encaustic wax and adorned by metal hats, crowns and bibs. It also includes oil paintings and photography and image transfer on wax.

Jeff Farnum (Jeff MF) and Jiji Saunders show through August 1. The opening reception is July 3 from 6 to 9 pm. VALISE Gallery is open on First Fridays from 6 to 9 pm and on Saturdays from 11 am to 5 pm and by appointment (206) 305-4917.



Jiji Saunders Sculptures

Loose Change



Photo Courtesy John Sage

Loose Change opens Strawberry festival at the Beer Garden at 7pm.

A longtime Vashon favorite, this band aims to entertain with non-stop danceable tunes and a commanding stage presence. The band's leader and powerful front man Troy Kindred is an entertainer in every sense of the word. His infectious energy and enthusiasm gets the crowd into the act - and his vocals will tear the paint off the back walls.

Kindred is backed by a tight 10-piece band that includes the big organ sound of keyboards, an inspired lead guitar, solid bass and drums and a dynamic three-piece horn section. And let's not forget the female singers. Not only can these ladies sing, but they've got the moves too. The sheer size of Loose Change makes for a big sound and a great on-stage look.

Loose change will also perform Sunday at 5:30pm on the Big Ober stage.

Island Artist Jordan Timlake



Hinge Gallery will present new work from island artist Jordan Timlake. Timlake's latest body of work include imagery from her daily crossings to Seattle printed on heavy rag paper. Subtle moments captured. Hinge Gallery also carried Timlake's screenprint bags and other functional art items. Opening First Fridays, July 3 from 6 - 9 pm

Next Edition of *The Loop* Comes out Thursday, April July 23

Deadline for the next
edition of *The Loop* is
Friday, July 17

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Hurry up! I miss having a family.



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Deadline for the next

edition of *The Loop* is

Friday, July 17

Lopy Laffs

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