



VASHON

# THE LOOP

Vol. 12, #8

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April 16, 2015

## Vashon Schools Foundation spring fundraising drive



By Rheagan Sparks

I view Vashon as something of an academic oasis. In a broader State educational landscape suffering from the “drought” of program cuts and staff reductions that result in incrementally failing each year’s “crop” of children, the Vashon Public School district stands as a thriving exception.

Vashon public schools have a well-deserved reputation for excellence. Known for devoted staff, high academic achievement, small class size, challenging curriculum and a virtually unmatched array of enrichment opportunity, Vashon public schools are a robust “ecosystem” in their own right.

Each year the Vashon School District attracts numerous families who are leaving minimally supported school systems in search of something better for their children. These families are discovering what island school families already know – Vashon kids get the equivalent quality of a private school education for a public school price!

But are all these advantages really available for free? The experience parents value so highly does have a cost associated. Yes, the State is supposed to pay the tab, but I think most residents are well aware by now that the State has fallen far short in its obligation, with no meaningful solution yet on the horizon.

But Vashon hasn’t waited around for  
*Continued on Page 4*

By Seán C. Malone

We lived a half mile south of the Cove store on the Westside Highway and our Grandma Ollie lived at Cove where the post office occupied the basement of Mrs. Anderson’s house. I didn’t remember her name, so we’ll just call her Mrs. Anderson, because a lot of the people at Cove were Swede or Norwegian, it having been a fishing village before there were any roads.

Olive B. Corbaley was our Grandmother’s name, but we mostly called her Grandma Ollie. One day she told us: “Oh kids, there was a terrible car accident by Mackie’s store and look what I found in the ditch”. Us kids would often get off the school bus at Cove to visit with her and then walk the half mile home. She pulled out a small white box and slowly removed the cover to reveal a bloody finger, lying on a bed of cotton,scaring us to death, my sister Molly, my brother Mike and myself.

There wasn’t any accident. Grandma had cut a hole in the bottom of the box where we couldn’t see and spilled ketchup on her finger.

There was never a morning, that she wouldn’t sit on the edge of her bed and light up a Chesterfield. It was her ritual as was a bottle of Olympia beer in the afternoon, which was my Grandmother’s undoing. Mrs. Wigan lived across the road and you could see her pull back the curtain a bit to spy on Grandma drinking her beer. Within minutes, Grandma’s drinking would be all over Cove and beyond. We called Mrs. Wigan the Cove “newspaper” because we had a party line of 15 and she was always listening in to pick up the latest gossip. We could hear her heavy breathing and knew it was Mrs. Wigan. Since she was hard of hearing, you had to yell into the phone: “Mrs. Wigan, get the hell off the phone”. Because she was a church going



person, the expletive was needed to speed her departure, which ended with a bang as she slammed the phone down.

Grandma Oli had an old green Chev sedan which she couldn’t drive anymore because of her eyes being bad. Mom borrowed Grandma’s car so many times that it just lived at our house where it slowly rusted away at the bottom of the peach orchard. Because of being Vashon, Mom never took the keys out of the ignition and pretty soon they were frozen in there, which made it easier for Mike and me to borrow Grandma’s car at night.

We would take it down to the other end of the island to race it on the straight stretch called Wax Orchard road. Mike and I would have to push the 1941 Chev to the top of the peach orchard to start it up, so Mom and Dad wouldn’t hear it in the house.

“Slow down, slow down”, my brother yelled at me. “She’s going to fly off the road”. We had hit 90 mph and the old girl was loping like “Galloping Gerty” , the Tacoma Narrows bridge which eventually came down in a high wind. The car’s front shock absorbers were shot. The old knee shocks were never much good anyhow, a victim of poor design.

But that wasn’t my first car, which was a 1936 Plymouth coupe with a rumble seat. This one had cost me \$25.00 from

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## The Road to Resilience Common Sense Economics

A friend of mine recently said, “If you are born on this planet, you are an owner.” It seems that a lot of the problems we have, especially today, revolve around who owns what. It has always seemed ridiculous to me that a person born into our country does not have an unalienable right to stand in one place, much less claim the space to build a shelter and grow or forage for some food. The more complex and systematized our society becomes the less part ethics, morals, and common sense seem to play. Capitalism, the freedom to do business as one sees fit, and unbounded land and resources up for grabs combined to create a perfect storm of greed and inequity. Once the amount that any one individual could own and control became practically infinite, those of us who were more aggressive, assertive, and acquisitive naturally moved to the top of the heap. Competition left the top spot for only the most ravenous and least principled. Only today are we beginning to see how high, steep, and narrow that heap can actually be.

We’ve created a system that rewards our worst traits. Sharers are losers.

By Terry Sullivan,

Trusting people are suckers that deserve to be taken. To keep our economy healthy, we are encouraged to buy lots of things we don’t need, and to not fear spending more than we have. The economics of scarcity require that we compete with each other for what we are told are dwindling supplies. We ignore and waste our natural gifts and ambitions, instead scrambling for whatever means of income is available to us (Quit dreaming and get a job!). To the extent that some of us can’t or refuse to take part in this scramble, we are considered lazy and shiftless. We are all somewhere on this continuum: some more prone than others to put our elbows up when pushing toward a place at the trough. I used to wonder why the poorest allowed their neighborhoods to get so messy. Didn’t they have any self-respect? I now see that they are struggling with much more fundamental concerns or they simply refuse to play a game that they clearly see is rigged against them. Some set up their own games (those not allowed, that is, against the law) like selling drugs. To make things worse, the wealthy set up charities to assuage their guilt by passing a few crumbs down to the less fortunate,  
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## Think you can be a Meat & Dairy Environmentalist? Think Again

By Vashon Vegans ~ Marcia C. Pearson,  
Joanna Gardiner and Jo Ann Herbert


There has been a lot of talk lately about “going green” and reducing your ecological footprint. Many environmentalists suggest switching to compact florescent lights, taking shorter showers, and driving a hybrid car. While these things do help, the environmental benefits of these actions pale in comparison to the good done by going vegan – eliminating your consumption of meat, eggs, and dairy products – the single best thing you can do to protect our environment and reduce pollution.

Raising animals for food – whether it is for their flesh, milk, or eggs; even organic and free-range – is an assault on the Earth and an inefficient use of resources.

Global Warming and Air Pollution: A 2006 report by the Food and Agriculture Organization (FAO) of the United Nations (UN) concludes that animal agriculture contributes more greenhouse gases to the atmosphere than all the cars, trucks,

planes, and ships in the world combined. Researchers at the University of Chicago have determined that just going vegetarian is more effective in reducing global warming than driving a hybrid car. The FAO concludes: “the livestock sector...generates 65 percent of human-related nitrous oxide, which has 296 times the Global Warming Potential (GWP) of CO2. Most of this comes from manure. And it accounts for respectively 37 percent of all human induced methane (23 times as warming as CO2), which is largely produced by the digestive system of ruminants, and 64 percent of ammonia, which contributes significantly to acid rain.” The Environmental Protection Agency (EPA) reports that animal waste is responsible for 80 percent of ammonia emissions in the United States. On factory farms it’s not just the animals who suffer from respiratory infections caused by the ammonia; according to the University of Iowa, 70 percent of workers on animal

*Continued on Page 8*



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Real Estate Terminology

CMA OR COMPARATIVE MARKET ANALYSIS:

A survey of the attributes of comparable homes recently sold or currently on the market; used by agents to help determine a correct pricing strategy for a seller's property.

ASSESSED VALUE:

The value placed on a property by a municipality for the purpose of levying taxes. It may differ widely from appraised or market value.

MARKET VALUE:

The price established by economic conditions, location & general trends.

MARKET PRICE:

The actual price at which a property sold.

PREQUALIFICATION VS. PREAPPROVAL

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NTL: Behind the Beautiful

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Forbidden Kingdom: Green-

Tech Night- RJ's Kids -April

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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](mailto:editor@vashonloop.com). Photos are welcome as jpeg or pdf attachments.

### 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](mailto:cara.aguilera@providence.org)/ 567-6152 with questions.

### Stolen Graveside Items

I am writing to alert the Vashon community of the theft of a number of items from the graveside of Ryan Belknap Krug. People will recall that Ryan, a Vashon High School junior, honor student, musician and athlete was tragically killed in an automobile accident on Vashon in January, 2013. At his graveside was a dark green notebook, a number of handmade mosaics on rocks, a lantern and pole, and other items, all of which were greatly treasured by those who loved him. Now, they have been stolen. If you know anything about the theft, a reward is being offered if the items are located. Please contact me at [sheridanonvashon@gmail.com](mailto:sheridanonvashon@gmail.com) if you know the whereabouts of these items.

Find us on Skype  
Vashon Loop  
206-925-3837

#### The Vashon Loop

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

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

**Ad sales and design:** Steven Allen  
Phone 206-925-3837  
Email: [ads@vashonloop.com](mailto:ads@vashonloop.com)

**Editor:** Steven Allen  
Email: [editor@vashonloop.com](mailto:editor@vashonloop.com)  
**Publisher:** Steven Allen  
PO Box 1538, Vashon, WA 98070  
Phone 206-925-3837

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### Chicken Plunge

The Vashon Senior Center will be holding their 3rd Annual “Chicken Plunge” Sunday, May 17th at Jensen Point Beach at 2 PM. Participants who are willing to defy Vashon’s weather, water temperatures and tides are invited to make up teams or Plunge as an individual into the waters of Puget Sound. The annual “Chicken Plunge” is a unique opportunity for individuals, clubs organizations , school teams and businesses to support the Vashon Senior Center by running or jumping into the cool waters. If you do not favor the idea of the Plunge consider being a chicken and help raise funds, sponsor and support those who are crazy enough to skip, run or jump into the water. Come out and cheer, “Cluck” or encourage the participants. Each individual or team will need to raise \$25 each to make the Plunge. Pledge sheets and information is available from the Senior Center at 10004 Bank Road. Join in the fun and get your friends, family co-workers to take part. Commemorative tee shirts will be given to all those who make the Plunge. Photos and refreshments will be available. Sign up and pledge sheets and funds will need to be turned in by May 11th to the Center. Participants will have to sign a waiver and check in time will start at 1:15 on the 17th.

### Household hazardous waste collection comes to Vashon

Vashon-Maury residents can safely dispose of old car batteries, oil, paint thinner and many other household hazardous items at no cost when the Wastemobile travels to Vashon Island, April 17-19. The Wastemobile will be at the Tjomsland Gravel Pit, 17001 107th Ave. SW, Vashon, from 10 a.m. to 5 p.m. each day. Residents can drop off household hazardous waste items including pesticides, oil-based paints, automotive products (oil, antifreeze, lamps, etc.), fluorescent bulbs/tubes and other items without a charge. The service is pre-paid through garbage and sewer utility fees.

### Let’s Read Poetry

As We Like It Let’s Read Poetry all are welcome to read their poems on Wednesday, April 22, 6-7:30 pm at the Vashon Bookshop. Share your original poem, a loved poet or favorite translation. Sign in to read or enjoy hearing local poets. The community Vashon Poets Laureate continue to celebrate Poetry Month through this informal event. For additional information, contact Ina Whitlock at [iwhitlock@centurytel.net](mailto:iwhitlock@centurytel.net).

### VashonAll and VashonList

The Yahoo Groups VashonAll and VashonList have been closed down for a few months. A group of people got together to try to recreate them under new names. The membership is slowly growing, but we would love new members. The replacement for VashonList is VashonMauryMarketplace. You can search for it in yahoo groups or use this link: <https://groups.yahoo.com/neo/groups/vashonLIST/info>. This site is used for buying, selling, trades etc. The replacement for VashonAll is VashonMauryInfo. Again you can search for this in Yahoo Groups or use this link: <https://groups.yahoo.com/neo/groups/VashonMauryInfo/info>. This group is for announcements of events and general information regarding Vashon. The only criteria for joining either group is to state your connection to Vashon (I live in Burton, have a summer home, etc.) Come join the fun and become a member.

### Vote NO now!

Six years ago when we last voted for the park levy, we had a vibrant Park District. We had numerous summer camps, summer concerts in both Ober Park and the Village Green with weekly dancing at the Village Green. Parents were able to register their children for sport activities and their own adult classes at the Ober Park office. We had a Kayak Center and we had just added the Senior Center to the Park District offerings. Burton Acres Recreation Center (BARC) was staffed, supervising our youth at this skate park. We had administration staff that included a full time program director. We did all this with levy proceeds of \$1,017,297. Then we built the VES ‘Field of Dreams’. We have already spent over \$2 million on the VES Fields and we are not finished. This year about one-quarter of our levy proceeds, \$277,000, is being dedicated to these fields to finish out the permit. This project has continually run over budget, so these projected costs may not hold true and be higher. Our Park District looks different today than it did six years ago. Now the Vashon Park District has neither concerts at the Village Green nor summer camps. The Kayak Center has been sold. Today the Senior Center runs their own programs independent of the Park District. Our children now skate at BARC without Park provided supervision. Registration for all sport activities is now done by the individual leagues. The Ober Park office has shortened their hours so staff can work undisturbed by the public. Our Park District has become a maintenance department for our parks and athletic fields, not a resource for our community.

With the Park District doing less and the VES Field being completed, why do we still need the same levy amount? For 2015 our levy money is \$1,123,638. This is 10% more than it was in 2009, when we were a Park District full of programs and activities for youth and adults. If we are not spending \$117,000 on a VES bond that is being retired this year, and not spending \$160,000, or more, on the VES Field construction that is supposed to be finished this year, next year we will not need \$277,000. Vote NO now! We can vote for a lesser amount in the November election. I do have a vision for our Park District. I would like us to return to the vibrant Park District we once had, offering programs and activities throughout the year. I believe we should be more than just a list of park properties that define our Park District. I believe that we need to really have the conversation about what we want our park district to become and offer our residents. And that conversation will only happen in earnest when we vote this April Park Levy down. Vote NO on the Park Levy. This NO vote now will tell the Park District that we expect to be part of the conversation and that we want programs and activities for all our residents to be returned to our community. If that happens, in the November election we can vote to fund these programs again. If that doesn’t happen, we can vote for a lower levy rate. The Vashon Park District will not be unfunded. But we can determine how that funding should be used.

Hilary Emmer

### Vashon Social Dance Group Monthly Dance & Lesson

WHEN: Saturday, April 18  
7:00-8:00pm: Fred & Ginger Foxtrot We’ll begin with the basics of Foxtrot and then build on, adding a few fun moves.  
8:00-9:30pm: Variety Dance - Lilli Ann offers a mix of foxtrot, swing, blues, rock ‘n roll, zydeco, waltz and more for your dancing pleasure!  
WHERE: Ober Park performance Hall, 17130 Vashon Highway SW, Vashon Island (just North of the Library and South of the Park ‘n Ride)  
COST: FREE (\$10 donation suggested)  
Come alone or bring some friends. A good time will be had by all. Questions? Comments?  
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# READ: Read, Enjoy, And Discover

By Isaac Roter

Have you ever been enraptured by a good book? The hours slide away as the story unfolds, and you can’t help but continue to turn the pages. This past sentence summarizes a countless portion of my youth. I would read during family meals, at school, and even when I had friends over: I was hooked. I would come home from a stressful schoolday (or even a good one) and almost immediately find my place on the couch with my book, my wonderful roundtrip ticket to Hogwarts, Middle Earth, or wherever else captured my fascination.

As I’ve grown, reading has evolved from being not only a wonderful source of solace and entertainment, but also a tool for education. I have developed a love for the accumulation of knowledge, and reading has enabled me to learn so much. From the side-effects of chemicals used by the food industry to the best method for aligning bicycle disk brake calipers, the ability to read has helped me learn so much. My passion for reading has finally gotten to the point that I feel compelled, even obligated, to share it with the world (or at least this island).

In early November of 2014, I was fortunate enough to attend a seminar devoted to inspiring members of my generation to become agents of positive social change, to learn how to gain personal fulfillment through helping others. We were each tasked with creating a project: a way of helping to alleviate a problem we saw in the world. After some deliberation, the answer became clear: I would help the children of Vashon become more confident readers. And with this, READ was born.

READ stands for Read, Enjoy, And Discover. It is as much a mission statement as it is a title: the goal of this project is to help children foster the ability to be enthralled by a story, unable to pull their eyes from the pages, regardless of whether they’re reading The Magic Tree House or The Lord of the Rings. I believe that passion and curiosity are the gateways to learning, and it is through the development of these traits that I hope to cultivate children’s love for reading, and resultantly their future success in school.

To do this, I have partnered with the Vashon Youth & Family Services-owned Vashon Kids Summer Enrichment program to create a summer reading experience where elementary school kids can read with their peers and with teen reading coaches.

To gather books for this reading camp, I am organizing a book drive that will take place throughout the months of April and May. Look for a donation box in the VHS Library, Vashon Bookshop, and Bookman’s West (inside Minglement). Please donate those wonderful books you loved as a child, but are now merely collecting dust on your bookshelf. This will help ensure that there are a variety of reading materials to capture the interest of the kids.

I greatly appreciate you taking the time to read all this, and I fervently hope you’ll help me in this endeavor. If you wish to volunteer for the program, or simply want to learn more, feel free to find me on Facebook, call/text: (206) 747-3963, or email: isaacflame@gmail.com.

# Voice of Vashon Looks to Future: Launches Membership Program

Vashon Island’s community broadcasting operation has launched a membership program, looking to the future and the need for a steady and reliable source of funding to sustain all the services the organization provides. The new membership donation program makes it easy for Islanders to lend their support and help provide year round cash flow.

“Think of all we do – two radio stations, our Emergency Alert Service, a TV station, a website portal, a streaming smartphone app. When you add all that up, hundreds of people rely on Voice of Vashon every day,” said Rik Reed, a member of the VoV fundraising team. “We have an obligation to keep it all going and we’ve found a way to do it in a user-friendly way.”

With the new program, supporters choose a membership giving level. Then that membership gift is automatically charged to the donor’s credit or debit card each month. Complete details can be found on the station’s website: [VoiceOfVashon.org/Membership](http://VoiceOfVashon.org/Membership).

“This kind of micro support by our Island community makes sense considering

what we do at Voice of Vashon. We are a collection of many voices that you might call a virtual town square,” said Susan McCabe, Station Manager. “Our electronic town square provides a place for friends and neighbors to be informed, discuss the issues of the day and be entertained through the power of radio, TV and the Internet.”

The organization runs primarily on volunteer power, an estimated 7,000 hours contributed every year, plus a small annual cash budget of about \$76,000 for all the radio and TV operations. That’s less than one tenth the budget of the standalone public radio stations on the mainland.

“We think of ourselves as small and mighty,” said McCabe.

The heavy contributions of volunteers go a long way towards making Voice of Vashon self-sustaining but some cash is essential for basics such as equipment maintenance, electric and Internet bills, stipends for a few main volunteers, music royalties and constant improvements to make the technology more volunteer friendly.



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## My First Car

*Continued from Page 1*

Jerry F. ; whose cousin was Sunny Jim, the Northwest’s smiling face on all those peanut butter jars.

It had no muffler, just a straight pipe that ended at the rusted out floor boards of the rumble seat. This was very handy for when I was hauling friends to Seattle Prep; as the Battery street tunnel was a great place to turn off the key and wait for the gas to build up in the straight pipe and then explode in a ball of flame that shot out the rear end, warming the feet of the guys in the rumble seat, a name that has been lost to antiquity, having been the spindly seat behind the carriage where the servant or footman rode.

I got bored with the Plymouth and sold the car to Tony Raab for the same price I had paid for it, \$25.00. My good friend, Dave Church told me the next day that Tony had taken my old car out to the gravel pit on Maury Island and jumped out at the last minute as he sent it over the cliff, just for the “hell of it”. I was mad as

a hatter when I saw my wrecked Plymouth lying upside down on the beach. I headed for town to hunt Tony down and found him at the Dairy Queen. Tony’s dad was the richest man on Vashon, having a car dealership, and Tony had the attitude that he could do anything he wanted, because his dad would pay for it. Tony’s cronies had the same attitude. I could see it in their faces when I walked up to Tony, jerked his jacket down around his shoulders and popped him one, right in the face. “My dad is going to sue your dad”, Tony yelled at me for tearing his brand new suede jacket. I didn’t care; he had wrecked my good car for no reason.

It’s no sin; but I owned 22 cars between the ages of 16 and 22.

Sixty years later, the county removed several wrecks from the beach at the marine park. I spotted where my wrecked Plymouth had been and found the master cylinder for the brakes and the bent distributor shaft which I made into a fire poker. Both of which grace my fireplace.

## Vashon Schools Foundation spring fundraising drive

*Continued from Page 1*

the Legislature to act. Vashon has stepped up to support its kids. In 2009 a farsighted group came together in concert with the School District to form the Vashon Schools Foundation. Since inception, with the phenomenally generous support of the Vashon community, the Foundation has raised more than \$1,800,000.

And yet, despite this amazing level of support, you may not even know the Foundation exists, or what your donation pays for. That’s partly because there are multiple entities working to raise funds for various aspects of school needs. It’s also partly because the Foundation has intentionally cast itself in a quietly supportive role to the School District.

To help clarify the matter, Vashon Schools Foundation is not Partners in Education (PIE), and it is not the PTSA. The Foundation works alongside those wonderful groups in the effort to provide classroom resources, but the Foundation has a distinct mission of its own.

Put simply, the Vashon Schools Foundation works to bridge the funding gap between what the state provides and what the school district outlines they need to meet the educational goals of our students.

Money donated to the Foundation replaces outdated textbooks and provides modern classroom instruments. It helps hire and retain experienced teachers and counseling staff. It helps make summer school possible and bilingual programs available. These aren’t necessarily headline making changes, but they are fundamental to operating a successful school system that meets the varied needs of its student body.

The following are just a few examples

of the many School District funding requests that the Foundation hopes to help fulfill when the 2015 pledge drive kicks off on April 20th :

- New Mental Health and Suicide Prevention Initiative K-12
- Science, Technology, Engineering and Math (STEM) program enhancements
- Advanced math textbook adoption
- Materials and curriculum development for bilingual preschool
- Student Link services program resources
- Science lab equipment and additional graphing calculators

The complete list of 2015 funding initiatives can be found on the Vashon Schools Foundation website.

I know the Vashon community is ready to renew its part in sustaining our academic island oasis! Please be part of the continuing success story by making a donation in any amount that is meaningful to you personally. A gift of any size is meaningful to the Foundation and the School District! In donating, you will feel the satisfaction of knowing that you are supporting the public schools and helping pave a path to opportunity for Vashon’s children.

Donations to the Vashon Schools Foundation can be made at any time, on either a one time, or on continuing monthly payment basis at the Foundation’s web site: <http://vashonschoolsfoundation.org/contribute/give-today/>

Also look for additional information on the Vashon Schools Foundation web site concerning the “Give “Big” one day campaign on May 5th.

## Foxy Needs A Home...

Do you have kids? I like kids! Whoever adopts me will be very lucky to have such an affectionate, fun-loving companion. When people pay attention to me, I roll around and contort myself into all kinds of positions, I’m so ecstatic. I’ve even been known to drool from happiness when someone pets me and rubs my belly.

I get along with other cats, and I’m quiet. What’s not to like? Come and see if I’ll stand on my head when you pet me. That might be my next trick.



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# Island Life Vote No on Parks

By Peter Ray

Yes, you read that correctly, and no, I haven't lost my mind-just my patience. Admittedly, my patience is being tested in a number of arenas at the moment, so a thinning is perhaps an understatement. As it was, the thin film of tolerance and credibility achieved a certain snapping-ness at last night's Park District board of commissioners meeting- at least it did for me. This all evolved and revolved around a pair of grants, one apparently cast by the wayside and one, apparently, being sought. Both involved state funds, and both involved around a half of a million dollars. The one being cast aside was a matching grant to help repair the pool, which as I understand it is the champion amongst the park's athletic facilities in terms of generating revenue to cover basic operating costs. The grant being sought is also a matching grant to repair the shaky Tramp Harbor dock, and which to the best of my knowledge gathers no fees or admission from the bird watchers and squid snaggers that walk its tenuous planks and pilings. In casting their lots in this fashion, parks director Ott has reverted back to the old ways of parks thinking, namely, let's once again move the Island's supposed desire for a year round pool to the back burner while we fund a no revenue boondoggle, and yes, I will of course invoke the dreaded VES fields here for effect.

When I asked at last night's meeting why a half million dollar matching grant was being sought for the Tramp Harbor dock when a half million dollar matching grant for the pool had been cast aside, a pall of confusion filled the room. It seemed like a fair question to me. In recent times, if the state had offered another \$500K to parks, it would have been snagged in a nano second. Before a cover is even to be considered, the pool will require substantial repairs and upgrades. This grant could have provided a good start toward affecting these repairs, which are needed for pool safety as well as for prepping the pool area for a possible cover to come. My question was intended to discover why repairs to the dock trump repairs to the pool. In his usual condescending tone when confronted with any issue outside of baseball fields, commissioner Wald made mention that the board had neither considered nor voted on the pool grant. In a response from commissioner Branch, my question was in turn framed as being driven by Island rumors and innuendo and that a possible pool grant was neither on nor off the table. In referring back to a pair of communications among the Friends of Vashon Pool, on 31 March I noted that Senator Nelson was ready to recommend a half million dollar matching grant for the pool, but that director Ott prudently discussed a

postponement of this capital grant in light of the Park District's still fragile financial situation. On April 14 the FOVP received word from Senator Nelson's assistant that the pool would not receive an allocation for this biennium. The FOVP at all times were aware of the problems that beset the Park District as a direct result of the misrepresentation of the existence of VES field matching funds by past and present commissioners and were prepared to seek out the matches and not fall into the same dire problem, had we been given the chance.

It seems that even when and where money is not an issue with the pool, there are still problems in perception of the pool in general. The backwash drainage dilemma that was to be fixed and paid for by insurance is not getting dealt with in a timely fashion and still might not be completed by opening weekend at the end of May, and a recent revelation about further inadequacies in the High School and pool septic pairing have potentially thrown a few more monkey wrenches into the mix. There is also the conundrum of an ongoing feud about pool times and places between the Island's two competitive swim teams that has torn a part of the swimming community asunder. In spite of what by all accounts, including mine, was nothing less than a resounding success in regards to the April fourth open day at the pool, I am left with the overall feeling from recent events, and last night's board meeting in particular, that all of this could be easily summed up in two words- why bother?

In truth, if the park district were to go away, not much would really change. Captain Joe and the Keepers would keep the light shining down at Point Robinson and the horse clan would certainly find a way to keep riding. The rowers and the kayak center have too much at stake to allow what already is a minimal impact by the parks to disrupt their mighty programs by parks' absence. As for the fields, a legion of volunteers could potentially keep things trimmed, or they could be let go into meadows for contemplative walks or picnic excursions. The pool would probably be shut down, but as it is the pool could be shut down anyway given both the parks' and the schools' relative lack of concern for it. I haven't forgotten the employees, and we shouldn't since they are the ones that have been dutifully and skillfully bringing the parks back from near doom. In truth, before the meeting last night, I mailed in my ballot and it was marked yes for parks. In fact, after the meeting I felt abandoned by the trust that vote had sought to reciprocate. In actuality, I don't really care how you vote or if you vote, in spite of what I recently recorded for the Voice of Vashon. For now, I am done with the VPD, and so as not to jeopardize their efforts, I am detaching myself from the Friends of Vashon Pool as well- the rest is up to you.



## For Orca Babies

By Orca Annie Stateler, VHP Coordinator

This Earth Month, we have four Southern Resident orca babies to celebrate -- cautiously. Technically, the calves are not included in the census until they have survived one year. With roughly 50% mortality in the first year, not all four newborns may survive. At either 78 or 82 counting the babies, the number of Southern Residents is still distressingly low, and their population remains critically endangered. In orca recovery, most stakeholders broadly agree that the following threats imperil the survival of J, K, and L Pods: depleted Chinook salmon runs; persistent bioaccumulative toxins; careless deployment of military sonar; climate change; and the risk of oil spills and diseases.

Removing dams and other improvements to the orcas' critical habitat might yield benefits in the long term, but the Southern Residents are suffering today. Protecting orcas from disruptive vessel effects is one conservation issue we can tackle now. Denial and complacency prevent some from acknowledging that vessel effects, specifically from boats pursuing these endangered orcas, also jeopardize recovery of the Southern Residents. What you may not realize is that much of the opposition to mitigating vessel effects comes from people with close ties to the whale watch industry. The engine noise and presence of just a few boats can disturb orcas' foraging, socializing, and resting. Commercial tour boats inevitably beckon curious recreational boaters. Consider the cumulative impact: when dozens of boats pile up on the Southern Residents, it matters little if boaters are adhering to anemic voluntary guidelines or unenforced laws. Research shows that when the Chinook salmon supply is low, the noise and presence of boats intensify harm to the Southern Residents. The whales forage less when surrounded by vessels and expend precious energy dodging boats. Starving whales metabolize the deadly toxins stored in their blubber.

Another study shows a 15-20% increase in the duration of orca calls to compensate for boat noise. In other words, killer whales must "talk" louder to each other to be heard



above the increasing underwater din. For Earth Day homework and additional perspective, check out the vessel effects studies in NOAA's report, "Southern Resident Killer Whales: 10 Years of Research and Conservation" at [www.nwfs.noaa.gov](http://www.nwfs.noaa.gov). Read "Whale-Watching Found to Stress Out Whales" at <http://www.scientificamerican.com/article/whale-watching-found-to-stress-out-whales/>. Review the proposal for a Southern Resident Whale Protection Zone the at [www.orcarelief.org](http://www.orcarelief.org) What humans find convenient is often contrary to optimal conservation practices. The desire of "Digital Humans" for instant notification about locations of endangered whales is at odds with the precautionary principle. The electronic trail of sightings attracts boats. Shore-based whale watching is supposed to be a sustainable alternative, but chasing orcas all over Puget Sound by car and ferry erodes that sustainability. On Earth Day, think of that carbon footprint. Southern Residents endure year-round whale watching stress throughout the Salish Sea. Commercial and recreational boats are already converging on the J Pod newborns. We can help the orca babies thrive by reducing viewing pressure on them, seriously considering a whale protection zone off the west side of San Juan Island, and by living more consciously, selflessly, and sustainably in Southern Resident habitat.

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 initiated three decades ago by Mark Sears. Send photos to Orca Annie at [Vashonorcas@aol.com](mailto:Vashonorcas@aol.com) and check for updates at [Vashonorcas.org](http://Vashonorcas.org).



Mother Calypso (L94) with Baby L121. NOAA/NWFSC photo, 2/25/15.

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# Spiritual Smart Aleck

## A Simple Glass of Water

Some friends were complaining about chlorine in their water the other day. I sympathize. No one likes that taste or smell.

The state of Washington has these standards that public drinking water must meet, you see. If your water comes to you from one of the major island water systems it has to be tested daily for levels of chlorine as well as a lot of other things, especially organisms such as e. coli or cryptosporidium. Some bacteria are dangerous to everyone, and some are not so dangerous to a healthy person but are life-threatening to someone with a compromised immune system – people undergoing chemo, or people who are HIV-positive, for example.

If a system’s water does not test up to the required standards, everyone in the system is sent a letter telling them that the water is potentially dangerous. You might be asked to boil water. The Washington water quality folks are trying to avoid mass illness and death. It’s a modest enough goal.

I know all this from being married to a guy who devoted over thirty years of his life to providing safe drinking water on Vashon Island. Rick worked on most of the large water systems (Heights Water, Water District 19, Maury Mutual, Dockton Water) and on a lot of the tiny little creek and spring-fed systems on the island.

He started in 1974, working for Mr. Mukai at VIPCO. As an employee of VIPCO, Rick repaired and installed a lot of pipe on Vashon Island. He worked on both septic and drainfield systems as well as developing springs. He decided that he preferred working on drinking water instead of waste water, and for a few years after he left VIPCO he worked independently developing and repairing little water systems.

In the late 90s he worked as an underground utilities locator. It turned out that a lot of the water pipes he located on the island he had installed years before.

It would be nice if utilities had planned from the beginning to put all utilities in the same trench underground, but they didn’t. When someone wanted to throw a utility in the ground, they threw it in all higgledy-piggledy, resulting in an underground maze that makes digging a new hole or trench without hitting a buried utility almost impossible.

This is why you see all those signs saying, “Call before you dig.” This is why there are utility locators. Consider the major Comcast outage a couple of weeks ago when a major fiber optic trunk was dug up in the South Lake Union neighborhood. That, my friends, was a locating failure. Either it was marked wrong, or the mark was ignored.

When Rick was locating he learned how to dowse. Some of you may laugh, but dowsing is



By Mary Iuel

something that people who work digging up the ground use. They don’t talk about it much.

Dowsing is not the first technique they use to find utilities. There are fancy-schmancy locating machines that can send an electronic signal through pipes so that you can trace their route through the ground. Unfortunately for a few decades the new pipe being put in was not metal, but PVC plastic, which does not carry a signal. When there is no signal to track and there are no other clues, it’s time to get out the dowsing rod.

Rick spent the last few years of his working life at Water District 19, doing daily water testing, repairing leaks, replacing meters, reading meters, doing locating, and, yes, adding chlorine to the water.

When you want to have a glass of water, consider all the men and women who are out in all weathers at all hours testing, monitoring, sanitizing, and repairing your water system, and staying up all night with generators during power outages to keep the pumps going and the water running.

We tend to think that we have a God-given right to water, and it should be free. If we could go down to the creek and drink the water without getting a galloping case of gastroenteritis, that might be true. That is not how it works. Water is treated and monitored so that you don’t get a deadly bug, or a really annoying one, like giardia. People have to take classes and get certified to do water work, and that’s one reason why you get a water bill. If you have your own system or well, you have to maintain it so that you don’t poison yourself or other system users, and that requires time and money. Nope, water is not free.

I haven’t even mentioned cross contamination, when water goes into a connection and then flows back out into the system, perhaps bringing something nasty along. That is something water workers prevent so you don’t even have to think about it. Pretty cool, huh?

Thank a water worker today, and pay your water bill cheerfully. People all over the world die from bad water every day, but you and your family don’t.

P.S.: If you don’t like the chlorine in your water, put your drinking water in a jug or other container, preferably glass, and let it stand overnight. The chlorine will “gas off.” You can sweeten your water further by running it through a filter – Pur and Brita brands come to mind.

by Rachel Waldron

Back in January, I booked a large, fast-paced project, giving me very little time to sit down and write anything. We are nearing completion, time is opening up a bit, and I’m starting to look again at my own home, dreaming of all the things I would love to do, and remembering how important it is that I treat my own home as I would one of my client’s projects, rather than to stumble through and impulse buy as needs arise. This is a bad habit many designers tend to gravitate toward due to our hesitance to bring work into our homes.

See, the thing that makes a design is a plan, a concept, a consistent idea that is carried through from start to finish. It should be an idea that is present in every element, in every decision. Of course, this becomes complicated when we have 1- a passion for all things design, and 2- conflicting styles between the homeowners.

Being an interior designer

who is married to an architect, it is easy to get lost in spontaneous ideas of our “good taste” and want to purchase items we see and fall in love with. But the problem to that is that we have not yet developed a plan.

**Enter the Design Concept**

In order to create the underlying concept that will be continued through each space, I like to look at the elements and principles of design. I step away from the “design style” and the pieces I see that I like. Instead, I’m thinking about things such as line, shape, scale, texture, harmony, unity, and balance.

# Ink + Mylar

## Interior Design Conceptualizing

When I work with a homeowner, I look at their existing space (if applicable) and/or their inspiration photos, and the elements and principles that are consistent in them. In order to develop a truly beautiful design for my own family, I must do the same. However, in this case, I have the most difficult clients imaginable. Myself, and my husband. Two designers who have a vision, but apparently have a hard time merging this vision. And, so I am taking on the challenge of stepping outside the “home” and into the workplace, viewing my home and our design communication the way that I would a client’s.

In almost every project I work on, I meet couples with differing visions and styles. I study what they love and present a compliment of both styles in a tidy little package. Every time, they ooh and ahh at how I managed to convey both of them in the design and truly listen to their needs. I dated my husband for ten years, and we have been

space and 2- will not complement our significant others’ design aesthetic. I have to do this in many homes and have never had a complaint until I started working with these two bull-headed designers (my husband and myself)!

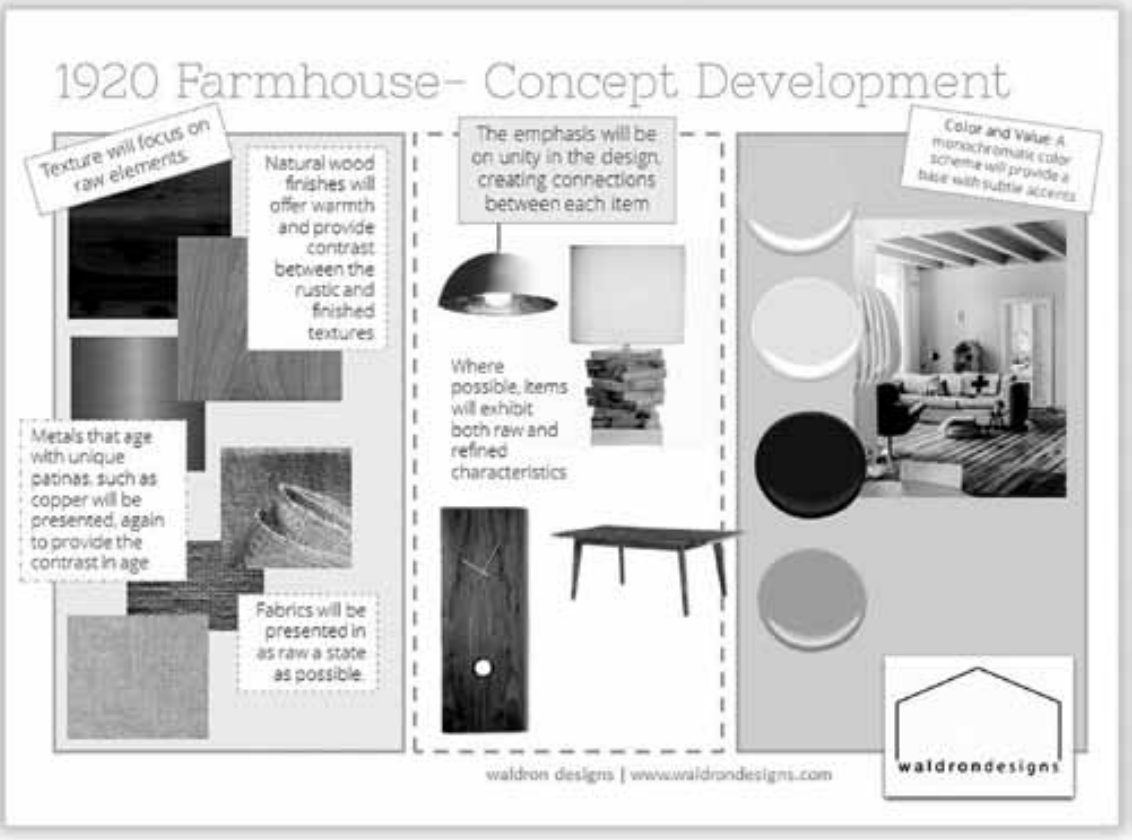
Have I lost you yet? It’s complicated! A really great design allows time for the concept to be fully developed before taking off into design development.

While color is prevalent in any interior design concept and image, I have included my first go-round of a concept board for my stubborn clients. I realize that it may not be fully legible in print, so I urge you to take a look at the digital version of the article or visit my Facebook page ([www.facebook.com/waldrondesigns](http://www.facebook.com/waldrondesigns)) where I will be tracking the progress of our own project as well as many client projects! Of course, at this point I approve, but we’ll have to see what the other half says! It’s been a year of work to develop just this concept!

**“How does this apply to my design project”, you wonder...**

This applies to every design project. It is not unusual for me to get a call from a homeowner who just wants advice in selecting a color, or would like a few hours of my time. I am, of course, always happy to oblige and enjoy these small projects greatly as they produce instant gratification! However, these are not design projects. They are consulting projects where I offer my expertise based on past experiences and designs.

If you are looking to have a home that should grace the covers of the home magazines, a home that speaks a fluent language as occupants progress through it. It is my expert opinion that you first and foremost develop a design concept, and allow it time to progress and fully develop into something that moves you. It should speak to you, and be a presentation of you and your home. Take time in your projects. Do not rush them. Let them unfold, develop, and mature fully.





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**Aries (March 20-April 19)**  
Relationships are not everything and everything is a relationship. Or as Thaddeus Golas once wrote in The Lazy Man’s Guide to Enlightenment, “We are equal beings and the universe is our relationships with one another.” What has recently developed with another person is likely to have shifted your orientation not just on that particular encounter, but on existence. You have seen through something, perhaps a belief you held about the world, or an appearance that you were taking for ultimate reality. What you’ve really experienced is the propensity of people and their circumstances to change. As a result of taking this on board, your own story is moving in some interesting directions. You are likely to be free in a way that you were not before, because you’re considering real data from your environment rather than something you wanted to be true. This will have a way of bringing you closer to yourself -- and allowing you to be closer to others.

**Taurus (April 19-May 20)**  
You contain a person or personality who is not concerned with the normal rules of social conduct. This is the truly free aspect of who you are. The thing is, most of the rest of who you are is deeply concerned with social conduct and appearances, and this can set up a struggle. It would help if you allowed the different facets of your inner existence to coexist. This would begin with acknowledging the many personalities you contain as you become aware of them. Yet there’s a risk in doing so, which is a risk to your self-image of propriety. I would say that’s a good thing to challenge, to gamble, to experiment with. You can only have self-respect if you see yourself for who you are (the word respect is about witnessing; it literally means ‘to see again’). Self-respect means looking at yourself over and over, and raising the level of your inner conversation to something you can hear and share with others. Do tell. We will all find it interesting.

**Gemini (May 20-June 21)**  
Venus in your sign bestows a special kind of intelligence. Your sign is ruled by Mercury, and Venus and Mercury are neighbors, more similar than most astrologers recognize. Mercury bestows a quick-witted kind of mental intelligence. Venus, which arrives in your sign on Saturday, describes what I will call an aesthetic intelligence. In Gemini, you might say this is about beautiful and elegant thinking. It’s offering you more than a strictly logical approach to your circumstances. There is a new kind of information coming; it arrives with both a shift in your perception and your ability to simultaneously hold two points of view and have them not be in conflict with one another. When you’re evaluating something, try feeling what is true rather than ‘thinking’ about it. And notice whether an idea is beautiful and how that affirms its relative truth. Venus is another way of looking at the world, and she’s coming soon.

**Cancer (June 21-July 22)**  
You’ve been making bold moves, experimenting with real decisions and in truth entering new territory in many areas of your life. You seem to be going deeper than ever -- and reaching higher than ever. But this rarely goes as expected or planned, so I suggest you work without either expectations or plans. Rather, keep your mind on a vision, on something you’re aspiring to, and let it be something unusual. There is a theme of taking authority by subverting some custom or idea of culture. It’s as if you’re determined to do something your own way, and make it work in a way greater than anyone would expect. You can do this, though you have to be clever, and you have to pay attention to your environment. One of the operative factors is your reputation. This is a tool you can work with. The chances are you are known for something unusual, or you have some special

achievements to your credit. Play them up and make sure you do everything you can to stand up and stand out.

**Leo (July 22-Aug. 23)**  
What you believe is more radical than you may know. You’ve been getting little clues about that here and there, though you’re about to get a big one. The clue seems to be related to changing your mind about something, or revising your plans. This is in service of some long-range goal. Yet I would remind you that in truth, the only such goal you have involves who you are becoming. Your external plans are representations of your inner reality. The challenge here is that you prefer to have a very stable inner sense of self, while there exist a diversity of factors that are making that unlikely or impossible. You want some stability; and your environment, inner and outer, seems to be handing you nothing but change, and a changing idea, of what is necessary. Over the next few days, the two sides of the equation will align: the side that wants consistency and the side that is demanding progress. There is a meeting place, and it will surprise you.

**Virgo (Aug. 23-Sep. 22)**  
You must learn to speak the language of those you would seek to influence. To do that, you must know what they want. Yet what you want is just as valuable and necessary right now. Your chart suggests you can get past the illusion of separate interests, which also means getting past the notion of competing interests. There are aspects of your plan that will work for others and aspects of their plan that will work for you. You will be in the role of the person who is guiding things into the mix-and-match win-win situation (there’s a bestselling buzz phrase for you!). So start mixing, matching and winning. While you’re doing that you may have to clear up some misunderstandings that have emerged the past week or so, and I suggest the best way you do that is first by listening, and second, by acting only on information you have confirmed to be true.

**Libra (Sep. 22-Oct. 23)**  
The recent lunar eclipse may have shaken your confidence, or so it seemed for a moment. Really, you’ve been going through a kind of initiation. You are figuring out that you are the most solid ground on which you stand. You are your own home. No matter who you share your life with, you must be at the center of your existence if that sharing is to be meaningful. Some might say this makes you less vulnerable, by which I mean able to be open to the emotional presence of others in a deep way. Being centered and able to relate from your core is what makes vulnerability and therefore intimacy possible. Discovering this is part of the long journey you’ve been on since Pluto changed signs in 2008. It may have felt like your previously solid ground was crumbling beneath your feet. Yet what was really falling apart was an outdated idea of relationships that no longer worked.

**Scorpio (Oct. 23-Nov. 22)**  
You might notice that a relationship partner becomes more conversant with you about things that were previously taboo. I suggest you allow them the space to open up and speak, without asking. Leave your door open and make the environment safe by reminding them that you’re listening and that you care. I think you’ll hear something over the next few days, and if you don’t, gently bring up some topic you’ve been wondering about. You’re in a very good position to see things from the viewpoint of another person. One of the main shifts that a partner has been through is something similar, the ability to consider two seemingly competing possibilities at once. Yet those possibilities don’t really compete or negate one another. They actually support one another. The same is true for differing opinions the two of you

may have. Honoring difference is essential, and making it work for you is a form of art.

**Sagittarius (Nov. 22-Dec. 22)**  
You seem ready to burst through some creative barrier. That means making peace with being different, among other things. What I would suggest is an indirect approach. For example, someone might make a political statement through some form of serious writing; someone else might do it indirectly through art or music. I suggest you take the most subversive route to making your point, which will encourage you to keep whatever you’re doing creative, adventurous and risky. By risky I mean taking the chance to do something different, or in a different way, with each thing that you do. Really pause and consider your methods and your approaches to the puzzles and projects of your life. You may need to go out on limbs where you know you may be less than comfortable, or make others uncomfortable. That is one hint, not proof but a hint, that you’re taking creative risks.

**Capricorn (Nov. 22-Dec. 22)**  
You may be seeking security and finding a form of chaos. It’s as if the more security you seek the more chaos you will find. You might change approaches and dance with the fact of a kaleidoscopic world, a world where everything influences everything else. Because that is true, this thing known as ‘meaning’ must always be seen in context, and given room to grow. That’s a hint that there is no absolute meaning to anything, but rather information to be gathered from how any one circumstance influences you now, and how you influence it. Humans have a tendency to want fixed definitions and permanent states, though definitions morph constantly and the state of the world is in a constant state of change. Where does that leave you? A little like a dancer moving to the music rather than the choreography. This is to say your life is more like the Barefoot Boogie and less like Swan Lake.

**Aquarius (Jan. 20-Feb. 19)**  
It looks to me like there is something you want to put in writing, though you may be running into some issues. One of them is the feeling that it’s not possible to say this thing, exactly, and mean what you say. Get used to that -- it’s probably not possible to fit exact meaning into words, and have that same exact meaning appear in someone else’s mind. Therefore, do your best and express yourself sincerely. Go for the feeling as much as the facts. Second, it would seem that what you have to say could pop someone’s mind -- that is, it might be controversial. That’s the direction to go in. I don’t mean intentionally stirring people up but rather, inwardly, moving in the direction of not being afraid to do so. In other words, be mindful of when your inner censor says, ‘Don’t say that! You’ll get in trouble!’ That’s the thing you most likely want, and need, to say.

**Pisces (Feb. 19-March 20)**  
You’re having to make a lot of decisions about money lately, and what you’re likely to be discovering along the way is what is truly important to you. In astrology, the same house -- the 2nd, which in your chart happens to be Aries -- covers your resources, your values and your self-esteem. Resources means money, equipment, supplies and most of all, talent. Values means your personal constitution, which by the way is getting amended regularly as you set new values based on new experiences. Self-esteem is the inherent respect you have for yourself. One message from that facet of your mind is that you’re figuring out how radical you are. Radical has two meanings: it’s commonly said to mean one who dares to challenge the status quo, such as a revolutionary. Semantically, the word means going to the roots of whatever is in question, in this case yourself. Upcoming aspects describe you going deep, and gaining confidence expressing yourself from your core.

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

# Road to Resilience

*Continued from Page 1*  
thereby creating a culture of dependence and disempowerment amongst those whose ingenuity and industry are either not allowed to develop or are suppressed.  
There is a way to turn all this around and at least one group, The next System Project ([thenextsystem.org](http://thenextsystem.org)), is attracting the best minds to apply common sense and the laws of nature to put things on a better course. Some of the principles they espouse:  
1) The predominant characteristic of life interactions is cooperation, not competition. Cooperation fosters equality and fairness instead of hierarchy and advantage, and allows natural individual talent and creativity to come forward and be utilized where it is needed. Cooperation fosters love, and an awareness and regard for the well being of the entire system because we realize that we are utterly interdependent.  
2) Workers must be stakeholders in the businesses they work for. Stakeholders must be workers. Let’s get rid of the adversarial relationship of owners vs. labor! Right now, capitalism dictates that labor is a cost of doing business and must be minimized. Labor wants a living wage and safe working conditions. Both sides will sabotage the other in order to gain their advantage. Why not coalesce their interests by making them one and the same? Employee stock ownership plans (ESOPs), worker owned businesses, and cooperatives having already proven themselves. As stakeholders, workers profit from productivity gains, even when jobs are eliminated: No unnecessary make-work to keep workers on the job. Workers are flexible about sharing labor demands by guaranteeing all an equal share of work hours required and often share both the more disagreeable tasks and the easy and more rewarding tasks. Businesses have the benefit of the experience and creativity of every person working there.  
3) We are all shareholders in the resources that are extracted from the Earth and should receive dividends based on the profits accruing from those resources. The State of Alaska already pays about \$1400/year to every Alaska resident as their share of oil extraction revenues. As stakeholders, we have a natural interest to nurture and guide the use of our common resources for us and the other creatures affected.  
4) Over-production and over-consumption are not required or encouraged. Nature stops at enough; nothing is wasted. Common sense and overall well being provide the guidelines, not profit, growth, or the projection of power.  
5) Local production and consumption are always the default choice, then regional, and finally global only when clearly shown to be necessary.  
Changing such an all-encompassing system at once would be daunting, but we can do it incrementally, one business at a time, one consumer choice at a time.

Comments? [terry@vashonloop.com](mailto:terry@vashonloop.com)

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# Positively Speaking

## Patience, and Waiting, and Living in the Middle

By Deborah H. Anderson



living.  
I must confess I am still a high achiever. But I have learned to stand up for myself and to live deeply.  
When I moved on to the Island, twenty years ago, if you came up to me while I was eating lunch and told me ‘That is absolutely the wrong thing for you to eat’ and took my dishes fully loaded with food to the sink and dumped them out, I wouldn’t have said a thing. No sense of self worth.

It has been downright amusing to me that I have somehow earned a reputation for being insubordinate or strong willed. Hell yea! Let’s hear it for the boomer white woman who now says ‘no’. I found out I can be kind AND stand up for myself. Very important information. No more being a scapegoat, thrown under the bus.

Patience, and waiting for goals to be accomplished while infinitesimal steps are taken towards them, means you have to develop the art of living in the middle. One is neither slow nor fast. One is deep. Deep is its own speed zone.

Deep living requires learning the difference between sharing your narrative, and sharing your heart. sharing your heart. Sharing your heart can be saved for a trusted few, but sharing your narrative deepens your everyday walk, if you dare to share it.

The Grand Adventure is part of my faith story. It’s part of my family business history.

Go deep. Avoid shallow. Avoid superficial? Avoid appearances. Dig deep and live from your heart. And if you don’t know where your heart is, just set a spell and listen to the silence, the thin silence. You’ll find it.

Well...think about it at least. It’s not a bad way to live.

Love,  
Deborah



## Think you can be a Meat & Dairy Environmentalist?

Continued from Page 1

factory farms are afflicted with acute bronchitis.

Water Pollution: According to the Audubon Society, over half of the water used in the US goes to raising animals for food. The EPA reports that waste from meat, egg, and dairy farms pollutes more water sources than all other industries combined. According to a US Senate Committee on Agriculture, farmed animals produce 130 times more urine and feces than the human population of the US—all without the benefit of a sewage system. This manure—more than 500 million tons of animal waste annually, according to the EPA—far exceeds what can be used for fertilizer. As a result, huge open-air lagoons of liquefied waste collect alongside animal farms. This often seeps into the groundwater or overflows in times of heavy rainfall, polluting lakes, rivers, and other waterways. Agricultural runoff has caused a 7,700 square mile “dead zone” in the Gulf of Mexico where the Mississippi River flows into it. The Sierra Club reports, “America’s drinking water, rivers, and lakes are at risk from factory farms... waste leaks into our rivers and streams, fouling our air, contaminating our drinking water, and spreading disease.” According to the FAO, “The livestock business is among the most damaging sectors to the earth’s increasingly scarce water resources, contributing among other things to water pollution, eutrophication [algae blooms causing oxygen depletion], and the degeneration of coral reefs. The major polluting agents are animal wastes, antibiotics and hormones, chemicals from [leather] tanneries, fertilizers, and the pesticides used to spray feed crops. Widespread overgrazing disturbs water cycles, reducing replenishment of above and below ground water resources.”

Land Use and Food Waste: According to a US Department of Agriculture (USDA) statistical bulletin, 80 percent of the agricultural land in the US is used to raise animals. Time Magazine reports that we feed 70% of the grains and cereals grown in the US to farmed animals. This is very inefficient because most of the feed gets wasted and only a small amount of the protein is converted to flesh. The FAO reports that farmed animals now use 30 percent of the Earth’s entire land surface—mostly permanent pasture, but also including 33 percent of the global arable land, which is used to produce feed. The University of Chicago notes that raising animals for food requires ten times as many crops as we’d need if we just ate the grains directly. If we were not using all that land to grow crops to fatten chickens, pigs, and cows, we could reforest millions of acres in the US alone. Or, we could use the surplus grains to feed all the starving people in the world many times over.

Rainforest Destruction: According to scientists at the Smithsonian Institute, the equivalent of seven football fields of land is bulldozed every minute to create more room for farmed animals. Once the rainforest canopy is gone, the soil has nothing to hold it in place. Tropical rains, combined with the hoofs of animals, quickly erode the topsoil. With the topsoil eroded, nothing but hardpan remains. The forests are unable to grow back and the land is left arid and lifeless. The FAO report states, “As forests are cleared to create new pastures, it is a major driver of deforestation, especially in Latin America where, for example, some 70 percent of former forests in the Amazon have been turned over to grazing.” Extinction: The USDA reports that, in the US, grazing has contributed to the demise of 26% of federal threatened and endangered species. According to the UN, ranching-induced deforestation is one of the main reasons for the loss of plant and animal species in tropical forests.

Wildlife: The USDA’s Wildlife Services (WS), formerly called Animal Damage Control, is a taxpayer-funded government program that targets predatory and “nuisance” wildlife that are thought to kill livestock, eat grain, or otherwise reduce ranchers’ and farmers’ profits. In 2006, WS reported killing 1,642,823 animals at taxpayer expense. WS methods of killing are shockingly indiscriminate and inhumane. Aerial gunning, poisoning, and steel-jawed leg hold traps kill animals that may have never jeopardized farms, including pups and cubs, endangered species, and pets that are attracted to bait. Sodium fluoro-acetate, also known as compound 1080, is a common poison used by WS. Compound 1080 is a highly toxic, slow-acting poison that causes immense suffering in its victims. WS reports that death “occurs in two to five hours or more” and “may result from gradual cardiac failure; progressive depression of the central nervous system with either cardiac or respiratory failure as the terminal event; or respiratory arrest following severe convulsions.” This suffering and death of wildlife is completely unnecessary and is done to directly benefit the animal agriculture industry. Fishing and Fish Farms: Commercial fishing, aquaculture, and angling are environmentally catastrophic. Monofilament line and lead weights used by anglers pollute lakes, rivers, and oceans and often entangle birds and other wildlife. Drift nets are wiping out biodiversity, as miles of nets sweep up all the fish in their path, and often damage delicate coral reefs. Commercial fishers have devastated the ocean’s ecosystem to the extent that large fish populations are only 10 percent of what they were in the 1950s. Industrial fishing results in enormous “by-catch” —non-target animals caught (and usually killed), but tossed overboard and not counted in a ship’s quota. By-catch can range from 50% of the catch in long-line fishing to as high as 90% of the catch in drift-netting. The shrimp industry’s use of purse seine nets is a leading cause of worldwide decline in sea turtle populations. Fish farms are no better for the environment. The fish on ocean-based farms are plagued by parasites and diseases, which they pass to wild fish living near the farms. When farmed fish escape from their underwater cages, they threaten the well-being of native fish species. Fish farms pollute coastal waters with massive amounts of fish feces and require huge numbers of wild-caught fish to feed their captives. Rosamond Naylor, Senior Research Scholar at the Institute for International Studies at Stanford University, reports that it takes about three pounds of wild-caught fish to grow one pound of farmed shrimp or salmon. She also says fish farming often produces a flow of effluent, containing feces and uneaten feed, which contributes to pollution of coastal waters. Additionally, hundreds of thousands of acres of coastal wetlands have been destroyed for aquaculture ponds and facilities. The research is in and the facts are undeniable. If you care about the Earth, and want to be a true environmentalist with the smallest possible ecological footprint, you must be vegan.

THINK YOU CAN BE A MEAT AND DAIRY ENVIRONMENTALIST ? THINK AGAIN.

Visit website for a free vegan starter pack ~ [www.afa-online.org](http://www.afa-online.org) also see Physicians Committee for Responsible Medicine, The American Vegan Society and The North American Vegetarian Society and Vegetarians of Washington.

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Island Epicure



By Marj Watkins

Feast Your Eyes

A real feast for your eyes is not merely beautiful, but also superb nourishment that promotes eye health. Want to keep your night vision? Avoid macular degeneration? Counteract the fatigue of working under fluorescent lights? For the vitamins and other nutrients that support eye health, go for raw or lightly cooked colorful vegetables, also eggs.

Choose carrots, squash, yellow, orange and red bell peppers for Vitamin A. One fairly large carrot when well cooked yields 7,000 I.U. of Vitamin A. Bell peppers give you Vitamins A and C, but don’t overcook them. For flavor and color contrast, enjoy the peppers sautéed briefly in olive oil for a side dish.

Spinach, kale, and Swiss chard give you lutein and zeaxanthin to protect your eyes from sun damage. Besides, they’re delicious side dishes. Wash them, pat them dry, between clean dish towels, and cook them just to the wilting point with garlic and/or shallots, then sprinkle and toss them with a small splash of rice vinegar.

Eggs provide lutein, and cysteine, sulfur, lecithin, and proteins. They protect your eyes against cataracts. They star in this quiche. It goes well for a lunch, supper, or Sunday breakfast.

EASY SPINACH QUICHE  
4 to 6 Servings  
Preheat oven to 455 degrees

- 1 store-bought or homemade pie shell
- 10 ounce package frozen chopped spinach or 1 bunch washed garden-fresh spinach, stems removed, shredded
- ¼ teaspoon salt or to taste
- 1/8 teaspoon black pepper
- 1 tablespoon horseradish, optional
- ¼ cup (4 Tablespoons) sour cream
- Swiss or Jarlsberg cheese chunk
- 1 inch x 1-inch x 2 inches
- 3 Tablespoons grated Parmesan
- 4 eggs
- 1 ½ cups whole milk or half-n-half cream
- 2 or 3 sliced pitted black olives, optional
- Bake pie shell 10 minutes. Reserve.

Drain spinach well, pressing into a sieve to remove excess liquid. Place in a bowl. Add and mix: salt, pepper, horseradish if using, and sour cream. Spread mixture in partially baked pie shell. Grate Swiss or Jarlsberg cheese and combine with Parmesan. Strew over the spinach mixture in the pie shell. Lightly beat the eggs with salt and the milk or half and half.

Place the partially baked pie shell on a baking sheet. Add the egg and milk mixture to the ingredients in the pie shell. Bake on the center shelf of the preheated oven until the top is puffed up and browned and a knife inserted near the center of the quiche comes out clean.

Remove from the oven. Carefully slide the quiche onto a wire rack for a few minutes to let the custard firm up before serving. Garnish with the sliced olives if desired.

Heart of Vashon: Telling our Story

By Mary G.L. Shackelford

HEART OF VASHON: telling our story is a new community project that aims to weave a narrative celebrating the collective story of our community. All Islanders are invited to share personal stories – written or spoken – that illuminate the spirit of this place, stories that speak to our sense of identity and connection. Coordinated by Mary G.L. Shackelford and Shirley Ferris, the call is out now for your stories!

From what’s submitted, Shirley and Mary will create scripts for seasonal performance readings to celebrate the spirit and the character of this place we know as Vashon, the first to be held at Blue Heron in January 2016. Stories may be submitted electronically in writing or by MP3 or you may arrange to have your story recorded. All stories will be read and then archived at Vashon-Maury Island Heritage Museum.

“Consider stories about the land itself,” Shirley says, “about seasonal activities, family rituals, special places, personal experiences. We believe in the power of stories to honor a land ethic, preserve culture and strengthen relationships. We want to hear what living on Vashon means to you – stories that illuminate the exchange of giving and receiving, the reciprocity of work and play, giving birth and growing old,

raising children and animals, losing loved ones, tending our gardens, walking in the woods and living in the presence of water and stars. We are motivated by the yearning to connect and share in community, bringing the notion of love to the center of public discourse. We’d like to express our deepest values and reflect a sense of belonging and resilience.”

“Sharing story builds, shapes, defines and creates community; it is an old way of bringing people together to celebrate who we really are,” Mary adds. “Our desire is to bring forward the stories that mean the most to us, stories of the heart. We’d like to share what moves us, what connects us to community, to land, to nature, to spirit, to each other. Listening and telling, inquiring into the foundational glue that holds our collective story on Vashon builds our capacity to pull together, to navigate the change that is coming.”

Since moving here from Virginia in 1978, Mary G.L. Shackelford has been active in the community and in love with the land ever since. Mary was part of helping create our community art center at Blue Heron. In the 80’s, she initiated VAA’s Literary Arts Series that ran into the 90’s under her direction. She is delighted to return to those roots, working with Shirley on this project. Mary is a writer, storyteller,



Original artwork by Irene Otis and Chris Barnes © 1994. Used by permission.

nature girl and back-porch musician.

Falling in love with Vashon Island at a high school leadership retreat in 1962, Shirley Ferris later found her way back to make it her home. Island life has proved a worthy container for her work, words and wonder. Since retiring from teaching/counseling, she appreciates time to travel, write, explore nature, and enjoy family and friends. Participating in community, from the early days of Community Council and VAA Literary Arts to more recent board work with the Land Trust and the Scholarship Foundation, she is excited to embrace a project that combines love for people and their stories with a deep sense of the spirit of Vashon.

HEART OF VASHON: telling our story is co-sponsored by VAA, VMIHA, VoV and AIF. Email heartofvashon@gmail.com for submission guidelines or more information.

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# The Washover Fans



Call them Indie Folk, Americana, Roots, whatever... The Washover Fans aren't ones to jump on trends. They're more comfortable aligning themselves with tradition and the time-honored crafts of musicianship and songwriting. Embraced by Seattle's vibrant independent music scene, the Fans' sound recalls the woods of the Pacific Northwest by way of Appalachia and Topanga Canyon. From sweet and sorrowful ballads to moving country shuffles and many notable stops in between, the Fans' sound has been compared to Gillian Welch, the Avett Brothers, and Whiskeytown. The core of The Washover Fans is made up of Seattle-based musicians Gillian Tart, Colin Isler, Seth Hayden, and Michael Connolly. A "typical" set involves a mix of creatively arranged covers and sympatico original material drawing from Americana and other rootsy traditions. This is yet another free cover show and all-ages 'til 11pm, 21+ after that. Saturday, April 18, 8:30pm At the Red Bicycle 17618 Vashon Hwy SW 206-463-5590 [www.redbicyclebistro.com](http://www.redbicyclebistro.com)

# The Jeff Kanzler Band



Comparisons are as inevitable in music as in life and in this sense singer/songwriter Jeff Kanzler is no exception ("reminiscent of a young Bob Dylan" Don Yates - KEXP, "John Vanderslice" Maurice Dielemans - Kindamuzik (Dutch Music zine), "Doug Macleod or Steve Goodman" Dani Heyvaert - MazzMusikas (Belgium)). Jeff released "Black Top Road" (currently available on Itunes) to critical acclaim and extensive airplay in the US, Europe, Japan and surprisingly Brazil. Called "an essential album in a year of a few essential albums" Dan Wilkinson - AmericanaUK, "brilliant" John Richards - KEXP, making KEXP's top 10 list of 2007 Americana releases and reaching #4 on the Euroamericana chart and selling thousands of copies (no small feat for an independent release). Jeff implausibly set down his guitar in 2009 and has rarely picked it up since. That all changes Friday, April 24th at the Red Bike when Jeff returns to the Red Bike stage with a full band. With a new EP nearing completion and a band comprised of veteran Vashon musicians, it promises to be a fun night with a lot of great music. This is yet another free cover show and all-ages 'til 11pm, 21+ after that.

Friday, April 24, 8:30pm At the Red Bicycle 17618 Vashon Hwy SW 206-463-5590 [www.redbicyclebistro.com](http://www.redbicyclebistro.com)



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# The North Pool

Islanders Marc Powell and Chaim Rosemarin appear in Rajiv Joseph's The North Pool, a dramatic two-person play that examines the tension between a high school vice-principal and a Middle-Eastern born transfer student. Written by Pulitzer Prize finalist Rajiv Joseph (Bengal Tiger at the Baghdad Zoo), this one act play is a psychological drama that unfolds in the emotionally and politically charged conversation between a vice-principal and a student at Sheffield High School. Just after the final bell before spring break, Vice-principal Dr. Danielson (played by Rosemarin) has called Khadim Asmaan (played by Powell) into his office to discuss his absence during a fire drill. It soon becomes clear that this is merely a ploy to

interrogate Khadim about other incidents and issues that touches on issues of class, race, and power. What emerges in this fast-paced interchange is a topical commentary on prevailing cultural prejudice and paranoia. The incendiary standoff between these two characters reveals painful stories from their pasts that transform them and results in unexpected reversals. Directed by Lisa Breen, lights by Jamie Dulfer, sound by Kevin Pottinger, and music/sound by Marc Powell. The North Pool Friday, April 24, 7:30 pm Saturday, April 25, 7:30 pm Tickets: \$12 Member/Senior, \$16 General, \$10 Students (Suggested for ages 14 and up)

# The Forbidden Kingdom (2008)

Please join us in this fund raising event for Rj's Kids. Prior to the start of the movie Alex Echevarria, a East Asian scholar and black belt Kenpo master will speak about the history of Chinas most popular and ancient story of the Monkey King. Funds raised from this event will sponsor a co-operative and interactive community dinner. Jason (Michael Angarano), an American teenager, is a huge fan of Hong Kong cinema and old kung-fu movies. While browsing in a Chinatown pawn shop, he discovers the stick weapon of an ancient Chinese sage and warrior, the Monkey King. The magic relic transports Jason back in time, where he joins a band of legendary martial-artists on a quest to free the imprisoned man. The Forbidden Kingdom (2008) April 21st at 6pm PG-13 | 104 min | Action, Adventure, Fantasy

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Next Loop comes out April 30

# Ancient Future Pacific Northwest Concert Tour



This is the first Ancient Future tour of the Pacific Northwest in a decade. Celebrating its 36th year, Ancient Future is the world’s first and longest running ensemble dedicated to world fusion music. They’ve sold over 150,000 albums and millions of samplers, and performed over 1,000 concerts. Ancient Future has become a large collective of master musicians from around the world with many smaller ensembles within it. Each program focuses on the traditions of the master musicians involved.

Strains of passionate flamenco and ethereal Indian raga emanate from this program featuring world guitar pioneer Matthew Montfort and renowned Indian tabla virtuoso Vishal Nagar. For a portion of the show, special guest and Seattle area fav Jason Everett (aka Mister E) will accompany them on seven-string fretless bass. The program will feature music from the ground breaking world music recordings of Ancient Future, including the first audio/video release in Ancient Future history, 2014’s Yearning for the Wind.

Recognized as one of the world’s 100 Greatest Acoustic Guitarists by DigitalDreamDoor.com, the leader of Ancient Future is a pioneer of the scalloped fretboard guitar (an instrument combining qualities of the South Indian vina and the steel string guitar). Montfort spent months in intensive study with vina master K.S. Subramanian in order to fully apply the South Indian gamaka (note-bending) techniques to the guitar.

Vishal Nagar is considered one of the most gifted tabla players of his generation. Born into a family of

musicians, Vishal began training at an early age under the guidance of the late Ustad Latif Ahmed Khan and continued with Ustad Shamim Ahmed Khan of the same Delhi Gharana (school). Starting his performance career at the age of eight, he has performed around the globe including Asia, Europe, and the USA.

Jason Everett (aka Mister E) is a multi-instrumentalist, composer, arranger and producer who plays a variety of stringed and percussive instruments including his custom Conklin seven-string fretless bass guitar. Jason attended Northern Arizona University on a full scholarship for music and started playing professional gigs at sixteen years old. He was originally inspired to explore world music after hearing Quiet Fire, the title track to Ancient Future’s third album.

Special guest Jason Everett (aka Mister E) attended Northern Arizona University on a full scholarship for music and started playing professional gigs at sixteen years old. Jason started his own world fusion group in 1990 called Tal Maya and has since played with many well-known artists including Vishal Nagar, Andre Feriante, John Wubbenhorst, Overton Berry, Tarana, and Facing East.

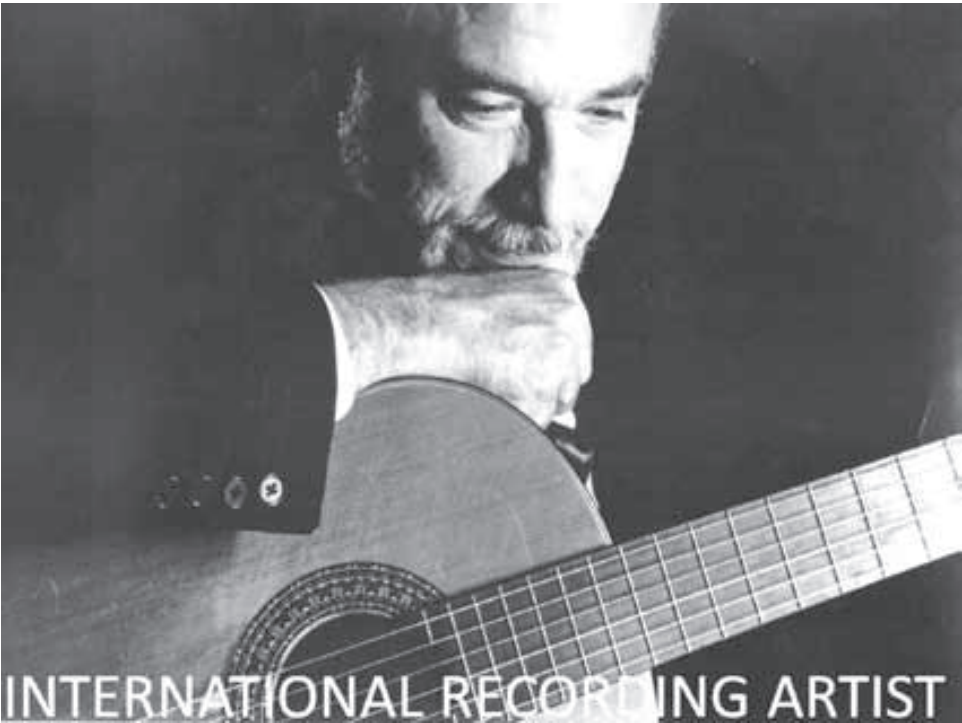
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Vashon Theatre  
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# Enrique Henao Classical Guitar



World class master of the acoustic guitar, Enrique Henao will come to Vashon on Friday April 24 and perform a solo concert at the Vashon United Methodist Church. Earlier in the day, Mr Henao will play for students at McMurray Middle School. The concerts are sponsored by VIBES (Vashon Island Band Education Supporters).

Enrique Henao was born in Colombia and has been performing professionally since he was 13 years old, honing his formidable skills as a soulful vocalist, virtuoso classical and jazz guitar player, and composer. Truly a global citizen and music ambassador, Enrique Henao

has performed in over 80 countries, and at venues from the White House to the Vatican. He has played with many well recognized musicians including Johnny Cash, Elvis Presley, Enya and Julio Iglesias.

Vashon islanders who were lucky enough to catch a prior appearance by the talented and impressive Enrique Henao know that this concert will be memorable. The evening concert on Vashon is admission by donation, and all are welcome to attend Enrique Henao’s performance at the Vashon United Methodist Church on Friday April 24th at 7:00 pm.

# Vashon Island Chorale Spring Concerts

The Chorale’s upcoming spring concerts feature Gabriel Faure’s “Requiem” and Edward Elgar’s “From the Bavarian Highlands”. 75 singers under the direction of Gary D. Cannon will perform at Bethel Church on Sat. April 25, 7:30pm and Sunday, April 26, 3pm. Tickets are on sale at the Vashon Book Shop.

Vashon soprano Holly Boaz is the featured soloist for the Faure “Requiem” at the Chorale’s concerts. Baritone soloist Glenn Guhr and a full orchestra also perform for this beloved musical masterwork.



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## Next Edition of The Loop Comes out Thursday, April 30

Deadline for the next edition of *The Loop* is Friday, April 24

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### Compost the Loop

*The Loop's soy-based ink  
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### TRASH TALK

Online sites exist to help us reduce, reuse, and  
recycle amongst our neighbors. Through **Yahoo  
Groups:** Vashon Free Cycle, Vashon Maury Info,  
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**Find the Loop on-line at  
www.vashonloop.com.**

## Betty Needs A Home...

I've spent five long years at the shelter. It isn't because I'm a mean cat or an old one. I'm just scared of people because I wasn't socialized as a kitten. When they come looking for someone to adopt, all the other cats interview better than I do. Shelter volunteers will tell you that I've improved quite a bit, though. Nowadays I let them get closer to me than before. I like to play with toys, a peacock feather being my favorite.

Being around other cats is fine. Believe me, I've met a lot over the years. They come in, they leave for their forever homes, I stay behind. Sigh.

I can't promise I'll ever be pettable, so if you're looking for a snuggly cat, you'd be better off with Foxy (see her ad in this issue) or other shelter residents. My pluses are I'm low-maintenance and look at my face - am I cute or what? And I'm way, way younger than that two-legged Betty White.

**Go To [www.vipp.org](http://www.vipp.org) Click on Adopt**



## Loopy Laffs

### V.I.P.S.

VASHON ISLAND POLICE!! YOU ARE UNDER ARREST FOR SMUGGLING ILLEGAL POT AND UNDERCUTTING LEGAL POT REVENUES!

Is THAT a STICK?!!

Yes! The Mayor wants us to appear less confrontational so he replaced our service weapons with something less threatening!

I think the Mayor's plan is working!!



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