



VASHON

# THE LOOP

Vol. 12, #9

SUPPORT OUR ADVERTISERS THEY MAKE THE LOOP POSSIBLE

April 30, 2015

## Sharing The Stage: The Young Evils



*Sharing The Stage Show #11 with THE YOUNG EVILS. Tickets: \$7 – students / \$12 – adults Available to purchase starting May 1st at VHS or on BrownPaperTickets.com.*

Student openers audition and rehearsal dates will be announced soon. Visit [www.sharingthestage.com](http://www.sharingthestage.com) for more details.

The Young Evils, are excellent evidence that final products often look nothing like initial intentions. Started as a lighthearted Vaselines-inspired pop duo composed of record store co-workers Troy Nelson and Mackenzie Mercer, the Young Evils today bear only passing resemblance to their past selves.

After their charming debut album Enchanted Chapel captured hearts far and wide, the duo expanded their sound, enlisting guitarist Michael Lee and teaming up with acclaimed Brooklyn-based producer/engineer Shane Stoneback

(Vampire Weekend, Sleigh Bells, Cults) for the follow-up: the bombastic and wholly rock EP Foreign Spells. Today, brothers Brendon (bass) and Scott Helgason's (drums) rhythm section provide the back bone to the band's 80's inspired angular pop in a way only siblings can provide.

On November 18th 2014, the Young Evils released the False Starts EP recorded at the legendary Sound City Studios in Los Angeles and The Kill Room in Seattle, Washington and will be rejoining Shane Stoneback in the studio to begin work on their next full-length album in the coming months.

The Young Evils website: [www.young evils.com](http://www.young evils.com)

*Continued on Page 10*

## Truth, Joy, Being, and a Symphony of Color:

### The Vashon Island Spring Arts Tour 2015

I'm embarrassed to say it took me 15 years to finally visit the light filled and prolific studio and factory of Irene Otis, at stop number 16, our Vashon institution of tiles and insight, color and hope. It was a challenge to stay on task and take in the art, as I so much wanted to discuss issues of joy, freedom, suffering and faith, which arose in Irene's refreshingly candid discussion of her recent trip to a Buddhist monastery in Myanmar. We discussed art as a bonding agent in human relationships instead of a commodity, and how people all over track her down over the internet to get her tiles. Soon we found a mutual love and respect for

Don't wait 15 years like I did!

Irene is one of four artists I visited who will be on this springs Vashon Island Art Studio Tour, May 2nd and 3rd, and 9th and 10th, from 10 am to 5 pm. Brochures with maps are available at most island establishments. I also visited the studios of Karen Fox, Kristen Reitz-Green and Jiji Saunders.

Not enough northwest painters give themselves permission to capture the light, fog, dampness, colors, and atmosphere of our region. I was pleased to enter the studio of Karen Fox at stop number 5, to see a rich array of colorful oil paintings accomplishing just that. Karen



*Kristen Reitz-Green in her new studio*

## The Road to Resilience Labels

By Terry Sullivan,

In recent years, I've really gotten tired of the common use of simplistic labels that cause us to bypass our critical faculties to accept judgements about matters that our leaders and pundits would rather not look into too closely.

Let's start with "good guys" and "bad guys." We are all familiar with these terms, especially us guys, because that was how we decided who to shoot with our fake guns as children. If one of our friends was a "bad guy," we shot him, and the only reason we needed was that he/she was a "bad guy." How convenient that label has become for us now as adults to understand why our military or local law enforcement officers have decided to blow somebody away. They were "bad guys": 'nuff said. In the mind of an eight year old and, unfortunately, for adults now as well, no further explanation is needed.

That segues nicely into "terrorist." We all know that a "terrorist" is a "bad guy" that wants to commit violence against innocent people (us!) to protest our lifestyle or our attempts to limit their predations on other parts of the world. Our counter actions, although the results are similar, are okay because we are the "good guys" acting in the name of freedom and justice. Unlike in the games

we played as kids, no adults playing this game think of themselves as the "bad guys". That is always the other guys.

Unless you live in a bubble, you have a good idea where "liberals" and "conservatives" stand on most issues. Given that we understand the dictionary definitions of those words, how can we possibly find any consistency in the views of either group? What makes being cautious about introducing genetically modified organisms a liberal position? It seems clear to me that the liberal position here ought to be not to worry about something new, even though we haven't had time to ascertain the consequences. If you are worried about us being a little hasty with the proliferation of GMO's, you should think of yourself as being conservative. If you think that corporate agriculture could be endangering the planet because it doesn't pay homage to the basic rules that nature lives by, then you should be considered more conservative still.

The institution of modern science doesn't help matters. If you believe in the science of global warming and its causes, then you are, in the popularly understood sense, a liberal. If you


*Continued on Page 7*

Henry Chapman Mercer, a turn of the (last) century tile maker, who, like many a Vashon resident has done or would like to do, gave up his career as a lawyer in 1898 at age 40 to become an artist. He built one of my favorite museums in the world in Doylestown, PA and Irene had the privilege of apprenticing at his still operating Moravian Tile Works 30 years ago. There she learned methods he discovered over 100 years ago in fabricating tiles which Irene is keeping alive today. Finally, we actually looked at her tiles! They are gorgeous! Neatly stacked on her table is a recent order from a garden club of a cornucopia of fruit and vegetables tiles titled "Never too old to be a top banana, to be a hot pepper, to go plum crazy". Each tile is still individually painted by Irene. If you haven't visited Irene's Tiles yet- go this weekend or next!

succeeds in painting these atmospheric moments on her daily commute to Seattle or in her meanderings of the island, using photos that she has taken and storing them away for years until one of them calls out to her. She captures the interplay of dawn light and street lights reflecting off a very wet First Avenue. Smaller paintings of our colorful Vashon birds are generously mixed in with landscapes of horses, rhododendrons, mountains and the Snake River. A tree in Burton comes alive with her own idiosyncratic swirls and whirls. Think Mondrian meets Van Gogh. A foggy Vashon road at dusk offers a brief respite from the rest of the vibrant color in the studio- think Turner-esque nocturnes. A big painting of a tugboat party reminds me of George Bellows paintings of the Hudson River. Another

*Continued on Page 1*





WINDERMERE

VASHON

What does it mean?

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

Prequalification

for a mortgage helps you determine your ability to obtain a loan. This will help you determine how much home you can afford.

Preapproval

means the lender has verified your credit and income and has approved you for an actual loan amount. Having this commitment will make you offer more attractive to the seller

Your Windermere Team:

Dick Bianchi

JR Crawford

Beth de Groen

Dale Korenek

Linda Bianchi

Connie Cunningham

Rose Edgcombe

Kathleen Rindge

Heather Brynn

Cheryl Dalton

Paul Helsby

Mike Schosboek

Sue Carette

Nancy Davidson

Denise Katz

Sarah Schosboek

Sophia Stendahl

www.WINDERMEREVASHON.com

206-463-9148 vashon@windermere.com

Windermere Vashon



Mom wants a

Granny's Gift Card

for Mothers Day!

Sat. may 2

Book Department

Features Egypt

Granny's is at Vashon Plaza!

17639 100th Ave SW, Vashon

www.grannysattic.org 206-463-3161

Retail Hours:

Tues/Thurs/Sat 10-5



Donations Hours:

7 days a Week!

8-4pm

VISIT US IN THE HISTORIC 100-YEAR-OLD ROASTERIE BUILDING WE CALL HOME

HISTORIC ROASTERIE

THE VASHON ISLAND

COFFEE ROASTERIE

40 YEARS OF ROASTING HERITAGE

ALL ORGANIC PASTRIES,

BREAKFAST & LUNCH FARE.

ESPRESSO & TEA BAR

COFFEE ROASTED DAILY

OVER 350 BULK HERBS,

SPICES & TEA.

VASHON HIGHWAY & CEMETERY ROAD • (206) 463-9800 • WWW.TVICR.COM

ISLAND

ESCROW

SERVICE

Dayna Muller

Escrow Officer

Patrick Cunningham

Designated Escrow Officer

206-463-3137

www.islandescrow.net

Serving Washington

State since 1979

Notary

Insured, licensed and bonded

Discount to repeat clients

Now Playing

Avengers:

Age of Ultron



ACE

Hardware

Flameless Candle

Lantern 2/PK

Sale \$ 19<sup>99</sup>

Glass and metal with

Matte Black finish.

Battery operated.

5-hour timer



Sale \$ 199<sup>99</sup>

Craftman® 140cc

Push Mower with

Rear Bag & Mulch



Sale \$ 299<sup>99</sup>

Craftman® 159cc

Self-Propelled

Mower with Mulch,

Rear Bag & Side

Discharge



FIND YOUR PERFECT COLOR

The Paint

Stuido AT

ACE

The helpful place.

Royal® Interior Latex

Flat Wall Paint &

Primer in One

\$23.99 Gal.



Clark+Kensington® Paint

and Primer in One

Premium Interior Flat

\$26.99 Gal.



Valspar® Aspire Paint

& Primer Interior Flat

\$33.99 Gal.



Valspar® Optimus Paint

& Primer Interior Flat

\$44.99 Gal.



Store Hours: Mon-Fri 8am-7pm, Sat & Sun 8am-6pm

9750 SW Bank Rd. Vashon - Next to Thriftway

Phone 206-463-3852 www.vashonacehardware.com

ACE

The helpful place.

Want To Get Rid of

That Junk Car or Truck?

More Often Than Not We Can Haul It Free!

Rick's

Diagnostic & Repair Service Inc.

206-463-9277

Washington Hulk Hauler's - License #0463-A

www.ricksdiagnostic.com

Avengers: Age of Ultron  
May 1-10 - Please check  
www.vashontheatre.com for times

English National Opera:  
La Traviata -May 10, 1pm

Vashon Theatre  
17723 Vashon Hwy  
206-463-3232  
Call for Times

For show times and info check  
www.vashontheatre.com

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

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

Next Edition

of The Loop

Comes out

Thursday

May 14

Deadline for the next

edition of The Loop is

Friday, May 8

RED BICYCLE

BISTRO & SUSHI

Sunday - Thursday

Bistro & Sushi service

11:30am to 9pm

Lounge is Open

11:30am to midnight

Friday & Saturday

Bistro & Sushi service

11:30am to 10pm

Lounge is Open

11:30am to 2am

Live Entertainment

Saturday, May 1, 8:30pm

Gregg Curry & Ragged Glory

Friday, May 15, 8:30pm

The Garth Reeves Band

Saturday, May 16, 8:30pm

Sharing The Stage: The Young Evils

Friday, May 22, 8:30pm

Britt' Mania

17618 Vashon Hwy SW

206.463.5959

www.redbicyclebistro.com



# 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.

### Donate for Steve Self

Steve was diagnosed with bone marrow cancer in March. While the doctors are hopeful that the treatments will bring remission, he will need treatments in Seattle for the rest of his life. If you would like to help with his cancer expenses, please donate to his account at US Bank.

### 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.

### Vashon Drum Circle

Vashon Drum Circle, a free monthly gathering, meets Friday, May 8th, 7-8:30 PM at Vashon Intuitive Arts (VIA). 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.

Find us on Skype  
Vashon Loop  
206-925-3837

### All-Island Invitational Show at Valise Gallery

Opening First Friday 5/1 from 6pm-9pmValise Gallery is happy to show a collection of art inspired by Pablo Neruda’s “Ode To The Spoon”. Island residents have been asked to let their creativity soar, in whatever medium that suits them, in response to this lovely poem. An excerpt:  
“...spoon: at mankind’s side you have climbed mountains, swept down rivers, populated ships and cities,castles and kitchens: but the hard part of your life’s journey is to plunge into the poor man’s plate, and into his mouth.”  
Please join us at the opening, and on Saturdays from 11am-5pm throughout the month to see the show,support local expression, and vote on the pieces. Awards will be presented the last Saturday of the month, May 30th, for: People’s Choice, Spooniest, and Valise Pick. The Show opens on First Friday, May 1st. The gallery is open on First Friday and Saturdays from 11 to 5 and by appointment. [www.valisegallery.org](http://www.valisegallery.org)  
VALISE Artist Collective and Gallery  
17633 Vashon Highway SW

NOW ENROLLING FOR FALL 2015



VASHON LEARNING COOPERATIVE  
Private Education for 6th-8th Grade Girls  
Fostering Independent Learning and Personal Excellence  
Nurturing Talents and Unique Qualities

15 Students    Flexible, Individualized Curricula    4 days a week

[www.vashonlearning.org](http://www.vashonlearning.org)  
[vashonlearning@gmail.com](mailto:vashonlearning@gmail.com)    206.498.4359

### Room For Rent

Northend Near Ferry and Busline. \$450 plus your share power, water, cable/internet. Must have reliable monthly income. Call Kim or John 206-735-8799

### 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.

### Thank You

All of the students and staff from the Supported Learning Center (SLC) at Vashon High School would like to thank P.I.E. (Partners in Education) for their generous donation to an inclusive leisure program for developmentally disabled students. The funds were used to cover the expenses to have a private zumba instructor design and lead classes, specific for SLC students, throughout the year and to cover expenses for students to use the Vashon Athletic Club facilities. Our students in the SLC will be graduating this year and will transition into adult based services for individuals with developmental delays. During middle school and high school they have participated in adaptive P.E. This will not be available when they graduate. For them to participate in community based leisure activities they would require training on expectations, rules, social expectations. By having them participate in these activities they have learned how to follow directions in a Zumba class. They have learned how to imitate instructor movements, how to provide personal space for peers. When they have gone swimming they have learned appropriate locker room skills, pool safety skills, appropriate pool exercise activities.  
Thank you for providing our graduating students with the opportunity to learn these skills so they can engage in lifelong physical activity which is necessary for a strong quality of life.

### Vashon Island Resident, UW Tacoma Student Faith Ramos Awarded the Benjamin A. Gilman International Scholarship and the Udall Undergraduate Scholarship

Faith Ramos, a Sustainable Urban Development student at University of Washington Tacoma, has been awarded two prestigious national scholarships. She is one of only 50 students nationally to be awarded the Udall Scholarship by the Morris K. Udall and Stewart L. Udall Foundation. She is also a recipient of the Benjamin A. Gilman International Scholarship, sponsored by the U.S. Department of State.  
Ramos worked for 15 years in arts and other non-profits before coming to UW Tacoma, including for National Parks programs that bring economically disadvantaged youth to the parks. She has a strong background in filmmaking and produced, shot, edited and narrated the documentary “Heart & Sold,” which addresses gentrification in Seattle’s South Lake Union neighborhood.  
She is currently an urban forestry intern for the City of Seattle and hopes to work on environmental justice issues long-term. As an undergraduate researcher, she is examining links between urban forests and human health. With support from the Gilman Scholarship, she will study abroad in the Netherlands this summer.  
The Udall Foundation

awards scholarships to college sophomores and juniors for leadership, public service, and commitment to issues related to American Indian nations or to the environment. The foundation was established by the U.S. Congress in 1992 as an independent executive branch agency. It honors and continues the legacies of former congressman Morris K. Udall and his brother, former congressman and Secretary of the Interior Stewart L. Udall.  
The Benjamin A. Gilman International Scholarship Program awards \$5,000 to students to apply towards their study abroad or internship program costs. The Gilman Program aims to diversify the students who study and intern abroad and the countries and regions where they go. Students receiving a Federal Pell Grant from two- and four-year institutions who will be studying abroad or participating in a careeroriented international internship for academic credit are eligible to apply. Scholarship recipients have the opportunity to gain a better understanding of other cultures, countries, languages, and economies -- making them better prepared to assume leadership roles within government and the private sector.

### 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

Published every other week  
by Sallen Group  
©April 30, 2015 Vol. XII, #9

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



**THE COUNTRY STORE & FARM**  
[WWW.COUNTRYSTOREANDFARM.COM](http://WWW.COUNTRYSTOREANDFARM.COM)  
**New Plants & New Art for the Garden!**

- Edible Bird Houses
- Rustic Metal Garden Sculpture
- Eye-catching Ceramic Garden Art
- Terracotta Wall Sculpture
- Beautiful Bird Baths
- Artful Bamboo Trellis and Metal Topiaries
- Colorful Cone Tomato Cages

**Walk through our expanded perennial nursery.**  
**One-of-a-kind finds and new arrivals every week.**

**The Country Store & Farm**  
20211 Vashon Hwy SW • 206-463-3655  
Open 7 days a week: Mon-Sat 9 to 5:30 • Sun 10-4:30  
[www.countrystoreandfarm.com](http://www.countrystoreandfarm.com)  
Follow us on Facebook: 



# KVSH to Host Island Non-profits on GiveBIG Day

By Richard Rogers

GiveBIG Day comes but once a year and it’s happening again Tuesday, May 5th. You know, this is the one-day online event when you can donate to your favorite non-profits and whatever you give will be “stretched” by The Seattle Foundation.

This year Voice of Vashon’s KVSH 101.9FM will be the Island broadcast hub for Seattle Foundation’s GiveBIG Day. Vashon’s participating non-profits will join VoV live on the air from KVSH’s broadcast booth at Snapdragon Bakery and Café. Tune in from 8am to 4pm to hear about your favorite non-profit and, while you’re at it, please donate to VoV at VoiceOfVashon/GiveBIG.

VoV Station Manager Susan McCabe says “Voice of Vashon runs two radio stations, an Emergency Alert System, a public access TV channel, a streaming and program archive website and a free smart phone app 24 hours a day 7 days a week. We do all that on 7-thousand hours of raw volunteer grit and energy each year. Plus a budget of \$76 thousand dollars - that’s less than 10% of mainland public radio stations.”

Voice of Vashon is the non-profit that supports all the others. No matter how small or how short of cash your favorite cause is, VoV makes sure everyone knows about it on KVSH 101.9FM, on

the VoV phone app, on Channel 21 TV and on the VoV website.

Rick Wallace, VoV Vice President and volunteer who coordinated the FM antenna installation, says “Last year Islanders donated \$16,000 dollars to Voice of Vashon on GiveBIG Day, inspired by the Raise the Tower campaign to build our community’s FM radio station. The tower is up and KVSH 101.9FM went live in October. This year’s challenge is keep it going, along with all the other radio, TV and Web services we provide to the Island.”

This year, the GiveBIG Day stretch will be way bigger for Voice of Vashon. Two donors have issued challenges totaling \$5,000. “So for every dollar you donate on GiveBIG Day to help keep Voice of Vashon strong, our challenge donors will double it. Each of your donation dollars is really worth two dollars and that doubles the Seattle Foundation stretch. It only happens one day a year so give BIG to VoV!” says Voice of Vashon Board President Jean Bosch.

GiveBIG Day is a really big day on Vashon and it’s happening all day Tuesday, May 5. This is the day you get to donate to all your favorite island non-profits. Tune in KVSH 101.9FM and give BIG to Voice of Vashon at VoiceOfVashon/GiveBIG.

## N2N In Action

Sometimes it starts with a simple story. No joke. A guy walks into the Senior Center... He asks about an inexpensive way into town for a doctor’s appointment because he’s on limited income and no longer drives. He talks to Executive Director, Ava Apple, who tells him about the limited and sometimes inconvenient options currently available.

But, she adds his name to her growing list of seniors who come in with the same question: How can The Center help them remain independent in their homes.

James is a ruggedly handsome Vashon guy with a gravelly voice, to whom that “things happen in life” event happened. After a very interesting career in the movie business travelling around the country as a truck driver transporting movie sets hither and yon, a trip to the Seattle area in the ‘80s brought him to our idyllic little piece of heaven.

The island life had been good to him; he lived life, comfortable working both for himself and others. In 2013, while visiting family in the south, he was struck by a car and ended up in a coma for nearly 3 weeks. With broken bones all over his body, relentless pain and steel pins, he was slowly put back together but has been left with health issues that require continued surgeries. And more await him. As often happens with such catastrophes, he now finds himself in need of social services, a situation that can be overwhelming and bewildering.

On the day he walked in to The Center, the Neighbor to Neighbor program was just barely up and running. It was near Christmas and his story tugged at heartstrings. N2N volunteers

added him to the small list of people to receive holiday packages. James, along with all the rest of the recipients, was surprised and pleased. He received a great pair of XL gloves among other items. Then we found a N2N volunteer to take him to the Food Bank once a week. Both of them enjoy good conversation on the way and during their walk through, (or wheelchair-through now, with walking more and more difficult). James has developed relationships with the N2N people and is realizing that good people, who only want to help, want to help him. The volunteers want to make a difference in someone’s life. They want to help make the turns in life easier for those to whom those turns happen.

An amazing group of 52 volunteers on Vashon now read email blasts from Neighbor to Neighbor that might say, “Lovely women living in upper Gold Beach needs a ride to doctor’s appointment on Tuesday at 10:15 am.” Or, “Elderly gentleman with mobility issues needs a lift to the grocery store by the end of the week – daytime trips only. Lives at the bottom of a steep, curvy driveway with low clearance.” Or, “Woman living in town needs help hanging a large painting. All supplies provided but you will need to bring a drill.”

Now that the program is stable and growing, we need more of each: volunteers and more recipients! Word is getting around and many are repeat customers. So how about adding your name to either list: volunteers or people who need a little help! Either way you benefit. So join us – it is so totally worth it. Call the Senior Center at 463-5173.

# ED Talks: Nature and Environment on the Rock

By Kathryn True

On a sunny day in April, the students exploring Raab’s Lagoon as part of a seastar survey for their high school biology class were so engaged that they forgot they were learning.

“I’m so glad we aren’t at school!” exclaimed one of them.

“Well, actually, this is part of school,” replied Bianca Perla, director of Vashon Nature Center, organizer of this citizen science effort.

“Ha! Oh, yeah!” In this island-wide project, high schoolers have been looking for salmon fry at Shinglemill Creek, searching for bog beetles at Lost Lake, studying the effects of deer grazing in the school forest, and even dissecting owl pellets and coyote scat to learn about their diets.

“Having experiences that tie-in what you’re learning in school with the real world makes a difference when you’re a high schooler,” says Perla, who launched her own scientific career as a teenager through a hands-on research program. “It’s a time in your life when authenticity really matters and you want to do things that are meaningful.”

The students at Raab’s Lagoon were collecting data for a seastar wasting survey as part of a study related to the concerning recent die-off in this animal population along the entire West Coast. In addition to counting seastars, the students learned about the moonsnail life cycle with island Marine Biologist Jeff Adams, who showed them several rare native oysters introduced as part of a restoration program several years ago.

The students’ findings will culminate at a science symposium called ED Talks: Nature and Environment on the Rock, an educational spin on the popular TED Talks. Scheduled for Sunday, May 17 from 2:30-5 pm at Vashon High School, this interactive afternoon will focus on

the latest in island science investigation and discovery. Students and professional scientists and naturalists who have completed studies on Vashon will share posters of their findings and present brief talks followed by audience Q&A sessions. ED Talks is organized in partnership with King County, the school district and Vashon Nature Center. The public is invited for all or part of the event.

“We’re excited about ED Talks because partnerships between schools and professional scientists to research important local environmental sustainability issues is hands-on, authentic science work in the schools that motivates students, and advances scientific knowledge and skills,” says Roxanne Lyons, director of instructional services and grants for Vashon Island School District.

King County Vashon Basin Steward Greg Rabourn will share three significant habitat restoration projects on Vashon.

“I’m very excited to learn from our young scientists, as well as the more seasoned ones,” he says. “By having an open poster session, we have the opportunity to include a much wider range of projects than if the event was limited exclusively to presentations.”

Talks and posters will cover these and other topics:

- The Ecology of Pacific Herring
- Local Butterfly Appearances
- Island Birds – An Historical Flyover
- Seastar Wasting
- Do We Share the Rock with a Unique Native Vole?
- Island Habitat Restoration and Preservation Highlights
- Coyote and Owl Diet Analysis
- Shinglemill Creek Aquatic Macroinvertebrates

For more information, please call Vashon Nature Center Outreach Manager Kathryn True at 206-567-5389, or email [info@vashonnaturecenter.org](mailto:info@vashonnaturecenter.org).



Vashon High School students dissecting coyote scat to help determine these animals’ diet during one of VHS science teacher Elisabeth Jellison’s biology class citizen science projects. Their findings will be presented on a scientific poster at ED Talks.

## Punky Needs A Home...

My human mom passed away last fall. I was a good companion for her, and the people who take care of me at the shelter will tell you how friendly and affectionate I am. Because I’m so special, I’ve been appointed an official greeter (in other words, I get to live in the lobby). Being around other cats is easy as long as they’re nice to me.

I sure would like to have a new mom (or dad or both) for Mother’s Day!



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

## Advertise in the Loop!

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

[ads@vashonloop.com](mailto:ads@vashonloop.com) Or call (206) 925-3837



# Island Life First World Problem

By Peter Ray

A few weeks ago in the not too distant past, I was confronted by a friend in the aisles of our local food emporium and random issues forum. It was not so much a dramatic confrontation as it was a questioning as to why I hadn't been present at recent meetings being held to discuss the latest problem with bikes on the new foot ferries being offered up at or watery doorstep. I said that I was aware of the problem, but that it seemed that we had been there once or more times before and that it was the powers that be who keep making the same mistake in spite of all the asking and questioning that the lowly, riff raff riding public put forth, and that they still apparently had no place in the decision making process. I mentioned that back in 1989 I had attended the first public meeting regarding the introduction of the then new foot ferry service from Vashon to downtown Seattle, and at the time was a bit shocked to hear that only three bicycles would be allowed on the ferry at a time, and that they were to be hung on hooks on the back deck of the ferry- fully exposed to the salt spray set up by the props and the wake. There was much ado made of that, and eventually policies were changed, but here we were twenty six years later with a brand new boat on the way with hooks on the back to dangle your bike on and a ferry system that says the best design solution they could come up with is for the bike riders to carry a bag with them to spare their machines from the corrosive effects of the sea. It can only make one wonder how we even got this far on the grand timeline, let alone in the petty contrivances of self-government.

In following up on the ferry thing I checked in to the internet dungeons and found some lively discussion. Indeed, the title for this piece was extracted from a bit of the discourse. I have seen this bit of cleverness used in arguments and statements before, all having been used with the intent of "putting into perspective" what might in other worldly terms be considered more of a tremor than a major quake on the Richter scale of life. As it is, creating a problem where none should have existed is not an example of a first world problem, it is a demonstration of a grand lack of both insight and common sense on the part of the powers that be that brought us this ferry. As it was, my reason for getting to know the food aisle confronter mentioned above was through our mutual involvement in protests over yet another ill-conceived project- the great rumble strip debacle of a few years ago. No one who rides a bike thinks these road divots are a good idea on the winding roads of Vashon, and many car drivers feel that they make driving around cyclists less safe. It is hard to imagine that even third world bike riders would wish rumble strips on their first world counterparts, as riding a bike is already hard enough as it is. Fortunately in this case, the first world

chorus of complainers prevailed and the digging stopped, but the echo of 'what was the Dept. of Transportation thinking?' continues to this day.

Having joined the boating community last fall, I assumed there would be the usual amount of learning curve issues to get around, but I hadn't reckoned on the Quartermaster Harbor mooring buoy fiasco to emerge quite so early on in my days at sea. My buoy in Burton Cove came with my boat, and after a few of the blows this winter and all was intact, I didn't think much more of it- until the email from the Dept. of Natural Resources showed up and got me to head-scratching once more. What caught my eye was that all mooring lines were being cut by divers on April 15th and we were on our own to find safe harbor until the DNR approved mooring field was installed in August. Until then, why not moor your boat in Gig Harbor or Tacoma, or just tuck your boat safely in your back yard until it's safe again to come out and play? Why not, indeed.

The April 15th date came and went without multitudes of craft floating free from their formerly fixed points, but a new message came via electronic carrier that a new meeting was now scheduled to discuss how we were to proceed from here. As that day I arrived I headed off to the designated meeting spot and sat down to a similar presentation to that of the first foot ferry meeting. Even though there had been previous meetings about the harbor moorage plan, it soon became apparent that any discussion about possibilities and procedure was simply not happening. It seemed that despite DNR's claims of eliminating navigation hazards and mitigating wildlife destruction and "protecting the interests of local recreational boaters", the real reasons for the project were deeply rooted in revenue production and cleaning out the riff raff. In this case it seemed that the naming of first world problems- navigation hazards, habitat destruction, preserving ingress and egress- all seemed to be non problems as protested by some of the long time resident sailors who were present. There is already an unobstructed and clearly marked entrance to the harbor. Abandoned or unused buoys are hardly a navigational hazard to most vessels, and the supposed damage to eelgrass and other aquatic life by the circular swing of the buoy anchor chain is not happening since there is no life down there to be harmed. I will say that having kayaked over two semi-sunken vessels in Dockton this past week, if nothing else they do serve as eerie reminders of the perils of inattention and neglect, but these will not be solved by an orderly buoy field filled with paying customers.

We know what the contractors who came to the is meeting can expect out of this- a one time shot at making a buck on this new policy. And the DNR gets to benefit from a steady revenue stream of yearly fees collected on the numbers inscribed on each buoy. There was some mention in the meeting notes about the establishment of an official harbor master to make sure things stay orderly and neat. But what remained unclear was what the actual benefits of all of this will be to the local boaters and the harbor in general. Will the mountains of revenue that come from this go to any improvements, like perhaps reopening the passage at Portage and allowing for better water flow and circulation in the harbor? And what about cutting a channel across the Burton peninsula so that the waters of inner and outer harbors can mix and mingle as well? All this would of course lead to Vashon becoming three islands as opposed to almost two. In that case, we could perhaps put in to have what used to be the American Lung Association's Tri-Island Trek fund raiser staged out here on three actual islands, with of course, all the appropriate warnings beforehand about all of our first world problems. You can never be too careful with that, you know.



## The Case for the Lesser Known Opera



It's staggering to me that there are over 2,500 operas and yet today's opera companies perform the same top 10 over and over again. This is a trend because yes - the top 10 or top 20 are great works - but also because it's a huge financial risk for any opera company not to fill the seats for their performances. This spring folks ask "What is your spring opera?" and I answer "Albert Herring" and they respond "I haven't heard of that one!". Yes, I know. It's not done very often.

Albert Herring was composed by Benjamin Britten in 1947. We chose this British comedy with zany characters and an amusing story to perhaps let you dip your big toe into a Britten adventure. Britten wrote many operas with dark plot lines and disturbing content like The Rape of Lucretia, Peter Grimes, and Turn of the Screw. Britten's musical genius is still very much evident in Albert Herring as in his darker stories, but we thought May would be a wonderful time for this light farce as the story surrounds a May-time event.

My parents, having a daughter who is an opera singer, have attended many operas. Oh - so many operas! When Vashon Opera became an opportunity for me to choose which operas we produced my father asked, " Why don't you do something interesting? Not the same operas." My father, over the years, has sent me titles of operas they have heard that are more obscure perhaps performed by a small local opera company (they currently live back East), a commission from an "A" opera house like the MET or on the radio. The ones he has said are interesting, at least in my interpretation of his reasoning for backing them,

there exists a common theme: moments of beauty and innovation. My dad didn't necessarily love the plot or every musical section in each one, but he found something beautiful at some point in the opera that made it viable for exploration. I have had a plan with the opera company to present each season one top 10 opera and one opera that is not done as often...which then stretches our audience and our musical palettes. Singers and instrumentalists like to be a part of works that they rarely get a chance to do too. With a small opera company I believe this is possible. We can explore together and the hope is that our Island fans or maybe even those who are a little neutral about opera will come along with us.

In the first few rehearsals of Albert Herring I heard those very things I was seeking - interesting music - moments of beauty and innovation. One section called "The Threnody" when all the principals are singing at the same time will absolutely blow you away with its beauty and force. Also my husband, Andy, who is playing the role of the Sid, has been (for the past 3 months) just randomly - pretty constantly bellowing out lines from Albert Herring. Usually they aren't even his own lines. For example: "Give me a decent murder with a corpse.", "Have a nice peach", "Albert's got willups!", "Chinwagging! What an awful lot of rot!". You should definitely come just to find out what these lines mean.

As to the 10 principal opera singers, our 3 youth singers, our musical director, pianist and the orchestra you will be

Continued on Page 6





# Spiritual Smart Aleck



By Mary Iuel



Signalmen commenting on Navy life, circa 1968. 1. T-H-E 2. N-A-V-Y 3. S-U-X

Semaphore for, “How’s the Navy?”

They promptly replied, “NAV SUX,” which is semaphore for – well, I think you can figure that one out. Apparently not much had changed since Vietnam.

So I’m getting rid of stuff as I am able to part with it, and getting rid of stuff has the effect of making me feel light and happy. On the other hand, every item I relinquish means another bit of Rick is gone, and every day is a day farther from when he was here, my best friend, advocate, and partner.

I feel so conflicted: while I do feel lonely sometimes, I want more time alone to become who I am, this new me, living this new life.

Every morning I give thanks for my life and all the blessings that have come to me, and I try to acknowledge my sad or angry feelings. I am trying to embrace all of life, as it comes.

That’s the ideal, anyway. It ain’t easy. When I’m under the hammer of life, it’s impossible, because I’m so busy getting from one minute to the next that I don’t have time to think about ideals. Then I revert to form, and my prayers tend to be, “Okay, God, what’s the deal? This is stupid!” Etc. God takes this whining pretty well. He hasn’t smited me yet. Smote. Whatever.

Rick’s corner is in there waiting for me to come back and keep sorting. I will, as I can. There is a lot of treasure buried in that corner. I’ll try to share some of it with you as it surfaces.

Blessings on you all, and peace.

# Eating Our Way to a Better World

I am grateful to Marcia C. Pearson, Joana Gardiner and Jo An Herbert for kick-starting awareness around our food choices and the environment. The angle they bring is well-documented and accurate. Modern agricultural practices have huge and devastating impacts on our environment. For those who missed their article, Think you can be a Meat & Dairy Environmentalist? Think Again, these specific areas of environmental damage via “animal-related” food production were covered:

- Global Warming & Air Pollution
- Water Pollution
- Land Use & Food Waste
- Rainforest Destruction
- Impact on Wildlife
- And a specific focus on fisheries

I would like to add two additional concerns:

Superbugs. According to the FDA, approximately 80% of all antibiotics used in the USA are fed to livestock, contributing to the evolution of antibiotic-resistant bacteria.

New Zoonotic Diseases. According to the National Center for Biotechnology Information, zoonotic SARS-CoV likely evolved to infect humans by a series of transmission events between humans and animals for sale in China.

So, what are we to conclude when presented with the facts listed here and in Think you can be a Meat & Dairy Environmentalist? Think Again? The conclusion we are encouraged to draw is that a Vegan lifestyle is just plain better. But, is it? John Robbins’ book, Diet for a New America, covers the three core reasons for adopting a vegan lifestyle. They are as follows:

**(1) Go vegan for your health!** I read Diet for a New America, cover to cover, when I was twenty years old and switched over to Veganism almost immediately. For three years, I loved this diet. However, over time, I have met individuals for whom the vegan diet didn’t work well. Blood type-based diets, Paleo proponents, and Dr. Wahl (her new research shows impressive links between diet and reducing MS symptoms/ progression) raise concerns about an entirely meat-free diet. Then we have my own experience when, much to my surprise, I found myself at the grocery store buying ten steaks (no joke) which I consumed with surprising passion over the next ten days. I was pregnant and my pregnant body had spoken. This experience reminded me that veganism is not for everyone.

**(2) Go vegan for the animals!** I see the world as a place of exchange and renewal based upon a natural cycle of death and birth,

so I am not adverse to killing for food. What I am adverse to is TORTURE, which is what you find in the modern, industrial agricultural world. So I suggest a focus on sourcing. Across the board, when I consume meat, poultry, eggs, fish, or honey...I know the animals have lead a super high quality life. It took effort (and some luck) to make connections with farmers who I trust, and it takes a great deal of devotion to care for our own flock of chickens, but it is worth it. While industrial animal products still dominate global markets, there is a growing shift being fueled by every dollar spent on carefully SOURCED food. Your shopping choice matters. Your farmer matters. Labeling matters.

**(3) Go vegan for the environment!** Part One: Industrial agriculture is vicious to our environment, but my sources of animal-based food are not industrial agriculture. And, to be honest, hunting is about the most environmentally friendly option you can find, as ZERO resources are being used to raise the animals. There are, in other words, meat & dairy & egg sources that are environmentally friendly.

**(4) Go vegan for the environment!** Part Two: Some popular ingredients found in many “vegan-friendly” foods are terrible for the planet. Topping this list would be: Palm Oil. I avoid Palm Oil like the plague. Palm Oil is transported from the other side of the world (fossil fuel pollution) and grown on huge, mono-crop plantations (rainforest destruction

- goodbye Orangutans, Tigers & Asian Elephants) which are planted on peatland. Peatland is made up of tens of thousands of years of plant debris dozens of feet deep which, when the forests are slashed and burned, continue to smolder for years. This makes it a top SOURCE of the most dangerous greenhouse gases on the planet. This article will help you avoid Palm Oil: [www.worldwildlife.org/pages/which-everyday-products-contain-palm-oil](http://www.worldwildlife.org/pages/which-everyday-products-contain-palm-oil). The point being, any diet (including veganism) can be bad for the environment if we casually source our food.

In closing, I have spent years on a Vegan Diet, Vegetarian Diet, 100% Raw Diet, I’ve dabbled in Paleo and I spent a few glorious months on Kathy Abascal’s TQI Diet. Conscious eating and conscious sourcing of our food... the stuff we build our bodies out of...is a wise and fabulous subject worthy of exploration. It can save your life (literally), protect animals from egregious torment, and bring balance back to our badly damaged world. However, for all of these goals, I have found that each diet model can be part of the problem or part of the solution... based upon SOURCING. Which means, we’ve all got to keep our thinking caps on! If you want to go vegan, do so. It can be a lean, morally upstanding, delicious option. However, so can other diet modalities. Just keep your brain engaged as you search for the best option for you, your partner, your children, your pets...your world.

~March Twisdale

## The Case for the Lesser Known Opera

Continued from Page 5

in awe. In awe of their talent and abilities but also that they have taken on a very difficult challenge. They all want so much to do the work justice and come together as an amazing force expressing this music and story. They are excellent.

Norm Hollingshead will be giving his free preview lecture at the Vashon library on Saturday, May 9 at 2pm. He always does an incredible job explaining the plot and all kinds of interesting details. If you are not sure then check that out and I bet Norm will convince you to go ahead and give Albert Herring a try.

I think to find interesting operas that have beauty and innovation we need to take risk. In order for an opera company to take this risk we need your support. We won’t stop doing top 10 operas (Next year we are planning to produce The Elixir of

Love by Donizetti and I Pagliacci by Leoncavallo - two huge hits) so please don’t think if you support this, we won’t perform the popular masterworks we also love!

On Vashon we say “Keep Vashon Weird” so I’m letting you know Vashon Opera is doing its part. This isn’t an opera you know but take a chance on it. I promise you will be thoroughly entertained. You will witness moments of beauty, hilarity, innovation and incredible talent.

- Jennifer Krikawa, Artistic Director of Vashon Opera

Albert Herring will play at Bethel Church on Friday, May 15 at 8pm and Sunday, May 17 at 2:30pm. There will be a reduced rate Dress Rehearsal Wednesday, May 13 at 7pm. Tickets can be purchased at Vashon Bookshop or online at [www.vashonopera.org](http://www.vashonopera.org).



## Espresso

Latte and Wisdom To Go

**Monday - Friday 5:30am - 3:00pm**  
**Saturday 7:00am - 3:00pm**  
**Sunday 8:00am - 2:00pm**

**Cash & Checks Welcome**

17311 Vashon Hwy Sw



## VASHON PRINT & DESIGN

Faxing • Internet • Printing • Web Design  
Photocopying • Graphic Design

17627 Vashon Hwy SW • Vashon Island • WA • 98070  
Phone: 206.463.6100 • Fax: 206.463.6137 • [vpd@vashonprint.com](mailto:vpd@vashonprint.com)





**Aries (March 20-April 19)**  
Yours is the sign of ‘me’ and ‘I am’, but something else is in the air at the moment. I suggest you focus your orientation on both shared resources, and collective resources. Political and corporate rhetoric for the past 30 years has force-fed people with the idea that they themselves are all that matters, everyone else be damned. We need to recognize what an anti-social concept that is, since the whole notion of society is based on the sharing of resources that pay for things like streetlights, fire departments, storm drains, parks and even shopping malls. I suggest you think of everything in collective terms, and notice your connection to everyone with whom you transact even the most casual business. Notice how people depend on you and how you depend on them. Notice what energy (in any form) moves when that dependency is activated. You may pay someone to make your lunch, yet even so, are you grateful they did it for you?

**Taurus (April 19-May 20)**  
This weekend’s Full Moon across the Taurus-Scorpio axis is going to bring certain relationship matters to a head. If the air is clear, this could be great fun; the peak of energy would manifest as something erotic or passionate. If the air is not quite clear, small matters could become large ones, and that has the potential to do some damage. Therefore, I would suggest maintaining a policy of gentle clarity, and at the same time, maintaining a perspective on what really matters. You are in an unusual position to notice the feelings and viewpoint of others. If you can do that, you will have a realistic sense of scale. You will be less likely to overreact or over-compensate. I suggest you make sure that every relationship in your life is assigned a larger purpose. Some relationships take them on naturally; some need to be trained. From the look of the planets over the next week or so, I suggest you work both of those approaches.

**Gemini (May 20-June 21)**  
Mercury in your sign is urging you to be discerning of what people in power say to you. You’re on notice to question all agendas, including your own, though especially those to which you’re subject. To avoid making a discovery too late, I suggest that you listen carefully to what people say -- and strive to understand its implications. The thought processes of most people fall short of that step: what is the implied meaning of a statement or an action? Either that, or those implications are greatly overestimated and misunderstood. What you’re looking for is subtle, and there is likely to be some element of discernable truth or lack of truth in what you hear. Or there will be if you employ your reasoning skills, logic and gift of language. To put it simply, pay attention and think for yourself. Stop and notice when you discover that you’ve lapsed in those things. It would also be very helpful to take written notes, because aspects suggest you might discover and then forget the most important bits of information.

**Cancer (June 21-July 22)**  
Sex is the word and the deed. The Moon is full in Scorpio this weekend, and for you that’s about an adventure. I recognize that for many people, sex is getting scarier, as what it tends to lead to is a form of intimacy. Remember that sex starts with you, and it comes back to you. There may be others along the circuit -- lovers, friends or fantasy partners. If there are, remember that you have something to offer them. You’re a kind of erotic and creative reservoir. You can afford to be generous, and think in terms of the nourishment that you offer to people. Really focus on that, so you see it and understand it. At the same time, pay attention to what’s being asked and expected of you. Pay attention to what you’re being given. Notice how you feel before, during and after any sexual encounter, whether it’s

alone or with someone else. It’s up to you to maintain balance in all of the equations of your life, especially this one.

**Leo (July 22-Aug. 23)**  
Jupiter in your birth sign gets to ride the full energetic wave of this weekend’s Full Moon. You may experience this as the sensation of power, of strength, of safety or simply of belonging. Let that strength emerge from the inside rather than from the circumstances of your life. In fact you may feel like that’s your only option, as you may feel disconnected from certain external factors, or like you’re the only one who really understands. Your solar chart describes a situation where you can reach out to someone who feels that they’re the only one who understands -- though they don’t feel nearly as strong or as confident as you do. You may need to inquire gently what’s going on. This person may be communicating by not speaking rather than saying something out loud. This person’s feelings are arranged in layers and there is likely to be a group dynamic involved. Follow the lines and you will learn a lot about your own current family pattern. One discovery will lead to another. It’s that kind of weekend.

**Virgo (Aug. 23-Sep. 22)**  
You seem determined to assert your leadership and your message, though I suggest you listen first and speak later. You have a chance of being misunderstood, or worse, presumed to be wrong. Therefore pay attention to your surroundings. What you have to offer is something of lasting value, which is a balance against thinking you have to get it all out and get it right the first time. The natural point of intervention is a writing and rewriting process. For many people writing is pretty easy; it’s the revision part that slows them down or can seem to lack confidence. You might say that writing is about making up your mind, and revision is about changing your mind -- and that’s what makes both thinking and writing relevant. Editing means there is no presumed perfection; rather, the message of the editing medium is that life is a work in progress, and ideas in particular benefit from exploration. What you are looking for is something that resonates more deeply as truth. To go in that direction, sometimes you must add, and other times you must subtract.

**Libra (Sep. 22-Oct. 23)**  
You seem to be uncertain about the flow of revenue associated with your profession. You might be asking whether what you have will last; that’s a matter of planning. It’s also about considering your alternatives carefully and not being caught in any one way of doing things. You can consider the entirely opposite approach. You can consider two approaches at once (a kind of A/B test). Mostly, as you are about to discover, your success is about being seen for who you are, which means embodying who you are with confidence. Remember that the only vocation that you will find satisfying is one in which you are actively supporting, nourishing and nurturing others. By active, I mean that you get reasonably immediate results and that your own efforts are not too far removed from the benefits that others receive. Others around you are willing to cooperate with that. In fact they seem to have, at least for the moment, found that space where they’re open to the concept of the greatest good for all concerned. Get it while it’s hot.

**Scorpio (Oct. 23-Nov. 22)**  
This weekend’s Full Moon in your birth sign will stir up deep passions, needs and desires. True enough, that’s happening most of the time, though astrology like this arrives with depth and feeling and some mystery. So take that ride, with no expectation where it will lead you. One thing I suggest you focus on is your sense of mission. Not your career, not your ambitions, but rather your calling. Think of this in an integrated way. Your

calling is not separate from who you are or what you do, but rather something that you express with every cell in your body. It’s also something that is expressed through your relationships and your contact with your environment. You may understand this in theory -- that who you are is never separate from what you do -- though now you get to experience that as visceral. This is the physical sensation that you are real. It may fill you up and seem to pass by, but really it’s not going anywhere. Remember the feeling and keep creating the conditions that lead you there.

**Sagittarius (Nov. 22-Dec. 22)**  
If a conversation with a friend or partner seems to hit a block or impasse, keep it light. This is definitely not a situation where if something is stuck, whack harder. In fact the opposite is true. There’s likely to be some external factor that is causing a distraction or distortion. In other words, there’s an element to the situation that is not true, but you believe that it is, and that’s the root of the problem. One thing that will help is giving things time, as in a few days. Several current factors suggest that it’s not easy to see viewpoints for what they are. Others indicate that there’s likely to be an emotional exaggeration (most likely on your part). Therefore to avoid needless complication, interpose a delay. Now is not the time to speak the truth at all costs, because you may not know what it is. Even if you verify certain facts, there are going to be more that come to light. Therefore take it light and take it easy. All opinions are subject to change.

**Capricorn (Nov. 22-Dec. 22)**  
You may be grasping for strategy that you cannot wrap your hands around. In this and other ways, you may feel like you’re standing on ground that cannot really support you, either because it’s actually shaking or because you don’t trust it. You may feel like you have to put all your faith into something intangible. If I may reinterpret that: what you’re actually experiencing is the potential for change; the simple fact of movement and indeed progress. The expectation of a static universe, of situations and people unchanging, is a formula for chaos. The more you expect things to stay the same, the more they will seem to be changing out of your control. The more you notice where you are now and notice the movement of energy, the more you’re likely to feel that you can guide your life and make decisions. The mere fact that decisions are possible speaks to the power of change. Add the factor of necessary risk and you have a formula for progress.

**Aquarius (Jan. 20-Feb. 19)**  
You may need to keep your balance in a relationship situation. If you’re finding that’s true, notice where you’ve been left out of the equation. You may have left yourself out, or there may be some setup that somehow includes the viewpoint or needs of everyone else but which omits you. Therefore, notice whether that’s true, and write yourself back into the script of your own life. There seems to be some question of public opinion involved in this whole topic, such as whether you fit in, whether your ideas are acceptable, or what people perceive as your image. I can offer you a clue. There’s something you are saying or doing that is in fact daring, and which as an indirect result calls out the lack of courage of others. It’s not that you’re trying to do this; it’s a matter of perception. It would be wise of you not to pay too much attention to the stuck viewpoints of others; rather stick to your idea or your message.

**Pisces (Feb. 19-March 20)**  
Security for you is a state of mind. We could say that’s true for most people, but you’re especially sensitive to the ways in which your mental state sets the scene for whether you feel safe in your home or on the planet. This is independent of whether you’re actually safe, or have reasons to feel that way. What is interesting about your solar chart is that you have two distinctly different viewpoints related to your own sense of belonging. Sometimes they conflict,

*Continued from Page 7*  
believe in the science of genetically modified organisms, then you are a conservative. Scientific findings are based on assumptions. We all know that science has been wrong in the past. Perhaps the scientific canon that humans are different and exceptional in nature has given us the notion that we can fanagle the laws of nature to our own ends. It isn’t the scientific method per se that has let us down, but the assumptions that we have made about the nature of things.

If we are ever to get to any common ground, we will have to think more deeply about our assumptions and begin to articulate among ourselves what context we are working in. Are we working in the context of Nature or the context of Man? It seems to me that an honest discussion would conclude that the context of nature is more and more the context we need to consider most reliable. We now know that the earth is not flat and that it is not the center of the universe. We know that human centered civilization is just a flash in the pan compared to the longevity of most modern species, not to mention the success of more than two billion years of life on this planet. To consider that we humans have such a thorough understanding of how nature works that we can freely improvise on it is an utterly liberal notion. Is it really conservative to put our chips on corporate agriculture, which is only sixty years old? Being conservative in the short term context is being radically liberal in the long term. If we understand the context, maybe we will better see what we need to be doing.

What makes it difficult for us to move forward in a positive way is that we no longer accept that life is mysterious and our role in it unknowable. We lose our moral compass when we decide what our future ought to be and then consider moral and ethical considerations optional in choosing the steps we take to get there. In my mind, the end, which is the result of the interaction of a multitude of factors and is impossible to predict, never justifies the means to get there. Compromising our moral and ethical sensibilities seldom leads to a good result. Only right action leads to a good end. This, to me, is what faith is all about. We need to be “liberal” enough not to fear change, but “conservative” enough to be cautious and respectful of nature.

Until we forgo all the labels and bear in mind that we are all in the same family, we will continue to bear down on the “bad guys” instead of trusting in our common nature.

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

***Make a date with Vashon!***  
**www.VashonCalendar.com**

**Vashon Library Events**  
**Art & Music Events**  
**Submit your Event on line at**  
**www.vashoncalendar.org**

sometimes they work in harmony, and sometimes they function independently of one another. One growth mission you have now and for the next month or two is charting this out. You will get to create a mind map, and this map will take you into the distant past. For now, I suggest you stay in the moment, and adopt as your mantra a question: Is that really true? Use that with everything you hear, what you say and what you think.

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



Positively Speaking

### Ending Privilege or Using It

Noon... I promised the editor by noon today. Eleven fifty nine. I’m going to be late. Nepal, Baltimore and a death in the family and I postpone what was going to be printed three days ago and try to figure out how to put very very strong emotions on paper.

In the last three weeks I have experienced a complete turnaround in the direction of my life. I, white boomer woman that I am, have just endured, am still enduring, the most incredible hate campaign any person ever concocted. A hoax and some lies, a whole lot of lies, because other people did bad behavior and didn’t have the ca hones (is that how testes are spelled in the vernacular- in Hawaiian) to bear the responsibility for their own pain and choices and inadequacies and truly thought they could use me as a whipping post, a scapegoat and throw me under the bus. Not so fast. I stood up, turned and walked around them, to the great beyond of bliss and happiness.

You know that scene in the movie Speed where the guy ( or was it the gal) is under the bus trying to dismember some detonator..or somethingerother. I don’t have time to look it up for accuracy’s sake. Well...that was me, and two of my kids were in the bus. But, by God’s Grace, I was able to hang on and cut the wires. So trust me, it was celebration time this last weekend. Next time you read this column you will read about the joy of being a strong woman.

Then the call came. My cousin had found true love a couple months back for the second time. Her first partner had died suddenly about a year and a half ago, and then her dog died, but then she found love again. Only Saturday night, that love, too, died suddenly of a heart attack and eventually had to be removed from life support. In between news accounts of the world’s events, celebrating took a side seat.

Newspaper junky that I am, I’ve been looking at The Daily Pennsylvanian, the campus paper for the University of Pennsylvania. Let’s see...front page...

There’s a court hearing that may void state marijuana laws, and area McDonald’s had some health violations, non state cars may face old parking fines, residents are objecting to some zoning decisions around a proposed parking lot, there’s a money gap...

Inside news...the editorial is on whether SAT scores are relevant and the big news is a professor from Yale who is doing a lecture for the Afro-American Studies on ‘The Immorality of Political Officials: a Crisis for Black Youth’. Oh, and the University Hospital is encouraging students to take advantage of their Treatment Center for Chronic Smokers. Lastly, someone created a special school for young black kids who have been so traumatized they don’t speak, literally do not make sound out of their mouths.

Baltimore burning with yet another debate about what and why after yet another death that has divided, Nepal in ruins with thousands dead because of economic privileges denied them before the quake like strong buildings and first responders, loss and grief and controversy.

I forgot to tell you...that news from the Pennsylvanian? That paper was dated 6 February 1974!! 1974!! 1974!! Has anything changed for the better in forty years?!

I am heartsick. For forty years I have been trying to explain to people that if someone is feeling privileged inside they are feeling weak and inadequate and worthless and THAT is what leads to overconsumption of their portion of the planet. THAT is what makes them appear

By Deborah H. Anderson



arrogant and self righteous. THAT is what makes them do dependency instead of love. THAT is what makes them put others down and classify and gatekeep and shore up their own piece of turf.

Let me tell you a story. When I was much younger and newly ordained, I got invited to a gathering of clergymen. They would go on retreat every year and their big thrill was to go into town and go this bar. That was their grown up idea of a good time. So, my first year at the retreat, I got invited to go with. It was like being with junior high boys. One of them says to me as opening conversation, “Ya know what my favorite scene in Porky’s was? When he ( put his male appendage....) I stopped him and said gently with a squinty eye and distorted mouth....”thaaaaat would be over the line of appropriate.” Pretty much all night long these guys might as well have had signs hanging around their necks that said “Hi! You are a woman and I only think of you in one way for one purpose”. Privilege. Yuck.

Now here’s the kicker. When I get back to the camp where we were staying there were two other clergywomen who came up to me in a huff and declared ‘Last year they invited US!’’. I wanted to say to them “Oh honey...if you want to go to the Red Robin and pick up guys in purple tank tops with little to no brains and only one destination on their map, have at it. But THAT... THAT that I just experienced was neither a compliment nor a pleasure.” Privilege.

Another story. Couple who have had very few problems in life and think it’s because they have done everything right. They set themselves as the moral guardians for a community. Holding court they never ever think that maybe, sometimes, bad things are a bit random and can happen to anyone. Then the husband gets terribly ill. Suddenly being privileged takes on a different meaning and there they are looking flawed and struggling and fearful just like the rest of the world. Privilege.

There isn’t a person in this small community that isn’t experiencing privilege. The question is, what will we do with it? Will you use it to better your own situation, garner more pleasures, plump up your assets or make yourself feel less inadequate, less lonely? Or will you use it to go deeper into your own presence and bring more authenticity to the world? Do something that isn’t giving away the sleeves of your vest?

Real suffering happens in this world. People torch things because they feel powerless against privileged people who lord it over others. If they don’t have someone in their life, several someones who will hold them when they can’t hold themselves, they’re going to light a match to the place, they’re going to throw some bricks, they’re going to commit suicide, they’re going to drink or drug themselves into oblivion. If you hurt inside and you don’t use your words, you will act it out. Privilege.

What are you doing with your privilege? Do you need to end it, get more real, become more authentic, or are you going to use it for the good of those around you?

Discuss.

Love,  
Deborah



## Vashon Writers’ Office Island Book Reviews

Writers are like chameleons. They tend to disappear into the multi-colored canvas of life unintentionally and generally without regret. As such, most islanders are unaware that the Vashon they know and love is considered to be, by the Seattle Writing Scene, “an island of writers.” Our goal, as members of the VWO, is to open your eyes to the literary menagerie that surrounds you. As members of the thriving and growing writers’ community on Vashon Island, we can often be found at the Localvore Lit Booth at the Vashon Farmer’s Market. Drop by and take home a fabulous piece of local literature!



and all to see.

Review #2  
Book Title: **Garden On Vashon**  
Author: Karen Dale  
Reviewed by: Delinda McCann

This is a must have book for islanders even if you don’t garden. In her 249 page book, Dale covers much of the history of the island, including a section on the Beall Greenhouses and another on the Garden Tour. Her section on soils helps the reader understand how why and when the highway will slide again. Her piece de resistance is a unit on how to grow the perfect tomato. Dale traveled down driveways and explored local gardens as she interviewed over a hundred growers for material for her Beachcomber blog by the same name. This book represents an opportunity to get to know who the people are who grow your food and flowers on Vashon.

### Vashon Library May 2015 Events

#### Children & Families

**Brick Builders Club**  
*Monday, May 4, 11 and 18, 4-5pm*  
Ages 6 to 12 with adult.  
The library is having a Block Party-come build with us! All bricks provided.

**Family Story Times**  
*Tuesday, May 5, 12, 19 and 26, 11:30am*  
Family program, all ages welcome with adult. Stories, songs and fun!

**Spanish Story Times**  
*Wednesday, May 6, 13, 20 and 27, 11:30am*  
Family program, all ages welcome with adult. Stories, songs and fun!

**Fancy Nancy Spring Tea**  
*Saturday, May 23, 11am*  
Family program, all ages welcome with adult. You are cordially invited to a superb soiree to celebrate the Fancy Nancy books by Jane O’Connor. Wear your finest frock or don your spiffiest bowtie and join us for tea and cookies, sparkles and of course reading! Bring your own fancy teacup if you wish.

#### Adults

**Meet the Author: Dan Raley**  
*Saturday, May 2, 2pm*  
Seattle author Dan Raley awaits the spring release of his fourth book, How Seattle Became a Big-League Sports Town: From George Wilson to Russell Wilson. It’s the culmination of a 12-year project, and is Raley at his storytelling best. It’s full of new disclosures about the city’s sporting heroes and scandal-makers. The book also serves as a personal memoir for Raley, once a Seattle Post-Intelligencer sports writer for three decades Raley previously wrote Tideflats to Tomorrow: The History of Seattle’s Sodo, Pitchers of Beer: The Story of the Seattle Rainiers and The Brandon Roy Story. Pitchers of Beer received national attention, leading to an appearance for Raley on National Public Radio and

mention at East Coast literary conferences.

**Great Books Discussion Group**  
*A Still Moment by Eudora Welty*  
*Monday, May 4, 6:30pm*

**One on One Computer Help**  
*Thursday, May 14 and 28, 6-8pm*  
Do you need extra help on the computer? A KCLS volunteer instructor can give you one-on-one assistance on a drop-in basis. Note: Volunteers cannot provide hardware assistance with your own personal computer.

**Meet the Authors: Sharon Reed-Hendricks with Steve Hendricks**  
*Sunday, May 17, 2pm*  
This is the story of a six year sailing journey halfway around the world. Part adventure, part travel, part love story, One Man’s Dream, One Woman’s Reality inspires readers to live their dreams, even if limited by time and budget, and challenged by unexpected obstacles. The book tells of how the couple survived a fierce storm that nearly ended the voyage, how they managed to escape harm during a harrowing encounter with Colombian pirates, and the most powerful lessons they learned that they now want to share with others.

**Women at the Western Front**  
*Saturday, May 30, 2pm*  
Actress and historian Tames Alan presents a unique look at little known history: the women who put on a uniform and filled a variety of roles in World War I.

**Talk Time**  
*Tuesdays, 6:30-7:30pm*  
Practice speaking English with other English language learners, all levels welcome. Learn about your community and meet people from around the world. Classes are free, join anytime! Activities available for accompanying children ages 4 and older.



# Island Epicure



By Marj Watkins

## Brain Foods

Have you ever thought of getting something out of a kitchen cupboard and, by the time it took to turn around, open the cupboard and look at the contents, forgotten what you were looking for? It happened to me the other day. It scared me, and I don’t frighten easily. Two people I knew and loved have died of Alzheimer’s disease, and so have others I knew or knew of.

Recently, I read that half the people over 65 in this country have some cognitive diminishment, but that people who follow a Mediterranean diet rarely lose any brainpower. Researching what foods especially benefit brain function led me to a diet heavy on fresh vegetables, fruits, nuts, legumes and olive oil. The class of vegetables most lauded is the cruciferous, a.k.a kohl vegetables: cabbage, kale, broccoli, and cauliflower. The leafy greens – spinach, romaine, deep green or red leafy lettuce, and mustard greens. Coconut also enhances brain function.

India has the lowest incidence of Alzheimer’s of any country. They’re heavy on spices, especially

turmeric. Whatever else they’re seasoning their lentils, vegetables or meats with, there’s always turmeric. That, it seems is no coincidence.

So, combining spices, including turmeric and the cruciferous vegetables, I invented this one. You can vary the vegetable. Cabbage is about the thriftiest vegetable you can buy. You could use the same spicing with kale, broccoli or cauliflower, but steam broccoli and cauliflower florets just 5 minutes. Kale needs up to 20 minutes.

### Cabbage & Lima Beans with Turmeric

4 servings  
1 Tablespoon olive oil  
1 small head green cabbage, coarsely chopped  
¼ teaspoon caraway seeds  
1/3 teaspoon turmeric  
1 jalapeño, minced or ¼ teaspoon red pepper  
1 cup cooked green lima beans  
2 teaspoons sesame oil  
In a wide deep skillet, heat the olive oil. Add the cabbage, caraway, and turmeric. Stir. Add the jalapeno. Stir-fry 5 minutes. Add a little water. Cover, reduce heat. Cook 15 minutes. Add the lima beans and sesame oil. Heat to steaming. Serve with rice and a salad.

Green Beans with Coconut: 3/4 lb. fresh green beans cut in 1-inch lengths or 1 10-ounce package frozen cut green beans, ½ teaspoon turmeric, and salt to taste plus 1 cup water. Place all these in a saucepan. Bring to a boil. Cover and cook until tender-crisp, about 15 minutes. Drain. Add ½ cup shredded coconut. Stir. Let rest 5 minutes to heat coconut and blend flavors.

# VAA Center for Dance presents A Midsummer Night’s Dream

By Christine Juarez

Midsummer arrives early to the O Space this year! In searching for a ballet to fit VAA Center for Dance this spring, Shakespeare’s A Midsummer Night’s Dream with music by Mendelsohn had completely escaped me. I was enjoying a favorite event, our annual VAA Dance Alum Brunch. In December, we met and spent time catching up and recollecting favorite dance moments. Hearing that we had not yet decided on a spring ballet, Sophia Ressler, dance alum 2007, simply interjected, “How about A Midsummer Night’s Dream?”

Eureka! That was it! We had not danced that ballet since 2001. I knew immediately we had our 2015 spring ballet.

The Shakespeare comedy invites a cast of dancers in a large variety of roles. Our two seniors, Maeve Haselton (dancing Puck) and Mara Drape (goddess Titania), both love contemporary dance. This ballet gave us the format to take them off pointe and let them embrace the style they especially like. Oberon, God



Photo by Linda Crayton.

of the Fairies, is danced by Josiah Sprute-Boyajian. My human lovers are set in classical ballet style, Tess Mueller as Hermia, Hannah Van Dusen as Helena, Quinn McTighe as Lysander and Duncan Barlow as

Demetrius. Lead Fairy is danced by Sally Walker with Peas-blossom, Moth, Cobweb and Mustardseed dancers. Julianna Wright dances the snake pas with Puck as he picks the magic flower to manipulate the story. Ballet level 2, 3 and 4 dance as Fairies and Modern 3, 4 and 5 as Creatures of the Forest.

Our tap class literally kicks off the show and our pre-Ballet classes enchant with Mother Goose fairy tales as Mice, Sheep, Spiders and All the King’s Men take the stage.

Join us for starlight and magic May 8, 9 and 10 at the O Space.

– by Christine Juarez

A Midsummer Night’s Dream

Friday, May 8, 1 pm  
Children’s Matinee

Friday, May 8, 7 pm  
Saturday, May 9, 1 pm & 7 pm

Sunday, May 10, 1 pm  
Children’s Matinee \$5  
\$12 Member/Student/  
Senior, \$16 General

Find *the Loop* on-line at  
[www.vashonloop.com](http://www.vashonloop.com).

## Truth, Joy, Being, and a Symphony of Color

Continued from Page 1

big painting of sunflowers whose boldly and confidently painted petals, like all her other paintings, are accomplished with a palette knifes- think....Karen Fox! This is Karen’s first return to the Arts Tour since 2012 and she has been busy, with 20 new paintings along with others filling her studio.

When I entered the new painting studio of Kristen Reitz-Green, at stop number 6, an explosion of color and vitality struck me silly. Most conspicuous are the brilliant paintings of guilty pleasures: sugars and oils glisten prominently on the doughnut, bacon, honey and pancake paintings whose large scale suggests our gluttonous consumption. Then I was taken with the phenomenally well drawn figures that no newcomer to painting as recent as Kristen has a right to have mastered. I

had underestimated Kristen’s insatiable curiosity. Not content to be pigeonholed as the “big food” painter, Kristen subjects herself to a disciplined tutorial of a range of subject matter born out of her love of Chuck Close, Wayne Thiebaud, Vermeer, Marc Chagall, Dali, and other respected masters. I wonder if Kristen has her own blessed version of the painter Kandinsky’s synesthesia, which allowed him to see colors when he heard music, and hear music when he painted. For Kristen spent 29 years as a rigorously trained musician from Julliard, with numerous musical scores imprinted on her synapses; living and breathing, literally with her French Horn, the inner world of arpeggios, passacaglias, the circle of fifths, and dwelling in the rich array of tonal textures that a symphony produces. Then a few years ago she stops with

the music and picks up the brush, and almost immediately finds the visual equivalent of all these skills. Truly- it’s like she’s been painting for decades. Now, she’s not a savant; that would be an insult to her devoted study and disciplined craft, but my goodness, would that we all could have such a musical training to make our colors sing! Don’t miss Kristen’s latest outpouring of colorful symphonic music.

Jiji Saunders, at stop number four, plants herself firmly between the lush abundance of her enormous West Side vegetable garden and her paintings of her memories of the austere, wild and arid beauty of her Colorado youth. Just like a lot of us, both gardening and painting beckon her. “I welcome rainy days, and then I have an excuse not to preen the garden and paint instead!” She got an early start on the garden this year with the mild February weather and took care of the plants early enough to then produce- hard to believe- 120 encaustic paintings for this art tour! Jiji pares down her textured landscapes to simple elements, finding the minutest variations of cloud, tree, bush, sand, and hill, within the intersection of land and sky. The encaustic wax is thick and substantial; giving texture and immediacy to what would otherwise be a soft and filmy landscape. There is something mysterious and alluring in this prairie of her youth, and Jiji seems to be painting these scenes over and over to either revisit something assuring, or work out something haunting. Either



Jiji Saunders’ encaustic paintings of wild Colorado desert memories

TRASH TALK

It’s planting time! Plastic nursery pots can be recycled at the transfer station. If too large to fit through the collection bin slots, cut them up. However, other island gardeners are usually happy to take them. A post on Vashon Freecycle or other site and they’ll be snatched right up.

[www.zerowastevashon.org](http://www.zerowastevashon.org)



# The Garth Reeves Band

Garth Reeves has been playing professionally for over 18 years. After cutting his teeth in the halcyon days of the Olympia scene, Garth moved to Seattle to explore that cities burgeoning music explosion. A short of list of bands Garth has been in include: Dangermouse, Nubbin, Goodness, Blue Spark... and now as a solo artist and in collaboration with others, Garth is expanding on a catalog of solo work that mines the roots of American musical vernacular.

After returning to Seattle from a stint in Brooklyn, Garth and producer/keyboardist (and Vashon Island resident) Jason Staczek began recording the follow-up to Garth's first record Nothing But Time in several Seattle studios. Collaborating notably with Ian Moore, Timo Ellis, Pete Droge and Garth's regular touring band The Unfaithful Servants (Jeff Fielder, Andy Stoller, Mike Musburger), Garth and Jason are honing the song craft and production style of Nothing But Time, while continuing to mine that albums musical landscapes.

Garth's album Nothing But Time, released in 2005, was made using analog tape, an old Trident board, and a tight knit group of Vashon and Seattle musicians (Jason Staczek, Pete Droge, Rob Brill, Jeff Fielder, Andrew McKeag, Carrie Akre, Danny Newcomb, and Dan Tyack, and others). The result is



a stunning and emotional record deeply rooted in tradition.

Opening up for Garth will be Island band Fendershine. Vashon Island band Fendershine's members hail from five distinct corners of America, and their respective swampy, poppy, psychedelic, prog-rock and folk-punk influences come together in their own concoction of danceable rock. The 'Shiners all came of age in the 1970's and musical immaturity in the 1980's. Collectively they have attended hundreds of arena rock shows, sported dozens of questionable hairstyles, and played gigs in an array of venues including countless crappy clubs, two post offices, one laundromat, and a quilt shop closing party.

This is an all-ages free cover show 'til 11pm and 21+ after that.

Friday, May 15, 8:30pm  
At the Red Bicycle  
17618 Vashon Hwy SW  
206-463-5590  
www.redbicyclebistro.com

# Gregg Curry & Ragged Glory

For Gregg Curry, Ragged Glory was a sound birthed from the radio of a Mercury Montego he drove down Southern highways in summer with the windows down. It was Dylan, The Stones, The Band, Neil Young, Tom Petty, and so many others making something raw sound so perfect. He just grinned and turned it up louder.

Now, Ragged Glory is the band Curry says he's "lucky to work with because they get where I'm coming from and understand where the songs seem to want to go." The band (Curry and Rick Dahms on guitars and vocals, Kevin Almeida on bass and vocals, Matthew Chaney on keyboards, and drummer Emory Miedema-Boyajian ) has evolved a sound around Curry's original songs that is their own - a sort of rock-and-roll tent revival/minstrel show that mixes the sacred, the profane, and the in-



between into a musical stew, new and familiar at once. The words may make you pause, the music may tempt you to dance, and chances are good you will grin like you do when you hear a song on a car radio and you want to turn it up.

Gregg Curry and Ragged Glory play on First Friday, May

1st at The Red Bike. The show starts at 8:30pm. This is an all-ages show 'til 11pm, 21+ after that and there is no cover for this show!

Friday, May 1, 8:30pm  
At the Red Bicycle  
17618 Vashon Hwy SW  
206-463-5590  
www.redbicyclebistro.com

## Salish Sea Spring Early Music Triptych

Early Flutes in Ulaanbaatar: Jeffrey Cohan heralded the first days of spring in snowy Mongolia with concerts at the Mongolian State Opera House (banner), the US Ambassador's residence, and throughout China. Celebrate the boisterous cacophony of spring right here at home on Vashon with the diverse musical atmospheres

of Italy in 1600, France and Europe in 1750, and Germany and Austria in 1820 in this Spring Festival musical triptych at Bethel Church, all on period instruments.

Bethel Church · 148th Ave SW & 199th Street (14736 SW Bethel Lane) on Vashon Island · (206) 567-4255  
• suggested donation \$15,

\$20 or \$25 • 18 and under free, university students \$5 • www.salishseafestival.org

Sunday, May 3 at 7:00 PM  
Bethel Church on Vashon Island  
• 1600: Winds of the Renaissance •

Anna Marsh ~ dulcian  
Jeffrey Cohan ~ renaissance transverse flute, John Lenti ~ renaissance lute.

Sunday afternoon, May 31 at 2:00 PM • Bethel Church

• 1820: A Beethoven Band •  
Jeffrey Cohan ~ 8-keyed flute (London, 1820), Stephen Creswell ~ viola, Martin Bonham ~ cello

Tuesday, June 13 at 7:00 PM • Bethel Church

• The Art of Modulation •  
Jeffrey Cohan ~ baroque flute. Stephen Creswell ~ baroque viola. Linda Melsted ~ baroque violin Jonathan Oddie ~ harpsichord

## Totem Carving at Vashon Forest Stewards

By Orca Annie Stateler

For several months, Tlingit artist Odin Lonning has been working on multiple projects, including a large totem commission. Starting this weekend, Saturday and Sunday May 2 - 3 from 10 AM to 5 PM, the public is invited to Vashon Forest Stewards to view two totem poles nearing completion, as well as the artist's educational display and a variety of pieces for sale -- just in time for Mother's Day.

Follow the purple signs from Vashon Highway and 188th Street to find Odin's carving shed at Forest Stewards. For more information call 206-463-9041, visit www.OdinLonning.com, or email OdinShark@aol.com



Tlingit Killer Whale rattle, carved yellow cedar; © 2012 Odin Lonning.

Where the Locals Go!!

Family run business for over 30 years

17611 Vashon HWY SW

206.463.0940

Live Music

Homestyle Breakfasts and Plate Size Pancakes

Breakfast served till 5pm Fri, Sat & Sun

Sports on 5 HD TV's

Open 7 days a week 6 am til 2am

First Friday Music

Music starts at 8pm at Sporty's

## Sharing The Stage

Continued from Page 1

About Sharing The Stage:  
Sharing the Stage was formed to organize shows on Vashon Island so that dedicated young musicians have an opportunity to open for artists they like and respect in shows designed for what kids want in a show. We wanted to produce shows in professional venues, where kids would be psyched to go, feel respected, and not be told they can't dance the way they want to dance. We wanted to acknowledge the passion, hard work, and dedication that kids

put into the music that means so much to them. We wanted student openers to rehearse with professional musician-mentors in the community, and those mentors have consistently encouraged students to seize their moment to express their own voice. And they have done just that.

Never performed with us before? It's easy to get involved: just watch for the audition date (here and announced at VHS, MMS, THS) and then come to the audition with a couple songs to perform. No RSVP or application

needed! We look forward to seeing you.

Sharing The Stage Show #11 with THE YOUNG EVILS - Presented in partnership with Debra Heesch. Tickets: \$7 - students / \$12 - adults. Available to purchase starting May 1st at VHS or on BrownPaperTickets.com.

Saturday, May 16, 8pm.  
All-Ages 'til 11pm 21+ after that.  
At the Red Bicycle,  
17618 Vashon Hwy SW  
206-463-5590  
www.redbicyclebistro.com

PERRY'S VASHON BURGERS

Celebrating 10 years Serving Vashon Island

17804 Vashon Hwy SW

Open 11am to 8pm Monday-Saturday  
12pm to 5pm Sunday

Best Burger in Town!

For a Burger Emergency

463-4-911

Gluten Free Buns!









**Cerise Noah**



Professional,  
Knowledgeable  
Fun & Friendly  
to work with.

360-393-5826

cerisenoah@windermere.com



Windermere Real Estate/Whatcom, Inc.

**WET WHISKERS**  
GROOMING SALON  
PROFESSIONALLY TRAINED  
CERTIFIED GROOMER

We Offer:

Wash and Go  
Bath and Brush out  
Thin and Trim

CALL TODAY FOR AN  
APPOINTMENT

(206) 463-2200

17321 VASHON HIGHWAY SW

CONVENIENTLY  
LOCATED INSIDE  
PANDORA'S BOX





**HORSE and farm SUPPLY**

Spring is here, are you ready:  
for spring horse shows?  
for summer horse camps?  
We've got everything your  
Horse-crazy kid will need:

▶ Jods, Breeches & Jackets

▶ Shirts, Socks & Boots

▶ A Helmet that Fits!

Before you go off-Island,  
check us out...

we can save you a lot of  
time, gas & frustration!

We carry Nutrena & LMF  
Feeds for your Horses,  
Goats, & Llamas  
Organic & Vegetarian Poultry  
Feed Hay Pellets, Hay Cubes  
Eastern WA Hay & Straw  
(big bales!)  
Stall Mats, Gates, & Fencing

17710 112th Ave. SW & Bank Road

Hours: 9:00 - 6:00 pm Daily  
10:00 - 5:00 pm Sunday  
CLOSED WEDNESDAYS

206-463-9792

shelley@islandhorsesupply.com

Like us on Facebook!

at Cedar Valley Stables & VI Horse supply, Inc.

Squareup.com/market/vi-horse-supply-inc

**DALE KORENEK, REALTOR**

(206) 276-9325  
dalek@windermere.com



**Windermere**  
REAL ESTATE

WINDERMERE VASHON



**DIAGNOSTIC &  
REPAIR SERVICE, INC.**

206-463-9277

Now Open Saturdays  
9am-5pm

- Performance and Tune-Ups

- Lube-Oil-Filter with 30+ Point Safety  
& Maintenance Checklist

- Brake, Transmission, Clutch Service and Repairs

- Electrical Systems & Battery Service and Sales

- Tire Repairs & Sales

Shop Hours  
8am-6pm  
Monday - Friday  
Saturday 9am-5pm  
On-Call Towing

**24hr Towing &  
Road Services**



Lockout Service,  
Flat Tire Change,  
Gas Delivery and  
Jump Start.





We are Hybrid Certified

**Penny Needs A Home...**

I had a reputation at the shelter as  
a not very friendly kitty. Allow people  
to pet me? Guess again. I might give  
them a swat if they tried. Recently I  
was moved into a little room all by  
myself and whoo-hoo! Now I'm Miss  
Congeniality, begging for attention.  
I've heard volunteers say to each other,  
"Is this the same cat? What's gotten  
into Penny?" If I could talk, you might  
hear me say that I want to be an only  
cat. Being forced to share space with a  
bunch of other felines had made me a  
real sourpuss. I'm a happy girl these  
days, and I want to make up for lost  
time by being someone's very affectionate,  
one-and-only cat.



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

**PANDORA'S BOX**

At long last.....they're back. Lots and lots of new cat  
furniture. Just in time for spring clawing.  
Also - it's an early puppy season. Good heavens - ugly  
puppies galore. All are welcome!



Bo's Pick of the Week:

Not being allowed onto the new cat furniture! He's not amused.

(206) 463-3401

\$8 Nail trimming with no appointment

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



Next to the Post Office  
10015 SW 178th St.  
(206) 463-0555

**Island Security Self Storage**

Full line of moving supplies

· Radiant Heated Floor · On-Site Office · Rental Truck

· Climate Control Units · Classic Car Showroom

· Video Monitoring · RV & Boat Storage

FOR ORCAS AND FOR ISLANDERS  
PLEASE REPORT LOCAL  
WHALE SIGHTINGS  
ASAP TO

206-463-9041

Vashon Hydrophone Project  
Orca Annie Stahler and Mark Sears  
Vashonorcas@aol.com  
Support Vashon-Maury Island Whale Research  
Sightings NOT Disclosed to Whale Watch Boats  
[vashonorcas.org](http://vashonorcas.org)



**Olympic Instruments, Inc.**

▪ Custom Manufacturing, Machining, Welding, Fabrication, Repairs

▪ Short & long run production

▪ Prototyping

▪ Length Meters for Wire & Cordage

▪ Cunningham Air Whistles

Your Vashon Neighbor Since 1946

Monday - Thursday, 7:00 AM - 5:30 PM

16901 Westside Highway SW  
Vashon, WA 98070

Phone (206) 463-3604  
[www.olympicinstruments.com](http://www.olympicinstruments.com)  
[www.cunninghamairwhistles.com](http://www.cunninghamairwhistles.com)



**Barber & Beauty  
Shoppe**

(206) 463-7212

Family Hair Care ~ Sensible Prices  
Colors, Perms, Hair Cuts

Parker Plaza 17232 Vashon Highway



Deadline for the next  
edition of *The Loop* is  
**Friday, May 8**

**Lopy Laffs**

**V.I.P.S. VASHON POLICE DROID DETECTIVES CONFRONT MAURY ISLAND  
SPACE ALIEN POT SMUGGLERS...**

You smugglers are under  
arrest for undermining  
Legal Pot  
Sales Revenues!

NO, NO! This isn't smuggling...  
it's oversupply. There's SO much  
pot on the street due to no  
enforcement, there's NO  
profit for anybody!

Are you sure?!?

Check it out !!

