

THE LOOP

Vol. 13, #11

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May 26, 2016

The Big O - Our Original, Outrageous, Ren-O-vation Gala!

Open Space invites You to join us for a very special event...

The Big O - Our Original, Outrageous, Ren-O-vation Gala!

Sunday, June 5, 5pm. The Big O is biggest party we have ever thrown - an absolute banquet of art, performance, food, drink, prizes, and fun! Including...

Delectable Appetizers & Dinner from The Hardware Store;

Drinks from Vashon's own Seattle Distilling Company, Dragon's Head Cider, and Palouse Winery;

Exquisitely Curated Silent & Live Auction - a delightfully small selection of fabulous prizes - featuring Auctioneer Laura Michalek & MC Amanda Westbrook;

Delicious Desserts, Morsels of Music and Magic, Champagne Hoopla & More! Featuring Open Space faves Angie Louse of The Love Markets, Martha Enson, Tanya Brno & surprise guests!

Dress up in whatever makes YOU shine! Your best Make-Over Look, favorite Re-Purposed Fashion, an outfit full of O's (polka dots, anyone?) or YOUR definition of Outrageous.

Proceeds from The Big O will support renovations at Open Space... things that

Rooted in the heart of the community we serve, Open Space is where Vashon gathers to celebrate the bond between arts & community. We proudly contribute to the success of fundraisers, classes, community meetings and more.



Under our roof, over \$2,000,000 has been raised for Vashon Island non-profits.

will make EVERYONE happy - like adding more bathrooms & a new HVAC system!

Tickets for The Big O are available at Brown Paper Tickets, Vashon Bookshop, and the Open Space office, located at 18870 103rd Ave SW. Call (206) 408-7241, email maria@openspacevashon.com or visit openspacevashon.com for more

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Low Tide Celebration 2016 The more you learn the more fun the beach is!



There just isn't a better way to spend a beautiful afternoon in the Pacific Northwest than on the beach at Point Robinson - so come on down and wade in! Photo by Adria Magrath

By Erin Durrett, Vashon Beach Naturalist

Sunday, June 5th is the Low Tide Celebration at Point Robinson Park! Starting at 10am you can drive in and park or after 11AM you can take the free shuttle bus that will be running up and down Point Robinson Road to bring you and your family and friends to the beach. We will spend the afternoon visiting with and getting to know more about the plants and animals that make Vashon's shoreline a living, breathing, vitally important part of the Salish Sea ecosystem. In the educational area by the lighthouse there will be yummy food, fun new activities for children, lots to look at, and much to learn about the island's amazing natural wildlife.

When you get to the front gate

be sure to stop in at the welcome booth for information on where to look for sea life, how to connect with the naturalists who will be on the beach as guides and learn a bit about "Best Beach Behavior". This information will help you protect our precious tide pools on a day when there may be over 1,000 people on this one fragile beach!

This year we're going to try something a little different: the Vashon Beach Naturalists are going to invite you to participate in a "WADE-IN". As the tide goes out and the huge tide pools on the eastern side of the point begin to emerge, naturalists will wade out with small groups of folks who want to get a look at what's in the eel grass and kelp

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The Road to Resilience Whose Party?

First off, the article in the last issue, "Politics Among The Billionaires," was wrongfully attributed to me. It was written by Ward Carson.

As we approach the end of the 2016 primary season, we find the likely candidates of both parties to have the highest unfavorability ratings since such polls have been taken. Trump at 57% and Clinton at 55% top the charts. For Trump, the unfavorability clearly stems from the fact that he is a loose cannon who appeals to our fears and worst instincts. He is, nevertheless, popular because he isn't part of the political establishment. Clinton's unfavorability stems largely from the fact that she is perceived to be untrustworthy. This derives from the fact that she is the epitome of establishment politics, which is the core of voter resentment this year. Why does the electorate distrust establishment politics?

In the early 1990's, smarting from their third defeat by the Republicans, the Democratic Party leadership set up the Democratic Leadership Council which made an executive decision to bring the Democratic Party more to the center, to make it more corporate, so as to be able to compete with the corporate-friendly Republicans. Bill Clinton was the beneficiary of that strategy. Because party leaders paid more attention to the elite interests than the rank and file Democrats, government policies gravitated more and more to the

By Terry Sullivan,

benefit of the 1%. Quickened by the 2008 recession and the subsequent Wall Street bailout, voter anger has built to the point that a popular uprising is occurring. Yet both parties (and the Democrats, at least, should know better) continue to cater to their elite patrons. The people of this country feel, and the statistics corroborate it, that they no longer have any influence in the formation of government policy.

Distrust of the ability of the masses to rule themselves has always been with us. In a democracy, where the people rule, public opinion tends to be manipulated by "manufacturing consent" for elite policies. In a recent article by Andrew Gavin Marshall, he argues that this practice has a long and illustrious history going back to the buildup to World War I. "The development of psychology, psychoanalysis, and other disciplines increasingly portrayed the 'public' and the population as irrational beings incapable of making their own decisions. The premise was simple: if the population was driven by dangerous, irrational emotions, they needed to be kept out of power and ruled over by those who were driven by reason and rationality, naturally, those who were already in power." As long as democracy has existed, the elite interests have tried to control society. Marshall explains that, as literacy, education, and technology have fed the awareness of the public, the elites have had to be more sophisticated in their control techniques.

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The Allison Shirk Band



On First Friday, June 3rd, the Allison Shirk Band returns to the Red Bicycle Bistro & Sushi for a fun night of country-rock. The band will perform original songs and cover tunes for a foot-stomping, shake your bootie evening not to be missed. Band members include Christopher Overstreet on keys, Wesley Peterson on drums, Scott Carness on

guitar, Doug Pine on guitar, Michael Marcus on bass, Sarah Howard on backing vocals, and Lonesome Mike Nichols on harmonica.

The band has been rehearsing regularly for the past few months and are excited to add new up-beat tunes to the set such as songs by the Rolling

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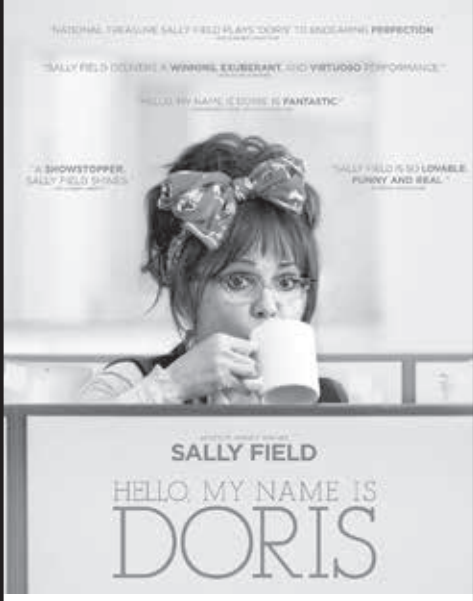
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Get in The Loop

Submissions to the Loop

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

Vegan Potluck

The Vashon Vegans are hosting a Vegan Potluck on June 26th! The celebration will be held at Saul and Weslie's home, details on the Vashon Vegan group on Facebook.

All vegans or vegan friendly people are welcome! Please bring a vegan dish and your own utensils. This is a NO Trash Bash!

Questions? Call Max at 206-427-2204

Rubber Bridge

Enjoy playing rubber bridge in the newly refurbished Senior Center every Monday evening. All ages and skill levels welcome. Contact George Eustice 567-4074 to reserve your place.

Alzheimer's Association Caregivers Support Group

Caring for someone with memory loss? Do you need information and support? Alzheimer's Association family caregiver support groups provide a consistent and caring place for people to learn, share and gain emotional support from others who are also on a unique journey of providing care to a person with memory loss. Meetings are held the 3rd Wednesday of the month, 1:00-2:30 pm, at Vashon Presbyterian Church, 17708 Vashon Hwy SW, Vashon, WA 98070. For information call Regina Lyons at (206) 355-3123.

Free Garden Advice

Vashon Master Gardeners will host Plant Clinics from 9:30 a.m. -2:30p.m. on alternate Fridays & Saturdays beginning May 7, outside Ace Hardware.

Master Gardeners will be available to answer all your questions with research-based, environmentally sound information. Each Plant Clinic will also highlight a special topic of interest to our planting community. Free handouts and garden resources will be available. All questions welcome! Please stop by to share your gardening questions, successes and to meet your Master Gardener neighbors.

Alcohol Sales Training

Join fellow volunteers, local bartenders, wine merchants, spirits providers, VARSA, the Vashon Chamber of Commerce and Officer Jim Martinez of the Washington State Liquor and Cannabis Board for training on how to serve and sell alcohol.

You will also learn the finer points of checking IDs and how to protect yourself and others.

This training is open to anyone who serves alcohol at non-profit events such as the Strawberry Festival Beer Garden, various charity auctions, or any non-profit event.

VARSA will provide electronic ID readers to learn on, which can be checked out for your event.

June 1, 6:00pm - 7:00pm, at the Red Bike

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Vashon Reads about Racism, Culture, and White Privilege

Kickoff at the Vashon Bookshop, June 2nd, from 6-8pm.

Vashon Reads, a community building initiative of Sustainable Vashon, will hold its All Island Read kickoff at the Vashon Bookshop, June 2nd, at 6:00 pm, to discuss racism, culture, white privilege, being allies, and creating community. We have chosen books* for all ages so that adults and children alike can participate. The evening's event will include an interactive reading by Lois Watkins, author of *What It Was Like*, & Janie Starr, contributor to *What Does It Mean To Be White In America?*

Watkins, black, and Starr, white, are both islanders who grew up in the southeast, living in completely different worlds. They have come to their activism from flip sides of the race coin.

Come meet your neighbors, join the conversation, buy books, and explore ways to make Vashon a welcoming place for all.

Picture Books: *Happy in our Skin*, *Golden Domes & Silver Lanterns*, *These Hands*,

Abuela (English and Spanish)

Young Readers: *Migrant*, *Mr. Lincoln's Way*

Teen - Adult: *All American Boys*

Adult: *Waking Up White* and *Finding Myself in the Story of Race*

*Available at the library/Vashon Bookshop/online.

In addition, an extensive reading list has been created and is available through request to Janie@sustainablevashon.org. For more information visit www.sustainablevashon.org.

Remembering Terri Colello

I'll start by saying there's no way I can do justice to Terri Colello. She left an indelible mark on this community and on the generations of kids who have graduated from our schools. I was lucky enough to call her my friend.

Terri had her hand in so many enrichment programs for our kids, both during and after school. Think of Chess Club at Chautauqua, the Labyrinth at McMurray, and On With Life (OWL) at Vashon High. Long after her own kids had graduated, Terri continued to help seniors with college applications, financial aid, and plans for life after high school. She was a board member of Partners in Education where she was instrumental in obtaining grants for Artists in Schools, the 4th Grade Birding Program, and countless other programs that have enriched the learning environment for our kids.

Terri's skills in the kitchen were legendary; preparing and serving a four-course dinner for 300 people under a tent on rainy day was effortless for her. She especially loved training the many kids who assisted in her catering business.

Terri's personality knew no bounds. You always knew when Terri entered the room, as if a bright light suddenly illuminated everything. Shyness was not part of her vocabulary. She had a way of extracting our stories at first meet. Her great laughter could be heard up and down the aisles of Thriftway.

When's we first met in 1998 at Parent's Night at Chautauqua, I couldn't take my eyes off of her. I have never met someone who radiated such charisma, vitality and self-confidence as Terri. She went out of the way to meet everyone in the room, praising every child as if they were her own.

These folks only show up once in a great while, and Vashon has never been the same since. Thank you, Terri, for sharing your amazing gifts with this community and showing us how to live life.

Sue Trevathan

The Vashon Loop

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VASHON-MAURY ISLAND LOW TIDE CELEBRATION
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A FREE family event at beautiful Point Robinson Park, celebrating Maury Island Aquatic Reserve













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The crillery feed
Learn about your neighbors
Things that live before the waves*

- Explore the beach and tide flats with the Vashon Beach Naturalists
- Tours of the historic Pt. Robinson lighthouse
- Flora, fauna & cultural displays
- Presentation on traditional native uses of shoreline resources with Odin Lonning - traditional Tlingit artist and cultural educator

Complimentary shuttle bus along Pt. Robinson Rd to the lower parking lot.

For more information please contact:
Rayna Holtz at 206.463.3153 - raynaholtz@aol.com
Erin Durrett at 206.463.0303 - e.durrett@yahoo.com



Swimming in the Sound

By Seán C. Malone

When the wind blew out of the South at Portage, the water in Quartermaster was always warmer. When the wind came out of the north, the water was always colder. That was the “north wind rule.” The incoming tide warmed itself on the hot sand but a north wind caused us to think twice about swimming in front of the homestead. Dockton followed the “north wind rule” which caused the swimming class to shake from the cold and made our teeth chatter.

David Church chides me to this day with a story that I beat him up on the school bus that took us to swimming lessons, which I needed after having almost drowned in Mukai’s Pond because I couldn’t swim. David could be right, I can’t remember.

The school bus picked us up for swimming lessons whether it was rainy and cold or sunny and warm. Once we were in the water, the weather didn’t seem to matter. They taught us the crawl and we were awed by the older people who could do it. We started learning to swim near the beach in three feet of water where we literally crawled on the bottom, pulling ourselves along with our hands, feeling the buoyancy of the water and kicking with our feet. “Dog paddling” without the support of the bottom was our first swim. I disliked learning to float on my back as a wave would come and send water up my nose, causing gagging and a loss of buoyancy, making me sink feet first. Side stroke and back stroke came after, but I never learned the crawl because I couldn’t synchronize the stroke and turning my head to grab another mouthful of air. I had to settle with learning the breast and side stroke with a scissors kick. I was not going to make a good swimmer.

Finally the day came when we were taken out to the float at the end of the dock and lined up for our first swim in deep water. I was plenty scared from the near drowning accident in Mukai’s pond. Our lifeguard had an oar in his hand to save us if we couldn’t swim back to the float.

I knelt down on one knee on the edge of the rough boards with my hands joined over my head. The water was black, cold and uninviting. The lifeguard



never pushed, he just said, “OK Sean, your turn.” My stomach was turning flip-flops as I rolled my body forward into the bay. As soon as the water closed in over my head, I panicked and thrashed around until I could feel the oar in my hands. Several more tries and I was swimming like a fish, or so I thought.

Swimming on the west side of Vashon was a different matter. There was never much of a beach for the tide to come in on and there was a steep drop off at the edge of the low tide mark. Wading out to the drop off was scary, it was as steep as the roof of an “A” frame, almost straight down, making it impossible to stand if you ventured over the edge. The water moved fast, sometimes at 4 knots. It was dark green and hard to see through to the depths where there was no light. It was disconcerting, because Colvos Passage was 300 feet deep.

Kit Bradley was unlike the rest of us who were well-padded and his ribs stuck out and he turned blue from the cold water. His father Brad was a composer and lived in New York. When the iron pipe from the spring leaked, Kits Father wrapped the pipe with a stretched out inner tube.

No Name creek came down from the spring where we got our water. When it reached the beach, it spread out and became another source of adventure. The pebbles in the creek reflected their subdued colors as small trout worked their way up the creek. With a wiggly worm, they were enticed to bite and we had breakfast in the pan, 4 or 5 fish across.

Social and Political Realities of Environmental Protection of Puget Sound.

Patrick Christie, a Vashon resident and professor at University of Washington, will give a short talk and host a discussion with the audience about their perceptions, social constructions of Puget Sound, desires, behaviors, and aspirations. Patrick will be asking people to explore their personal world views, and how they may shape their preferences and behaviors and how those may/may not resonate with other social groups (e.g., urban, tribal, youth, etc.). From his ongoing research findings, Patrick has seen that policy does a poor job of incorporating such information and how it affects policy enforceability, for example with the use of bulkheads, repairing septic systems or implementing marine reserves.

Patrick Christie, a Vashon Island resident for 13 years, has led various comparative, socio-ecological research

projects in the U.S., Philippines, Indonesia and Latin America to inform the practice of marine resource management. He is particularly interested in the human dimensions of marine conservation employing marine protected areas, ecosystem-based management, and conservation fishing technologies—research that resulted in a Pew Fellowship in Marine Conservation. He regularly provides technical advice on the human dimensions of marine conservation to the UN, governments and non-profits. Patrick is a professor at the University of Washington School of Marine and Environmental Affairs and Jackson School of International Studies.

Social and Political Realities of Environmental Protection of Puget Sound. Thursday, June 2nd, 7pm.

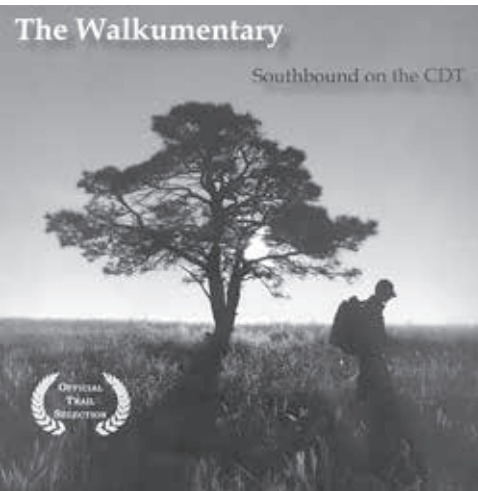
The Land Trust Building

GreenTech Night Movie at Vashon Theatre

Ever thought of migrating South for the winter? You’re not alone! This summer Islander Lizzy Corliss will take to the Rocky Mountain front as she walks from the Canadian Border in Glacier National Park to Paloma, Mexico, where warmer weather calls. This trek will complete her venture toward the “Triple Crown” of thru-hiking. At its finish she will have traversed over 7000 trail miles by foot; the Pacific Crest Trail, the Appalachian Trail, and finally the Continental Divide Trail. It’s been a busy 3 years!

She’s hoping this venture will carry a bit more intrinsic weight with it. She, also known as “Laugh Track” in the trail world, is fundraising for the Student Conservation Association. This organization got her hands grubby in the trail world, and allowed her to meet her first thru-hiker at Crater Lake National Park in 2010.

Want to join in? Come to the Vashon Theatre on June 21st at 6 pm!!! Laugh Track, along with hosts The Vashon Theatre and GreenTech Night, are



showing “The Walkumentary”. It is a documentary on the Continental Divide Trail... Destined to be entertaining. At the door, there is a suggested donation of 10\$ for adults and 5\$ for Students. But, no one will be turned away. All proceeds go to the Studnet Conservation Association.

Remember, if you ain’t laughing you ain’t tracking. Hope to see you there!

JUNE 9-12, 2016

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Free Educational Events Help Marine Shoreline and Bluff Property Owners Manage and Protect Land



The steep bluffs, ravines, and beautiful shorelines of Vashon Island provide spectacular views of the Puget Sound, but they are also prone to erosion and landslides. On June 4th, from 9:00am to 3:30pm, the King Conservation District will hold a free, educational workshop for landowners on marine shoreline and bluff properties. This workshop will be held at the Vashon Maury Island Land Trust and will bring local experts to discuss marine nearshore and riparian ecology, recognizing geologic hazards, and using native plants to reduce erosion. This workshop will also include a

beach walk portion where participants will take a guided tour of Vashon beaches where participants can discuss and learn about different strategies of ecological, geological, and vegetation management. The King Conservation District is a non-regulatory, non-enforcement organization that provides free education and technical assistance on natural resource issues. All classes are free and open to the public. To register call (425) 282-1949 or send an email to signup@kingcd.org



Titans of the Tide

By Orca Annie Stateler, VHP Coordinator

We are savoring a spring bloom of cetaceans and pinnipeds in Vashon-Maury waters. In addition to our ubiquitous Harbor seals, we have Harbor porpoises, Dall’s porpoises, a Humpback whale, California and Steller’s sea lions, and flamboyant Transient orcas roaming around the Island. Can you guess which species is here to eat the others?!

As a wee refresher, Resident fish-eating orcas travel to this area in fall and winter. In some years, a rare visit occurs in March or April. Transient mammal-eating killer whales can appear at any time. In the past decade, we have witnessed a dramatic increase in Transient visits, particularly in spring.

On May 16, 33-year-old Transient matriarch T137 and her three offspring managed to evade online detection as they crept south along the east side of East Passage, putting the Fear of Fins into the local marine mammals. Mid-passage between Three Tree Point and Maury Island, the T137s harassed a Dall’s porpoise. They stopped short of killing and eating the porpoise, but the injuries inflicted on the poor critter were likely fatal.



were so far across the passage. Periodically, through binoculars I could see a small, defenseless dot amid the melée.

Numerous Harbor seals and a California sea lion congregated in shallow water, within easy access of the beach. They knew what was happening, even if the victim was not a seal. A photo by Wayne McFarland posted May 17 on @wsferries shows T137 near Southworth with a Harbor porpoise in her jaws. Moreover, this week’s Dorsal Spin photo by Maya Sears offers a clue as to the meal on the 16th.

Mark and Maya Sears had another exceptional research encounter with these killer whales on May 21. The T137s, accompanied by adult males and presumed brothers T125A and T128, were on the prowl near Bainbridge Island when they made a kill. Maya’s photo -- taken under permit, of course -- shows sprouter male



Transient male T137A with Harbor porpoise. Photo by Maya Sears, taken under NOAA research permit, 5/21/16.

That day, the behavior of other blubber bearers telegraphed that Transients were approaching Dalco Pass. Harbor porpoises seemed disoriented, seals and sea lions looked panicked. We watched with trepidation as a lone, tiny porpoise surfaced off Tahlequah, in the path of the porpoise-punting T137s. One seal floated immobile, with head and hind flippers extended above water, doing her best to imitate driftwood.

From their research boat, Mark and Maya Sears took photos and collected samples. The T137s headed toward the Tacoma Yacht Club breakwater. A dozen little, yearling-sized porpoises flocked to Mark’s boat, presumably for refuge from the scary orcas. By 4:30 PM, Mark and Maya had to leave for the day. Not ten minutes after they departed, the Transients made a kill.

One whale erupted from a long dive, and an extended bout of frothy surface activity ensued – lunges, cartwheels, tail lobbs, spyhops, pec slaps, breaches. The suppressing and drowning of an unfortunate prey item was underway, for more than two hours. To our frustration, Odin and I could not discern clearly what the T137s were dismembering because they

T137A, born 2002, munching a Harbor porpoise. Mark and Maya collected a porpoise lung, as well as a pristine herring that the porpoise had eaten, on the 21st. Evidently, Transients are taking advantage of the seasonal abundance of porpoises.

On May 22, a less conspicuous Transient matriline, the T77s, rapidly transited Dalco Pass on their way to the Tacoma Narrows, ostensibly to join the other Transients who ventured into the South Sound after dark on May 21. I have not previously seen the T77s, so with geeky joy I get to check them on my Transient life list. They were spotted in Hood Canal a few weeks ago.

Be sure to visit the VHP’s whale-filled table at the Low Tide Celebration on Sunday, June 5, 10:00 AM to 3:00 PM, at fabulous Point Robinson Park. You know you want a Low Tide t-shirt designed by Tlingit artist Odin Lonning, or perhaps a piece of his exquisite artwork. Odin also does a TEK (traditional ecological knowledge) talk for Low Tide. Marine mammal stranding response will be a focal point this year, since many Islanders were unaware of whom to call when the two

Continued on Page 8

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Spiritual Smart Aleck

The Funnyman in My Skull

The incredibly loud noise in my head woke me at ten to six in the morning. I always have ringing in my ears, but this was ringing cranked up to eleven.

There was no going back to sleep, so I got up to go to the bathroom, and lurched. Whoa. Staggered down the hallway propping myself against walls so I wouldn’t fall.

I sat down and put my hands on my knees, and that’s when I noticed that my left arm was weak. I tried to stiffen it up, and I couldn’t.

That’s when I finally thought, uh oh. I know that weakness on one side is a sign of a stroke.

From there on it was a process of deciding what to do. I know now that what to do is CALL 911. At that point I was still in denial.

I called a Nurse Helpline instead. The nurse told me to go to an Emergency Room. I called my friend Becky and asked her for a ride. When she arrived she looked at me and said, “Let’s go to the fire station.”

That’s how I ended up in an ambulance screaming down the main highway with the siren going. I thought of all the times I’ve seen and heard such ambulances and said prayers for whoever was inside and the EMTs attending them. I hoped that people who saw my ambulance were praying for me.

We went to the ER at Swedish Cherry Hill, where I was surrounded by people in scrubs, taking blood and blood pressure and shining lights in my eyes and asking me if I knew what day it was.

Becky and my grandson arrived soon. It was good to have them there.

When the ER doctor came in she said I had probably experienced a TIA, or transient ischemic attack. Something had blocked blood flow to one area of my brain, and whatever it was had passed and my brain was now repairing itself. They wanted to keep me in overnight, because having had one TIA, I was at high risk of having another, or a major stroke. Pretty convincing argument to stay.

So I spent two days at Swedish being checked out every two hours for vitals and stroke symptoms.

Saturday afternoon I was wheeled over to the MRI unit, where the tech, Kate, fixed me up with ear plugs and sponges on either side of my head to keep me immobile and dampen the sound of the machine.

Once you are rolled inside the hole in the middle of the MRI doughnut, you understand the meaning of claustrophobia. I breathed deeply to calm myself. The loud bonks, beeps, and buzzes of the machine are straight out of science fiction.



By Mary Tuel

The next morning the neurologist’s assistant came in and told me that all tests were good and I could go home, though my MRI showed an anomaly on my skull. She asked if I’d had any head trauma, perhaps in childhood?

I couldn’t remember, but I had whacked my head hard while getting into my car earlier last week, and thought I might have given myself a little concussion. Just a little one.

She said they could do a second MRI with a dye injected so they could rule out the possibility that the anomaly was cancer.

Sign me up, I said. I wrote an email to a few friends on my tablet, telling them I had a “funny patch in my skull.” When I reviewed what I’d written, I saw that autocorrect had changed it to the “funnyman in my skull.” Hunh. Maybe he was responsible for all this trouble.

The second MRI was not nearly as stressful as the first. Turns out you can get used to it.

The MRI results came back clear, and I was discharged.

It has been a few days now, and I am telling people I am as normal as I get, but I am taking nothing for granted. I am grateful to wake up in the morning feeling okay and able to walk.

When something dreadful happens, you find out who your friends are. It’s good to know I have friends who are kind and caring, and they and my family have enveloped me in love. They are watching me like hawks now, looking for signs of anything, you know, funny.

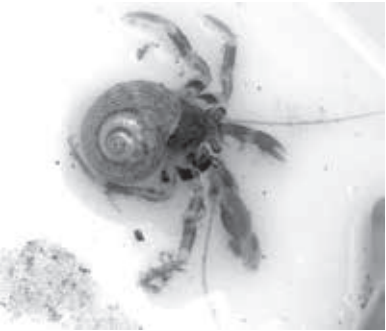
Guess I’ll have to get used to that.

PS: If you would like to watch for signs of anything funny, Listen in the Kitchen, my singing group, will be at the Vashon Bookshop for the First Friday Arts Walk on June 3rd. We start at seven. Ish. Come and hear!

By Rayna Holtz

There is a group of beach residents who neither live with unprotected soft bodies, nor grow tough shells like clams and crabs. This is the group of odd crabs known as the hermits, which have soft, curled, bare abdomens, but also have armored claws and heads. Cindy Young relates that, “Since they have no carapace to protect them from predators like most other crabs do, the Hermit Crab larvae must find empty shells of dead snails to use. As they grow they periodically need to find another larger shell, and some do so by stealing shells from others! When mating, to get the female hermit crab to respond to him the male insistently taps on her shell while he holds the shell and defends it with his large right pincer. After two or three days of this the female finally emerges part of the way from her shell and invites him to attach his packet of sperm around her belly to fertilize the emerging eggs held in her pleopods (small appendages on her abdomen). The eggs are protected inside her borrowed shell until they hatch. Then she releases them into the water where they float as larvae in the plankton.”

Barnacles are the real opposites of the soft anemones, nudibranchs and jellies in terms of how much of themselves is allocated to armor. They are about half composed of white calcareous plates, so they are like tiny forts who, once settled, stay in one place all their lives. As Gail Brooks explains, “Acorn Barnacles, related to shrimp, are little jointed-legged animals hiding their identity in cone-shaped limestone shells made up of six plates fused to each other with a trap door in the ceiling. They begin life as free swimming larvae. When the time comes to settle, the larvae ‘glue’ their heads to hard surfaces, such as pilings, wharves, ships, rocks or even other hard-shelled animals, like crabs. Barnacles spend their lives in this position—head down and feet up. When water covers a barnacle, the trap door opens and the barnacle’s feathery legs emerge to sweep the water for plankton and detritus. Barnacles



have no gills, instead absorbing oxygen through their legs.” Legs that double as arms, food providers, and noses are pretty remarkable. Barnacles have really streamlined their approach to meeting their basic needs!

They have also evolved a substance that scientists have yet to be able to duplicate. Gail writes, “Cement glands within the antennae produce the brown glue that fastens a barnacle to a hard surface. Acids and alkalis do not dissolve this incredibly strong glue that can hold the base of the shell to a surface long after the barnacle is dead. Dentists, interested in the adhesive power of this blue, have been trying to determine its properties.”

Does armor provide adequate defense for crabs and barnacles? Not always! “Barnacle predators include snails that drill through the shell, usually at junction points, and seastars that can pull the plates apart and evert their stomachs directly into the opening. Dog whelks can drill into the shells. Even grazing limpets can have a substantial effect on a tiny, newly settled barnacle, which they are able to bulldoze off the substrate.” And barnacles on higher beach locations face additional challenges, including “temperature, dryong out, too much sun, salinity, battering by logs, and access to mating partners. Another source of abrasive damage to barnacles is foot traffic associated with casual beach walkers, students on field trips, and researchers.”

Come to the Low Tide Celebration at Point Robinson on Sunday, June 5, 10am-3pm to meet these residents and more, and hear some of their fascinating stories!

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Interested in a Summer Class? Eating To Quiet Inflammation.

By Kathy Abascal

Summer is a great time to eat to quiet inflammation because of the abundance of fresh, tasty food. It is, however, also a time for trips, vacations, and guests. I always hesitate to schedule summer classes because I worry that many cannot commit to a 5-week series. But just to make sure, we have added a page to our website (TQIDiet.com) where you can express an interest in a Vashon or a live online summer class. So, if you are ready to dive in and improve your health, take the time to let us know you are interested. Otherwise, classes will resume after Labor Day

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Aries (March 20-April 19)
Most of us have a so-called ‘element’. That is to say, an environment in which you are most comfortable and proficient. An actor’s element, for example, might be on the stage. To be out of your element is often referred to as being ‘a fish out of water’. It is possible, however, to discover a separate or alternative element that is just as suitable as the one you now think of as your own (if not more so). Such might very well be the case for you soon. Whether as result of your own personal evolution, or by sheer serendipity, you could come across something or someplace new that feels like home. Be alert for that sensation. If you do feel it, remember to take enough time to make sure that what you are feeling is real before deciding to move in.

Taurus (April 19-May 20)
It’s amazing how most of us can get through a day without being hyper-vigilant about every detail. It’s also probably a very good thing. That way, you can be selective, choosing how and where to focus your attentions and energy based on what your priorities are in the moment. To the extent that you may comfortably do so, however, the next few weeks might be a good time to look more closely at what you have filtered out or passed by. Reliably for you, a good place to start is to quite literally stop and smell the flowers along your way — provided you can do so safely and without doing anything inappropriate (such as trespassing). Then, go on from flowers to other observations less often taken in. This is not about seeking distraction; quite the opposite. It’s about expanding your mind without losing any focus at all.

Gemini (May 20-June 21)
That which is delayed is not necessarily deferred. There is a difference. You are better at discerning that difference than most people are, and it is precisely that native skill which will allow you to navigate through the period of time you are now entering. Trust your judgment about whether simply being patient will pay off, and endeavor to make forbearance look easy. Conversely, if you sense you are being put off by others, consider not letting such actions simply pass. There are ways to keep your issues and negotiations alive and moving towards results that give everybody a chance to win. Find those ways, and others will see how it is in their best interest to compromise with you — without any requirement that you compromise anything that’s important to, or about, you.

Cancer (June 21-July 22)
Do not underrate how versatile you truly are. Inside you, there’s a vast array of personal resources you might appropriately call tools. The tricks you are now being faced with performing may very well come down to simply and (above all) consciously choosing the right tool for any given situation. In other words, you will want to be more careful than ever about reacting without thinking in any circumstance that gives you even a little time to think. You will also want to be very aware of all your habits, even the very best ones. That’s because you are entering a period of at least two weeks when you are likely to encounter exceptional situations in which your best interests would be served by making an exception to what you usually do. Eschew the necessity of defaults now, so as not to find yourself in fault later.

Leo (July 22-Aug. 23)
You may have had good reason to go it alone in some ways during your life — especially for the last four or five years. Perhaps it was to protect yourself somehow. Maybe it was because you found that you could rely on yourself when others occasionally proved to be unreliable. It’s good to be able to protect yourself. It’s also good to be self-reliant. There is no avoiding the fact, however, that you are a human being.

There is also no denying that our species has survived because of, and defined itself by, a capacity for cooperation and forming communities. Therefore, as you move forward from this auspicious point into the rest of your life, be open to joining with the auspices of individuals or groups with whom you could form a more perfect union.

Virgo (Aug. 23-Sep. 22)
There is a through-line. If anybody is connected to it (or even a living manifestation of it), it’s you. The through-line is not necessarily a straight line, but it does reliably pass through what seems to be impassable. It connects everything, even that which seems impossibly remote or even irrevocably severed. For most people, this through-line is expressed by the phrase “life goes on.” For you it is more than a phrase. That’s how you have always been so adaptable when others struggle with change. It’s the reason you have always been so quick to learn new things and even better at mastering them. Remember all this now, and you will see that outward appearances do not do justice to the truth: that your situation at this time is nothing less than a threshold to being you at your very best.

Libra (Sep. 22-Oct. 23)
For every little thing you figure out how to do better — even the seemingly insignificant — the result will improve the quality of your life. Therefore, pursue perfection, but not as an end in itself. After all, perfection is only an ideal. The purpose of ideals is to serve as a guide, not as a master. For that reason you should be careful not to become a slave to the unattainable. Making yourself and everything you do more and more excellent should be a process. You will know you are engaging with that process successfully if you get a sense of satisfaction and accomplishment from even the most mundane tasks. That sense will, in turn, bring you joy. By any measure, enjoying yourself more is an indication that the quality of your life has indeed improved.

Scorpio (Oct. 23-Nov. 22)
Peggy Noonan wrote that, “Part of courage is simple consistency.” True, consistency can have its shadow side just like anything else; stubbornness for its own sake would be one form. Yet consistency has its place and benefits, too. There is reason to think that your practicing at least one or two forms of consistency could very well contribute to the best possible outcomes for you and everybody you are associated with at this time. Foremost among those consistencies to consider undertaking is being kind to all. That, by the way, would necessarily include being kind to yourself. Another way you might want to practice consistency — more optional but, paradoxically, also more optimal — is by presenting the same face to every person you encounter. For only in that way can you consistently be, and feel like, your very own self.

Sagittarius (Nov. 22-Dec. 22)
In spite of what an old Internet hoax may tell you, Mars will never appear to be as large as the Moon from your perspective of the sky here on Earth. For the remainder of this year, however, the things that Mars represents on Earth (among them: desire) could very well appear for you to be as large as some of the things symbolized by the Moon (among them: emotional needs). That’s not necessarily a bad thing. It may be useful for you to know the difference, however. Under some circumstances at least, pursuing a desire could entail a different strategy and require different tactics from seeking to get your needs met. Therefore, to have the best results in both attaining your desires and fulfilling your emotional needs, seek to know the difference — and yourself — better.

Capricorn (Dec. 22-Jan. 20)
Anybody who thinks you need fixing is probably wrong. Anybody who tries to fix you is almost certainly not doing you a good turn. Your very best friends will distinguish

Listen in the Kitchen Returns to Vashon Bookshop

Listen in the Kitchen returns to Vashon Bookshop on June 3rd from 7-8:30 p.m. for the First Friday Gallery Walk, a monthly celebration of arts and culture that brings out locals and tourists alike to enjoy new works by island artists and musicians.

Back by popular demand, Listen in the Kitchen is known for their particular brand of tight harmonies, rowdy humor, and tales of questionable behavior that enliven the traditions of bluegrass, gospel, shape note, folk, and old- time music.

The five band members are bound by a common faith and sing in the choir at Church of the Holy Spirit, Vashon’s Episcopal Church, where they hone their sound and musical sensibilities under Erin Durrett, Director of Music Ministries. But their musical repertoire is wide-ranging and surprising, at turns poignant and bawdy.

Your mama warned you about the twists and turns that life can take, seduction leading to ruin as often as love. Listen in the Kitchen boldly goes where mothers have gone for centuries, warning of lust and betrayal, lamenting war’s tragic losses, finding salvation in small-time country joys, and celebrating endurance through songs of praise and visions of glory.

Audiences have delighted in the loose



exchanges and banter bravado of Listen in the Kitchen. “It’s like being backstage,” one friend of a band member said after their performance at the Bookshop in January. “We get to see all of your relationships and decisions. It’s fun.”

Join Mary Litchfield Tuel for a new original and an old familiar one, Erin Durrett for soaring spirituals and Celtic ballads, Mary Rose O’Reilley for Western fiddle tunes, Lynn Carrigan for protest songs; and Linera Lucas for some steamy swing.

Unpolished and unapologetic, Listen in the Kitchen makes every space feel like your living room or that gathering spot around your stove, transforming chaos into something nutritious, warm, and comforting.

Low Tide Celebration

Continued from Page 1

beds while they are still suspended in the water. We will see crabs of all kinds scuttling for cover, small fish and many other animals right there in their watery home before the water drains out! Keep your eyes open for the “WADE IN HERE” sign and come on over when you see it.

The Blue Heron Canoe Family will honor us by returning to our shores once again this year and we will celebrate their arrival with the ceremonial song of welcome that was gifted to us. They tend to arrive fairly early in the day so if you want to take part in the welcome ceremony keep your eyes on the eastern horizon to catch them paddling their canoe over from Des Moines and come on down to the shore when you hear the drumming!

Donate! If you love this event and have come for years or are new to Vashon and getting to learn about your awesome seaside neighbors for the first time then fish out a few dollars for the cause! This event has been given as a gift from the many volunteers who make it possible to this community we love so much. Because of all the volunteer hours and expertise that is pooled for this event it only costs about \$1,000 to make it happen every year – but that’s \$1,000 that has to be raised if we want it to happen again next year. So please donate this year at the welcome booth or buy a raffle ticket for 10 free hours of super paddling fun on paddleboards or kayaks from Vashon Watersports! \$5 per family will help us toward next year’s celebration. Thank you!!!

Next Edition
of *The Loop*
Comes out
Thursday
June 9

Deadline for the next
edition of *The Loop* is
Friday, June 3

Read Eric Francis daily at
www. PlanetWaves.net

Our Beach Community: The Softies

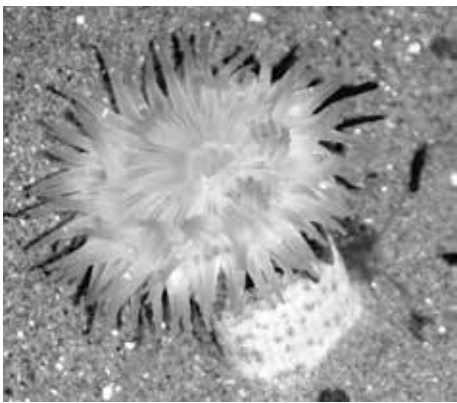
You are invited to the 11th annual Low Tide Celebration at Point Robinson on Sunday, June 5, 10am to 3pm. In addition to the food, games, displays, information, stories, activities at the booths and tours of the lighthouse with Captain Joe, there will be Vashon Beach Naturalists and Puget Sound Corps volunteers on the beach to introduce you to some of the full-time residents, who lead their thousands of lives remarkably inconspicuously even though they are present year round.

This spring, 13 Vashon folks have been learning about the lifestyles of these animals and plants, and each person studied a single species in more depth. Who’d have guessed there are so many strategies for survival on our island? A majority of these species don’t even have body coverings for protection from their predators, not to mention the winter storm waves pounding on the barnacle-covered rocks among which they dwell! Look at the anemones, for example, who attach to rocks, yet have soft bodies. How do they manage? Maybe it helps that they can suck their tentacles inside and become soft, yielding lumps. Sometimes waves pile sand and stones on top of them!

Mary Rose O’Reilly investigated the anemone *Epiactis ritteri*. “I chose this creature because the name Internal Brooding Anemone sounded mysterious to me. I was soon to learn that the brooding in question is a matter of reproductive strategy rather than temperament. They begin as females and then cycle into hermaphrodites. Very trendy. So you will have females and hermaphrodites hanging out together, the hermaphrodites responsible for fertilizing the females. An *Epiactis ritteri* broods its young inside in what looks like a kind of zipper pouch,” located on its stalk. Anemones can “live to be some 500 years old, according to a UW researcher, depending on what you call life. One was kept in a laboratory in Scotland from the 18th century til the 1960s, when it was accidentally killed by a janitor.” Apparently being a softie on a stony beach can work out sometimes!

Both anemones and jellies are Cnidarians, a group of animals who have stinging structures on the tentacles surrounding their mouths (the word cnidarian is derived from the Greek word for nettle). Anemones wave their tentacles above them, while jellies hang their tentacles down as they float. The stinging structures, called nematocysts, fire tiny poison harpoons into prey, causing weakness or paralysis. Joanne Jewel, when she was ten years old and enjoying a sunny swim at a New Jersey beach, suddenly felt a sharp stinging pain and “went screaming out of the water to see a red mark the size of an apple on my arm.” A lifeguard told them it was a jellyfish sting. Worried about Vashon beaches, she has “come to learn there is really only one jellyfish in this area that has a sting powerful enough to hurt a human. It is the Lion’s Mane Jelly, which is usually dark red or purplish. It ranges in size from about one foot in diameter (usual) up to eight feet in diameter [in Alaskan waters]. When they show up, it is usually in late summer. Most jellies on the beach are dead, but a Lion’s Mane packs a sting even when dead. Admire its striking colors and long, lacy tentacles, but DON’T TOUCH!”

Another soft-bodied citizen of the beach without body armor is the nudibranch. Rebecca Klobberdanz was captivated by one of these: “There are about 3000 different species of nudibranchs. They are among the most colorful creatures on earth and definitely the most beautiful slugs you will ever see. The Opalescent Nudibranch is one species that is relatively easy to find in the waters around Vashon...It is only one or two inches in length with a white translucent body lined with delicate bright orange and blue cerata along the back [cerata resemble slender tentacles and aid in respiration]. The colors come from the food they eat, such as sea sponges and anemones. However beautiful the nudibranch is during the day, it is even



more remarkable when found glowing in the night.” Some nudibranchs are able to eat anemone tentacles and transfer the anemone nematocysts to the tips of their own cerata to use as weapons!

Kathy Bosler studied yet a different soft animal that lives among subtidal rocks, the largest octopus in the world. “The more we know about the Giant Pacific Octopus, the more we want to know. Enter octopus dofleini lives from three to five years in the wild, weighs an average of 22 to 110 pounds, and measures 10 to 16 feet across.” Like nudibranchs, clams, snails, and slugs, unbelievably they belong to the phylum Mollusca. And yet “humans who spend much time with Giant Pacific Octopuses value their intelligence and see them as the ‘primates of the sea.’ They are highly individualized, ranging from reclusive and calm to feisty, aggressive, and inquisitive.” Aquariums name individuals for their personalities, from “shy Emily Dickinson to gentle, social Octavia. Curious Inky was able to escape from his tank through a hole the size of an orange, slither across the aquarium, and find a 165 foot drain pipe which took him back to the sea. They learn by observation and can open jars and treat-filled containers with amazing speed and agility. Each of their eight arms has 280 suckers, equipped with thousands of chemo receptors that continuously ‘taste’ their environment. A dofleini octopus can change color, pattern and texture in less than a second according to its level of comfort or threat. And when all else fails, it can jet propel itself away from harm and cover its departure with an inky cloud.”

The jellyfish, anemones, nudibranchs, and octopuses, weird as it sounds, live in the harsh intertidal with soft exposed bodies. And anemones are so successful they can outlive humans by centuries. Come see these secretive creatures who are usually hidden under water!

The Dorsal Spin

Continued from Page 5

ailing Gray whales were here. Hint: Orca Annie at 463-9041 or NOAA’s stranding hotline at 1-866-767-6114.

We are grateful to the Islanders who reported whale sightings directly to us this month. Ed and Bob, veteran VHP spotters, really helped with the Transients. One final loose end: my article title in the April 28 Loop was a tribute to music prodigy Prince, 1958-2016. “Nothing Compares 2 U” is a sentiment we feel for whales, as well as a favorite Prince song at Chez VHP. I ran out of room to explain last time.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS and STRANDINGS ASAP to 206-463-9041, as well as seal pups and sick, injured, or dead marine mammals on Island beaches. Prompt reports to the VHP expedite vital data collection efforts and sustain an accurate record of sightings for Vashon-Maury initiated three decades ago by Mark Sears. Send photos to Orca Annie at Vashonorcas@aol.com and check for updates at Vashonorcas.org.

Vashon Library June Events

Children & Families

On Your Mark, Get Set, Read! Summer Reading Program

Just because schools out doesn't mean the learning fun has to end! Take your kids to KCLS libraries this summer for fun, free events and activities to help them enhance their skills, learn new ones, and discover new interests. For details, visit any KCLS library or kcls.org.

Family Story Times

Tuesday, June 7, 14, 21 and 28, 11:30am
Family program, all ages welcome with adult. Stories, songs and fun!

Foam Sword Battles and Games

Wednesday, June 29, 2pm-4pm
Held outside the library in Ober Park. Presented by Chris Ewick, Foam Sword Parties. Ages 5 and older with adult. Find your inner hero and learn some history through exciting simulated battles. Discover what it might have been like to be a warrior in ancient times. Activities are organized in a safe and fun environment with instruction and all equipment provided.

Adults

Vashon Friends of the Library Meeting

Saturday, June 4, 10am-Noon
This group supports the services and programs at the Vashon Library by memberships, used book sales and other fundraisers. All are welcome to attend.

One on One Computer Help

Thursday, June 9 and 23, 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.

EVERYONES TALKING ABOUT IT Compassionate Listening

Sunday, June 12, 2pm
Join facilitator Andrea Cohen for an experiential taste of Compassionate Listening practices. Andrea will share stories about how Compassionate Listening skills have helped people cultivate compassion and humanize the divides of religion, ethnicity and personal history. Whats on YOUR mind? Join in lively conversations about topics that matter with free programs at KCLS libraries. From pop culture to pot, from education to alternative energy and even elections talk with other community members about what fascinates you. www.kcls.org

Orca Lift/Food Stamps/Health Insurance Sign Up

Wednesday, June 15, 1:30pm
Presented by King County Public Health.
ORCA Lift is a program that provides low incomes with reduced fares on Metro buses, Sound Transit Link Light Rail and the Water Taxi. (NOT THE WA STATE FERRIES). What you need to bring: Photo ID from any state or country AND income verification- can be Provider One Card, EBT card, TANF award letter, SSI award letter, L & I statement of worker’s comp or Social Security Award letter.

The Allison Shirk Band

Continued from Page 1

Stones, Beatles, and Tom Petty. “With two new guitar players in the band, we are really rocking out! It’s been incredibly fun to create a evening that is going to get people on the feet,” Shirk said.

Allison Shirk is a singer-songwriter whose music blends the rootsy foundation of country with the emotional honesty of rock & roll. A longtime Islander, Allison has come into her own music-wise in the last few years on the Island. She released her debut full-length album in January 2015 and another live album in November 2015.

The band is getting more exposure off island with gigs lined up at Pacific Place Summer Concert Series and a major outdoor concert at Suncadia Resort this summer. Then the band will head into the recording studio in July to record a new single and make their first music video.

“I hope everyone will come out on First Friday for the show! We’re having a ton of fun making music together and we can’t wait for you to hear what we’ve been up to.” adds Shirk.

From an early age, Allison Shirk’s Mom would have her sing country-western standards for house guests and at elderly care homes. She rebelled from small town life and domestic violence in her home as an early teen, becoming head strong and fiercely independent from her family. It was finally in college that she picked up the guitar to accompany her voice and immediately began writing songs. At the same time, she was introduced to the Beatles and Bob Dylan and binged on the new music with a fury.

She moved to Hawaii in 1996 and began performing with rock bands and in coffee houses while continuously writing new music. She married her college sweetheart and then was betrayed by him three weeks

after their wedding. She then backpacked through Europe writing poetry in an attempt to mend her broken heart. Then in 2000, she re-emerged in the Northwest playing in bands and solo as a singer/songwriter.

And then there was the constant creative challenge of making an album worth making. With scenes from the beginning, middle, and end of two marriages, she released her debut album, Break My Heart, in 2014. The album chronicled her dark childhood and romantic yearnings. The album was a heartfelt mixture of folk, country, and jazz, and drew upon influences like Ryan Adams and Norah Jones. Allison released Live from the Blue Heron in 2015, a live recording of a sold-out concert in her hometown, Vashon Island.

Allison’s rich voice has just the right amount of grit and warmth and her melodious tunes support her poetic and often personal lyrics. Her voice is unique, with subtle inflections, and her sincerity and soulfulness are infectious.

Our Vashon Events sponsored youth openers for The Allison Shirk Band will be Ryan Hotchkiss and Zoey Rice. You may remember them at the Love Duets show earlier this year when they performed a Beatles tune – their harmonies together were pretty amazing. These youth musicians will all be paid by Vashon Events as our way to help encourage more youth performances for our community to experience.

Friday, June 3rd, 8pm
The Allison Shirk Band
With youth openers Zoey Rice & Ryan Hotchkiss
The Red Bicycle Bistro & Sushi
All-age’s ‘til 11pm, 21+ after that
Free cover!

Island Epicure



By Marj Watkins

To Cook or Not to Cook

That is a question answered by the weather. Is it too hot to cook? We eat raw vegetable or fruit salads or bean salad accompanied by a plate of cold cuts and a sturdy whole grain bread, or a bean salad. Is it too cool not to cook? There we have more choices. We cook whatever we like or whatever the fridge or freezer yields.

Some surprising vegetables you have probably only eaten cooked are in other countries eaten cooked or raw. Beets for instance, in central Europe come to the table simply grated and called a salad. Nutritionists tell us that beets loose 25% of their folate when cooked. Maybe those Hungarians know what they’re doing. They also serve grated carrots as a fall or winter salad. So do I, but I dress them up with raisins and mayonnaise and serve them on lettuce. Carrots actually yield up more of their Vitamin A when cooked, and they have more of it than any other vegetable I can think of. We like them braised in butter, alone or with sliced parsnips for added sweetness.

Experts advise us to eat broccoli raw and it’s often served up with a platter of vegetables and a dip, but I prefer it lightly steamed and eaten with ranch style dressing on them.. Though cooking destroys an enzyme called myrosinase, it helps the liver eliminate any carcinogens it’s cleaned out of other foods that have passed through it. I think that a good wash before steaming eliminates any carcinogenic pesticides it’s been sprayed with while growing.

Red peppers retain their Vitamin C when eaten raw, but

when friend, roasted, or grilled the Vitamin C gets destroyed. Lightly sautéed, like in a stir fry, leaves them raw inside.

Asparagus is most nutritious when steamed to crisp-tender. Some people butter it. I put ranch dressing on it. The theory is that the fat in the butter or dressing breaks down cell walls, making it’s nutrients more available. It’s a great source of Vitamin A and folate. To grow it in your garden involves preparing the soil the year before you plant it and there’s a special technique for installing the roots, but once you do, it will go on producing tasty, vitamin rich spears for a generation.

Mushrooms fried in butter are super delicious and the fat enables them to make their potassium available.

Spinach is best cooked no more than one minute. You absorb more of its calcium, iron, and magnesium than when you eat it raw. If you fill a 6-cup saucepan with well washed spinach leaves on top of a little oil or other fat, it will cook down to produce 2 to 3 servings. At one minute, the top leaves will just look somewhat wilted, but turn them over and they will cook almost instantly.

French cooks add color, flavor and nourishment to stews, roasts, and casseroles with quickly made Mirepoix (say MEER-pwa). You can produce an easy soup by adding a Mirepoix to chicken broth or beef broth or vegetable stock.

Here are the basic proportions of a Mirepoix:

- Mirepoix
- Makes about 2/3 cupful
- 1 average size carrot
- 1 medium-size onion
- 2 or 3 ribs celery
- Dash dried thyme or marjoram
- 1 Tablespoon butter
- 1/2 cup water

Chop the vegetables. Heat the butter in a small skillet. Add the vegetables and sprinkle with thyme. Stir. Add water. Cook until vegetables are tender.

By Kathy Abascal

Our current food culture takes natural and artificial flavors very casually. Both “natural flavors” and “artificial flavors” are chemicals. The difference between them lies strictly in how they are manufactured, not in their ultimate effect on us, and I refer to both as “synthetic flavors” here. We have allowed the distinction between flavorful food and synthetic flavors to blur and are largely unaware that these added flavors are one the biggest problems in our diet. Those just beginning the TQI Diet are often frustrated that virtually everything on the grocery store shelf and served up at most restaurants contains off-limit synthetic flavors. And often their frustration ends up directed at the diet: “There’s nothing left to eat. What’s the harm in a little “natural flavor, anyway?”

Today, most Americans suffer from nutritional idiocy. They prefer foods that do not nourish but instead make them sick. Synthetic flavors are largely to blame for this. For example, most children will not guzzle bottles of pure sugar water but will gulp them down if a little “natural raspberry flavor” is added. Why? Taste helps us gauge the nutritional value of our food. Raspberries are rich in antioxidants, vitamins, fiber, and essential fats and most children like raspberries. But the flavored water contains no nutrients, instead the child’s instinct to go for raspberries is tricked into drinking non-nutritious sugar water.

Sucram is a chemical that tastes like the essential sweetness found in all mother’s milk. Added to unpalatable feed, sucram will trick animals into consuming large amounts of feed that they would otherwise refuse to eat. This makes feeding them less expensive but does not promote health. In a natural setting, an animal deficient in a vitamin or mineral will switch to foods that provide the missing nutrient. Today, however, animal feeds - and our foods as well - are fortified with synthetic vitamins that replace missing nutrients. “Palatants” like sucram combined with synthetic vitamins trick us into continuing to consume excessive amounts of nutrient depleted foods. These chemicals

Beware of Flavors

interfere with our ability to know when to stop eating a given food and are a big cause of why our culture has so many weight and other chronic health issues.

And, as the use of synthetic flavors increased, our “real” foods began to be bred in ways that reduced their true flavor. Crops were chosen for yield, for appearance, for ability to travel damage-free, and for a longer shelf life. The trade-off was flavor and nutrition. Tomatoes, chicken, strawberries, to name just a few, no longer tantalize our taste buds, and a simply prepared meal is no longer as pleasing. Restaurants, gourmet cooks, and food manufacturers have responded by drenching foods in cheeses, sugars, bacon, Panko breadcrumbs, and, of course, synthetic flavors, making the meals more palatable yet less nutritious.

These synthetic flavors interfere with innate nutritional wisdom. For instance, calves fed a premixed feed with of all the nutrients a calf needs will not grow as well as a calf given the choice of getting their nutrients from whole foods where the calf chooses what to eat. Humans also begin life with nutritional wisdom. In one study, children were placed in the care of a scientist for 6 years (!) where they were allowed to eat as they wished, choosing among 34 different healthy foods, without sugars and additives. The children initially sampled all of their food options but then each child settled into its own individual eating routine that often differed over time. All of the children ended up healthy because they selected foods that matched their individual nutritional needs.

“The Dorito Effect” by Mark Schatzker is a great book on the many negative effects of synthetic flavors. It is a book that I hope will usher in the next big food movement: The Quest for Real Flavor. Mark ends with the story of his search for the most flavorful varieties of foods he could find - chickens, tomatoes, potatoes, fruits, all bred naturally for the best flavor. Then he sought a chef who could make a meal without



Kathy Abascal is a practicing herbalist, teacher, and writer. After spending some of her early years in Sweden, she went on to obtain a degree in neurobiology with minors in biochemistry and French from the University of California, Berkeley.

burying these carefully chosen ingredients in cheese, soy sauce, entire bulbs of garlic, bacon and sugar. “I didn’t want faux heirloom Dorito cuisine. I needed a chef who wasn’t going to club these ingredients senseless.” He learned that in all of Napa Valley, the original farm-to-fork haven, there actually were only three chefs capable of cooking this way. One of them then prepared a simple, nutritious, flavorful meal that satisfied the palates of some of the biggest foodies Mark knew.

Those on the TQI Diet are already on this journey back to real flavor and are on the road to reconnecting with their innate nutritional wisdom. Added sugar and synthetic flavors are off-plan and people are rediscovering how to enjoy the real flavor of foods. Now, if the “Real Food” movement takes hold, our restaurants will begin to offer menu items as carefully chosen and as simply prepared as those in Mark’s dinner. When that happens, it will become far easier to disconnect from foods buried in fats, sugars, and flavorings that cause us to overeat and crave non-nutritious foods.

Road to Resilience

Continued from Page 1

The protagonists of this crusade have been at the center of power and influence for the last one hundred years. The term I mentioned earlier, “manufacturing consent” was coined by Walter Lippman, one of the foremost journalists and social commentators of the early 20th century. Another luminary was Edward Bernays, nephew of Sigmund Freud and considered the father of public relations and advertising. Bernays was a consultant for every president from 1924 to 1961. “Bernays kicked off his “torches of freedom” campaign for the American Tobacco Company in 1929 by hiring women to pose as suffragists in the Easter Sunday Parade and light up on cue.” In 1954, he hired out to the United Fruit Company setting up local media in Guatamala so as to make our manufactured coup there more acceptable to the

public. Nice, huh?

The Democratic Party leadership has never been a stranger to this practice but its tactics have been more extreme of late. So accepted is this strategy that the party leadership is largely unconscious of the ethical connotations of their behavior. Because of the greedy overreach of the powerful and the improved communication of the internet, too many people are now aware that they have been getting screwed. Since they now see the “emperor’s new clothes,” every attempt by the Democratic Party leadership to “manufacture consent” for corporate policy only makes us angrier and makes the Clinton candidacy more unpopular.

The overriding question of democracy has always been whether the people can in fact rule themselves. The popularity of the Trump candidacy, an irrational and emotional lashing

out against the 1%, argues against the legitimacy of the popular will. On the other hand, the general uprising that Sanders volunteered to lead puts forward a cogent and rational set of policies that a majority of people, including Clinton and Trump supporters, largely support.

The Democratic Party leadership has a wonderful opportunity to recognize and lead this popular reform of our political system, yet they seem bent on derailing it. They want to offer watered-down reforms that are acceptable to the corporate interests even though it is the hegemonic power of those interests that is the problem. Since the Sanders campaign has shown us that we need not depend on the wealthy for campaign cash, we can declare our independence now! The Democratic Party leadership needs to wake up and accept the fact that they must take their

cues from their rank and file rather than dictating to us. If they ignore us and refuse to give both Sanders and Clinton voters the respect they deserve, they will find that there will be very

little enthusiasm to come to their “party” in November.

Comments?
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Rooster



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This performance will be very special indeed as we say farewell to our dear friend

and drummer par-excellence, Dan Bruce. We’ve been truly fortunate to have Dan in the fold for the last three years and will miss his brilliant playing and warm, comical and collegial presence, as will so many other groups who have graced the Vashon landscape. In the spirit of community frivolity we are asking many of his Ex’es to participate with Dan and the band. The first hour and a half of the night will be the Rooster set. After that we’ll host the thronging hordes of Musicians who wish to bid him a musical salut.

Friday, May 27th, 8:30pm
Rooster at The Red Bicycle
Bistro & Sushi. All-age’s ’till
11pm, 21+ after that
Free cover!

Cami Lundeen

Vashon’s own, Cami Lundeen, returns to the island this June for a show with her band. Lundeen will rock the stage with your favorites from her debut album as well as new songs she’s written since leaving the island. Joining Lundeen on stage will be Wesley Peterson on drums, Jason Everett on bass, and more to come...

Website
<http://www.camilundeen.com>



Facebook Musician Page:
<http://www.facebook.com/camilundeen>

Indie Pop/Rock Singer-Songwriter Cami Lundeen’s beautifully haunting voice, profound lyrics, and creative melodies linger long after you’ve heard them. She sings and performs with a contagious passion and conviction that moves you to the depths of your being. Her energetic style is a blend of the bluesy-soul of Adele, an alternative rock flare reminiscent of The Cranberries, and the edginess of Pink.

Lundeen began writing songs and performing shortly after being diagnosed with a rare, incurable liver disease. What began as an outlet for coping with a heartbreaking diagnosis surprisingly became Lundeen’s life path.

She quickly grew a large local following by playing numerous shows and festivals around the Seattle area, and with barely one year of live

performances under her belt, raising over \$15,000, she successfully crowd-funded, recorded, and released her debut album Run Free.

In June of 2014 Lundeen and her family sold most of their possessions and hit the open road touring the country in their minivan and pop-up camper.

Lundeen is currently residing in the Gainesville, Florida area. She travels throughout Florida performing at a variety of venues, as well as working on the follow up to her debut album Run Free (released in 2013). This June she will be touring throughout Washington and Alaska.

Friday, June 10th, 8pm
Cami Lundeen
The Red Bicycle Bistro & Sushi. All-age’s ’till 11pm, 21+ after that. \$10 cover

Portrait Show at Valise



Valise is excited to present a Portrait Show for the month of June. The Opening is Friday June 3rd 6pm-9pm. There will be a diverse assortment of portraits in 2D and 3D.

Miss Representation

Greentech & VARSA Presents: Miss Representation The Vashon Theatre Tuesday, May 31st, 6pm More info at vashontheatre.com

Katie Couric, Rachel Maddow, Condoleeza Rice, Gloria Steinem and others discuss sexism in American society and the media.

Initial release: January 20, 2011. Director: Jennifer Siebel Newsom. Initial DVD release: February 21, 2012. Music composed by: Eric Holland

Screenplay: Jennifer Siebel Newsom, Jessica Congdon, Jenny Raskin, Claire Dietrich



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Live Entertainment

Friday, May 27, 8:30pm
Rooster

Friday, June 3, 8pm
The Allison Shirk Band

Friday, June 10, 8pm
Cami Lundeen


Friday, June 17, 8:30pm
The Joy Mills Band

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Deadline for the next
edition of The Loop is
Friday, June 3

Lopy Laffs