

Have A Safe 4th

By:Gabriel Felix of Vashon Fireworks Company

Last year's fireworks season was during a record breaking heat wave, the fire danger was extreme, but people used the most important piece of safety equipment – good judgement. Fireworks sales were down more than 50% and that was a good thing, people were showing a lot of restraint and it paid off with Vashon having an extremely low incident rate – no injuries and one small fire that was possibly caused by fireworks.

Just because we had some rain this year, doesn't mean we can throw caution to the wind. It's still important to find a safe place to light fireworks – away from combustible materials like trees, houses and dry lawns. The beach below the tide line is a great place to light fireworks. If you are using fireworks somewhere else, it is a really good idea to wet down any vegetation a couple of hours before you discharge to make it harder for a fire to start.

Keep a charged hose handy as well as a bucket of sand. A little preparation makes a big difference in the case of an emergency. If we really do like having fireworks, we need to be responsible with them. Irresponsible use results in injuries and often local bans on fireworks. Unfortunately areas with



bans often have the highest injury rates because supplies of safe, legal products aren't available. The best solution is safe, sober use of legal products from a state licensed retailer.

Be considerate to your neighbors and furry friends, it is great to give people a heads up in your neighborhood before discharging to help them prepare. If the people or creatures around you are sensitive to noise, please consider quiet fireworks or an alternate discharge location. Let's all have a happy, safe and joyful 4'th of July.

Vashon Summer Studio Tour The Art of Craft



Gale Lurie, Dockton Pottery

By William Forrester

In 1986 the American Craft Museum opened its doors directly across from the Museum of Modern Art on W. 53rd St. in New York. For many artists, this celebration of the functional and less rarefied arts and crafts came as a welcome change from often tired theories of overblown 80s art. Crafts were finally getting their due in the art world, constructed and clothed without pretense as opposed to the Naked Emperors I saw in many galleries. That grandiose art was so pervasive from 1980-1988 I almost thought Hans Christian Anderson had NY Art in mind when he wrote that amazing story. Unfettered, functional beauty was a joy to behold, and I found respect for artists who eschewed Post-Modernism's heady charms and simply threw pots, wove fabric or forged metal for functional use. It was a profound aesthetic statement of its own for this museum to open so close to MOMA. Soon enough, I moved west and the ACM moved to Columbus Circle and became the Museum of Arts and Design, becoming more of a blend of arts and crafts. But in my mind, it's still there, providing a proximity and tension between "fine art" and "Craft" within my own imagination.

The Vashon Island Summer Studio Tour finds me reveling in craft as I did three decades ago, visiting a potter, a jeweler, and two bona fide "outsider" artists who all love everyday lowbrow functionality in art and dispense their work accordingly. Within the exciting array of painters, mosaic artists, glass blowers, printmakers, photographers and multifaceted craftspeople from ferry dock to ferry dock, this June 25th and 26th is the 2nd and final weekend of our Summer Arts Tour, now in mid-June rather than early May. Most island establishments should have our handsome Art Studio Tour brochures and maps with Valerie Willson's elegant "Tulips and Narcissus" on the cover. 12 of the 23 stops showcase multiple artists, giving you an even broader range of the Vashon muse.

Gale Lurie hosts stop number 19,

Dockton Pottery, and is a master potter from Brooklyn. She escaped from New York three decades before Seinfeld whined about it, and has recently further immigrated from Wedgewood to set up her shop in Dockton. Well worth the country drive to her Dockton shop, (drop in on the family Reimnitz on the way!) she and five other artists will welcome you to view their gallery of earthenware, photography, paintings, sculptures, and mosaics.

"I love making things that people use. I love functional art work. I love seeing art in peoples' everyday life. I like to make it affordable", Gale says of her pottery. Gale has stuck with this one medium for her entire life and the exquisite warmth and beauty of her vessels show it. She is excited to now explore raku pottery in more depth and to also indulge in deeper, brighter colors in her other stoneware and porcelain. Raku pots are removed with tongs red hot from the kiln and placed in a burn barrel with dead leaves or newspaper or the like. The infernal flow of the flame and gases take their unpredictable course around the vessel giving it sublime textures and iridescent colorings that Gale might humbly attribute to luck and the whim of the furies, but we know better. A master is called such as they learn to find a range of control within that randomness. And oh, Raku's randomness also includes a lot of shattered casualties, the percentage of which Gale has reduced over the years.

Art should need no justification, but I can't resist: In addition to working with some superb Northwest potters like Regnor Reinholdtsen and Frank Boyden, Gale has recently been juried into the Northwest Designer Craftsmen.

Also appearing with Gale is Gretchen Hancock with her carefully composed but loosely painted landscapes and still lives, photography by Rondi Lightmark and Lori Kay, fused glass by Terry Lemmen, and steel sculptures by Chris Lemmen.

After I visited Gale who lives in Dockton, then I visited north ender Sheree

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The Road to Resilience Fairness

By Terry Sullivan,

Both the Republicans and the Democrats have been challenged this election year by a populist insurrection. Many of us bristle as the pundits throw Trump and Sanders supporters into the same bag. After all, the motives and intentions of the two factions seem to be as different as night and day. Yet, some of those Trump and Sanders supporters claim that they would vote for the other populist candidate if the one they are backing is not in the running. (Technically, Bernie is still a choice.) That being said, it seems to me that we need to understand what Trump and Sanders supporters have in common and what they don't if we are to understand and make decisions about what we need to do going forward.

In the most general sense, both sides reject the political and economic status quo, systems which they feel are rigged against them. For Sanders supporters, the "them" under consideration is more universal: all Americans at least, all humans for most, and all living things for many more. For Trump supporters, and I know this doesn't characterize all, "them" is more personal: my family and my friends at least, people that are like me for most, and all Americans for many more. For both groups, the point at issue is that the status quo is unfair, although it seems that they differ in their concept of fairness.

Most Sanders supporters, again, see fairness in a more universal context: equality of opportunity and equal access to needed goods and services for all people. They also see that a rough equality in status and standard of living among all

people is a desirable goal, not only for charitable reasons but for the very practical reason that it promotes a peaceful and harmonious world. Trump supporters also value equality of opportunity but seem to be less inclined to feel that there is any ethical or practical reason to be their brother's keeper. Rather, they seem to think that every individual should have the opportunity to prevail through merit. A corollary to that position is a high priority given to security.

My theory is that security is mostly required to protect those that have from those that don't. Certainly, there is a need to protect the weak from the strong, but a goal of rough equality in a fair system mitigates against the need for security. Just as people are generally okay with the fact that different people have different qualities and gifts, I think people don't mind others having a reasonable amount more than they do, as long as it is fairly gotten. The important factor is that the system is fair. In the same sense, I don't think people mind carrying a heavy burden if they feel that it is commonly shared by all. This might be one of the few ways we can elicit the more generous and charitable nature in people.

Inequality, and the unfairness it creates, elicits the worst in human nature. Everything from incivility to terrorism can be attributed ultimately to a lack of fairness. Groups like Al Qaeda and ISIS don't have such success attracting recruits because people "hate our freedom." They hate us because we have so much more power and wealth that we feel entitled to

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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.

Vashon Drum Circle

Woman’s Way Red Lodge is hosting its last Vashon Drum Circle on Friday, June 10th, 7 PM, outdoors at the Village Green. After our annual summer solstice celebration at Burton Hill, Buffalo Heart, the Red Lodge community drum, will move to her new home in South Seattle, where she will continue to serve as Red Lodge’s ambassador for peace and community well being. All are welcome; no charge but donations gratefully accepted.

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.

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

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.

Vashon Reads About Racism, Culture and White Privilege A Conversation

Vashon Reads About Racism, Culture and White Privilege A Conversation
June 26, 12 - 2 PM
Vashon Library

What’s next? There will be a facilitated conversation about the books, the themes, and your experience at the Vashon Library, Sunday, June 26th, from Noon to 2 PM. You don’t have to have read any of the books to participate - ALL are welcome. For more information about Vashon Reads, see www.sustainablevashon.org.

Yard Sale

Yard Sale
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Finn Judd, 11 years old, Runs for Unofficial Mayor of Vashon, on behalf of VARSA

One final Candidate has thrown his hat into the ring for Unofficial Mayor of Vashon:

11 year old Finn Judd.

Finn is finishing 5th grade at Chautauqua Elementary School, and looking forward to going to McMurray next year. He decided to run for Mayor in support of VARSA.

Finn says,

“I am Finn Judd. I would like to represent VARSA so that I can help teens find other options for fun that don’t involve drugs and alcohol. I am almost 11 3/4 years old. VARSA is important because sometimes teens die from things like drinking and driving. That is why I think VARSA is important.”



The mission of VARSA is to reduce and prevent underage drug & alcohol use by engaging, educating and empowering the communities they serve. Their purpose is to build a resilient, inclusive and diverse community united in developing and sustaining a healthy environment where youth can grow up drug and alcohol free.

Finn’s parents are Maria Glanz & Kenny Judd, island artists and community members. Finn has attended numerous Club O dances at Open Space for Arts & Community, where his mom works. He sees how important it is to have a fun place for kids to hang out, where they can dance and see friends and have a good alternative to drinking.

Lisa Bruce of VARSA was happy when Finn approached her about running for Mayor of behalf of VARSA. Lisa says,

“VARSA is excited to work with Finn, and we are immensely appreciative of his desire to help us make a positive impact for the youth of Vashon Island concerning alcohol and drug use. Community change can happen when youth like Finn lead the charge!”

Finn’s Ballot Boxes will be in spots around Vashon - please vote by donating often & generously!

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.

Facing Death with Grace

Facing Death with Grace, an inspirational, experiential workshop for people preparing for their own passing or helping others, will be held Saturday, June 25t from 10 a.m. to 1:30 pm at The Lodges on Vashon’s workshop space.

Includes interactive discussion, video, mindfulness meditation and guided imagery exercises and a resource list. Participants receive a Deep Relaxation CD and a beautiful Gratitude journal to take home. Cost is \$100-\$125, sliding fee scale.

Presented by Susan James, LCSW, a licensed clinical social worker and longtime hospice social worker.

Registration available on susanjamesauthor.com, or by calling 206-335-7228.

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Vashon Library Events
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Submit your Event on line at
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**Next Edition of
The Loop Comes
out Wednesday
July 7**

Deadline for the next edition of *The Loop*
Friday, July 1

The Vashon Loop

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Shorty's Worms

By Seán_C._Malone

I saw a lot of long faces at the landfill today. It didn't appear that people wanted to be where they were. It was as if going to the landfill was something they would rather pay someone else to do.

I was able to get my cardboard and plastic through the slot provided and when I turned to go, there was a fat Rhode Island hen pecking the ground, looking for scraps. I asked the county lady that takes your money about the red hen and how long she had been living at the dump. "A long time," she said. "Do you collect her eggs," I asked her. "No," she answered, "but the guys at recycling might know about it".

A week later, I returned to try to take a picture of the old red hen at the landfill, and couldn't find her. It seems that she had been "re-cycled." The landfill lady told me: "A nice looking family had the hen in the back of their car when they left. They told me she was going to a good home."

Long, long ago, the garbage dump was in the same patch of woods and held a lot of secrets and some booty if we were lucky in picking. We only lived about a mile away from the dump and would pedal there on our bikes.

Bob Arvine was our garbage man, so we didn't have to haul ours. He had a 90 pound hunting bow, which none of us kids could pull and many trophies.

There was an anti-aircraft battery south of Vashon, Charlie Battery it was called and the Vashon Eagles use their old mess hall for their clubhouse. When the army had open house, they gave us ice cream and let us take turns sitting in the gunners seat of the quad-50 machine gun. A soldier would start the Wisconsin



engine behind the gun and we could track the four barrels up and down and back and forth looking for enemy aircraft, imitating the sound of a machine gun: "eh-eh-eh-eh-eh-eh."

The soldiers lived in tents and had to eat c-rations for three days every month for practice and they threw a lot of their rations away for us kids to find in the dump. There was pemmican, a kind of fruit cake and canned beans, chocolate, 5 cigarettes, a few sheets of toilet paper and who knows what all. The c-rations were easy to find at the dump because all the packages were green.

Shorty Milborn was a short old man in bib overalls and always had chewing tobacco drooling down his chin. Us kids would see Shorty at the dump all the time. Shorty was a handyman and had a goat farm and was married to 4 Indians, never at the same time. Lucy was the name of one of Shorty's wives. There were two or three old wrecked cars out in Shorty's field half buried in the dirt. We would love it when Dad would stop on the way home from church so we could watch Shorty's goats play king of the mountain on the car tops. One goat would jump on the hood and climb to the car roof where he would assume the position of battle with his head down, waiting for would be takers to try to dislodge him from the top of the mountain.

Shorty was saving instant coffee to feed his worms and make them more lively for sale. We had respect for old island characters, so when Shorty ordered us kids to give him all the instant coffee we found, we did it. The pemmican was the best of all. It came in a sealed can, guaranteed safe. All the GI rations came in green packages, so they were easy to find. One had to be careful not to walk too far out in the ditch.

A gleaming Golden Ticket, Rivers of Chocolate, Gobstoppers & Oompa Loompas: Dancers bring "Charlie & the Chocolate Factory" deliciously to life



Siona Caldwell (Wonka) and Silvia Henley (Charlie); photo by Linda Crayton

By Amy Morrison

Dance! Vashon brings Roald Dahl's "Charlie & the Chocolate Factory" to stage at the Vashon High School Theater this weekend, June 24-26. The production is the 20th show directed by Vashon Dance Academy Artistic Director and Dance Teacher Cheryl Krown and Co-Director/Teacher Julie Gibson, featuring over 100 Vashon dancers, from ages 3 to adult. The performance is an annual favorite, renowned for its creativity, colorful costumes, giant sets, humor, and student contributions.

Sharing the lead part of Charlie Bucket are Eva Cyra and graduating senior Silvia Henley. With characters such as gum drops, gobstoppers, an elevator, golden tickets, factory smoke and the eccentric Willy Wonka himself, the show promises to be highly entertaining for all ages.

Vashon Dance Academy's shows are known for their bold and creative choreography; the students have tremendous opportunity to shape the performance and provide input throughout the five month process of creating the show. Siona Caldwell who dances the role of Willy Wonka illustrated the creative jamming that happens: "Before we really start dancing we sit and talk about the ideas and the concepts of a dance in the show, and this is my favorite part. This sometimes involves sketching out the different parts- like the fast part and the part that should have a certain movement. It's when everyone's creative ideas come out and it gets the ball rolling."

VHS Junior Eva Cyra explained what this was like for her personally: "A highlight of developing the choreography for the show this year was being able to contribute my own creative knowledge to each piece of choreography. I've been dancing ever since I was two years old, so about 15 years in total. Dance has instilled a strong sense of discipline, creativity and confidence in me that will continue to help me through life after high school."

Silvia Henley concurred that the student-led choreography was a highlight: "My favorite part of choreography would probably have to be the smoke dance. At the beginning of this whole process, I helped Cheryl and Julie look for music to use in the show. I came across a beautiful piece of music, but didn't know what we could use it for. Also, it was looking like the principals wouldn't get to do a class dance together, since so many of us were busy with our individual parts. So we brainstormed and came up with the idea of being factory smoke at the

very beginning of the show, and decided to use the piece of music I found. The choreography is beautiful, and on top of that it's the only chance we get to dance a classical ballet piece together, which makes it extra special.

"Dance has taught me many things. I've learned discipline, coordination, and the ability to learn quickly. In the studio there are always dancers at different skill levels, and the teachers have to challenge everyone, so you have to train yourself to just go for it, even if there's a good chance you'll mess up.

"Another, more valuable thing dance has given me is community. Over the past few years, I've spent hundreds of hours at the studio, and each year I become close with the girls in my dance class. In the spring when we're preparing for our performance, I'd almost say I see them more than I see my family, so in a sense they are my second family. When I go to college next year I hope to find a group of friends I feel as close with as I feel with them."

Dance Teacher and VDA Co-Director Julie Gibson explains, "One of the highlights of this year's show is our beautiful sets designed by Bernie LaCarte and Pablo Peani. They both have daughters at our school and they have met all year during their daughters' ballet classes on Mondays to brainstorm on the sets for this year's show. They are truly eye candy -- pun intended!"

Freshman Aziza Moyer is performing the parts of Violet, a Candy Seller and a Gobstopper. She has danced for the past 12 years, since the age of three. "Dance has taught me how to focus, be persistent, work with others, and strive for perfection. I help teach classes for young kids, and this has really helped me become more of a leader and taught me how to be patient. Probably one of the best feelings in the world is having a group of little ones run up to you at the end of a class for a hug goodbye.

"Dance has also helped me improve academically. Many ballet dancers have very good grades, but not because you need to be very smart to dance. Ballet is all about finding perfection, and if you grow up with this mindset then it will often end up being applied to many parts of your life."

Gibson agrees, saying, "I have been involved at the studio dancing, choreographing and teaching since 2001. I work full time in the IT field and at my desk I have a picture of the principal

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Vashon Summer Studio Tour 2016

The Art of Craft

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Tomoson who was born in Dockton. Where Gale explores a range of high and low firings for her stoneware, Sheree Tomoson explores azurite, alexandrite, unachite, agates, and Labradorite that have been fired and tempered by the tectonic forces of the earth...and beach glass that gets tumbled by her son! The rustic and roughhewn glass jewelry hangs on one side of her studio and the more refined gemstone jewelry hangs on the other. Since she was four, family and friends have always delivered their scavenged island beach glass to her, and her father bequeathed to her his tumbler and polisher. These have given Sheree a lifelong fascination with colorful glass and stones, a skill that has been a healing agent through her life. One necklace that I found particularly striking is her trio of silver spirals with colorful beach glass in the center of each Jungian spiral, symbolizing a trinity of creativeness. Sheree shapes the alexandrite into some lovely necklaces with very agreeable prices. “I price my work at what I’d be willing to pay” she says.

Sheree is a longtime Tour participant and a frequent vendor at the Saturday market. Joining her this year at The Empty Nest, stop # 4 is sculptor and welder David Erue and quilter and glass flower artist Margaret Bickel. Margaret makes glass flowers out of found glassware at rummage sales and Grannies. She paints the “stem” green and adds a pistol and stamen in the blossom. Her creations are a delight to see planted in flower gardens.

David Erue is a lot more than “the guy who made the big giraffe” Along with his signs, arbors, gates and trellises, I have seen David’s countless whimsical and elegant work at the Blue Heron and around our island: The Baby Elephant at Kathy’s Corner, the Cowboy and Indian at the Youth Hostel, the Stegosaurus at Barnworks, and other creations in many island yards. His sculptures immediately struck me as the ad-hoc authenticity of an “outsider” artist- a visionary and hardscrabble artist who operates on the fringes of the art world, avoiding the urbane and unfettered by an Art School Education! Art school can purge the childlike whimsy out of an artist like David, and his lifelong commitment

to his craft prove that was the right choice. David has had a range of artistic outlets through his years: Ceramics, photography, the owner of “The Mad Hatter” in Bellevue where he peddled “Felt, Feathers, Leathers, Furs & Fabrics”. He was even a chef on Alki. But now it’s all welded steel. His magnificent animals come to a weighty and rusty completion, but begin with a light and simple visual riddle- with two disparate elements coming together to suggest some sort of creature. His creations often depend on what kind of steel he finds- or that people drop off at his house! (No junky stuff please!) His “ShovelBird” is a combination of a shovel, fireplace tongs, nuts and bolts and the actual bars from the old Vashon jail! David’s M.O.: “My yard gets full, my mind gets full, there’s no room for anything new, so I price to keep things moving down the road.”

And right down that road I find a “Tribal Gum Ball Machine”, a “Baby Doll Rocket Girl”, “Satellite Bugs” and “Fourplay”. These titles are a taste of the playful world and constructions of another bonafide outsider, Ken Judd, stop # 3 on the tour. Where David is a welder, Ken is bolter, drilling and screwing together his quirky and sometimes provocative “toys” that would waltz well through a Tim Burton film. Earlier in life, Ken made jewelry, painted, had a job moving furniture and made sets & set up mannequins for department store displays. Being orphaned at five, Ken has navigated enough gauntlets and crucibles to truly qualify as a fringe Outsider artist, with a short gap between his creations and his own quintessence. “I like to make bugs out of pool balls.” “I used to collect taxidermists eyes but I can’t afford ‘em anymore- better off bolting and painting a wooden eye.” I ask, “Were any of these toys born out a desire to make toys for your son?” “No, if anything I want my son’s toys!” Ken’s latest creation is a big house fly made out of spatulas, brass coat hangers, bolts and widgets and wood. No particle board allowed! I recommend a visit to this eccentric Vashon Original, Stop # 3, Ken Judd.

So that’s a small taste of the weekend’s Arts Tour. Try to make it out, either Saturday or Sunday, June 25th and 26th.



Sunrise Ridge Tailgate Sale

Want a great way to have a garage sale without inviting people to your own garage or to tap into the popular estate sale market on Vashon? Or even to sell new items or other things like fresh produce or arts and crafts? Booths are available for Vashon residents, non-profit organizations and other commercial vendor. Judging from registrants so far, there will be a great variety interesting sale items for buyers.

The Tailgate Sale will be held at 210th Ave SW just west of Vashon Highway on Sunday, July 3, rain or shine. The sales area will line the road from the lower parking lot up to Voice of Vashon and the Sunrise Ridge baseball fields and will be open to buyers starting at 10 a.m. and until 4 p.m.

Vendor spaces measure 10 feet by 20 feet – space to drive in with a car or

pickup and sell from the trunk or pickup bed – or from a table. The grounds will open to vendors at 8:30 a.m., with all sale-associated vehicles in place by 9:30. Space registration and payment must be made before July 3. Space is limited, so early registration is encouraged. Private parties and non-profits will be charged a nominal fee of \$15 for a space, and commercial sellers will be charged \$25. After payment of sale expenses, the remaining money will be used to continue serving the medical needs of Vashon. Any money taken in by booth holders is theirs to keep.

All vendor vehicles to remain in place until pedestrian traffic has cleared at the end of the sale. Food will be available for purchase. Airlift Northwest will arrive at the sale around 11 a.m. in one of their helicopters.

Charlie & the Chocolate Factory

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characters from the last time we did ‘Charlie and the Chocolate Factory.’ That was about the time when I realized the dancers are my inspiration. I teach and choreograph because I love seeing these dancers grow into confident young women. Dance is a discipline and with that they will succeed after high school in whatever direction they go. I want to help them get there. Every year I have favorite memories of the graduating seniors and the roles they played. This year Silvia Henley, one of our Charlie’s, is our sole graduate. She is a strong dancer with a strong determination to be successful. I have loved working with her to craft the role to her personality and her strengths. This show is about the dancers - they are the magic!”

Krown shared how she got started with dance and what inspires her to continue her work as a teacher, “I think that the kids who dance are able to feel a huge freedom of expression, and empowerment by having the ability to convey feelings without using words. For a shyer dancer, as I was as a child, I remember walking into a dance studio with my mom, peeking around her legs, to see the most beautiful scene! There was a teacher and all of these little girls whirling around the room to beautiful music with scarves! I raced in, to my mom’s complete shock, grabbed a scarf and joined them. I have never looked back!

“Dance is such a wonderful art form, in that your character is embodied and not spoken. We want these dancers to always be comfortable in conveying

many different types of characters, and to be able to put their own personal spin into their parts.”

Producer Gretchen Aro Spranger agreed, saying, “The culture of the Vashon Dance Academy is always present but truly highlighted during the production. The creativity and energy the volunteers bring to each piece of the show makes it a true community event. The comradery amongst the dancers, the mentoring the older dancers offer the younger kids. the self confidence, excitement, and care for each other I see in these kids....it’s why my kids dance at VDA and it’s why I feel lucky to be producing Charlie and the Chocolate Factory.”

Moyer concluded, “I hope that everyone goes to the show this year because we have all been working so hard, and I think it is going to be a unique production and wonderful to watch. It has been so much fun creating it and I’m so grateful to all of the ladies I dance with who make everything infinitely more enjoyable. And if the thought passes through your head that dance is easy-please, attend a class and see how you feel then. Maybe us dancers make it look easier than it is...”

Dance! Vashon’s shows typically sell out, so purchasing tickets in advance is advised. Tickets for the 7:30 PM performances on Friday and Saturday nights and for the 1:30 PM matinees on Saturday and Sunday can be purchased in advance at Vashon Bookshop and are \$15/adults and \$11/students. Saturday matinee tickets are discounted at \$10/\$8.

Ned Needs A Home...

I’m a very gentle and affectionate fellow. When I see people I like, I reach out my front paws so they’ll pick me up and give me some laptime. My quiet and calming nature will soothe away the worries of your day. Let me help you relax.



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Spiritual Smart Aleck



By Mary Tuel

Thanks for the ... uh ... memories

I read the other day that when a mother is pregnant with a boy, some of that boy’s DNA is shared. It travels in the blood up into the mother’s brain, and moves in permanently, kind of like the kids do in their twenties.

The baby DNA doesn’t simply hang around there after it sets up shop. It helps to shield the mother from Alzheimer’s Disease. That’s what this learned treatise, probably something I saw on Facebook, claimed.

I gave birth to two sons, and my first thought upon reading that factoid was, it’s not working well enough.

Not that I have been diagnosed with Alzheimer’s Disease. Yet. It’s just that day by day I seem to remember less and less.

Memory lapses can be disturbing. It is no consolation to me that if I was diagnosed with Alzheimer’s Disease now, it would be too late for it to be early onset. Being part of the statistical attrition of my aging cohort does not feel like a great honor.

It’s scarier when we get older. We feel the jolt of the blank mind, and we fear the implications. Is this it? Is my brain leaving and taking me and my personality with it? We have all seen this happen to people, people whom we miss. We’ve seen caregivers ground to an exhausted pulp. It ain’t fair and it ain’t right, but it happens.

We find ways to work around the everyday forgetfulness: I always hang my purse in the same place. I always put my keys in the same pocket of the purse. That may sound like pretty simple basic organization. Wasn’t I already doing that? Well, yeah. You can only walk around the house so many times searching everywhere, muttering and cursing and missing ferries, before you decide to take action.

When I park in any large parking lot, I look around before I walk away and orient myself so I know where the car is, and what landmarks are nearby: “Yes, it’s at the end of the row that’s across from the rain shelter.”

I started doing that years ago when I forgot where I was parked in the Thriftway parking lot. I was talking with a friend, having such a good time as we walked out of the store. We said good-bye, and then – what? I had no idea where I’d parked. I was lost in a sea of pavement and Priuses.

Eventually I found my car, but after that I got serious about parking place memorization.

Now I have a car with automatic locks, and if I press

the button on the key fob more than once, the car honks and its lights flash. I’ve used that to locate my car a time or two. A friend told me that when she was shopping for cars, using the honking to locate the car was one of the salesman’s selling points. Apparently forgetting where you parked is extremely common.

So, what if I do develop some kind of dementia? Wow. That was a scary sentence to write, but I am at an age when I think about these things. I figure I need to make a plan now for that possibility. I’m working on it.

I have a begrudging compassion for people who take their own lives before they lose themselves and become a burden to their families and society. Begrudging because in general people who commit suicide make me angry – you idiot, we still needed you – but I understand people who are suffering and feel like their lives have nothing left to offer them, even if their lives still have plenty to offer the people who love them. I understand. Sort of. I guess. Okay, I don’t.

A medical person once remarked to me that while the short term memory fizzles out and disappears, the long term memory stays like a layer of mud in which the person is caught forever. I get that. I don’t know why I walked into this room, but this morning I had an earworm of a song from 1960: “It was an itsty bitsy teeny weeny yellow polka dot bikini ...” *

Now that is a long term memory I could do without. Too bad we can’t choose the memories we lose.

*Released in June 1960 on the Kapp record label, sung by Bryan Hyland. Written by Paul Vance & Lee Pockriss. It was a hit around the world, covered many times, and Vance described it as “a money machine” because he made millions of dollars from the royalties over the years.

Gee, I wish I’d written one like that.

A Community Conversation About Health and Responsibility: Vaccines and Beyond

The Glass Ceiling We Must Shatter in 2016

by Karen Crisalli Winter and March Twisdale

It would be nearly impossible to live in America today and not know that there is a woman running for the position of President. Indeed, with a campaign slogan that focuses your attention entirely upon her sex (I’m with HER), how could you miss it?

Before we go further, let me be clear on my position. I was born in 1972. My mother and father have long fought against the institutionalized form and gross depredation of sexism. My mother has lost several jobs as a direct result of refusing sexual advances of her male managers and her access to a bank account and college loans was predicated upon her having a parent or husband co-signer. She and my father knew, through personal experience, the harm of sexism. So, how did they respond, when they became parents of a baby girl? They named me March.

My name is androgynous and this was intentional. My parents figured that if no one knew whether I was a man or a woman (when they saw my name on an application) that I would be more likely to live a life based upon who I was, how I thought and what I did. A person-based life, not a sex-based life. In the 1970’s, it was normal for a person sorting applications to toss female applications into the “secretary pile” while male applications would be placed into the “managing position” pile. My name is literally the result of my parents’ feminist leanings, in the hopes that I would be hired for who I was...not my gender.

When we vote for a candidate, we are - in effect - hiring that person for a job. Given this, can you imagine how offensive I find it to see Hillary Clinton using her gender to solicit votes? True feminism means you seek to eliminate the role of gender, not capitalize on it. Far from being a vote for feminism, a vote for Hillary is a vote for a President willing to promote sexism for personal gain.

Across the board, young feminists (be they male or female) are NOT drawn to Hillary’s gender as a reason to vote for her. This is because the feminist movement has, to a very large degree, been a monumental success. All over

our country, glass ceilings have exploded into dust. In fact, in most Universities women outnumber men; sometimes nearly two to one. Also, between 1998 and 2014, women in charge of Fortune 500 companies (CEOs) went from one to twenty- four. What do these (and other) persistent and growing changes prove? That women can do anything as well as a man... and visa versa.

That is, after all, the whole point of feminism, isn’t it? To equalize the sexes? Even the playing field, institute official standards that prevent a slide back into sexism, and ensure that every person is free to excel based on what they think and do...not the body parts they were born with.

A campaign that focuses on one’s gender, on the other hand, is a slide back into the very sexism that feminists have long fought and suffered to overcome. Yes, Hillary Clinton has busted through a political glass ceiling of sorts, but she did it by showing us that a woman is just as capable as a man at being power-hungry, lacking in scruples, opportunistic, misleading, and otherwise entirely machiavellian. Do we really need more proof that a female politician can be just as bad as a male one?

However, there is one glass ceiling that matters greatly in 2016. It is a thick slab of muddy glass, obscuring our view of the puppeteers who manipulate our fair nation for their personal gain. I’m talking about the Global Glass Ceiling of Economic Privilege.

Since the earliest beginnings of our nation, the wealthy (or the puppets of the wealthy) have held a near monopoly on the American government. Never before have we seen a man or woman with such a humble beginning, middle and end...succeeding in government. Bernie Sanders’ lifetime of political service has aligned endlessly with the needs of the Common Men and Women of America; of which he is one. Every temptation, every monied threat, every opportunistic bribe extended to him...has been denied. In doing so, he has triumphed, time and again. When the integrity of our government hangs by a thread, Bernie Sanders is continuing to prove that our system actually can work!

In a very real way, Bernie Sanders’ Campaign represents the culmination of centuries worth of philosophical thinking and the highly-esteemed concept of a society based upon self-governance. Once and for all, America teeters on the brink; ready to fulfill and enact the fullest purpose of its constitution...a government of the people, by the people, and for the people.

We are a nation of diversity.

As such, our leaders ought to reflect that diversity, and today... they do not. Let me run through a few numbers, just to drive home the point.

Typical American Earnings: \$53,657

Typical U.S. Senator Earnings: \$190,000

Typical American Average Net Worth: \$301,000

Typical U.S. Senator Average Net Worth: \$14,013,596

(Average # is driven up by wealth of our economic elites...)

Typical American Median Net Worth: \$44,900

Typical U.S. Senator Median Net Worth: \$1,008,767

(Median # is more accurate, as 50% of our citizens have LESS than this amount...)

Over the past ten years, while the median American citizen’s net worth has decreased by -0.94%, a handful of American Citizens (who have the power to control our government and regulatory agencies) have seen a median annual increase to their net worth of +1.55%, equalling a total increase of \$316.5 million in assets. [2]

This is why #2016Matters. Sometimes, things have to get “bad enough” for us to wake up, pay attention and respond to a grave threat, right? Well, the monied elite of the world, who seek to prey upon our people and our land, are a grave threat! Who are their greatest allies? The American elite who are willing to sell the rest of us down the river. Hillary Clinton is a member of that dangerous and corrupted society.

Bernie Sanders is one of us and he’s got the political savvy to navigate the treacherous waters of our system with finesse and resolve. Let us join him, as he shatters the Global Glass Ceiling of Economic Privilege! Together, we can open the government to myriad Americans who want nothing more than to devote a portion of their lives in service to their country.

The short game is Bernie Sanders for President.

The middle game is the reclamation of the House of Representatives in 2016 and 2018.

The long game aims to put a solid Middle Class Majority in the Senate along with Diverse Representation throughout local and state levels of government.

The end game will be accomplished when Political Literacy has expanded across the country and a new American Culture of lifelong political engagement has become the norm.

~March Twisdale
#2016Matters

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“A Community Conversation About Health and Responsibility: Vaccines and Beyond” is an ongoing series written by two close friends with a passion for improving community cohesion and building respectful relationships in a diverse world. This article was co-created by Karen Crisalli Winter and March Twisdale.
BLOG: Vaccinesandbeyond.blogspot.com
Email: KarenandMarch@rocketmail.com



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



Aries (March 20-April 19)

For who you are and what you’re doing, you need special kinds of nutrients. Like an athlete must stay hydrated and pack carbs, you must feed the person you’re becoming. You might be wondering who that is, but don’t psych yourself out. Identity is not as simple as putting on a hat with the Nike swoosh. It’s an inner process, and you’re putting what seem to be pieces together. Here’s the thing: you can never be more or less than one person with one life. You might think you’re many people playing many roles with many missions. What you want to nourish is exactly the opposite of that. Get some focus and simplify. Remove commitments that are not working for you, and that don’t serve the larger purpose you’re growing toward. Make time and space for what is actually working, and don’t be afraid to drop what is not serving you. Rest and eat real food. You will like the results.

Taurus (April 19-May 20)

Some important relationships in your life are finding their new way of being. This is a somewhat mysterious process that’s related to you making some vivid discoveries about who you are. At the same time, people in your environment are going through a similar process of getting their intentions in order. One thing that’s clear is that if everyone is willing to compromise and accommodate one another just a little (not a lot, just modest compromise), there will be room for everyone, and their goals. The key is being willing to make a series of adjustments, in real time, learning as you go. Small obstacles and obstructions add up to problems, and removing them adds up to clarity and flow. It will help to go to the deeper level of having mutual understandings of what everyone is working toward, and drawing strength from common goals and standing on mutual ground.

Gemini (May 20-June 21)

You may be feeling the calling to devote yourself to a goal with full strength. It may seem like you’re doing this for someone or something, though you’re really doing it for yourself. I don’t mean self-serving in the usual sense of that; I mean in service of your integrity, your ideals and your bonds with others. Once you have those things in line, there will be plenty of overflow of benefits for everyone. Therefore, focus on your commitments. Keep your promises; and for what you cannot keep, or must delay, negotiate and make new arrangements. You’re not the prisoner of your commitments, though you might feel like that at times. Rather, you work in service of them and they work in service of you. Be grateful that you have a structure to use, which will help keep you focused. The more you work within your existing structure, the more freedom you will have — including the freedom to make changes.

Cancer (June 21-July 22)

The Sun enters your sign in grand style this week, on the heels of the Full Moon. Better still, Venus is in your sign, which is helping you attract whom and what you want — even in this unpredictable and unstable moment of time. Make yourself one promise: sometime in the next four weeks, you’ll slow down and take some time for yourself. By this I mean open up space to appreciate who and what you love the most in life — space to remind yourself of, and to strengthen your bond with, those people and things most meaningful to you. Venus is bestowing you with some magnetic power, to draw toward you more of whatever that is. Tune into that vibration and let it fill you up. This might take a little trust and it’ll definitely call on you to filter out some of the noise and distraction that flood our lives so easily these days. It’ll be worth any care or effort required.

Leo (July 22-Aug. 23)

You seem uncertain about what you need to feel safe. Is it some form of emotional

reassurance? Is it the feeling of stability? Or do you need to find your core of self-reliance, the one that has worked for you so well in the past? I would propose that the less you can make this about other people, and the more you can make it about yourself, the better you will feel. Despite ancient and modern mythology to the contrary, your confidence comes from you. Your security comes from you. This begins with you deciding to feel comfortable in your own skin and accepting of who you are. There’s something huge here about giving yourself permission to desire exactly what you need, without judgment. The more honest you are with yourself, the more confidence you will feel. Therefore, if you’re feeling shaky, get real with yourself and you will feel better.

Virgo (Aug. 23-Sep. 22)

You can cool off on asserting yourself and your point of view. I know it’s been challenging the past couple of months, getting clear, making your viewpoint clear and then getting others on board. You can ease back on all such efforts for a while, and instead pay attention to who actually hears what you say the first time you say it. It would be much more productive use of your time to observe your own thoughts and feelings evolving, and then to listen to (and hear) yourself. Your opinion about some unusually deep matter is changing. You might say it’s doing so despite your intentions or best efforts, and seems to have a life of its own. But ‘its life’ is really evidence that you are alive, that you’re breaking free of something, and that a new burst of life will sprout from the compost of old fears, ideas about yourself and feelings that no longer serve you.

Libra (Sep. 22-Oct. 23)

You’re working with some extraordinary mojo when it comes to meeting your highest goals and objectives. In other words, this is the week — and indeed the month — not only to dress for success, but to look for every opportunity to make your way in the world. Your planets are especially well-favored for two things. One is a take-charge attitude that also includes building your reputation. The other is working with people who are higher on the food chain or ladder of success than you are. The key to both is a gentle, friendly and creative approach rather than an ambitious or aggressive one. By all means know what you want and develop your plan for getting there, but remember that success is always about how you work with others. And that spirit of collaboration is where you are shining bright. Remember that for a Libra, doing quality work means taking care of people, and it means doing everything beautifully.

Scorpio (Oct. 23-Nov. 22)

You may be aware that for about two months, Mars (the first planet associated with your sign) has been retrograde. Mars is now in Scorpio, slowing down as it gets ready to change directions: a process that peaks on June 29 but which spreads out two weeks in either direction. You may feel some deep movement in your emotions or in your soul. You may feel like you’re realigning with yourself. You may feel like you’re coming to terms with some unusually deep questions that you typically don’t ask yourself, much less answer. If you find yourself asking, go gently on getting a response. This is very much a matter of allowing the information to bubble up from a deep level of your psyche. This might come from so deep you discover a new dimension of who you are. There is one thing you can do to facilitate this process: be honest with yourself about what you want. Do not pretend; do not deny. Be real with yourself. You will feel great.

Sagittarius (Nov. 22-Dec. 22)

You will need to keep a handle on your emotions today, and if you do, you can figure out something about a nagging emotional need. This might be masquerading as a sexual need, question or issue, and that’s true on one

Vashon Intuitive Arts welcomes “Honored Citizens”



Residents of Vashon Community Care will begin the “Honored Citizens” series of Vashons’ own monthly gallery cruises with a cumulative showing during the next gallery cruise on Friday July 1st 6-9pm, followed by individual showings in months to come.

“Vashon Community Care is an absolute treasure trove of talented artists”. “VIA welcomes the opportunity to offer its gallery space for such a wonderful purpose” commented Lorna Cunningham, Dianna Ammon and Susan Pitiger, co creators of Vashon Intuitive Arts..

We invites folks to find their way 1 block north to enjoy our “Honored Citizens”, good food, fun, friends and laughter!

level. I see two things going on. One is about your ability to receive love and other forms of emotional nourishment. For many people it’s easier to love others than it is to receive, though what that prevents is an exchange. And an exchange is what you want. The other thing relates to self-worth. It’s true that the whole self-esteem issue has gripped society on a pandemic scale. Yet it’s your destiny to go beyond this, perhaps before any of your friends; and you know you’re a pioneer. This may not be comfortable territory for you, because the thing you need in order to receive emotional nutrients is vulnerability. Yet the moment you open up, you will feel like someone let the oxygen back into the room.

Capricorn (Dec. 22-Jan. 20)

If you’re feeling isolated or lonely, or like nobody understands you, take a deep breath. Help is on the way. The Sun enters your opposite sign Cancer on Tuesday, and that will shine some light on your love life. You’ll feel more at home on the planet. Until then it will be helpful if you go gently on yourself, and remember that much of our world is in dire straits. You might need a reminder that you can reach out to others. I suggest you invite over a close friend or two and cook them dinner (not take-out, not instant mac and cheese — actual cooking). What you want to cultivate is the feeling of home. This is more than a safe space; it’s your space, among the people whom you choose to be with. This feeling is disappearing rapidly as living space become less stable, and more time is spent out of the house than benefits anyone.

Aquarius (Jan. 20-Feb. 19)

Make a list of everything you would need to do to take care of yourself, and get busy. What’s missing from your life? Exercise? Getting outside? More wholesome food? Cleaning out closets? Better rest? Focus your life on providing those things for yourself. What do you have too much of? Responsibility? Visibility? Relentless effort? Ease back on that and see if you can let your mind, rather than brute force, do the work. When you experience resistance, whether internal or in your environment, pause and see if you can figure out where it’s coming from. You’re making an adjustment in how you assert your will. Rather than applying pressure or persuasion, see if you can align yourself with the right thing. This may take an act of faith, but it won’t be blind faith. If you gently lean into what you want, or want to do, you might find that the world moves

more easily than you expected.

Pisces (Feb. 19-March 20)

You seem to be making some important adjustments around money: how you think about it, how you handle it, and what you can do with it. This would be an especially helpful time to conduct some long-term planning, such as sketching out your one-year plan and your five-year plan. Granted, the world is going so fast that most people don’t even dare to think about the future. Though the opportunity you now have is so good you don’t want to miss it. So, be brave and really consider what you want, what you want to accomplish and where, geographically, you might want to be. You won’t be held to any of these plans; you’re not setting anything in concrete and steel. You’re merely writing a rough draft that you will revise a number of times. More than anything, this is about getting your ideas going and beginning a creative process that will teach you something helpful.

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

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Next Edition
of The Loop
Comes out
Thursday
July 7

Deadline for the next
edition of *The Loop* is
Friday, July 1

Ink + Mylar

Bring Nature In

by Rachel Waldron

As the weather warms, I find myself looking forward to every moment outdoors. I have always enjoyed the warmer weather. I feel energized by the sun shining on my face in the morning. I feel more freedom of movement in my loose, lightweight clothing. I step outside and feel freedom in the open, blue sky and joy in the warmth on my skin. Nature constantly inspires the most positive feelings in my life.

I like to bring the outside to my home in many ways with design. I take a holistic approach to interior design, and when I say holistic in terms of interior design, I’m referring to the consideration of the “whole”. Even when I’m simply doing a color consultation for a home, it is important to understand the home, the homeowners, their needs, and their lifestyle. On that vein, when we step beyond our inner spaces, we look at what inspires the positive feelings in our life, and I almost always come back to one thing... nature. What better way to bring positivity, motivation, and inspiration into our homes and our lifestyles than to bring the outdoors in?

COLOR

I like to do this with interiors in several ways. With color, many people are rejecting the latest grey trend because there is so much grey already in Seattle and it is “depressing”. Yes, it is grey in the northwest, but I’m honestly a big fan of blending with the outdoors. Let the walls fade away and allow the objects within the space to really speak. A home nestled in the woods with little peekaboo of the sky will not be overwhelmed with grey. It is important to consider regionalism. Embrace the natural surroundings. If we reject that, the design will feel out of place.

When working with color, I like to emphasize things that are not naturally obvious. My house sits above Quartermaster Harbor and we have a peek-a-boo view of the water. Most of what surrounds us is the forest, the highway (yay) and well... our neighbors. I wanted to emphasize the peek-a-boo view of the water, as well as drawing on the personalities of my husband and myself. My husband tends to lean toward modern clean lines. I have a passion for abandoned spaces, haunted houses, magic and mystery. So, it made perfect sense for us to paint our 100-year-old farmhouse dark gray with black trim. It gave an old building a modern edge and gave it a look of mystery and intrigue. I love the way the lights glow from inside the tall, dark house looming on the hill. On the interior, I pulled from our northwest grey. Our accent colors (still in the works) will be a dark slate blue and a dark teal... colors I associate with our region and the colors we generally see when we look at the water out our window.

IEWS/DAYLIGHT
Another way to bring the outdoors

in, is to create a focus on the views to the outdoors, whether that be orienting seating so that the line of sight focuses on the exterior views, pulling back window coverings, or using window treatments that draw the eye to the windows... and then beyond that.

Daylight is so essential in our interior spaces, in so many ways. We have energy savings, the connection to the outdoors, visual aesthetics, and the vitamin D our bodies so desperately need in the northwest that helps to prevent Seasonal Affective Disorder. I have been into so many homes and naturally drift to the windows to look outside, taking in the views and thinking of ways to incorporate them into the design.

So, the advice of this designer, is to choose colors for your home, not by looking at the pre-selected palettes at the paint store (although, that’s of great assistance once you’ve selected your key colors!), but by looking at what is currently in the space, what surrounds your space, and what your passion is.

FINISHES

Materials are a fantastic way to bring the outdoors in, and again, it doesn’t need to be literal. We don’t need to bring a stump inside and use it as a coffee table (although that can be cool too!) Wood can make its presence in the way of wood floors. Stone can come in tiles. Water can be reflected with glass. While it may be ideal to use 100% natural fabrics, sometimes (such as when we have small children and potential for frequent staining), it just isn’t logical. When we opt for a synthetic fabric, use colors and prints with elements from nature to bring that feeling indoors.

PLANTS

We can’t forget bringing plants indoors as well! We cannot truly feel alive in a space if it has no life. As a busy mom of two little boys, I completely understand that plants are just one more thing to care for, and I have been known to forget about my plants, then overcompensate killing them in the end. So I met with Sylvia Matlock over at DIG and she shared some great tips for people like me- tropical plants and air plants are low maintenance, and if we get ourselves on a schedule to care for them, it’s a matter of watering weekly. It’s not an everyday or every other day thing. And, the rewards are amazing both aesthetically and in our health. Plants are an amazing natural air filtration system.

GET OUTSIDE

Of course, the best way to bring the outdoors in, is to actually get outside and experience it. Draw inspiration from what surrounds us. A photo of a frozen leaf might be lovely, but when you touch and smell it, the experience will be that much more. Bringing every sense into the experience can offer a more cohesive design.

Tune in to Voice of Vashon Sundays at 2pm to hear Inner Space, a radio show I cohost with my friend and colleague, Emily Herrick. Emily and I would love to hear feedback on the show! So, please listen in- let us know if you have questions or if you would like to hear us touch on a certain topic. Or, just let us know if you like it!!

To learn about Rachel Waldron’s interior design services, contact her at 206.249.9860 or rachel@waldrondesigns.com

By Penny Kimmel

The other day as I drove up to the 4-way stop in the middle of our little town I saw a woman who made me think of Hilary, nicely coiffure, smartly dressed in that stylish way that women of Hilary’s age dress and I thought what if Hillary lived on my island, how would she fit in? Who would she hang with? She is past the PTSA age after all. Would she volunteer for our schools or at minimum the food bank? Perhaps she would head up the scholarship committee, a behind the scenes group. Or join with Tag and the other folks trying to solve our emergency health care crisis.

Would she smile if you run into her at the grocery store or would she have employees shopping for her and never know the joy of greeting her neighbors in the aisles? Of being connected to our community, our friends and family?

Would she fit in with the new wave of entitled islanders who keep to themselves and enjoy their property and their privacy? If she did get involved: would it be only to write a letter to the editor or to give Ivan a run for his money on being the local vocal democrat?

What if Bernie lived here? Would he be as loud and intense as he appears on TV? Perhaps he is hard of hearing? Would you hear him booming from the samples kiosk to the produce department? Would he eat breakfast for real at Sporty’? Would he become just another Island character? I can see him working at the food bank and the community garden wearing a chewed up straw hat. He would sincerely make promises to help those in need but struggle to keep them for nothing moves at a rapid pace.

He would have to motivate the team and I don’t see him as a team player but as someone who is not easily understood. He could work on the interfaith council however and help with the homeless.

What if Hillary Lived on Our Island?

And he would run for unofficial mayor and win but it would be very close for the old goat would have a lot of votes.

And speaking of non team players what about Donald the Trump, how would he fit in to our little microcosm? Would he have the patience to handle the ferries and be nice to the workers? Or would it be off with their heads? Would he be offended when he was the first car in line for the next boat?

I could imagine he would make his presence known at the County Club whether he played golf or not. I’m sure the members and public would get tired of his boastful ways and just avoid him. Would James come out of retirement to cut his hair and try to make him more stylish? The comb-over orange hair never was in.

Perhaps he would buy the Muckleshoot’s land to build a Casino. He then might join the Chamber running it to benefit his own pockets. Plus we would finally have a new owner of Misty Isle thus dashing the dreams of our little non-profit Land trust. The Donald would put all the Island’s real estate agents temporarily out of business by buying up the available properties but they would be back in business when all those properties defaulted.

If you think of our potential presidential candidates as your neighbors who would you vote for: the trail blazer, the well meaning one, or the one who acts like royalty? Are you still thinking about whom to have a beer or glass of wine with at the Red Bike or the Hardware Store?

I would hope that islanders are beyond marketing and truly think about the substance of the candidates’ promises and the image that would be projected on the world stage. Which one of our “neighbors” would you want speaking for our little slice of heaven? The choice is yours. When the time comes, vote as if it matter because it does.

Valise July Show

Valise collective member Rachel LordKenaga has invited Seattle artists Kate Anthony and Robin Richardson to show work in August. The show is called 3. Three women artist who have known each other for years and are exploring abstraction in their own ways. LordKenaga will be showing abstract expressionistic figurative oil paintings, Anthony will be showing linear sumi ink paintings, Richardson will be showing classic textural abstract oil paintings. The opening party will be 6pm-9pm Friday July 1st. Valise Gallery 17633 Vashon Hwy SW.



Deadline for the next edition of *The Loop* is **Friday, July 1**

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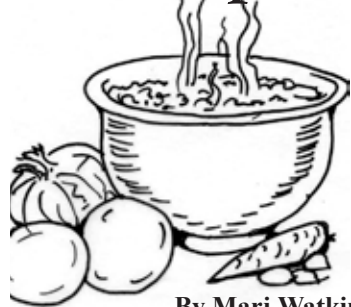
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Island Epicure



By Marj Watkins

Quicker than Quiche

A quiche presents an appealing appearance, aroma, and taste for breakfast, lunch, or dinner. It’s equally delicious and nutritious served hot or cold. But when the weather turns hot and you don’t care to turn on your oven, you can forget the crust, and make an augmented Danish omelet instead. Omelets can vary as much as quiches. (By the way, real men do like quiche--and omelets.) One difference is that an omelet may or may or may not contain cheese, but I never met a quiche without it. The chief difference, though, is that a conventional quiche is like a custard pie without the sugar.

I happened to have a head of broccoli that really needed to be used up before all its tiny buds became tiny blossoms and it lost it’s rich green color. So I made this augmented Danish omelet. With a crust, it could have been a quiche, so I call it a crustless quiche.

- Broccoli Crustless Quiche
- 4 to 6 servings
- 2 large or 3 skinnier green onions, washed and sliced
- 1/4 cup diced bell pepper, any color
- 1 1/2 to 2 cups steamed broccoli florets, chopped
- 3 ounces diced Mozzarella cheese
- 4 eggs, beaten
- 1 1/2 cups milk or half-n-half cream
- 1/2 teaspoon sea salt or to taste
- 1/8 teaspoon black pepper
- 1 Tablespoon minced parsley, optional
- 2 Tablespoons butter

Prepare all the vegetables. Beat the eggs, milk salt and pepper.

Heat the butter in a 9-inch skillet, iron one preferred. Sauté the raw vegetables but don’t let them brown much. Stir in the cooked, chopped broccoli. Pour the egg-milk mixture in, making sure the vegetables are well distributed. Scatter the diced cheese. Sprinkle the parsley on top if using. Cover the pan. Reduce heat to low. Cook 15 to 20 minutes, until the eggs are solid. Serve hot with toast.

Leftover omelet may be eaten cold, or briefly reheated, but keep it in the refrigerator until ready to eat it.

If the weather turns cool enough for baking, and you would like a conventional quiche as a pie but you must avoid gluten, choose this pie shell:

- Gluten Free Crust
- Preheat oven to 425 degrees
- 9-inch glass pie pan
- 1 cup sorghum flour
- 3/4 cup brown rice flour
- 1/4 cup cornstarch or potato starch

1/2 cube soft butter
2/3 cup water
Optional garnish: 2 large pitted black olives, thinly sliced, 1 pimento cut in strips.

Stir dry ingredients in mixing bowl. Work in butter. Pour enough water while stirring dry ingredient with a fork to form a soft ball. Let rest 15 minutes for the flours to absorb the moisture.

Grease the glass pie pan. With clean fingers sore knuckles, press the soft dough evenly on the bottom and sides of the pie pan and 1/2 in or so beyond the top of the rim. Hold the pan up to the light to check that the dough is of even thickness. Create a fluted edge, folding the extra dough under as you go. Bake 10 minutes in preheated oven to firm up the crust. Add the custard mixture above. Place in center of oven. Reduce heat to 375 degrees.

Bake 40 minutes. Test with a sharp knife inserted near the center. When the knife comes out clean, the top of the quiche should be brown and slightly puffed. Remove to a wire rack for 10 minutes to let the custard set. Garnish and serve hot, or chill, garnish and serve cold.

The Trans Fat Boondoggle

By Kathy Abascal

I, like many people, have long tried to avoid trans fats. Way back when, I used butter rather than margarine and avoided processed foods made with hydrogenated fats - another word for trans fats. I was glad that I had made these choices when scientists finally reported that the trans fats in the average American diet ultimately caused some 7000 deaths and 20,000 heart attacks a year. Trans fats are also linked to an increase in strokes, and type 2 diabetes. Finally, even moderate amounts of dietary trans fats significantly increase the risk of Alzheimer’s. Scientists now tell us that there is no safe amount of trans fats; we need to try to avoid them entirely.

As the negative effects of trans fats became known, the FDA required trans fat content in the nutrition labels on our foods. Dieticians and others supposedly in the know told us that we could avoid trans fats by making sure that the words “hydrogenated fat” or “partially hydrogenated fat” were not on the ingredient label. Unfortunately, this is not enough. It is true that we avoid large amounts of trans fats by avoiding hydrogenated fats and making sure that the nutrition label reads “0 g trans fats.” But if your goal is to avoid all trans fats, this will not suffice because most of our “healthy” processed foods and deli salads still contain trans fats, as do the oils we are encouraged to cook with.

Any fresh pressed oil contains a variety of different types of fats as well as vitamins, antioxidants, proteins, and more. Many seeds used to make oil (such as rice bran, for instance) only yield oils if pressed under high pressure and exposed to solvents. To end up with a clear oil that remains liquid at room temperature, has a mild taste, a long shelf life, and a high smoke point, these oils must be refined, bleached, degummed, and deodorized. The deodorization process is where trans fats are generated. Basically, the refined oil is heated to 450-500 degrees for some length of time in order to remove highly reactive essential fats and other compounds that negatively affect the odor, smoke point, and shelf life of the oil. Some oil producers use a lower temperature for a longer time period but in all cases deodorization generates trans fats. On average, deodorized oils contain 0.5-1% trans fats.

Nonetheless, your bottle of cooking oil, be it organic canola oil, lite olive oil, or refined avocado oil, says it contains “0 g trans fats” per serving. That’s because the government not only condones, but also actually promotes deception when it comes to trans fats. The FDA ruled that any product containing less than 0.5 grams of trans fats per serving must state that it contains zero grams of trans fats. And the serving size posted on the nutrition label

is up to the manufacturer. By making sure that a serving size is not too large (for instance 2 tablespoons of potato chips – and who eats only 2 tablespoons of potato chips!), virtually any product can claim to be trans fat free.

The American Heart Association recommends you eat less than 2 grams of trans fats a day. That sounds easy but is actually hard to do. Most delicatessens currently use a mixture of olive oil and deodorized high oleic sunflower oil in their dressings. Or they use deodorized canola oil. Both provide trans fats. Virtually every prepared frozen meal (organic or not) contains deodorized high oleic sunflower oil or canola oil. As do the healthiest of crackers, chips, and other snack foods. Add to that the cooking oil you use at home: A mellow tasting, deodorized high-smoke-point avocado or rice bran oil? Even the healthiest-eating/most health-conscious Americans are getting many servings of “less than 0.5 grams of trans fats” a day and are often exceeding that 2 gram limit. In fact, a study claims that only in Denmark can a person easily avoid getting more than 1 gram of trans fats a day (because Denmark strictly limits the amount of trans fats in the ingredients that go into food products).

Reminder: There are no safe amounts of trans fats. Two grams a day is too much. One gram a day is too much. We need to do more to avoid trans fats.

If you are serious about your health, you should make extra virgin olive oil your main fat. EVOO is never deodorized and you can heat it for 15



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.

minutes without generating any trans fats. Any other oil you use should be cold pressed, unrefined, and not deodorized. Ask for salads dressed in EVOO when at the deli counter. Most delis avoid pure olive oil because it solidifies a bit at the temperatures in the cold case. We need to convince delis that we are looking for salads dressed in a good olive oil even if they don’t look as pretty and shimmery as one dressed in trans fats. We should ask what cooking oils are used when we eat out and make it clear that we prefer foods prepared with a good extra virgin olive oil. If we are persistent, they will eventually change to suit us. And we need to consistently avoid packaged foods that contain refined oils. Doing this is an inconvenience, for sure. But then so are heart attacks, strokes, diabetes, and dementia.

Road to Resilience

Continued from Page 1

intervene in anybody’s internal affairs whenever it appears to be in our “national interest,” that is, whenever we feel like it. Treat people poorly and you have to expect the same in return. The rise of Hitler had much to do with our retribution on Germany after WWI. After WWII, an unusually lucid time for us, we chose to follow the magnanimous Marshall Plan instead and got the Europe we have today. When we are nurturing rather than bullying the world, we may not have to live in fear of imminent attack.

I draw two conclusions from these considerations. One is that it is generally believed that our current political and economic status quo is unfair and that perception is driving the rejection of that status quo. The second is that what replaces that status quo will either be informed by fear or by love. The more insecurity we feel, the greater

the likelihood that fear will be the prime motivator. Fear calls for the strong man to lead us, and that is fascism. We likely will not elect Trump this time around; we will probably elect Clinton, presently a status quo candidate. To the extent that she resists change, the fear could be harder to defeat next time. That is why we need to change the status quo as soon as possible. Our way forward, with or without Sanders as president, is to start building confidence in equality, fairness, and inclusion as guiding principles rather than trying to rule the world by whatever means, thereby enhancing the fear that might succeed in installing a fascist regime next time. A President Clinton, if she prevails, is politically astute enough to see that campaigning to create a government that works for the people and not just the 1% will get her elected.

Comments? (please!)
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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.

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

Friday, July 1st, 8:30pm
The Garth Reeves Band
The Red Bicycle Bistro & Sushi

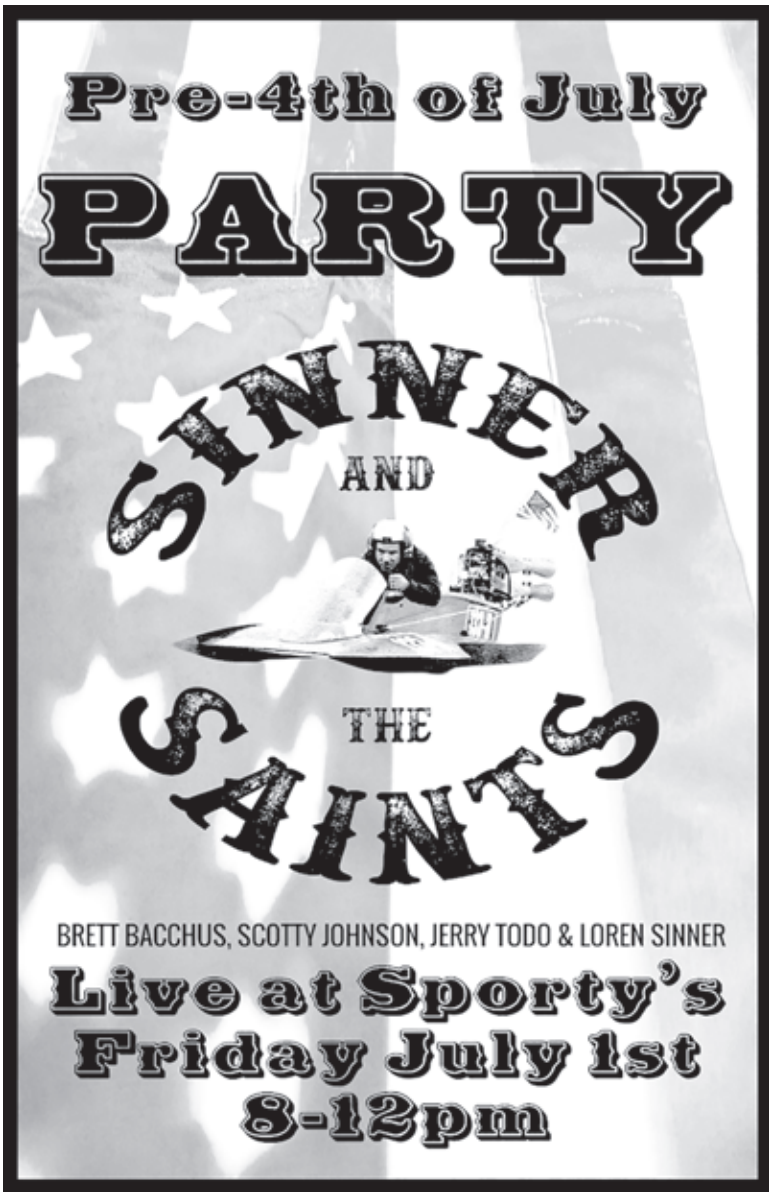
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First Friday at Sporty's
Pre-4th of July Celebration
Friday, July 1st
Sinner & The Saints
Coming up on First Friday in July at Sporty's is an evening with Sinner & The Saints.

This is a great way to kick off the 4th of July weekend - so many people will enjoy the great dancing atmosphere that they create. They entertain dancing crowds with a great mix of rock, blues, and oldies. Starts when they are on stage and ready to play. Free cover!

Friday, July 1st, 8pm-12am

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Stratford Festival: Taming of the Shrew

EThis production is most likely to be of interest to ages 12 and up.

Courtship or conquest? The breakdown of a defiant spirit or a breakthrough that liberates a heart deprived of love?

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Carlson is the perfect counterpoint as her plotting suitor, creating a chemistry that sets the stage alight.

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Bill Brown & The Kingbees



Since the last Strawberry Festival in 2015, Bill Brown and the Kingbees have been performing all over Puget Sound. Folks love Bill’s crisp harmonica and no holds barred vocals. They are a favorite for private parties for their energy and dynamic tonal vocals. They average 40 years a piece in professional experience, but still have the vitality of 20 year olds! . This 5 piece band featuring John Gaborit on Guitar, Tony Handy on drums, Leslie Shelton on bass and Steve Minzel on keys. The Kingbees’ ability to

play a variety from old Rock n Roll to Blues, Disco, Jazz and slow songs that melt lovers hearts! They are completing an album in May 2016 spearheaded by Leslie Shelton under the name of the Tonze. This group plays primarily in Kitsap County with the vocals led by Leslie Shelton and Steve Minzel. Friday, June 24th, 8:30pm Bill Brown & The Kingbees The Red Bicycle Bistro & Sushi All-age’s ’till 11pm, 21+ after that Free cover!

Jazz band Some’tet returns to The Lodges on Vashon

The post-jazz / neo-bossa band Some’tet will be performing once again at The Lodges on Vashon -- Vashon’s new hotel where modern style meets Mother Nature -- as a part of the Lodges ongoing summer music series. Sunday, July 3rd, 6:30 pm The Lodges on Vashon 17205 Vashon Hwy SW, Vashon, WA 98070 In April 2013, guitarist and composer Michael Whitmore began a weekly residency at the Snapdragon Café on Vashon Island. Over the next 3 years this jam grew into a full-blown ensemble -- the whole kit & caboodle. Some’tet. Whitmore hails from Los Angeles, and for years performed in the improvised, free-jazz and avant-folk scenes. Just over ten years ago he found his way up to Vashon. He first met Barry Cooper playing trumpet in a theatrical production. That introduction and the chance meeting of jazz vocalist Christine Goering at a karaoke session was the impetus to forming the band. Since last summer, the rhythm section

of Patrick Christie on upright bass and percussionist Dodd Johnson has cemented the core unit. On occasion Dianne Krouse sits in on sax or Makena Johnson on violin. Sometimes it’s a quartet, sometimes a septet, always a Some’tet. Barry, Christine, Dodd and Whitmore are also members of Delilah Pearl and the Mantarays who specialize in 40’s era jazz with a twist of 60’s style soul. They have a monthly residency at The Sorrento Hotel in Seattle. Some’tet’s music is both composed & improvised. The overall sound is mellow, almost west coast cool, with moments of intense invention. Add a dollop of American primitivism, the occasional art song, clusters of bossa nova rhythms, soulful vocals -- think Twin Peaks meets 60’s era jazz meets a torch singer in Rio, a whiskey & soda in hand under a hoodoo moon. These gigs are casual and loose. There’s always a lot of conversation, great company, great fun and maybe even a little croquet.

The FieldHands



Together for years writing and playing original music on Vashon Island and in the Seattle area, The FieldHands are a rock band. Their music blends some of the best traits of rock, alternative country and the Americana vibe present in music from artists like Wilco, Son Volt, Lucinda Williams, Ryan Adams, Iris Dement and others. Multiple harmonies, driving guitar lines and soaring lead instrumentals punctuate good stories and strong melodies. The FieldHands incorporate local flavor and imagery in their lyrics. They write songs about love, friendship, journeys, the road beneath their feet and the water that surrounds us. Friday, July 8th, 8:30pm The FieldHands The Red Bicycle Bistro & Sushi All-age’s ’till 11pm, 21+ after that! Free cover!

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Friday, July 1, 8:30pm
The Garth Reeves Band

Friday, July 8, 8:30pm
The FieldHands

Friday, July 15, 9pm
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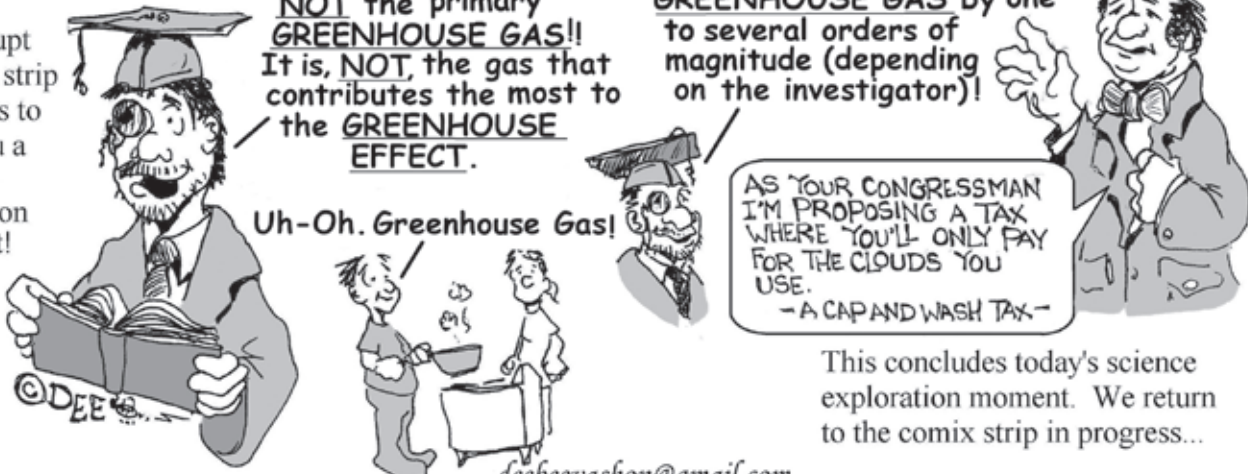
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