

Spring Awakening Performed by Vashon Youth Theater

Spring Awakening, a rock musical, will play on Friday and Saturday July 29 & 30 at 7 p.m., and Sunday July 31 at 2 p.m. at the Vashon High School Theater. The musical is set in late-19th-century Germany and tells the story of teenagers discovering the inner and outer tumult of growing up. In the musical, alternative rock and a folk-infused rock score bring the story into the 21st Century.

Director Elizabeth Ripley says, “I really liked what Marlee Matlin said at this year’s Tony Awards: ‘A story of lost and longing youth and the grownups who refused to hear them.’

“The original Broadway production was all about s-e-x... that is not VYT’s take on it. There won’t be any of the explicit sexual depictions as seen in the original production--on Broadway. I don’t need them to tell the story. For me -- and for the kids of VYT-- this is a play about falling in love; and becoming an adult; the successes and failures that we face on that path; and what happens when young people don’t have support or understanding from their grownups.

“Yes, the plot touches on heavy things, just as the musical Carrie did. And, just as in Carrie-- I will be handling the heavy things with intelligence and



clockwise from the top: Ash Woods, Fiona Westphal, Luther Martinez, Kai Trujillo, Talia Roybal, Marisol Martinez, Benny Tuel

tact.”

Wendla, played by Talia Roybal, doesn’t know anything about life or love until she falls for Melchior, played by Ryan Alumbaugh. Their love is innocent— and also naïve, which leads to trouble for them both.

Will Wassman is Moritz, a 19th Century nerd who can’t quite get his

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Summer Concerts in the Park



LeRoy Bell

Vashon Events and the Vashon Park District have announced the lineup for the annual Summer Concerts in the Park. The extremely popular and free outdoor concert series will begin on Thursday, July 28th and run through Thursday, September 1st. All concerts are from 7pm-9pm and are held in Ober Park on Vashon Island. Enjoy live music performances from today’s top talent in soul, rock, country, reggae and big band performing against one of Vashon’s most beautiful outdoor backdrops.

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

We are excited to announce that we have invited the Orca Eats food truck to serve concert-goers this summer at the 2016 Concerts in the Park! Delicious entrees, sides, desserts and beverages - seasonal and local when possible from salmon to veggies to sausage, handcrafted fresh desserts and drinks. They are proud to be a no-plastics food truck, using only paper containers and wood utensils, no straws or lids, which are all truly compostable and recyclable! Join the orca pod with a meal or a snack while you enjoy the concerts at Ober Park.

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

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

Thursday, July 28th, 7-9pm: LeRoy Bell & His Only Friends. The Northwest’s premiere rock and soul singer, LeRoy Bell, has gained a national audience with his performances as a finalist on TV’s X-Factor, where he finished at #8. Since Bell’s major success on the First Season of the X-Factor, the world has opened up to him. LeRoy has performed with some of the world’s most famous and

remarkable artists, including B.B. King, Van Morrison, Etta James, Al Green, Joe Cocker, Erykah Badu, India Arie, Sheryl Crow, and Mavis Staples. A songwriter long before he stepped in front of the mic, LeRoy has written songs that have been recorded by the O’Jays, The Spinners, Elton John, The Temptations, Rita Marley and sampled by Fat Boy Slim, to name just a few notable fans of LeRoy and his music. He’ll be coming with his full band and ready to rock the Park!

Thursday, August 11th, 7-9pm: Ian Moore. Texas native Ian Moore first made a name for himself in Austin’s vibrant roots-rock scene in the early 90s, gaining national attention for his self-titled debut on Capricorn Records. Moore’s music is passionate and full of yearning; it aches for answers but only finds more questions and, occasionally, some temporary salvation. His songs, like those of similar artists such as Grant Lee Phillips and Wilco, manage to be at once classic and modern. It’s not the kind of music, however, that lends itself to easy categorization. While life on the road takes its toll (even when it helps shape great albums), it also makes for



Ian Moore

great live shows. As a performer, Moore consistently manages to reduce packed houses to stunned silence through the sheer power of his voice, his songwriting and the unadulterated emotions he conveys. He’s an artist who’s built a reputation through his live shows, one convert at a time. Back to the Ober Park Concert series by popular demand!

Thursday, August 18th, 7-9pm: The Ganges River Band. You can take the man out of Texas, but you can’t take

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The Road to Resilience A Message to Superdelegates

By Terry Sullivan,

Picture this scenario. The presumptive nominee for the Democratic Party is lagging in the polls before the nominating convention. Another candidate that might attract more votes lags behind in elected delegates but can take the nomination if the superdelegates vote for him. The superdelegates stick with the presumptive nominee, who goes on to lose in the general election to a charismatic, conservative blowhard that hails from the entertainment industry.


In 1980, Jimmy Carter was running for a second term and was, of course, the presumptive nominee. Although Reagan did not have much in the way of specifics in his plan to govern, he made a lot of headway blaming Carter for the economic downturn and taking advantage of the unpopularity of Carter’s energy austerity plan. It didn’t help that Carter’s attempt to rescue the hostages in Iran was botched. Many, including me, voted for an independent, John Anderson, instead of Carter. I remember that I thought of John Anderson as being a man of real integrity. At the time, Reagan was looked upon with almost as much trepidation as we now look upon Trump. I can’t remember what made me decide to not vote for Carter. I liked his down-home counterculture in the White House and his early crusade to shrink our energy footprint. Unfortunately, the idea of turning down the thermostat and driving less was not so popular with most of the country. Perhaps wielding power brought out a meaner side of Carter

that I was reacting to. It seems almost blasphemous to say that of a man that has become one of the most honored and respected men in the world.

Ted Kennedy was the other Democratic candidate. He entered the race late but had some big wins on the primary circuit. He had his own problems, but the possibility remains that he may have won the election if he had been nominated. Think about that for a minute. What kind of world would we live in today if Reagan had never become president? The tax breaks for the rich; the war on entitlements for the poor, unions, and living wages in general; and deregulation of the financial markets—all of the things that have led to the grievous income inequality we have today began or intensified with the beginning of Reagan’s tenure in office. Let’s not forget that Carter was aware that our energy resources were limited and we needed to cut back and become more efficient. Just imagine how much farther along we might be if we had begun a culture of energy efficiency back then. Instead we were lulled back to sleep by Reagan’s “Morning in America,” and few of us noticed when he took Carter’s solar hot water panels off the White House.


Hillary Clinton is not the incumbent but has always been the presumptive nominee. One would be hard put to find much resemblance between Carter and Clinton and the nature of their respective popularity problems. Still, any lack of popularity amounts to the same failure to get the votes needed. In both elections, there were and are third party candidates

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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.

Water District 19 Meeting

Water District 19’s next regular Board Meeting scheduled for July 12, at 4:00 PM, 17630 100th Ave SW, in the district’s board room.

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.

Have a Story or Article

Send it to:
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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.

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.

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Death Cafe

Death Cafes are part of a global movement to increase awareness of death with a view to helping people make the most of our (finite) lives. The Death Café model was developed by Jon Underwood and Sue Barsky Reid, based on the ideas of Bernard Crettaz. Death Cafes have spread quickly across Europe, North America and Australasia. As of today we have offered 2398 Death Cafes since September 2011. If 10 people came to each one that would be 23,980 participants. We’ve established both that there are people who are keen to talk about death and that many are passionate enough to organize their own Death Café.

We gather in a relaxed setting, as people who are aware that one day we are going to die, to discuss death, drink tea and eat delicious treats. When we acknowledge that we are going to die, it falls back on ourselves to ask the question, “Well, in this limited time that I’ve got what’s important for me to do?”

At a Death Café people, often strangers, gather to eat cookies, drink tea and discuss death. A Death Café is a group directed discussion of death with no agenda, objectives or themes. It is a discussion group rather than a grief support or counselling session.

Death Cafes are free from ideology-no one should lead others towards any conclusion about life, death or life after death, apart from you own thoughts. Death Cafes are safe and nurturing, which includes offering refreshments. Death Cafes are accessible and respectful of all, regardless of gender, sexual orientation, religion/faith, ethnicity and disability. Death Cafes are non-profit and non-commercial. Death Cafes are confidential. No individual stories should be retold.

Death Cafe At Vashon Intuitive Arts on Sunday, July 24 from 1:30 to 3 PM by donation.

All The World’s A Stage

A free play reading series presented by Civic Rep and Vashon Center for the Arts at the Katherine L White Hall

We invite you to join us to hear readings of classic modern and contemporary plays by notable playwrights. Watch scripts come to life on the stage in an informal setting without sets and costumes. Be part of the conversation between readers and the audience. All are welcome!

Monday, July 25, 7 pm:

Edward Albee’s A DELICATE BALANCE

This play won the Pulitzer Prize for Drama in 1967, and depicts the uneasy existence of upper middle class suburbanites and WASPs Agnes and Tobias, and their mysterious existential malaise. While on the surface, everything seems comfortable, this disturbing work investigates the unnamed anxiety, alienation and terror experienced by this group of empty nesters.

Cast List:

Amy Thone: Agnes, Hans Altwies: Tobias, L. Zane Jones: Claire
Judith Shahn: Edna, Michael Barker: Harry, Robin Jones: Julia

Community Poetry Reading

The next community poetry reading will be held on Thursday July 28th at Vashon winery thanks to the generous offer by Ron Irvine. The reading will begin at 7 p.m. Please limit your poetry to 2 poems. Wine will be available to purchase.

Let’s hope for wildlife sightings and clear skies!

Make a date with Vashon!
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Deadline for the next edition of *The Loop*
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The Big Log at Portage

By Seán_C._Malone

They are hard to see, once you are in the water, but the translucent jelly fish stings. You don’t need to run into one, just brushing against his long trailing stingers will cause you to break out in red welts, much like the sting a nettle makes.

Cousin Tommy was only 3 or 4 when he waded into a jellyfish that left him screaming on the beach. He didn’t know what he had done, just that his legs were covered with little red spots. “Ow! Ow! It hurts,” little Tommy called out. One of us ran to tell Grandma Ada that Tommy had been stung by a jellyfish. Grandma came down to the beach with her calamine lotion, which she liberally rubbed on the stings. Tommy’s sobs turned to sniffles. Now his legs were all pink and we started making fun of him.

There are all kinds of jellyfish and most of the small ones, like the clear little jack-o-lantern, don’t have enough poison to hurt you, but watch out for the bigger ones that are yellow in the middle or bright red.

If you go trolling for cutthroat and your line trails through a jelly fish, you have to be careful not to touch any of the stingers that come up with the line. When a jellyfish comes ashore with the tide and you find one mixed up in the drift, steer clear. The stingers will get you.

The worst I have ever been stung happened in 1957. I had just paid \$50 for a 1937 Pontiac four door with 4 sawdust tires that wore out in 3 months; because the rubber had been impregnated with sawdust to make them less slippery on snow. I bought the Pontiac from a crippled lawyer who was crooked, had a lot of children and prayed on my sympathy. He told me the tires were new. The Pontiac ran a straight-eight and had suicide doors. They were



suicide doors because the door handles met in the middle of the door post between the front and rear seats. The person in the back seat had to be careful not to open the rear door when on the move, lest the wind catch it and jerk him right out the door. I had only recently got my license and I had five kids in the car headed for the beach at Burton where pieces of the old steamer dock were still hanging on the pilings.

The water was tepid that day making for a good swim until I ran into what I thought was a Portuguese man-of-war, the worst sting of all, but it wasn’t a man- of-war, just a huge red jellyfish with stingers that trailed six feet behind him. I was stung so badly that by the time we got home to Cove, the poison had got into my bloodstream and I was breaking out all over.

I was in so much pain that I ran around the house screaming still in my bathing suit and Mom took me to see Dr. Osborne to see if there was anything he could do. I was desperate, when he he gave me an anti-histamine and 20 minutes later, the pain was gone.

Spring Awakening Performed by Vashon Youth Theater

Continued from Page 1

Latin and Geometry together and finds himself overwhelmed by his over-active imagination. He fails his final exams and finds himself rejected by his parents. He has no idea where to turn.

Parents and teachers figure highly in the musical, with all the adult roles played by Dianna Ammon and Randy Marinez.

The play also touches on child abuse, with Marisol Marinez and Bryanna Savelesky sharing Marthe and Ilse’s experiences in the song The Dark I Know Well.

Luther Martinez is Georg, a teen who dreams of his piano teacher. Kai Trujillo is Thea, Wendla’s best friend, who also has a crush on Melchior. Additional cast members are Miles Wingett as Hanschen, who has a crush on classmate Ernst, who is played by Benny Tuel; Fiona Westphal is Anna and Ash Woods is Otto.

This is a suggested PG-13 production, as serious topics are presented: consent, teen suicide, child abuse. Meridian Sanson-Frey, a TeenDOVE advocate, will be joining the cast for the final song, Purple Summer – and will invite the audience to participate in a brief after-show conversation with the cast about the impact of the musical on both

Spring Awakening
Friday and Saturday July 29 & 30 at 7 p.m., and Sunday July 31 at 2 p.m. at the Vashon High School Theater.
Tickets can be purchased in advance at the Vashon Book Shop for \$15; \$20 at the door; Students & Seniors are \$10 in advance or at the door.
Music by Duncan Sheik and book and lyrics by Steven Sater. Based on the German play Spring Awakening (1891) by Frank Wedekind.
Directed by Elizabeth Ripley. Set & Costume Design Lillian Ripley. Sound Design Christian Heilman. Light Design Niclas Olson. Music Direction Kevin Nortness.

cast and audience.

This is a play chosen to invite the young actors to have real conversations about real things that have impacted children (as they become young adults) in the past, the present— and the future.

Tickets can be purchased in advance at the Vashon Book Shop for \$15; \$20 at the door; Students & Seniors are \$10 in advance or at the door.

Adopt A Cat Day!

Vashon Island Pet Protectors

Saturdays 11:30-2:30

Our VIPP Shelter is open for adoptions every Saturday. Visit our website www.vipp.org for Directions and to view the Cats and Dogs available for adoption.

Or give us a call 206-389-1085

A Barn and Chicken House get Historic Preservation

King County’s Historic Preservation Program has completed the first round of its re-launched “Barn Again” historic barn preservation grant program by awarding more than \$235,000 in funds to help stabilize or repair nine historic barns and agriculture-related outbuildings.

Historic Preservation Program staff held a number of free grant workshops around the county, while King County Councilmember Kathy Lambert also helped get the word out by going door to door with fliers announcing the program.

“The total amount of funding that was requested shows how great the need is to help owners of these wonderful historic buildings save and continue using them,” Councilmember Lambert said. “These barns add so much to the workability, character and charm of our rural areas.”

“We received so many worthy projects that it was really hard for the grant panel to decide which ones to fund,” said Historic Preservation Officer Jennifer Meisner. “The good news is that we still have about half of the total \$500,000 that was allocated to this program so applicants that weren’t funded this round can reapply next year.”

Twenty-two grant applications were received and the total amount of funding requested for projects was just short of \$1 million.

Six barns, three milk houses, one milking parlor, and one chicken house located in King County’s eastern and

southern rural areas were awarded funding ranging from roughly \$6,000 to \$41,000, with many applicants contributing some level of matching funds or in-kind donation of labor to help the county funds go further, although that was not required.

The two properties on Vashon that received the grant are:

The barn at Goodnow Farm on Vashon Island, built in 1924, received funding to replace its cedar shake roof.

The 1932 chicken house at the historic Snow Homestead on Vashon Island was awarded funding to stabilize walls and replace the roof.

The grant panel that reviewed applications followed specific evaluation criteria, including how well the project preserves the historic character of the building, urgency of the repair, feasibility of the project, if the project helps keep the building in an ag-related use, and public benefit (visibility of the building and/or public access to it). They also considered geographic distribution of the barns and strove to fund a variety of agricultural building types.

The “Barn Again” historic barn preservation grant program is funded through King County and 4Culture’s Building for Culture Initiative, which leveraged early payoff of Kingdome debt to provide significant funding for cultural facilities and historic properties throughout the county. Applications for the 2017 grant round will be available next spring.

Grand Open House for Hinge Gallery

Come One, Come All! Join Hinge Gallery on Saturday, July 23rd at 1 pm for a performance by Duo Finelli with special Guest Z Smith. Duo Finelli is a Vashon based clowning duo composed of Molly Shannon and Luz. With the help of San Francisco based Z Smith, they will be performing their country western act - the Tennessee Waltz. This is a family friendly performance.

This is also the grand open house for Hinge Gallery with ribbon cutting by the Vashon Chamber of Commerce! Pie and lemonade will be served! In a new location, Hinge Gallery is at Vashon Hwy & 174th. Open House is from 1 - 3 pm. Business hours are Tuesday - Saturday from 10 - 5. Visit hingegallery.com for more details.



Jack Needs A Home...

What am I doing here in a cat shelter? I’m one of those super-cool cats that thinks he’s part-dog. I greet people at the door, follow them around and like to be in the middle of the action. So if you have dogs at home, that’s just fine with me!

Go To www.vipp.org
Click on Adopt



Chautauqua Music Festival

Chautauqua Music Festival is an all-day music festival on Vashon Island that raises money for underprivileged kids in the elementary and middle school music programs. It combines local youth and adult music acts with performers from Seattle, great outdoor food and camping at our local Eagles Aerie 3144...all to help augment the schools ability to make sure every young promising musician has the ability to thrive in their art. We will have live music, camping, ample parking, security, RV hookups, full bar, award winning food booths (Bourbon and Bones, Monica Dimas), raffles, shuttle service from the ferry dock to the event and back and a wonderful venue and wonderful people.

While this is a kid friendly event, no kids will be allowed in the main building after 9:00 pm. This is also a non-dog event. Camping is ten dollars a night, please schedule in advance by calling The Vashon Eagles 3144. Shuttle bus will travel back and forth from the ferry to the event all day and night.

We believe that the arts are more than just an aesthetically pleasing hobby. The arts define the essence of any culture, and historically, societies with strong arts are strong in other endeavors as well. From industry to business to science, all benefit from the work of well-rounded individuals who think creatively. Strong arts inform this kind of thinking, and supporting them supports the growth of ideas, the diversity and effectiveness of society's mechanisms, and the progression and vitality that are the hallmarks of a great country. Vashon Island is known worldwide for its vibrant arts community, but with dwindling budgets, and a changing demographic affecting the cost of living for residents and their families, sustaining this vitality becomes harder by the year. We hope to offset this growing trend with this and future events. We did in 2015 and it was a memorable, successful outing that raised over 5000.00 in donations alone. With the recruitment of national acts, a larger fan base and more community involvement and outreach, we are looking to double this in 2016!

How is the money raised at the event used? The money raised is used by the

schools to set up things like scholarships to help pay for extra-circular trips and events as well as going towards setting up a instrument library that kids with lesser means can access. Keep in mind this is NOT an event put together by the school, but by volunteers in the community and the Vashon Eagles Aerie 3144.

We have lined up a variety of music acts of all ages and many genres to fill out an eclectic, fun day of quality music for all who come:

- Shawn Smith
- Tilson
- The Hoolabees
- Lonesome Shack
- Rusty Willoughby
- 4 Horsemen
- Heavy Nettle
- John Browne
- Sometet
- Colin Loch
- 20 Eyes
- Thalia Goering
- Rapha Ralph Reign Torres

Vashon Eagles Aerie 3144 (map at: <https://goo.gl/maps/9f7dVSyjLEp>)

Starts at 1:00 pm and goes till 2:00 am August 6th, 2016.

Tickets: \$12 General Admission available at www.brownpapertickets.com/ and at the event



Chicago - The Musical

Drama Dock is bringing the Broadway hit Chicago back to the island as its first musical on the new Vashon Center for the Arts stage. The Tony award winning musical promises "... murder, greed, corruption, violence, exploitation, adultery, and treachery: all those things we hold near and dear to our hearts."

Island actors, singers, dancers and musicians began the rehearsal process on this demanding masterpiece early. The vaudeville style musical is a satire and biting comedy, loosely based on actual brutal murders that took place in 1920's Chicago. The publicity that surrounded the accused brings to mind the mood in the current presidential campaigns: bad publicity is better than no publicity!

The Drama Dock production of Chicago, the Musical is patterned after the Broadway revival that won 6 Tony awards and 6 Drama Desk awards, including best revival of a musical, and a Grammy. Performers are attired in black dance wear, the orchestra sits center stage, and the audience sees everything.

Principal actors are Arlette Moody as Velma Kelly, Alexandra Drissell as Roxie Hart, Marshall Murray as Billy Flynn, Stephanie Murray as Matron "Mama" Morton, Matt Wilson as Amos Hart, Miles Wingett as Mary Sunshine, and David Katz as MC.

Ensemble members not only provide the chorus backup for the principals,



Arlette Moody as Velma Kelly

they fill all of the other roles during the performance, a demanding task! Ensemble members include Alexis Carleton (who also understudies Roxie), Bonny Moss, Maijah Sanson-Frey, Michelle Reed, Lissy Nichols, Lisa Maclean, Meghan Murphy, Zoey Rice, and Joy Ghiglieri, Jordan Woolen, John de Groen, Rich Wiley, David Bagaason.

Join us for an exciting trip back to the 1920's, "And all That Jazz."

Directed by Susan Hanson
Choreographed by Geoff Reiman
Produced by Gaye Detzer and Sue Wiley

"Chicago" is presented by special arrangement with SAMUEL FRENCH, INC.

Book by Fred Ebb and Bob Fosse
Music by John Kander
Lyrics by Fred Ebb
Based on the play by Maurine Dallas Watkins
Script adaptation by David Thompson

Chicago, The Musical
Thursday, July 21, 7:30PM
Friday, July 22, 7:30PM
Saturday, July 23, 7:30PM
Sunday, July 24, 3PM
\$25 General; \$22 VCA and Drama Dock Members/Seniors; \$18 Students

*Mature content in this musical may make it unsuitable for all audiences.

Next Edition of *The Loop* Comes out Thursday August 4

Deadline for the next edition of *The Loop* is Friday, July 29

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Compost the Loop

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

Spiritual Smart Aleck

O Death

O death
O death
Won't you spare me over to another year?

I remember how terrifying the thought of my own death was when I was young. There were horrible nights lying in bed shaken to my core by fear.

But as we get older we begin to get used to the idea of death. If we live long enough, we may feel that we have accomplished some or even most of what we wanted to do in this life. We have seen other people pass out of this life, some of them tragically young, but others at the end of long battles with ruthless and progressive illnesses, people who have come to see death as a blessed release. As our time goes on, for some reason it becomes a little less terrifying to think of dying. You actually can see how you might be tired or ill enough someday to relax and let go of living.

The thought of having no tomorrows, no choices, and realizing that you'll never pursue a dream again, though – that still feels like a drop off a precipice to me. What? Time's up? So soon? That stinks.

Dang.
I had the opportunity to feel and think about dying recently when I had a TIA. Now I feel ready to grab life with both hands and shake that mother down for all it's worth. Suddenly it seems so important to live as fully as I can. To spend time with people. To sing, to laugh, to love. To get out there and be. I don't want to be, as the joke goes, so heavenly minded that I'm no earthly good.

Which brings us to the afterlife. As a Christian, how do I view the afterlife?

In Baptist Sunday school I was taught that when I died I would go to heaven and be with Jesus, providing I was saved, and there would be angels singing and streets lined with gold and everybody I loved and who loved me would be there and I would be happy for eternity.

I like that heaven. I would love to believe it is so with all the earnest simple faith I had as a child.

People who have had near-death experiences have come back to talk about how it was so peaceful and wonderful. They talk about a bright light. They talk about being greeted by people who had gone on before them. This is similar to that Baptist heaven in some ways.

I love those stories. I dearly hope that's exactly what I experience when I die.

Of course there are scientists who postulate that those blissful death experiences are a part of the body shutting down, just a normal function of our oxygen-



By Mary Tuel

deprived biology as we die.
Talk about harshing my mellow.

I've heard of people who remember nothing at all of death. My father-in-law was allergic to bee venom, and once as he was driving across the Golden Gate Bridge a bee came in the car window and stung him in the neck. He managed to make it all the way to the Presidio hospital, and gasp, "Bee sting!" before passing out and dying. They brought him back, but he was angry forever after at psychologists, mostly, who asked him what he saw while he was dead.

"Nothing! I saw nothing! Damn psychologists!"

So that was his story.
Then there was Rick's Grandma Florence. She died in the hospital and felt all the bliss that so many people report, but a huge angel told her, "Florence, it's not your time. You have to go back." She didn't want to go back, but the angel apparently wasn't budging on this point, so she did, and lived on several more years.

People who do remember that blissful place say they no longer fear death now that they know what it is. I don't have that sort of fearlessness but I sure love hearing about those experiences.

Mind you, my theology has changed. If our spiritual tradition teaches us that God created and loves humanity unconditionally, and mine does, then it follows that we are all going to heaven. All of us. I hope we get along better there than we do here.

It is natural to wish some people to hell – I'm sure we all have candidates in mind – but as I once said in a song I wrote, God is a much better sport than any of us. She simply is.

Can't wait to hear the backchat on this essay. Blessings, peace, and grace to you all.

"O Death" is a traditional American folksong that has been recorded many times since the 1920s. Probably the most famous version is the one done by Ralph Stanley for the movie "O Brother Where Art Thou?" If you want to get a little chill, look up the lyrics. They do not equivocate.

Continued from Page 1

Texas out of the man. So it goes for Aaron Dugas, who fronts The Ganges River Band and whose vocals sound as though they were lifted straight off a dusty road somewhere in the Lone Star state. "When I moved here from Houston," Dugas remembers, "I was going to start the only honky-tonk band in Seattle." Funny thing about the country scene in Seattle – there is one. After securing a day job with Motivated Movers, Dugas learned he wasn't the only Americana game in town, but his gravelly tone – similar to the dry croon of Son Volt's Jay Farrar – shines nonetheless on his self-titled full-length LP. With his band, a rotating cast that includes high-school buddy and bass player Steven Burnett and pedal steel player "Country" Dave Harmonson, songs like "Winter All the Time" and "I Am Your Man" have just the right amount of twang. And they're bringing Seattle music



The Ganges River Band

fans to their feet. "Every show we've played, everyone was dancing," says Dugas. "Even friends we knew didn't know how were doing it."

Thursday, August 25th, 7-9pm: **Rabbit Wilde.** Though all four members of Rabbit Wilde grew up running around wooded areas of the same small town in the farthest Northwest corner of Washington state, brothers Zach and Nathan didn't meet Miranda, the third founding member, until they had all ended up in New York City. This kind of backyard folk seasoned by the edge, polish and fervor of big-city inclinations is at the root of their high-energy sound and stage presence. The group revamps classic string band instrumentation with homespun percussion and the unique integration of six-string ukulele and Jillian Walker on cello. With their widely varying influences, three

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Summer Concerts in the Park



Rabbit Wilde

distinct vocal styles and copious amounts of foot-stomping, they demonstrate a sound and presence that's at once original and familiar, appealing to audiences of all generations and genres.

Thursday, September 1st, 7-9pm: **The Portage Fill Band.** For over 40 years, the Portage Fill Big Band has been an integral part of the musical life of Vashon Island. A perennial Strawberry Festival favorite. The Portage Fill Big Band continues to entertain with exciting and danceable music

from the Big Band era and beyond. Made up of almost two dozen current or former island residents, Portage Fill is a classic "Big Band" with full horn and sax sections, backed up by a complete rhythm section, and features 2 vocalists for the crowd's listening and dancing pleasure. Portage Fill is well known for their selection of Big Band swing tunes from the 30's and 40's, but is versatile enough to work in some blues, Latin, or even rock and roll numbers to put on a show for all ages and musical tastes.

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Aries (March 20-April 19)
You must proceed with care on the career front. You have some unusual opportunities that are opening up with this week’s Full Moon. Yet there is also the potential for drama and power struggle. I suggest you use your creative energy to avoid the dramas — specifically by fostering cooperation, and knowing when to step back and get out of the way. This will leave you plenty of space and creative energy to make some excellent moves of your own. Just remember: as David Bowie once said, small moves count for a lot. Do only what feels right. Test out modest advances and see what the response is. If you’re going to be innovative, do it with a commitment to quality and practicality with just a little finesse (a little goes a long way). Most of all, delete the concept of ‘power’ from your lexicon. Stick to loving service and you will make some worthwhile progress.

Taurus (April 19-May 20)
It’s important to know where you place faith in your strength. Do you trust to luck? Do you trust the universe? Do you know that your friends have your back, and count on them? Do you trust your own strength? Right now, I suggest you draw on a little of each. Experiment and feel where you have support. Yet the thing to remember is that you have an inner source. It’s not exactly you; it’s more like some cosmic flow of energy with your name on it. That’s the thing to learn to work with, to nourish and to cultivate awareness of. It doesn’t go anywhere; you have times when you pay more attention or less attention. There are times when you receive the benefits more and others less. Now is a time to tap into something that is like a natural birthright. Feel good about yourself. Allow yourself to inhabit the moment you’re living in, setting aside the past and the future.

Gemini (May 20-June 21)
Those born under your sign are said to have a way with words. I have found few astrological ideas to be so true. You have a gift and you also have the potential to turn it into something that sustains you. Yet for that to happen, you must make your ongoing investment, and you must collect on what you’ve invested in the past. Though more words are spoken and written now than ever before, genuine literacy is not doing so well. By that I mean actual, grounded knowledge that has context, and can be referred to on paper and ink. You may not consider yourself a writer or a scholar, but you’re an intelligent person doing interesting things with your life. Every last endeavor you might explore will benefit from your ability to read and write well, and with passion. And if this means anything to you, such will increase your value as a collaborator, leader or team member.

Cancer (June 21-July 22)
This week, there’s a Full Moon in your opposite sign Capricorn, which happens once a year. This is the aspect that for you describes your relationships. Full Moons work two main ways. One is that they can stir up controversy and polarity. The other is that they can help you move a situation that is stuck, or what might be more poetically called an impasse. Now is the time to be aware of any such scenarios in your life. Look and feel around your relationships and your physical environment. What needs movement? What needs to be unstuck? You might empty a closet or reorganize a room that’s been gathering clutter. Go in deep — empty the whole thing out and work on the level of structure, organizing the space from the ground up. If you have some money to invest, it might be time for a new bed, or at least bedding. This energy will come back to you many times over.

Leo (July 22-Aug. 23)
The Sun will soon arrive in your sign, beginning your birthday season. You may

already be feeling the positive vibes, with Mercury and Venus running a few paces ahead of the Sun. They’re describing what is possible, and giving you a sense that there really is a future if you appreciate what you have now. If you find yourself hung up on some issue rooted in the past, be patient and present. This may relate to the affairs of someone who was on Earth before you, or who has left before you. Any confusion you’re feeling is unlikely to be your own. Family baggage is passed down from generation to generation like some kind of heirloom. Many, many people live in a state where the past is left unresolved. Ask yourself what you can do to have closure, so you can live your life in the moment.

Virgo (Aug. 23-Sep. 22)
It’s time to purge any misgivings you have about sex. By any, I mean any and all. This process may take a while, though it’s also been going on for a while: the process of setting yourself free from false morality. The solution to what seems like a complicated equation is that you came to this planet to create, and therefore expressing your creativity is your natural birthright. There are no valid moral issues with painting, sculpture, photography, theater, dancing or cooking food in a stylish way. Therefore, there need be no moral issues with sexuality. The feelings you feel are your own, and they are legitimate. To place any sort of ethical dilemma or power struggle around it is merely a misunderstanding of your purpose. You don’t need anyone’s permission to feel; it would help if you negotiated agreements with people that you can genuinely abide. Just remember, guilt is not a virtue; it’s merely toxic, and should be treated that way.

Libra (Sep. 22-Oct. 23)
For the next few weeks you may be the flavor of the month, so have fun and make friends. Do whatever you can to feel like you were just given a million dollars; step out into society and shine. The astrology you’re under favors both business and pleasure, in such a way that the whole is more than the sum of the parts. In other words, one will facilitate the other. Therefore, be bold about who you are and what you do. By bold, I mean friendly and outgoing. Introduce yourself to anyone you want. Walk up to them, say hello and extend your hand. They will feel good meeting you, and were probably already curious about you. Then just let the conversation roll. The key to your success is to go out, be visible, and converse with people about real things that actually interest you. Trust your charm and beauty.

Scorpio (Oct. 23-Nov. 22)
Mars has been big news all year. It’s still in your sign and it will be for a while, moving slowly and thoughtfully. Because Mars is the Scorpio planet from ancient astrology, this has some unusual influence for you: I suggest you consider it a once-in-a-lifetime blessing. It has a specific message, which is that it’s time for you to be yourself despite what all those other people think. It takes strength, courage and integrity to stand apart from the crowd — especially the well-meaning people who tend to think like everyone else. You are different and you’re now learning to express those distinctions that you and only you possess. While it’s not necessary to be in any way hostile or combative, there may be times when you must confront others, and I suggest you not shy away from that. You are in a process of emergence, refinement and tempering, and will benefit from some heat and friction.

Sagittarius (Nov. 22-Dec. 22)
Your chart remains fine-tuned for high achievement. The feeling tone is essentially this: you are being called to do things that you may think are over your head, above your level of talent, or above your pay grade. That’s the place to lean into any resistance you feel and do what you must do that feels outside your comfort zone. If you get the

Wake Up Laughing, too! An Improv Workshop

An opportunity to let go of control and join in the hilarity is offered at an upcoming Improv Workshop: Wake Up Laughing, Too! (July 30th @ SPOKE). An improv-er does not need to be funny or a comedian. Cleverness is also not necessary.
Although there are certainly laughs, improvisation is not always about comedy (if we PLAN it to be comedic, it’s not improvisation!). Participants instead are invited to say YES!, to embrace spontaneity, allow for play, and to be willing to explore creating stories in the moment. A hint, we get there via the 2 most important rules in improv: 1) listen to & treat your scene partner like your favorite poet (everything he or she says is a nugget of metaphoric gold); 2) failing is part of the fun (do it greatly, gently, and fully commit!)
The class will be taught by Michael Barker, who has been immersed in Improv since the 1970’s. He has trained with Ethel Merman’s son Bob Levitt at the American Conservatory Theatre, Gary Austin & Tom Maxwell of Groundlings in LA, Theatre Sports LA, and worked with Carrol O’Connor for more than

a year learning about laughs. Michael still studies in Seattle at Unexpected Productions with Keith Johnstone & Randy Dixon. He also has experience teaching to a varied populations, including those incarcerated, people with developmental disabilities, at-risk middle & high school students, and folks on both Whidbey & Vashon Islands. Currently, he leads a spirited IMPROV Class Series that will resume in Sept on Monday evenings at Open Space for Arts and Community.
The summer WAKE UP LAUGHING Improv Workshop will be held at Spoke (9923 SW 178th St.) Saturday, July 30th, from 11am – 4pm with a 1 hour break for lunch and costs just \$55, Students & Seniors just \$40. Sign up with a friend and save \$10 more between ya. Some scholarships available. Age 17+.No experience necessary. Be brave, try it... walk off a cliff and land on a cushion. The next day you’ll likely wake up laughing, too.
Class expected to fill quickly, to register: Contact Michael Barker 206-321-5732 or Lavidaverde51@gmail

taste for jealous love seems to be persistent, though we’ve barely ever been told that basically just loving everyone is possible. If anything, this would seem a phenomenon of soul. To others it might seem cool and indifferent. To others it might seem impossible. Others are in love with the idea of special love, and nothing else counts. Yet you need to be undeterred, and build up that peculiar, singular strength of loving for the sake of love, and remembering that we are all children of the Earth or we are nothing at all. This does not preclude people playing specific roles in your life, and of course you feel something different for your cat or dog, but in that same gesture you love all cats and dogs. It works the same way with people.

Pisces (Feb. 19-March 20)
If Pisces needs one thing, it’s fire. Yours is the wateriest of the water signs and Neptune, the planet of water (and of Pisces), is right in your neighborhood. There are many other water placements in the sky at the moment. You might be up to your ears in inspiration, or you might feel overwhelmed by the amount of, well, of everything in your life. Jupiter in Virgo is helping you out: that’s about cooperation, and you’re in a rare moment for that. Take advantage of everyone who shows up to help you, and help them as you can. Yet you need fire — and some has just arrived. This has come in the form of two planets in fire sign Leo: Mercury and Venus. For you, Leo is the sign of work and wellbeing. This is putting some fire in your heart, motivating you to accomplish great things. Just remember to use that energy for work, and for your wellbeing, in approximately equal proportions. In other words: get stuff done, and take good care of yourself as well.

sensation that all eyes are trained on you, it means you’re doing it right. If you have the notion that you’re somehow accountable for more than just your own life and your own choices, that’s a sign of progress. If you feel yourself needing to connect to something larger than you, you’re catching the vibe of your astrology. Maintain awareness of the broad vision you have, and be the one who also attends to the many details necessary to get anything done.

Capricorn (Dec. 22-Jan. 20)
Your chart is resonating, or perhaps rumbling, with the feeling of deep and inevitable inner change. Most of the time you take this in stride, or have the occasional meltdown requisite of total personality reformation. Then there are times when you get some perspective about where you are, when you are and what ways you are adapting to and rising to the occasion of the moment. You sense the distances involved, and can see their scale. Deep down you also know of the potential of the world, and the abyss over which society seems to be treading some edge. This, by extension, would include you. Or is that a total projection? Are you experiencing ‘I am changing’ as ‘omg, society is about to spin out of control’? As one born under your star sign, you are normally cool enough not to go places like that. Cool, though, is not what you get with a fire like yours burning.

Aquarius (Jan. 20-Feb. 19)
Your role as an Aquarian is to love everyone equally. On some level we all know this is the transcendent love that’s both impersonal and intimate. Not everyone would like this experience. Humanity’s

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Mike Love & his 6-piece reggae band



Revolutionary music may seem hard to come by in these days and times. Long gone is the era of artists like Bob Marley, The Clash, Stevie Wonder and Patti Smith getting airplay and bringing their messages to the masses. But that doesn't mean that the revolution isn't still brewing in the hearts and minds of many people around the globe.

Meet Mike Love: one of reggae music's rising stars. Born and raised on Oahu, Hawaii, to a musical family that spans generations, Mike Love brings a multitude of influences to the table, all tied together by the common goal of making the world a better place. Which is no mean feat.

On his debut album, *The Change I'm Seeking*, Love harkens the legends of roots reggae in both his lyrics and his sound, but never relies on any one genre to hold him down. Coming from a wealth of influences, he started out playing classical piano as a teenager and later would perform in high school bands that were more akin to the grunge sounds of Soundgarden and Pearl Jam. Mike Love fuses the simple rhythms of classic reggae with the complex changes of the classical and rock music he was first trained on to come up with a style wholly unique to him. Mike is currently wrapping up his second album, titled *Love Will Find A Way*.

But it's his message, his passion, the wisdom behind his words that truly resonate with his fans. It's always been about the depth. Mike Love explains: "I've never been into music that was shallow. I'm still learning. I'm still learning about where I'm going and

where I want to be. All the music is a learning tool to me too. I just make myself open to it. All the messages that come through the music, it's not just coming through me and my wisdom, because I don't think I'm that wise of a person. I don't think I'm some wise elder or anything like that. I just make myself open to the music and it just comes through. It's just as much of a teaching for me as it is for anyone who is listening to it and is open to it."

Mike Love's songs take you on a journey, one of healing and inspiration. One designed to help you on your path to knowledge, wisdom and understanding. On *Permanent Holiday* he takes you on a lyrical quest for freedom, both his and yours. He laments the ills of the world but also discusses solutions and ideas to change them.

Mike Love has shared the stage with artists like Stephen Marley, Don Carlos, Trevor Hall, Nahko & Medicine For The People, John Butler Trio, Groundation, Steel Pulse, Dave Matthews and Jack Johnson.

Mike Love & his 6-piece reggae band to Vashon, with special guest Adrian Xavier and Live Art By Spencer Sinner Artworks. Please arrive early for a pre-show acoustic set by Chai Ste Marie and Josh Dehaven of Sum Band.

Tickets available online at <http://mikelovevashon.bpt.me/> OR in person at the Vashon Book Shop.

Open Space for Arts & Community is located at 18870 103rd Ave SW, Vashon WA. For more information, please visit www.openspacevashon.com or call (206) 408-7241.

VALISE August gallery show

During August VALISE Gallery will host a lively two-man art show with Jeff Farnam and Jim Woodring. Opening party Friday August 5, 6 - 9 PM.

In Farnam's show, titled "Hey found object", the Seattle native strives to make undeniable, one-of-a-kind physical art by giving new life to things tossed aside. Colorfully curious characters grace his collection of paintings on wood and found objects.

Vashon resident Jim Woodring has earned an international reputation as a master cartoonist, storyteller and metaphysician. His "The World Of Frank" exhibition presents beautifully crafted pen & ink drawings and prints featuring the iconic cartoon character Frank.



The Siblings Grimm



The 14/48 Projects is headed back to parks this summer with The Siblings Grimm. Written by Jim Jewell and directed by Gregory Award winner Shawn Belyea (assisted by David Goldstein), this new play will be performed FREE in parks around Seattle - and on Vashon at Open Space for Arts & Community!

Jakob and Wilhelmina Grimm have traveled from the past to workshop their gruesome fairytales, editing them on the fly for modern audiences. But when Sister Grimm realizes the power of re-writing, she takes these well-known stories in unexpected directions. Beloved stories like Cinderella, Rapunzel, and Red Riding Hood are told, re-told, and twisted to new ends.

The Siblings Grimm embraces the collaborative, improvisational style The 14/48 Projects has perfected over years of free family performances in the parks, and returns many veterans of previous summer productions, featuring Sharon Barto, Andy Buffelen, Ben Burris, Rachel Delmar, Katie Driscoll, Jordi Montes, and Sarah Winsor.

Performance is FREE and open to the public. July 31, 2016, 2:00pm. Open Space for Arts & Community is located at 18870 103rd Ave SW. Visit www.openspacevashon.com or call (206) 408-7241 for more information.

The Siblings Grimm is supported in part by a generous grant from 4Culture.

The 14/48 Projects thanks season sponsors North Seattle College, Seattle Distilling, and Zeek's Pizza

QUILTS! A Cover-Up on Vashon and Quilt Walk



Paula Finlinson's '2013 Best of Show' quilt from The Vashon Island Quilt Guild's Quilt Walk going on now at participating businesses. Finlinson's quilt is on display at Giraffe.

Our Island is full of creative people and now you have the chance to see their fabric creations at Quilts! A Cover-Up on Vashon, the Vashon Island Quilt Guild's show.

Guild member Ann Rindge's quilts that were accepted into the prestigious international Paducah Quilt Show will be displayed. There will be over a hundred guild members' quilts and also their beyond the bed creations shown. Visit our Guild's store stocked with sewn goods, books, kits and more. As well as Island Quilter's booth full of colorful fabrics to buy.

The show runs two days only: Friday July 29th and Saturday July 30th from 10-5 at the Vashon High School Gym. Admission is five dollars.

For the Quilt Walk thirty one Island businesses from the Chamber of Commerce at the north end of town to Minglemint at the center of the Island are displaying members' quilts. Stop at one of the participating merchants to pick up a Quilt Walk map. These quilts will be hanging from July 13th to August 1st.

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Island Epicure



By Marj Watkins

A Passel of Potato Salads

In England, not celebrated for great cuisine, we were served a simple potato salad consisting of pieces of cooked potato and mayonnaise. In Germany, the potato “salad” arrived at our table piping hot and doused with bacon drippings and vinegar. In France, nothing so plebian as a potato salad ever appeared on a restaurant menu, nor is there a potato salad in either of my French cookbooks. The potato salad my mother used to make was Scandavian. (Her stepmother was Danish; her parents spoke no English. As a child of four, I thought they were still learning our language as was I. Grandpa Jorgen Peder Jansen said “lillie” for “little” for instance, and “trat” for “tired”.)

Here is my version of a Scandinavian potato salad. Let me remind you that potatoes are members of the nightshade family. If left sitting in the sushine at your picnic, they quickly revert to their poisonous form and can cause a nasty case of food poisoning. I’d serve the cooler, in the shade, and remember to close the cover after

taking dishing up everyone’s portion. Actually, potato salad is better as a potluck contribution or for dinner at home on a warm evening.

- Scandinavian Potato Salad
- Serves 6
- 5 Russet potatoes, boiled in salted water
- 3 green onions, sliced
- 1/3 to 1/2 cup sweet pickle relish or finely diced sweet gherkins
- 2 ribs celery, diced
- 1/2 cup mayonnaise
- vinegar to taste
- salt to taste
- 1/4 cup minced parsley
- 3 hard boiled eggs

- Garnish:
- paprika
- parsley sprigs or dark green leafy lettuce leaves

As soon as the potatoes are tender, drain them. In a mixing bowl, combine the relish, mayonnaise, onions, celery, and a splash of vinegar. Stir. Peel and dice the potatoes. Slice the eggs. Select out and reserve the most perfect slices to be part of the garnish. Chop the end parts of the eggs and chop them and the imperfect or broken slices. Add these to the bowl with the relish, etc. Stir and pour over the potatoes. Fold in. Decant into a serving bowl. Round the top, leaving an indented perimeter. Into this grove lace the parsley sprigs or a garland of lettue leaf tops. Arrange the perfect egg slices atop the salad. Sprinkle with paprika.

By Kathy Abascal

Hosting a rich and diverse intestinal flora is key to our health. A healthy microbiome (a mixture of mostly bacteria) helps us maintain a barrier that prevents infectious bacteria and toxins from invading our bodies. These microbes make compounds that strengthen our immune function, quiet inflammation, help us build strong bones, and prevent cancers from forming.

Our mothers provide us with our “starter flora.” Our microbiome is seeded during the birth itself but the newborn acquires additional important strains through breast milk. The mother’s immune cells actually carry certain bacteria from her intestines so the milk will provide strains of microbes her newborn needs to thrive. We acquire yet other strains as we are weaned and begin eating food.

Unfortunately, many of us are disadvantaged from the start. We are born by C-section, we are fed formula instead of breast milk, our mother may have eaten a poor diet or was treated with antibiotics, all of which decrease the diversity of her beneficial microbes, limiting those that we can start our life’s journey with. Most of us were not raised on a healthy hunter/gatherer diet once weaned but instead were fed refined cereals, sugary, low fiber foods, poor quality animal products, juices and sodas. Almost all of us have been treated with antibiotics at various times that further disrupt our flora, a disruption that can last for several years. As a result, many of us reach adulthood with a flora lacking in diversity and dominated by less than beneficial types of bacteria. And a poor quality flora is a big factor in - and probably the ultimate cause of - illnesses such as IBS, ulcerative colitis, Crohn’s, type 2 diabetes, atherosclerosis, autoimmune conditions, and weight issues including obesity, to name just a few.

Fortunately we can change our flora by changing what we eat. In one study, Africans (eating a diet rich in vegetables) and Americans (eating a diet rich in animal products and sugars) switched diets for two weeks. In two weeks, the Africans were growing inflammatory microbes associated colon cancer, while the Americans began hosting microbes that quieted inflammation. But while a dietary change will immediately change which

telling and ominous.

Superdelegates–you have the option of voting for Bernie Sanders who, 1) has the highest favorability rating of all candidates, 2) attracts Democrats, Independents, and anti-establishment conservatives, and 3) can carry the Democratic Party into the future transformed and intact, and, perhaps, the only major party left standing. There is a chance the Party might escape battered but intact if you go with Hillary, but are you really willing to take that chance? The past never determines the future, but we would be fools not to take it into account. Your call.

Comments?
terry@vashonloop.com

Being A Good Host

microbes dominate, the minute we slip back to our old ways of eating, the original mixture springs back to life. Many scientists say that to change our microbiome, we must consistently change how we eat for a goodly length of time, and the time required is years not weeks.

Most strains of good bacteria ferment the different complex carbohydrates found in the roots and leaves of plants. They transform these into free fatty acids, vitamins, and other compounds that we use to strengthen the mucus barrier that separates us from the trillions of bacteria in our intestines. When we do not eat enough of those plant foods, microbes instead begin to break down mucin, a key component in the protective lining of our intestines. This results in a more “leaky” barrier that is unable to prevent unwanted chemicals and toxins from entering our body. A poor diet not only changes our microbiome, it also causes other negative inflammatory changes in our bodies.

If our diet is too rich in animal products, we release more bile from our liver. Our good microbes do not thrive in bile and microbes more tolerant of bile become dominant. These microbes do not make fatty acids but instead increase chemicals that move us toward heart attacks and kidney problems. When we indulge in sugary foods and refined grains, we host other strains of bacteria that also weaken our intestinal lining. Alcohol also favors the wrong microbes. The cirrhosis and liver failure of alcoholism arise because the alcohol changes the flora in a way that weakens the intestinal barrier, allowing liver damaging compounds and microbes to move into the body. Even chemicals such as flavors and preservatives in our foods feed strains that do not serve us well. Everything we put in our mouths feeds microbes, so if we want to enhance our flora we have



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.

to change what we eat. The effects of changing diet can be dramatic. In a Japanese study, individuals with Crohn’s disease ate a semi-vegetarian diet that limited fish to once a week and meat to once every two weeks. Sugars, cheese, margarine, and fast foods were eliminated entirely. At the end of a year on this diet, 100% of participants were in remission. The TQI Diet is less stringent but also completely eliminates non-nutritious foods and uses proportions to ensure that the good microbes are always being fed. This works incredibly well, if followed consistently. But consistently means that low fiber, sugar-added foods must be rare – small exceptions cannot be made daily or every other day - and it means that every meal must include a variety of green leafy vegetables and other plant foods. If we are used to eating on the go and eating out frequently, these are big changes but once we understand why those changes are important, they really are not all that hard to make.

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Road to Resilience

Continued from Page 1

to draw votes away from the major party candidates. John Anderson drew about 7% of the vote to Carter’s 35% and Reagan’s 43%. This year, we have two minor candidates, Libertarian Gary Johnson and Green Jill Stein, who are expected to draw off about 15% of the vote. Since this year’s divide has not been just liberal-conservative but also establishment-nonestablishment, voters that prefer Bernie Sanders will not all automatically go to Clinton. Many independent and conservative voters were attracted to Sanders because of his obvious aura of integrity and his position outside of the establishment. Likewise, if Sanders is the Democratic nominee, he will attract not only Democrats but

also a substantial number of independents and conservative populists. The latest polls show Clinton losing to Trump in Florida and Pennsylvania and tying him in Ohio. No president has ever won without taking two of these three states. There is sure to be a high level of indecision amongst voters this year, so we can’t rely on the accuracy of polls taken now, but we also can’t say that Clinton’s polls will necessarily trend upward.

Superdelegates, please take note. We disenchant Sanders backers may be convinced or scared into voting for Clinton, and she could still lose to Trump. If Clinton does not take a strong and definite stand against the TPP trade agreement, Trump will mercilessly hammer her for it. The refusal of Clinton backers on the platform committee to include a clear anti- TPP statement is

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Joshua Powell & The Great Train Robbery



Everyone knows that people go to Florida to die, but fewer people know that there are people who get born there too. Caught between the dualistic disenchanting scenes of Buffet cover bands and high school hardcore, a young Joshua Powell transplanted to the Midwest in pursuit of education and new art.

Now a loudening voice in the Indiana independent music community, Powell has carved out a niche in his new home

by setting his hyper-literate lyrics to broad swaths of psych-folk and shedding the vocal affectations of a varied past.

Catch these guys on tour – they were here a few years back at Strawberry Festival and they are pretty amazing.

Friday, July 22nd, 8:30pm
Joshua Powell & The Great Train Robbery

The Red Bicycle Bistro & Sushi. All-age's 'till 11pm, 21+ after that. Free cover!

Guy Davis, Ambassador of the Blues



Inspired by and compared to Blind Willie McTell, Buddy Guy and Fats Waller, Guy Davis is a bluesman dedicated to reviving the traditions of acoustic blues and bringing them to as many ears as possible. Raised in Harlem, he grew up hearing accounts of life in the rural South from his parents and grandparents, which made their way into his own stories and songs.

Davis' much-praised 1995 debut, *Stomp Down the Rider*, earned him acclaim for deft acoustic playing, a well-traveled voice and his literate songwriting. He has barely rested since, taking his music to television and radio, as well as performing at theaters and festivals.

One of Davis' mentors, folk legend Pete Seeger, inspired a song of loss. "I was on Pete's last official tour in 2008, witnessing with my own eyes something I'd heard since I was a child. Folk

music was the doorway that I came into the blues from. And I want people hearing the song to know that life is precious, and that the road is not always an easy place to be."

Guy Davis, Ambassador of the Blues. Saturday, July 30,

7:30 pm at the Katherine L White Hall, VCA.

\$18 VCA Member/Student, \$20 Senior, \$22 General

Tickets: VCA, Heron's Nest Gallery, VashonCenterfortheArts.org

My bubba at The Vashon Island Coffee Roasterie

Sweden's My Larsdotter and Iceland's Bubba Tomasdottir are sisters linked not by blood but seemingly shared past lives. Together as My Bubba, the two create soulful folk music which is both sultry and refined. Having co-written numbers in the households of household names (Matthew E. White, Noah Georgeson), the duo have found a comfortable place at a table of kindred spirits. Sonically sparse, the songs these women weave are laced with dark humor and clever bite. Sunday morning with the creeping sense of Saturday night's mistakes, black tea with a drop of honey. My Bubba's sound ushers in the heaviness while leaving nothing but room



to breathe. This is sensual, unhurried music, with changes that take their time to reveal themselves. Simultaneously strange and familiar, like milk from another planet.

This intimate concert is presented by Debra Heesch.

My bubba at The Vashon Island Coffee Roasterie

July 29th. Doors at 7:30pm / Show at 8pm.

Tickets \$15: <http://www.brownpapertickets.com/event/2575930> or at Vashon Book Shop.

My Bubba's website: www.ohmybubba.com/

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OneNiteStand



OneNiteStand is gaining ground with more rocking tunes and incredible vocals by Terri Cole – and the good news is, they’re ready to show off the new polish! This band is ‘nothin’ but rock & blues with the emphasis on classic rock tunes as well as some originals sprinkled in there. Terri’s voice certainly fits the bill of a powerful entertainer and vocalist! You’ll be saying “Oh yeah!” when you hear the band! Can Blues/rock be this much fun? It is for the players and it will be for you when you join this band of musicians who will be playing at the Red Bike on July 29th!

They’ve all got blues chops, from growling it to flat-out rockin’. And wait ‘til you hear Terri! She has pipes like nobody’s business. The band will knock your shorts off and leave you crying for more. They’ve been playing for a long time and have musical histories too long to mention here. The all-island players present a nice mix of talent:

- Luke’s guitar screams the blues

like a down-hearted frail and goes raw at just the right times. And when he sings, he knows most of the words too. Amazing!

- Our horn section of Slab and Adrian will pump out harmonies, solos and general foolishness if prompted.
- Gib, well, has that strong backbeat that keeps things smoking as he’s laying down the beat.
- Percussionist Fletcher creates those additional rhythmic pulsations that enhances Gib’s driving sounds
- Ainslie lays down our bottom end with enthusiasm and oomph!
- Terri will blow you away with the power and clarity of her great voice!

You’ll love OneNiteStand and you won’t forgive yourself if you miss this. See you there!

Friday, July 29th, 8:30pm
OneNiteStand
The Red Bicycle Bistro & Sushi
All-age’s ‘till 11pm, 21+ after that
Free cover!

“Brainwashing of My Dad” shows at Vashon Theatre

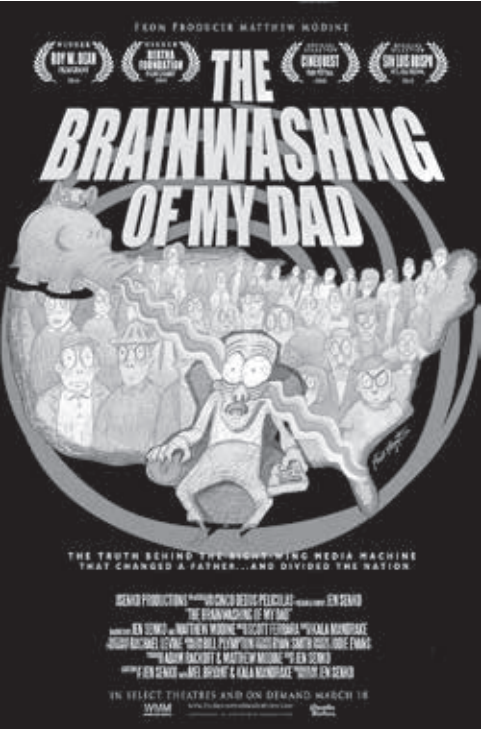
Backbone Campaign brings “The Brainwashing of my Dad” to the Vashon Theatre Tuesday, July 26 at 6 PM. The screening will be followed by a community discussion.

Directed by Jen Senko, the documentary examines the rise of right-wing media through the lens of the filmmaker’s father, whose immersion in it radicalized him and rocked the foundation of their family. She discovers this political phenomenon recurring in living rooms everywhere, and reveals the consequences conservative media has had on families and a nation.

Senko tries to understand the transformation of her father from a non-political, life-long Democrat to an angry, Right-Wing fanatic, she uncovers the forces behind the media that changed him completely: a plan by Roger Ailes under Nixon for a media takeover by the GOP, The Powell Memo urging business leaders to influence institutions of public opinion, especially the universities, the media and the courts, and under Reagan, the dismantling of the Fairness Doctrine.

As her journey continues, we discover that her father is part of a much broader demographic, and that the story is one that affects us all.

Through interviews with media luminaries, cognitive linguists, grassroots activist groups such as: Noam Chomsky, Steve Rendall, Jeff Cohen, Eric Boehlert, George Lakoff, STOP RUSH, HearYourselfThink, Claire Conner and others, “Brainwashing” unravels the plan to shift the country to the Right over the last 30 years, largely through media manipulation. The result has led to fewer



voices, less diversity of opinion, massive intentional misinformation and greater division of our country.

This documentary will shine a light on how it happened (and is still happening) and lead to questions about who owns the airwaves, what rights we have as listeners/watchers and what responsibility does our government have to keep the airwaves truly fair, accurate and accountable to the truth.

Admission is by donation; all proceeds benefit the Backbone Campaign, a not for profit founded on Vashon that is helping to build a social movement that honors life, community, nature, and our obligations to future generations as sacred.

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Deadline for the next edition of *The Loop* is
Friday, July 29

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Bo's Pick of the Week: Teal's new puppy Gabby.
Too cute for words. The Sigler pack just keeps growing.
It's that big "sucker" tattoo on Cam's forehead.

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Live Entertainment
Friday, July 22, 8:30pm
Joshua Powell
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Friday, July 29, 8:30pm
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Saturday, August 5th, 8:30pm
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