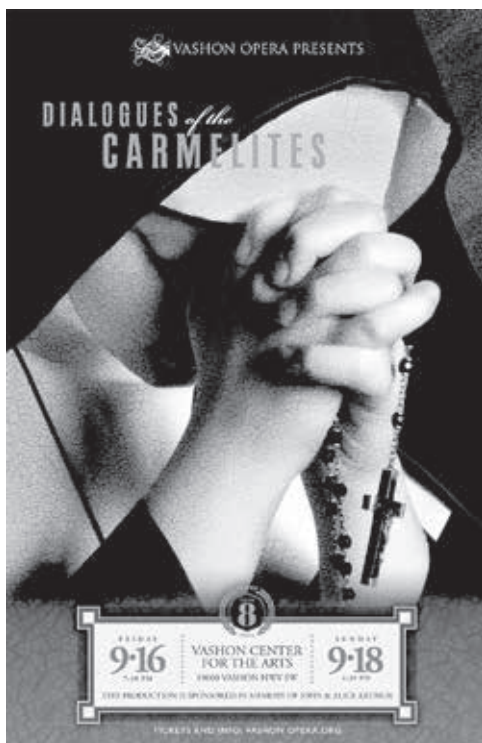


Vashon Opera Performs Dialogues des Carmelites

Dialogues des Carmelites, by Francis Poulenc, stands essentially alone in the catalogue of operas performed by major opera companies. It's almost completely devoid of standard operatic plot devices—romance, betrayal, intrigue, infidelity. In their stead are a series of life-or-death decisions forced on several young women, set amid the last few weeks of the Reign of Terror, the most brutal months of the French Revolution.

One of the chief aims of the revolution was to forcibly rid France of the influence of the aristocracy, and with it, the Roman Catholic Church. Royalty were beheaded. Mobs ransacked the apartments and attacked the carriages of the wealthy. Church property was confiscated. Priests, nuns and religious were executed for the crime of refusing to renounce their faith.

In Dialogues des Carmelites, a young woman formally enters a Carmelite monastery, seeking escape from the crazed crush of anti-aristocratic violence, but instead of finding cloistered protection, she finds that she's asked to defend the monastery against the bellowing revolutionaries outside. Obedience and defiance, fear and acceptance, selfishness and altruism mark the many twists of plot and



subplot, until in the final scene, chanting the Salve Regina, the nuns submit stoically to the guillotine, given its own ghastly arrhythmic solo by Poulenc.

Divided into 12 tableaux with orchestral interludes, it is perhaps Poulenc's most exquisite opera. Much
Continued on Page 8

Tenth Annual Outdoor Movie Night



Vashon Film Society wraps up summer with a celluloid bow and presents its tenth annual Outdoor Movie Night at the historic Vashon Theatre on Saturday, August 27.

VFS will screen the 1971 classic family musical "Willy Wonka & the Chocolate Factory," the magical original film adaptation of Roald Dahl's children's novel. The free screening outside under the stars next to the Vashon Theatre hopes to provide "a world of pure imagination" for all audience members.

The outdoor movie show is the film society's annual gift to the community and supports the group's mission of "preserving the Vashon Theatre as THE place on Vashon to see films."

Because this is the tenth anniversary of this end-of-summer tradition, VFS and the Vashon Theatre have dreamed up a whole slate of fun Willy Wonka-themed activities for all ages.

In addition to movies, the day of festivities will include a Golden Ticket candy bar contest, a "scrumdiddlyumptious" cake from Snapdragon Bakery, a beer garden for adults, and commemorative Violet Beauregarde bubble gum for kids.

Stageworks is furnishing a giant high definition screen that will be set up all day in the Theatre's parking lot.

From 2-4 pm, especially for the preschool set, there will be free Peanuts cartoons screening on the huge outdoor screen.

Then from 5-7 pm, the teenagers get their turn with two hours dedicated to free video gaming on the Stageworks screen.

From 8 to 9 pm, local short films and live music will entertain outdoor movie fans who arrive early to set up their lawn chairs and picnic blankets for the screening at dusk in the Vashon Theatre parking lot.

"Willy Wonka and the Chocolate Factory" will play at 9 pm, and the Vashon Theatre concession stand will sell popcorn and treats before and during the show.

And after the Gene Wilder family classic wraps up at 10:30, one final event will unspool for night owls: a special late night horror flick at 11 o'clock!

With ever-changing technology affecting how and where people see movies, this annual Vashon Film Society event focuses on the communal joy of experiencing films together at the island's historic movie house.

The Vashon Film Society was formed more than twenty years ago to rally support and enthusiasm for the island's endangered cinema house. The decade-long tradition of an outdoor family movie in summer – plus the Art Film series, the Tuesday night GreenTech community screenings, cinema showings of National Theatre Live and Bolshoi Ballet productions, and the Oscar Night scholarship benefit – have all highlighted the vital presence of our community's beloved movie theater in the heart of Vashon.

"We are so lucky to have a wonderful vintage movie theater in our community," said Vashon Film Society's Leslie McMichael. "There's no better place to see films on the island."

The Road to Resilience Chores

By Terry Sullivan,

Our task remains essentially the same as it would have been if Bernie Sanders had been elected President. Sanders made us to understand that nothing he was espousing would happen without a major grass roots effort to force our elected officials to act. I imagine we all thought it might be a whole lot easier with Bernie in the seat of power, but we weren't being totally honest with ourselves. Assuming (hoping) we are not insane enough to elect Trump, we will have a President Clinton, who has already verbally supported much of what we would like to see. As Roosevelt suggested long ago, we need to make her do it. It was not Bernie that made Hillary move to the left; it was us (and not just Bernie supporters). It will be us, again, who will hold her there.

When Obama was elected, we hoped he'd fix everything by himself, but he strayed badly from the promises of his campaign. Single payer health care was never considered, no Wall Street perpetrators were ever prosecuted, the Iraq and Afghan wars continue, free trade treaties have not been renegotiated, fossil fuel subsidies are still being handed out, whistle blowers continue to be prosecuted, and illegal immigrants deported in record numbers. We didn't hold him, or Congress, to those promises, so they didn't happen.

The divisive nature of backing individual candidates actually makes it harder for us all to come together on so many issues that the polls show we all want. In my opinion, Clinton and Sanders supporters differed mostly on their assessment of the character of their candidates. There is very little daylight between them on most issues. Even many Republicans want to get the

money out of politics and make our elected officials accountable to us rather than the 1%. We can form a coalition on that and make it a "make or break" issue for any candidate of either party. We might find that we can form a coalition so deep and broad that we could start a really viable third party. Never say never. In the coming days, we will be considering whether to reform the Democratic Party from within or abandon it. The Republicans have already gotten started on that.

The other day, I got a copy of The Nation in the mail that was more like the size of a large catalog. It was the 150th anniversary issue and included articles from 1865 up to the present. Not much has changed. The same talk about all the wealth at the top, the politicians bought, the game rigged, the minorities persecuted, the unions suppressed. I can't say it wasn't a bit depressing. On the other hand, there has been marginal but steady improvement. At the turn of the last century, journalists were talking about women's suffrage and the 8-hour day. So, although we may be harnessed to this cyclical wheel of woe, we are slowly improving. Not exactly the Age of Aquarius but not the Road to Hell either. One thing today stands out as different: the urgency of trying to avoid climate change. Are we really getting wiser? Could we someday make a quantum leap and evolve into truly enlightened beings? Who knows? It isn't like we have all the time in the world though. Nature routinely comes down on unruly species, eliminating or greatly reducing them to restore the balance. Climate change may be Nature's hammer

Continued on Page 9

Live Local Weather www.VashonWeather.com

The Vashon Loop has installed three weather station on Vashon Maury Island. Each weather station transmits it's weather information to www.wunderground.com, www.pwsweather.com and Weather bug Back yard. The easiest way to view the weather information is to go to www.vashonweather.com. Live weather information is also used on the www.vashonloop.com website and its sister site www.vashonnews.com. Weather station locations are, Vashon Loop home on Gorsuch rd, Voice of Vashon at Sunrise ridge and Maury Island at the 3 towers with the sheep in the field. The best way to learn about each weather station is to find them on line, where you will find more Island weather stations.

Find out how much rain Vashon Maury Islands get and how gusty the winds are on Vashon's new weather site www.vashonweather.com.



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NO INTITIATION FEE

Labor Day September 5th and 6th

New membership accounts will receive one free Personal Training Session
and VAC T-Shirt valued at \$75 at time of sign up.



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www.vashoncalendar.com

Compost the Loop

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

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 Island Pet Protectors Dog Walk

Vashon Island Pet Protectors Dog Walk
Saturday, August 27th 9a.m-noon, Jensen Point.
Register on site for the Vipp Dog Walk as an individual or team participant (max 10 members per team) on August 27th, 9-noon at Jensen Point. Make a contribution and stroll around the Burton Loop, with or without a dog, to support VIPP! The 3 highest individual contributors win animal care visits by Joanna Gardiner and each member of the top team contributor wins a nail trimming gift certificate from Wet Whiskers.

PRIZES:
First 50 walkers receive a swag bag from Pandora’s Box
Everyone receives a one hour paddle pass from Vashon Watersports
Everyone is entered in a drawing to win additional prizes from NW Canine Connection and Vashon Watersports
Enjoy face painting, canine reiki, commemorative event photos, human and doggie treats & shopping for Vipp merchandise at the 2016 Vipp Dog Walk...come join the fun and walk for VIPP!!

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.

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Jon W. Knudson
Parker Plaza * P.O. Box 229
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463-6711

Annual Engles Car Show

Engles annual car show will take place this weekend, August 21 at 10 am.
The event started ten about ten years ago and has grown in popularity over the years. Most of the vehicles are from Vashon and includes all types of Cars from roadsters to drag racers.

Flea Market

Benefit for the SENIOR CENTER
Sat. August 27 – 9am-3pm
Vashon Funeral Service Parking Lot
Vendors selling a variety of crafts, garage sale items, Carol’s Massage and assorted treasures!
Plus ORCA EATS Food Truck and other goodies.
Vendor Space available. 10’ space \$25 – 20’ space \$40
Contact the Senior Center 206-463-5173 To reserve your space
Hope to see you there!

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, August 28 from 1:30 to 3 PM by donation.

Vashon on a Summer Day

Warm sun splashes through the trees
Mixes with the gentle breeze

Thoughts of whales beneath still waters
Thoughts of shellfish, seals, and otters

Freighters leave their wakes to roar
Tatting lace along the shore

Contrails slitting an azure sky
White clouds sailing slowly by

Sounds of an airplane’s muffled tone
Someone going someplace
Someone coming home

Hammock lulls the mind to rest
Contented, feeling truly blest

Time for reflection, a moment to pray
All these thoughts on a Vashon summer day.

Yvonne Belshaw, Vashon Island
Summer, 2016

Next Edition of
The Loop Comes
out Thursday
September 1

Deadline for the next edition of *The Loop*
Friday, August 26

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:
Editor@vashonloop.com

Find us on Skype
Vashon Loop
206-925-3837

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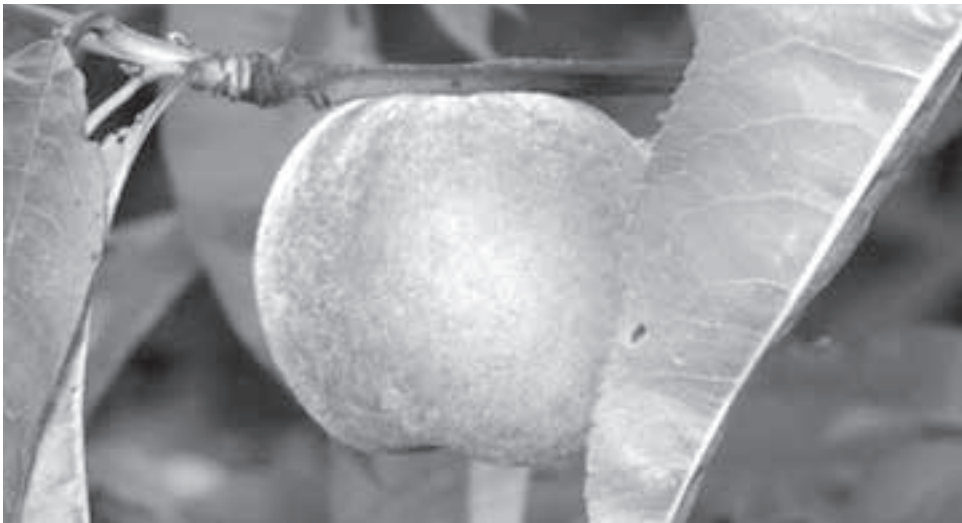
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Preserving on Vashon



By Seán_C._Malone

I'll always remember Mom's cinnamon apple sauce, darker than the rest and haunting in flavor on a cold Fall day. Most everyone canned or preserved their food in some way. It was during WWII, when we were using ration cards and sugar was hard to get.

If you were distilling liquor in the woods, it takes lots of sugar. I know of a man who kept a still on the hill behind his place. He also had bees, which may have been classified a defense industry, which permitted him to buy all the sugar he needed. His liquor wasn't bad if I could remember drinking it. Parts of his still could probably be found in the blackberries behind Engel's gas station. Just kidding, the story came from Lewis County, if I recollect, no where near Vashon.

Canning salmon was the most risky because of botulism and temperatures had to be adhered to carefully. The slices of fresh sockeye, or better yet, coho or silver salmon stewed in their own juices? The bones were softened in the process and had a unique taste of their own. It felt like you were crunching the bones of something ancient. This was well before the days of "use by such and such a date."

Mom poured liquid paraffin on the top of her jars of jam to seal them to keep them from spoiling. Even if the wax leaked, she would carefully clean any mold from the jam, so us kids wouldn't say "yuk", she never lost much of her precious jam.

Money was tight in the 1950's and

meat was expensive, so Mom used a meat extender called Nutri-Bio, which made our hamburger taste like sawdust and which product the FDA later had removed from the shelf because of false claims of the wonderful properties of Nutri-Bio and how many ills it could cure.

David Church was complaining to me the other night, he is a classmate and friend, of the things his Mom would have him do on the farm. One of his chores was getting eggs from the crock in the root cellar, where they were preserved in water glass or sodium silicate, which is an aqueous, gooeey mess and David had to stick his arm into the crock, clear up to his armpit to retrieve the eggs. He hated it and called water glass," pig snot"; probably something he saw in the pig pen when he was feeding the hogs.

Water Glass can also be found on the commercial market as a graffiti remover for porous surfaces. It is also called "pig snot." and is marketed mostly to big cities.

Preserving carrots was easy, just bury them in sand in a cool dry place and they will last through the winter.

We weren't allowed as children to participate much in canning, a very critical process, such as the sound the lid makes when you tap it to check the seal. A dull sound indicated a leak and the jar had to be put back in the water bath to re-seal. When the tap was sharp and of a higher note, the seal was good. Peeling apples for sauce was the closest us kids ever got to canning.

Neighborcare Health to Re Open Clinic



Information compiled from the www.neighborcare.org website and repinted in the Loop.

In response to the closure of Vashon Island's long time primary care clinic, Neighborcare Health was invited to begin primary medical care services on the Island.

Neighborcare Health is working to establish a new clinic as quickly as possible. We are honored to be invited to serve this community, and grateful for the opportunity to meet a critical healthcare shortage.

Bellow is are some Frequently Asked Questions About eighborcare Health at Vashon

Q: Is Neighborcare Health taking over the Vashon clinic operated by CHI Franciscan Health?

A: Neighborcare Health will initiate a new clinic, which will be called Neighborcare Health at Vashon. It's our hope that many of the former CHI Franciscan Health staff and provider teams will join us in the new clinic.

Because this is a new clinic, everyone will effectively be a new patient. We are working to get patient records transferred from CHI Franciscan so your record will stay with you.

Some things will be different, but what will not change is that there will be access to primary medical care on Vashon, provided by teams committed to the health and wellbeing of this community

Q: When will the clinic re-open?

A: Our goal is mid-to late-September, and we are moving the process along as quickly as possible to minimize the interruption in services. In the meantime, we invite you to seek care at any of our Neighborcare Health clinics in Seattle. The closest is Neighborcare Health at High Point in West Seattle.

Q: Where can I get care during the interruption in services?

A: Anyone can schedule a visit at a Neighborcare Health clinic, the nearest to Vashon is Neighborcare Health at High Point in West Seattle offering medical and dental care. Find all of our clinics at our website: www.neighborcare.org/clinics Some patient registration paperwork will be needed during your first visit with a Neighborcare Health provider. No further paperwork will be needed for any future

visits, regardless of location, including the new Neighborcare Health at Vashon. For a first time visit you should bring your insurance card and photo ID. If you do not have insurance, please ask about making an appointment with an eligibility specialist who can help you determine what kind of insurance you may be eligible for and help you apply.

Q: Who is Neighborcare Health?

A: Neighborcare Health is Seattle's largest community health center system also known as a qualified health center or FQHC. We have been providing exceptional health care for 45 years in Seattle. Neighborcare Health cares for 62,000 patients per year in its 28 medical, dental and school based clinics throughout Seattle.

Neighborcare Health serves its communities by reducing barriers to health care. Patients with or without insurance are welcome, and although everyone is asked to pay what they can no one is turned away due to inability to pay.

Q: Why is there an interruption in services?

By the time Neighborcare Health was invited and could determine its ability to responsibly expand services to include Vashon, the interruption became impossible to void. Several processes take weeks to complete, even in an expedited timeline, including hiring and training staff on our systems, credentialing providers, securing medical malpractice coverage, setting up computers, etc.

While we address the requirements described above, Neighborcare Health and the Vashon community are developing plans to address an anticipated shortfall in the funding available to cover the cost of this expansion.

We have commitments from the state and county to also support those costs, but it will be critical for the Vashon community to show support—both financially and by using services at the clinic—to ensure the long-term viability of the clinic.

Q: Can I keep my provider?

A: Most providers and staff from the CHI Franciscan clinic have expressed a desire to work in the new Neighborcare Health at Vashon clinic. We have begun the process to on-board them. Barring practical matters, such as scheduling availability, we believe that patients could continue to work with the same provider. At Neighborcare Health, we greatly value and encourage long-term relationships between patients and their health care teams.

Q: Where can I get updates on these plans?

A: We will include updates on www.neighborcare.org as we receive new questions and as answers develop.

As we near the clinic opening, there will be a dedicated page in the Our Clinics area on this web site. www.neighborcare.org/clinics

Q: How do I get an answer to a question not here?

A : Please email vashon@neighborcare.org so we can gather all questions and post the esponses on our website. If you have a question, you're probably not the only one wondering and we want to share the answer with everyone. If you are a Vashon resident who has an emergency need, please call 911.

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

Find us on Skype
Vashon Loop
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Friday, August 26

Ebony and Sugar Need A Home...

Have you been watching the Olympics? Did you see us in the synchronized lapsitting competition? We are two fun girls who have been living together for several years, and we hope to keep it that way. A family with kids would be great, because that's what our previous home was like. We love being petted and brushed, and did



we mention lapsitting?

Because we're a "Purrfect Pair," VIPP will give a discount to a person who adopts both of us. Save money, and bring home two cats who already get along - what a deal!

Go To www.vipp.org
Click on Adopt

Pets and Pesticides

By Michael Laurie

Many people are changing their garden practices when they learn that some pesticides can be very harmful to their pets who spend so much time playing in their landscape.

Pesticides can run off into streams, evaporate or drift into the air, and drain into our groundwater where they can cause harm to us and wildlife. The direct risk to our health from our use of pesticides in our landscape may sometimes be minimized by proper use, and if we do not spend a lot of time in our landscape.

But many people have pets who do spend a lot of time in their landscape. This increases the chances that the pets can be exposed multiple times to pesticides, with the risk of harm often increasing with greater exposure.

A Tufts University study found that dogs exposed to lawn pesticides were at greater risk of canine malignant lymphoma.

Pets can be more at risk from pesticide poisoning because:

- their smaller size often makes them more susceptible
- they can wander far and be exposed to many pesticides
- they use their noses to explore and noses are an easy place for pesticides to enter their bodies
- dogs sometimes absorb pesticides by chewing and eating treated plant material
- cats can absorb pesticides through their grooming habits
- cats are very sensitive to organophosphates and permethrin pesticides
- cats lack some enzymes that could help their liver decontaminate chemicals

One of the challenges is that it can be hard to diagnose pesticide poisoning in

pets and it can take a while for symptoms to show up.

Pesticides of concern

Organophosphates - Malathion, chlorpyrifos, and diazinon are common organophosphates that are the active ingredients in pesticides sold for use by homeowners. Pets poisoned by these pesticides can be hard to diagnose. These active ingredients can cause vomiting, diarrhea, seizures, coma, and death.

Carbamates - Carbaryl is a common carbamate active ingredient. Cats are especially susceptible to carbamate.

2,4-D - A Purdue University study linked use of products containing 2,4-D to increased risk of bladder cancer in dogs. A Colorado State University study found an increase in the risk of malignant lymphoma for dogs exposed to 2,4-D. 2,4-D is found in Weed and Feed products, which is one of many reasons to avoid use of Weed and Feed products.

Metaldehyde - Used in some slug and snail baits. It is highly toxic to pets.

Pyrethrins - Less harmful than organophosphates and carbamates because they are broken down quickly when ingested but can cause problems if absorbed through the skin. Pyrethrins can cause allergic reactions and neurological problems.

Pyrethroids - These are synthetic pyrethrins. They are a little less toxic than pyrethrins. Excessive exposure can cause muscle tremors and seizures. And they are highly toxic to birds and fish as well as mammals.

Piperonyl butoxide - This chemical is a synergist. When piperonyl butoxide is in a product that also contains other pyrethrins and pyrethroids it makes them more toxic to insects - and also more toxic to your pets and you. Piperonyl butoxide keeps the liver from detoxifying these products and any other poison you or your pet may encounter.

d-Limonene - This is made from citrus. It can be very toxic to cats and you should not use products that contain this if you have cats.

Garlic Oils - Pets are very sensitive to the toxic properties of garlic and onions. Short term eating can cause gastrointestinal problems for pets. Long term exposure can create permanent liver and gastrointestinal damage to dogs and cats.

Safer Pesticides

Neem Oil - Relatively safe. Toxic only in very large doses.

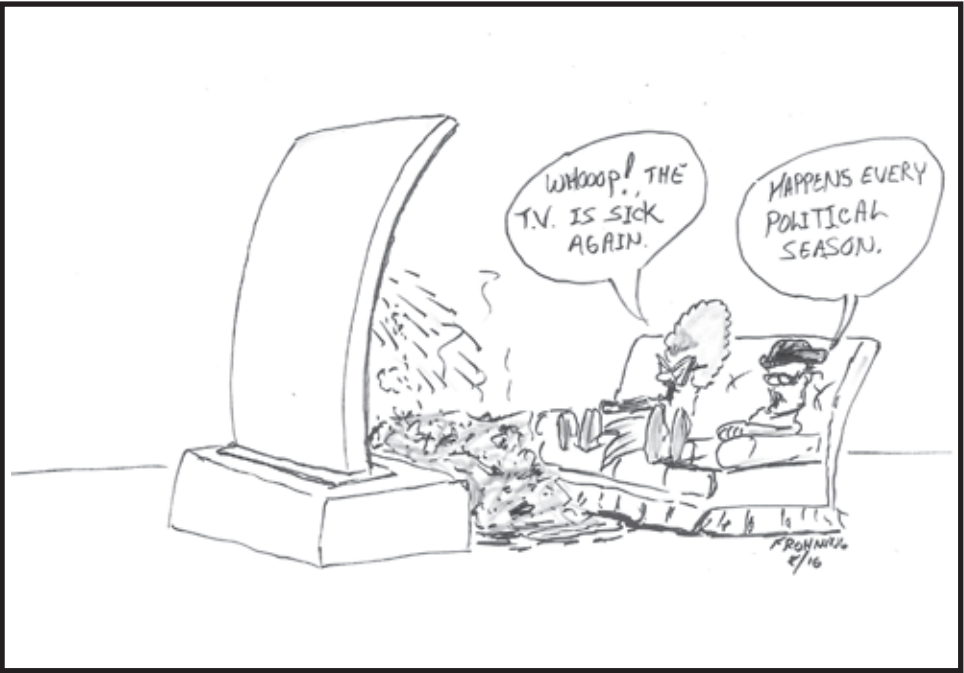
Other oils - Oils from herbs, Cinnamon, Jojoba, Soybean, Sesame, Cottonseed, Castor, Cedarwood, and Citronella appear to be safe. I have not found evidence of harm to pets.

Bacillus thuringiensis (BT) - Very safe but has some ability to kill fish.

Spinosad - Appears to be very safe for pets.

For the safety of your pets and your own health please choose garden products with safe active ingredients. Beyond the information presented here, if you are unsure about the safety of the active ingredients in a product, please consult our purchasing guides that are available in Country Store, Ace, Island Lumber, and Kathy's Corner. Or consult our Garden Green Facebook page which has these purchasing guides along with other information on which products are safe and which have been shown to be harmful.

Michael Laurie is a Sustainability consultant with over 30 years experience. He and his wife Diane Emerson are working on pesticide and green gardening education on Vashon.



Preventing Extinction... One Village at a Time

Help the Vashon-based Alliance for Tompotika Conservation (AITo) celebrate our 10-year partnership with Tompotika, Indonesia. Side by side with local people, AITo works to conserve endangered species and natural areas. At the same time, AITo supports the dignity, self-sufficiency, and sustainability of the human communities in the area.

This festive evening will include two short films and birthday cake!

Preventing Extinction...One Village at a Time

Brought to you by GreenTech & Alliance for Tompotika Conservation (AITo)

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Spiritual Smart Aleck



By Mary Tuel

Enough Grace

After writing so exhaustively about the grief process after my husband died, it hardly seems fair not to write about how it’s going after two and a half years, because things have changed.

There were people who told me at the beginning that I would feel better in time, and while that was cold comfort then, it turns out to be true. Tincture of time, people, can improve many things, including grief.

In the weeks before the second anniversary of Rick’s passing, there came a new lightness in my spirit, and that has continued. Oh, there are low times still, perhaps not so much related to my grief as to my daily life and my inner chemistry, which has never favored me with a lot of cheeriness.*

Life is better. I woke up this morning feeling happy, and that is rare and wonderful, but at this point it can happen, and I am grateful.

It’s come to this: I’m beginning to feel like a person in my own right, and not so much the wounded remnant of a broken couple.

Oh, I still miss Rick, every day. I always will. I’m a better person than I was before I met him, because he truly loved me, and he showed me how to be a better person by his example.

When I think of him now, I find that I do not think of him during his final year or two, when he was so ill. I think of him whole and smiling. I think of him looking to me like poetry in motion as he split firewood. I think of him playing the guitar, the magic he had in his hands and his mind to create such beauty. I think of him cartooning, bent over his drawing table, sometimes taking his glasses off to work up close. He was terribly nearsighted, almost legally blind, and he loved being able to draw a few inches away from his face where he could see each detail clearly. The VA wanted to give him cataract surgery during his last year and he wouldn’t go for it because he didn’t want to lose his close vision.

I think of him coming home from work in the evening and telling me about his day. Right after he died I kept expecting the front door to open and for him

to walk in. You know what I’m talking about.

I think of him getting up in the middle of the night to take care of water emergencies, like power outages and leaks. I think I hated that almost as much as he did, but he woke up and got up and went to work, no matter the hour. He was a slave to duty.

I remember how horrified he was when he heard or read about a gas line getting broken and catching fire somewhere. He worried that that might happen here. I once saw a house for sale down on Quartermaster Harbor and thought, ooh, that would be a cozy, beautiful place to live out our years. He wouldn’t even go look at it because the main gas line ran by it in the street. Forget it.

He was the most stubborn person I’ve ever known in my life. That could be aggravating, but let’s face it, it worked in my favor because he never gave up on me, and I can be pretty aggravating myself.

We never gave up on each other. Don’t let anyone tell you that happy marriages are always happy. Living with another human being is hard, whatever the relationship is. But somehow we always ended up giving each other enough grace.

I miss him, and I’m going on without him, and I am able to be happy again, at least in part because he gave me so much love and grace while he was here.

So that’s the sermon for today, folks: give your partners, your family, your friends, the world, enough grace. Everyone needs enough grace. And cut yourself some slack because life is sometimes so hard, or so crazy, or so senseless that you are left empty and grieving. Give yourself grace, and time, sweet tincture of time, to heal and go on. That’s all I’m saying.

*Paul Gilmartin hosts a podcast called the Mental Illness Happy Hour. You can look it up. He said when he was a guest on Luke Burbank’s NPR show Live Wire, “People who think they understand clinical depression because they’ve experienced situational depression are like people who think they understand Italy because they’ve had dinner at the Olive Garden.”

Summer Concerts in the Park

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.

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, August 18th, 7-9pm: The Ganges River Band.

You can take the man out of Texas, but you can’t take 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 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.”

On Thursday, August 25th, we are excited to bring you 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



The Gang River Band

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 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. On their forthcoming full length

The Heartland, Rabbit Wilde deliver on the promise made by their stellar fall 2015 EP Southern Winters; mining the best of the American songbook, melding the choicest bits of indie rock, pop, blues, soul, and orchestral arrangement in with their trademark brand of front-porch-shaking folk. The Southern Winters EP was recorded at the famed Bear Creek Studio (Fleet Foxes, Vance Joy, The Lumineers) and is available on iTunes, Spotify and at www.rabbitwilde.com.

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Aries (March 20-April 19)
You have some unusual and by all indications excellent opportunities to express yourself, in creativity, in love or both. What you might come up against, though, are some of your more rigid beliefs about life. These are likely to be values that were instilled in you when you were young, and which don’t serve you. Yet you seem to depend upon them, in a way, to protect you from your more exciting options and your true vitality. Now you’re pushing back against them; that is necessary, if you want any room to have some fun, which is another way of saying to get past the limits that were set upon your bliss. Look for examples of this if you decide you want to do something adventurous and then feel guilty about it, or you feel like something horrible might go wrong. That fear is a blockage, and it stands between you and the future. Now is the time to work it out.

Taurus (April 19-May 20)
You cannot look to others for validation of your feelings, or not at this stage anyway. For you, there is no compromise between the past that you’re leaving behind and the life that you want. You must use your power of persuasion, seduction or some other influence to convince a partner to slow down enough and hear the other sides of an issue. This includes their having a sense of your growth trajectory. One thing you can do for yourself is to evaluate your own beliefs. If you notice that your beliefs are rigid, which means firmly held and not tending to flex or bend, you would do well to soften up. Setting that example will be good for everyone. Allow for change, and for the passage of time. Notice the subtle points, which means listen carefully.

Gemini (May 20-June 21)
Learning is discovering that something is possible. The next week or so will be rich with this energy: of self-discovery, of your learning potential, and most of all, figuring out how much you already know. Please don’t resist this. Slow down and take your time with everything that you’re doing and everything you’re feeling. We’re not talking about knowledge that’s limited to what you’re holding in your head. For you in particular, authentic knowledge is rooted in your feelings, your blood and your bones. Your body informs your mind, not the other way around, and this quality of your being is coming on strong now. Along with this process, pay attention to what you eat and how it makes you feel. Pay attention to your sleep patterns and dreams. And if you have any connection to your ancestors, particularly on your father’s side, consider what they have taught you and what they are offering you now.

Cancer (June 21-July 22)
Be ready to negotiate for what you want. That means three things mainly: preparation, knowledge and flexibility. You must be coming from an informed place, to the degree that you know more than anyone with whom you’re working out business or contractual arrangements. Powerful forces are at work in your life, and you must be their master, or you face the risk that they will master you. Therefore, I suggest you over-prepare on every subject, but don’t show off your knowledge. Rather, use what you know to ask the right questions. Listen carefully and figure out what other people know, revealing as little as possible. Your astrology reveals that you have a rare opportunity to crack the code of one particular puzzle involving sex, money or some combination of the two. This discovery will lead you to rethink your relationships, and put yourself on much firmer ground when you’re done.

Leo (July 22-Aug. 23)
Always remember that your intelligence is your most valuable resource. You may have finances on your mind, and the key to

whatever you’re puzzling over or trying to figure out is the power of your mind. You are about to tap into a much wider and deeper source of mental power than you’re typically accustomed to. This will, in turn, help you tap into greater resources than you usually have. Yet this is not like getting a loan from a bank. Rather, it’s much closer to you making your resources available, and seeing what that attracts. The more generous you are, the more you will figure out how much that you have, and that you know. It may be popular to withhold knowledge, as if that makes it worth more. Often this is a mask for lacking confidence. Ideas increase by being given away. You will gain self-assurance as you share what you know, and base your relationships on that sharing.

Virgo (Aug. 23-Sep. 22)
Relationships are always more than the sum of their parts. Working with others in a harmonious way allows for greater creative flow than people working alone, and opens the way for ideas that never would have emerged otherwise. Therefore, you might want to seek collaboration and cooperation on anything you’re working with. Many hands make lighter work, if you can keep people coordinated, though this goes deeper, to the level of a real exchange. Yet you must be the director of any collaboration, proceeding gently and respectfully but with a degree of quiet authority. Mostly this means setting the agenda based on real goals, being aware of the many factors involved in your environment, and consulting with anyone you’re working with. This process of consultation — with lots of listening involved — is where you will demonstrate respect for the ideas of others, bring out your own best ideas, and then create that something extra.

Libra (Sep. 22-Oct. 23)
Most arguments are a waste of time, and this will be especially true this week. I suggest you do that Libra thing and figure out how to sidestep conflict, or turn it into something productive. It’s true that you feel important principles are at stake, but are they really? And do principles really matter? Given the astrology, I would say that part of what you’re doing is re-evaluating your position on matters of deep personal importance that have little involvement with the lives of others. You must make up your mind about what works for you, and you can be more flexible with yourself. If you find yourself feeling certain about something, you might inquire whether that’s not a cover story for feeling utterly clueless. Knowing that you don’t know is a far better option than thinking you know and being wrong. And if someone has an opinion and is right, concede the point quickly and move on.

Scorpio (Oct. 23-Nov. 22)
Finances remain an important theme for you now, and you need to get your house in order. The first thing to do is to prioritize, which is likely to involve making what seem like difficult choices. The question is, what exactly is the difficulty? You appear to be in conflict between what you want, and what you think other people think is right for you. This can be a subtle level of psychology, where you sort out the influence of authority figures in your thought process. Once you start setting your own priorities as a fundamental matter of living, it becomes easier to see where you’re letting others have an influence. I am speaking specifically about parents, siblings and various authority figures from your past who seem to be in a kind of inner debate. None of this is real unless you pretend that it is. What matters is what you say matters.

Sagittarius (Nov. 22-Dec. 22)
You must work with your resistance rather than let it slow you down. The question, though, is what are you holding onto? You must beware of orthodoxy in any form. Checking the semantic roots of

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that word, we discover that it’s based on the idea of “straight, upright, rectangular, regular; true, correct, proper.” Seen another way, it means stuck in the past for its own sake. The allegedly proper way to do things back then may have little bearing on the way you need to do them today. That might mean breaking tradition, and you might worry this is going to offend people. That is irrelevant. What truly matters is that you understand the wisdom of the past and actually assess its value. It might be relevant; it might not be. Does it help you accomplish what you want to accomplish now, or does it get in your way? The creative process is based more on mistakes than it is on purity.

Capricorn (Dec. 22-Jan. 20)
You’re working to break free of something that has often hindered you in the past: a thought form, an idea about yourself, or an attachment to a belief. (Those are all ways of saying the same thing; choose which one you relate to.) What I suggest you notice is any time you take something on the level of a religious belief. I don’t mean religion per se but rather that style of ‘true believership.’ There are a few qualities that such might have, one of which is that it’s born of an attempt to simplify something complex. Another is that it’s a response to a fear, with a palliative value (it makes you feel better, or is supposed to). Last, it’s the kind of idea that leads you to avoid something rather than to engage it directly. In case nobody has told you yet, you have a bold, brilliant imagination, and you’re capable of coming up with ideas that far surpass any form of simplistic viewpoint. Those ideas have life and they have energy, and that’s what you’re feeling now.

Aquarius (Jan. 20-Feb. 19)
When one goes against popular opinion, one is often playing with fire. I suggest you switch ‘playing’ to ‘working’, and use fire carefully and consciously, as the tool that



it is. Bucking popular trends or opinions can work well, if it’s done with a level of Jedi awareness. Our current environment is set up to feed counter-trends, and people love them. Remember that you cannot do this alone. You need allies; you need the experience and the wisdom of others who have done similar things before, and who are capable of studying the environment. This may be your friends, your clients, your colleagues or the general public (depending on what you do). The question to ask yourself is: what is the core belief that you’re working with? I could just as easily have said ‘working against’ but in fact you will be working with the very thing you’re working against. Figure out what that is, and you’re well on the way to succeeding.

Pisces (Feb. 19-March 20)
You are ready to take on a goal that you had to set aside because you didn’t have the energy or the cooperation. Now you have both. Of the two I suggest you rely on cooperation first. A partnership or collaboration that has been on/off at different times now seems to have matured to the degree where you can get results. This may involve several people, and you’re likely to have additional decisions to make. In order to work with people, you must emphasize communication, which means understanding where people are coming from. Listen to what they say and track their behavior. Where the two seem to conflict will give you the clues that you need. If you find yourself getting defensive about anything, slow down the movie and make an inquiry. What you’re looking for is not just peace and harmony but rather those who can share a commitment to accomplishing something useful and beautiful.

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

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Open Air at Open Space

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“Remember when you were a little kid and you would spin until you had to fall down? Or run to cool off? Or jump from the back of a couch and really really fly?”

Open Space for Arts & Community invites you to fly with us, at our sixth annual Open Air - a light, bright, outdoor aerial festival with a splash of circus and magic in the meadow. Bask in the sun, enjoy the view of Mount Rainier, lean back and fly in your imagination watching fabulous aerialists from the Northwest and beyond.

Over the last five summers, audiences for Open Air have grown and grown – people of all ages have relaxed in the shade of our pine trees, with Mount Rainier as a beautiful backdrop, and watched in wonder as joy happens before their eyes – everything from dancing dragons to summertime snow to magic and poetry.

Open Air producers Janet McAlpin and Lynelle Sjoberg are gathering artists and local favorites, as well as advanced students from the UMO School of Physical Arts, to fly before your eyes. Confirmed performers include the extraordinary Carey Cramer; the duo Dizzy Daze with their Newfangled Heathen Trapeze, aerialist Dream Frohe; rope artist Eric Sanford; a hoop quartet with Martha Enson, Lynelle Sjoberg, Janet McAlpin & Louisa Moody; recent UMO graduate Lhamu Konrad; samba goddess Molly Shannon; poet Tom Pruikisma; and more!

Read on for a glimpse at just some of the extraordinary talent who will be gracing our meadow...

Carey Cramer is one of the most dynamic performers ever to appear at Open Space, where she has blown the roof off with Acrobatic Conundrum in Love & Gravity and The Way Out. Carey’s performance background draws from a diverse experience in classic ballet, modern dance, muay thai kickboxing and acrobatics. After her first taste of circus as an undergraduate at Oberlin College, she trained intensively under the coaching of Terry Crane, before attending the prestigious National Circus School of Montreal. There her professional formation included acrobatics, hand balancing, clowning, singing, and her primary discipline of rope. Influence from hip hop, break dance, and contact improvisation styles along with a passionate love of movement and psychology have empowered Carey’s work on the rope with a unique, raw, and dynamic style. She has brought her manifold talents to the

stage in Montreal, San Francisco, Chicago, Vancouver, and Egypt and even toured with the American rock band Heart. Carey balances professional performing with teaching at the therapy-based Every Body’s Circus program at the School of Acrobatics and New Circus Arts (SANCA) in Seattle. She has performed and toured with Acrobatic Conundrum for more than two years.

Dream Frohe is an aerialist with a passion for thoughtful and dynamic movement. She approaches her art with presence and wonder and aspires to offer her audience a uniquely engaging experience. She has been performing Aerial Dance since 2007 and is a founding member of the Bellingham Circus Guild, where she currently teaches and trains. When not joyfully hoisting herself into improbable positions for the sake of honest expression, she appreciates good friends, good food and well placed foolishness.

Dizzy Daze- Newfangled Heathen Trapeze from Lara Paxton (Circus Contraption, Aerialistas), and Jill Marissa (ticktock dance). The duo is excited to return to their native Pacific Northwest after spending the winter performing at Friedrichsbau Variete in Germany. Lara’s stoic brevity combines with Jill’s puckish irreverence to create an estuary of affordable entertainment! Twice the bang for you buck!!

Martha Enson, Artistic Director of EnJoy Productions, is responsible for the creative design of EnJoy’s customized events throughout the world. An aerialist, actress, event designer, director, and teacher, she is a graduate of Bowdoin College, and holds an MFA from the National Theatre Institute and Ecole Lecoq (Paris). In 1987 she co-founded UMO Ensemble, which went on to become among the most heralded physical theatre companies on the West Coast, touring the world with award-winning work. She conceived the landmark productions Instinction (1987), Caravan of Dreams (1994), Cities (2001), and the critically acclaimed Rubble Women (2009). In 2001, she became the first female Director at Teatro Zinzanni, the renowned dinner circus in Seattle, and worked with TZ until 2004. Martha approaches her work as an artist with high capacity, high expectations, unfailing creativity and tremendous humor. She lives on Vashon Island, WA with her husband Kevin Joyce and her daughter Ruby.

Molly Shannon is one half of the Vashon Island based comedy team, Duo

Vashon Opera

Continued from Page 1

of the music is ostensibly based on plainchant, yet Poulenc’s sinuous melodies owe as much to the frank sensuality of Satie and Milhaud as they do to Gregorian chant. Yet these are not pastiche, franken-melodies; they arise whole out of a uniquely Parisian experience, steeped in Roman Catholicism and the hedonistic cafe society of the twenties and thirties. Two seemingly opposite polarities, intertwined like twisted helix.

Poulenc lived in Paris as an openly gay man. Two halves of the same, he had never lost his love of Christ, nor had he ever left the Roman Church. After decades spent lamenting the deaths of several long-term lovers, and finding solace in the work that took final form as Dialogues des Carmelites, he recommitted to his Roman Catholic faith, while continuing to live in Paris as an openly gay man. Dialogues des Carmelites, arguably his operatic masterpiece, is one of the few operas of the period that has never lost its place in the international repertory. It premiered at La Scala (in Italian) in 1957.

Vashon Opera, founded in 2008, is staging an ambitious production of Dialogues des Carmelites at Katherine A. White Hall, at the Vashon Center for the Arts; Friday, September 16th at 7:30PM, and a Sunday matinee, September 18th at 2:30PM.

The company is mounting the full production, with all 16 singing roles, string orchestra and full chorus. “We’re focused on revealing this gorgeous opera through talented artistry,” says Jennifer Krikawa, Vashon Opera’s Artistic Director, “and we’ve gathered a dedicated and brilliant team.”

Many of the cast are veterans of previous Vashon Opera productions, uniformly praised for their musicality, solid professionalism and uncanny ability to bring to life top-quality opera in an intimate setting. Jim Brown serves as music and stage director as well as conductor, while Joe Farmer leads the chorus. The opera is in French with English supertitles. Vashon Center for the Arts is located at 19600 Vashon Highway SW, on Vashon Island. Tickets are at vashonopera.org.

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Finelli. In addition to the clowning and vaudeville work she does with Duo Finelli, she has been a principal dancer with the San Francisco based samba group, Aquarela, for the past 8 years. Aquarela is one of the original groups in the United States to focus on and present authentic Rio de Janeiro style samba, and has received numerous awards for its representations of Brazilian culture. You can find out more at www.duofinelli.com.

Thomas Hitoshi Pruikisma is a writer, poet, translator, teacher, musician, magician, and lover of life. He was born in Seattle, and has lived and worked in Tamil Nadu, India, and Oaxaca, Mexico. His recent books include Body and Earth:

Notes from a Conversation (with the artist C.F. John) and The First Leaves. He lives on Vashon with his partner, David Mielke.

Louisa Moody has been dancing since she was a wee one. She was a principle dancer in The Vashon Dance Academy’s production of Mary Poppins in 2015 and has since then been dancing at the Vashon Center for the Arts. She is fairly new to aerial (especially hoop) but has loved taking her dancing into the air.

Saturday, August 20 at 4pm
Open Air takes place in the meadow at Open Space, 18870 103rd Ave SW.

Visit openspacevashon.com for more details!

Island Epicure



By Marj Watkins

The Paleo Diet

You have probably heard or read of the Paleo or caveman diet. Heck, you may even already be on it. It’s theory is that we will thrive if we’ll eat as our remote ancestors did. Enough with all this GMO and Genetically Engineered food. Down with forbidding meat, or fats. Enough with all the sugar, MSG, and other chemical additives. Faugh to packaged foods. Cavemen were omnivorous. They were accustomed to fasts, forced by deep snows, earthquakes, broken bones, and other disasters to get by on whatever little edible stuff they could get their hands on.

In the long ago in which we evolved, people were omnivorous. Once we captured fire, we grew stronger, bigger, and numerous. We got better at running deer and popping them with rocks. We didn’t have salt, but we had some flavorful plants, nourishing nuts, and berries in their seasons. We made bags out of animal skins in which we could store nuts, dried berries and fruits. It was a low carbohydrate diet. It took too long to gather a handful of emmer, the early wheat, heads. Emmer produced only one grain of wheat per stalk. We didn’t have any dairy products. There were wild cattle and bison but we hunted them and ate their meat, roasted and cracked their bones for the rich, fatty marrow.

Even if the hunter didn’t succeed in bringing home a deer, his wife would have been out gathering wild greens, berries or nuts, She’d have something ready

for him to eat. Few children lived past five years of age, so families were small even without birth control. We kept a fire going in the front of the cave to ward off predatory cougars that would snatch a small child if they dared come into the cave. Somebody always had to be on watch, making sure the fire didn’t go out. Archeologists have guessed that the adults slept and guarded in three-hour shifts.

The women turned animal hides into cooking vessels. As long as they had to have a fire going, the slung a deer hide bag from a tripod and boiled tough cuts of meat. In the morning, they tossed in wild onions, a handful of emmer grains, some turnip greens, and a few skinny wild carrots.

It would have been a women who invented pesto as a baby food or food for oldsters who had lost their teeth. However, most old people—people more than thirty years old—had strong teeth. They had well developed jaws that held more molars than some of us modern people ever grew. The Paleo era women would not have had salt or oil, but it doesn’t have the cheese a modern era pesto usually does.

She would have made her pesto with a hollow rock and a stick for mortar and pestle.

- Paleo Pesto

Makes 1 cup
- 1 bunch parsley

¼ cup pine nuts or walnuts

1 garlic clove

2/3 extra virgin olive or walnut oil

Pinch of freshly ground pepper

Pinch of sea salt

Put all the ingredients in a blender or food processor. Process until creamy. Store in a covered jar in the refrigerator for up to one week. If the oil in it makes your pesto hard, let it rest at room temperature until it softens, 10 to 15 minutes. Shake or stir. This is good on pasta, potatoes, and other vegetables.

Cholesterol Levels Running High?

By Kathy Abascal

Some people are reluctant to take statins even though their cholesterol is running high. This article discusses ways to reduce the risk of high cholesterol but is not a comment on the wisdom of taking or not taking statins.

Cholesterol is an important and necessary fat but can in excess end up on blood vessel walls leading to heart attacks and stroke. LDL carries cholesterol out to the cells, HDL brings back excess or oxidized cholesterol, preventing plaque build up. High cholesterol and LDL and/or low HDL are used to evaluate the risk of heart disease and stroke.

Interestingly, neither high cholesterol nor high LDL is actually all that predictive of risk. “It is clear that heart disease occurs in a substantial number of people with normal cholesterol levels” and “some people with very high LDL do not develop heart disease, while some with very low LDL do.” In fact, high triglycerides (another important fat) can cause more problems than high cholesterol, so track that value as well. The HDL:LDL ratio is useful but is still not the best test. Instead, anyone with high cholesterol should get a highly sensitive C-reactive protein test (hs-CRP). CRP measures inflammation and if inflammation is low, there is a low risk of heart problems even when cholesterol runs high.

Vitamin D, B6, folate, and B12 levels are also important. Vitamin D helps lower LDL and triglycerides, and also helps prevent plaque build up. Some MDs simply assume our D levels are low and recommend supplements instead of testing. That approach, however, ignores that occasionally unusually high doses of supplemental D are needed to raise blood levels and it is important to know if you fall into that category. Suboptimal B6, folate, and/or B12 levels tend to raise homocysteine levels, another risk factor for heart disease and stroke.

If your blood fats are off, whether taking a statin or not, you should use diet to protect your heart.

Added sugars, and especially added fructose, need to be eliminated. Many scientists think that sugars are a bigger player in heart disease than saturated animal fats. “A diet high in added sugars has been found to cause a 3-fold increased risk of death

due to heart disease.” So be vigilant about avoiding sugars in salad dressings, mayos, sauces, mustards, etc., a challenge if you eat out a lot but well worth the effort. Anything with added fructose must go. This means none of those “healthy, natural sweeteners” (e.g. agave nectar, coconut sugar, yacon syrup) so often used in health food. Excess fructose leads to high triglyceride levels, a real problem for the heart, as noted above. This does not mean you need to quit eating fruit but fruit should not dominate your diet and you should avoid juices and smoothies that entice you to consume more fructose than is good for you.

Dietary cholesterol from moderate amounts of good quality animal products are not a big problem but trans fats definitely are. While not highly publicized, there is NO safe amount of trans fats. This means you should avoid all deodorized, refined oils. All “high-heat” cooking oils, from canola to high oleic oils, contain trans fats. Make a habit of using extra virgin olive oil instead. Olive oil is trans fat free and contains antioxidants and plant sterols that are heart healthy.

Enjoy nuts! Tree nuts have been shown to lower cholesterol, LDL, and triglycerides. In one study, replacing three meals of red meat, processed meat, or eggs a week with tree nuts lowered CRP and risk of heart problems. The type of nut does not matter but the amount does. At least 2 ounces of nuts a day produced the best results. This is not a huge amount of nuts: Two breakfast muffins and a handful of cashews provides that amount. A proportionate diet filled with lots of leafy greens, nuts, seeds, and legumes will provide both fiber and needed minerals, such as magnesium. Currently, some 60% of Americans are magnesium deficient, a deficiency linked to atherosclerosis, heart attacks,



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.

arrhythmias, and stroke.

If you are following the TQI Diet yet continue to have high CRP, LDL, and/or triglycerides, you should test for food sensitivities. I have had students on the TQI Diet eat eggs daily yet lower their cholesterol enough to be taken off statins. But egg and nut sensitivities are common, and if those foods trigger inflammation in your body, they will stall your progress. Do remember, any food can be a trigger food so if you, for instance, eat a lot of garlic for heart health but are not seeing improvement, you should test the garlic family. To test, while on the elimination phase, remove the potential trouble food for no less than a week and then add it back over two days to see how your body reacts to that food.

For most, however, simply eating proportionately, avoiding all bad fats and sugars, while eating more nuts and legumes than animal products is all that is needed to reduce your risk of a heart attack or stroke by some 80%!

Road to Resilience

Continued from Page 1
this time.

All of this leads me to the conclusion that, if we want an orderly and prosperous house, we need to do our chores. Nobody likes chores, and we would just as soon have somebody else do them for us. But having someone else do them for us has many down sides. It doesn’t allow us to fully appreciate the consequences of our actions. It means that the job done may not be to our liking. It makes us less aware of and less in tune with our surroundings, both immediate on up to the universe at large. It deprives us of the opportunity for a wide variety of creative acts.

So, let’s do our chores. Besides taking care of ourselves and our immediate environs, and all the critters that live there, we need to keep an eye on larger community, state, national, and world arenas, and make sure that things are being done properly there. Yes, we need to cultivate our inner policy wonk (Arrgh!). Like everything else, it can be a pain in the butt until we get used to it. Practice leads to expertise, and practicing

expertise can be fun! Let’s all resolve to do the work that needs to be done. Securing a future for our children lacks only our will to do so.

Comments?
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Long Lost Trio

Island drummer Todd Zimberg will reunite with two of his closest musician friends once again, guitarist Michael Gotz and bass player Keith Lowe, for another epic performance at the Red Bicycle Bistro. The trio has had so much fun playing gigs at the Red Bike that they decided to come back and give the Island another spectacular night of jazz, rock and blues.

The three worked together in the Michael Gotz Quartet back in the mid '80s and have since played the occasional outing. Their debut at the Red Bicycle over a year ago was an excellent opportunity for the three to kick off the new incarnation of this group and now it's become a really exciting project for them all.

Michael Gotz has been performing as a guitarist and pianist for 35 years. His relationship with music began over 40 years ago as soprano soloist with the Sacred Heart Boys Choir. While essentially a jazz player, Michael has performed in a variety of genres including Reggae, Pop and Country.

Keith Lowe, in over thirty years of playing, has yet to meet a musical style that he doesn't like. He has played and recorded in many different



genres, including orchestral, rock electronic ambient, folk, bluegrass, jazz roots and country.

Todd Zimberg has worked in the Puget Sound region as a drummer, percussionist and educator for more than 20 years. On his home Vashon Island, Todd is a member of the Island Jazz Quintet as well as the Portage Fill-Harmonic Big Band. He also maintains a practice in private instruction, has worked as an Artist in Residence in the Vashon Schools as well as for the Washington State Arts Commission. He created and directs a summer youth percussion camp that is now in its 13th year.

In case there are any jazz enthusiasts that are under 21, this is an all-ages free show until 11pm.

Friday, August 19th, 8:30pm
Long Lost Trio at The Red Bicycle Bistro & Sushi.

The Beatles Showcase

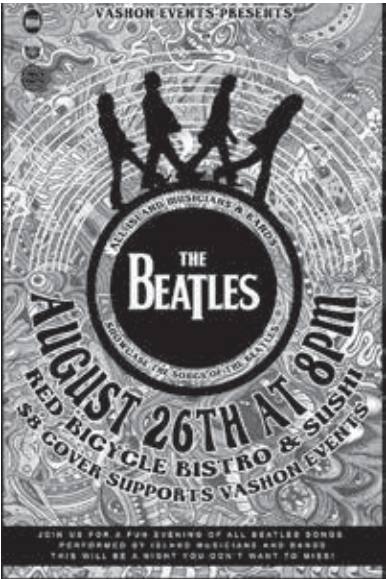
Vashon Events will bring the house down at the Red Bicycle Bistro & Sushi on Friday, August 26th with the return of one of their Showcase Events featuring the jaw-dropping, inspiring, and sometimes hilarious performances of local musicians. This summer, the showcase will feature all songs of the beloved band, the Beatles.

Beginning at 8pm, musicians will take the stage as solo, duo, or ensemble performers to interpret one Beatles song. Throughout the evening, over twenty songs will be performed, each by a different act. Together, the performances create an unforgettable journey of experiencing an immense variety of Island musicianship and interpretations of the Beatles' library of works.

The event is a fundraiser to support Vashon Events, a nonprofit organization whose mission is to inspire and connect the community by promoting and producing extraordinary music experiences and supporting musicians by providing access to instruments, education, resources, and opportunities for paid performances.

Musicians who are scheduled to perform to date include Scott Carness, Thomas Threlkeld, Ryan Hotchkiss, Zoey Rice, Loren Sinner, Ron Hook, Doug Pine, Roger Taylor, Joe Panzetta, Jon Whalen, Maijah Sanson-Frey, Christine & Toliver Goering, Camille & Gus Reeves, Jessika Satori, Julie Mainstone, Kevin Moe, Jamie Riley, Mike Dumovich, Scott Durkee, Andrea Walker, Bob Krinsky...with more signing up every day.

These events are hugely popular, so plan to arrive early to get a seat. There is an \$8 cover for



this show.

Songs chosen to date are:
Across The Universe
Back in the USSR

Blackbird
Dear Prudence
Don't Let Me Down
I'm Looking Through You
I'm Only Sleeping
In My Life
It's Only Love
I Will
Let It Be
Michelle
Oh! Darling
Rocky Raccoon
Strawberry Fields Forever
While My Guitar Gently
Weeps
You Know My Name (Look Up The Number)

Friday, August 26th, 8pm
The Beatles Showcase
The Red Bicycle Bistro & Sushi. All-age's 'till 11pm, 21+ after that. \$8 cover supports Vashon Events

All The World's A Stage: A Free Play Reading Series



READING THE PLAY (1882)
left to right, standing) William Gilbert, John Moore, W. J. Lenoxyne, May Felling. (Left to right, sitting) Jan
swis, George Parkin, Mrs. Gilbert, Ada Kahan, John Drew, Augustin Daly, Charles Fisher, Virginia Drake

"All the world's a stage, and all the men and women merely players: they have their exits and their entrances; and one man in his time plays many parts, his acts being seven ages." -As You Like it, by William Shakespeare.

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, August 22, 7 pm:
Henrik Ibsen's
HEDDA GABLER
Adapted by Jon Robin Baitz

"It is a play about being damned and cornered, and you have to feel the pressures on Hedda," writes playwright Jon Robin Baitz. Considered one of the great dramatic roles in theater, Hedda is the daughter of an aristocratic general who has just married a young, frugal and ordinary scholar. Feeling trapped in a compromised, doomed and pedantic existence, Hedda reaches for a fraught freedom.

At the center of making theatre is community.

We are gathering to share stories as a way of building community.

Civic Rep is a creative collective formed to make theatre that is honest, intimate and immediate. They endeavor to investigate all that is human with courage and compassion. Last year the company presented two plays by Tennessee Williams, A Streetcar Named Desire and The Two-Character Play, both at New City Theater in Seattle. For more info, please visit our website at:
www.civicrep.org

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From the big Island of Hawaii, father and son duo, Mele’uhane, come from more than five generations of paniolo (Hawaiian cowboys), musicians, and composers, and are one of Hawaii’s dynamic World Music artists. Keikilani and Leokani Lindsey are lovers of most every musical genre, but they celebrate their love of Hawaiian culture and history by continuing to interpret classic compositions and traditional Hawaiian favorites, and composing original songs. The Duo received a Nā Hōkū Hanohano Award Nomination from the Hawai’I Academy of Recording Arts for the “Most Promising Artist of the Year” for their self-titled debut album, and they join a new generation of Hawaiian storytellers celebrating the poetic beauty of the Hawaiian language.

Mele’uhane
Sailing to Hawaii
Vashon Center for the Arts
August 27 7:30PM
\$14 VCA Member/Student; \$16 Senior; \$18 General



Summer Concert Series at The Lodges On Vashon

It’s hard to think of a better way to spend a warm summer evening than listening to live music outdoors with friends and family.

Next up: Sunday, August 28th: Seth Alexander Trio

This summer, the Lodges on Vashon is hosting an outdoor summer concert series in its open-air pavilion. The series kicks off Fourth of July weekend with local band Some’tet on Sunday, July 3 at 6:30 p.m. and will continue throughout the summer on various Wednesdays and Sundays.

The free concerts are open to all ages so bring the family and enjoy the long summer evenings listening to jazz, rock and country tunes. In addition to great live music, concertgoers can look forward to bites from local vendors, drinks from the Lodges’ minibar and games on the lawn for adults and the kids.



Intisaar

Snapdragon is pleased to bring you live music! Stop on by for some wonderful music, delicious food and tasty beverages!

On Saturday, August 27th, performing in the Cone Hastings Gallery or if the weather is nice...the outdoor patio...will be Intisaar.

Intisaar is a Seattle-based duo comprised of Tess (Intisaar) Jubran on guitar/vocals, and Natalie Mai Hall on cello. In a live setting, they are a dynamic acoustic powerhouse rich with emotive melody, hard-hitting rhythms, and compelling arrangements. Their influences range from the Beatles to Bjork to Tori Amos to Radiohead, and many others in between. At times haunting and ethereal, at others guttural and aching, Tess Jubran’s vocal stylings are joined with Natalie Mai Hall’s versatile cello lines, which serve not only as pads, but also guitar solos, counter melodies, percussion, and ambient noise.

Saturday, August 27th, 7-9pm
Intisaar
Snapdragon
Free



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Cherrywood Station



Cherrywood Station is Gus and Camille Reeves. The duo met in Portland, OR, and, after singing gospel tunes together acapella the first night they met, they never stopped collaborating. Both Gus and Camille are prolific songwriters who carry the torch of American music by performing classic and original numbers with the acoustic sounds of soul, country, blues, and folk. Their first E.P., Soup Can Telephone, is will be available at this show and includes five original tracks.

Our youth opener for Cherrywood Station will be Mallory Breen. Mallory Breen is 16 years old. She pickedMallory Breen up the guitar when she was 11, and she hasn’t put it down since. Mallory fell

in love with music, and the possibility of making her own music. She has just recently begun to sing as well as play guitar. Mallory has performed at Sharing the Stage with the Physics, Strawberry Festival and at a few Open Mics at her high school. These youth musicians will all be paid by Vashon Events as our way to help encourage more youth performances for our community to experience.

Friday, Sepember 2, 8pm
Cherrywood Station
With Vashon Events Youth Opener
Mallory Breen
The Red Bicycle Bistro & Sushi.
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All in all, I'm an Olympic-level, record-breaking champion. Move over, Michael Phelps!



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Live Entertainment

Saturday, August 19th, 8:30pm
Long Lost


Friday, August 26th, 8pm
The Beatles Showcase

Saturday, September 2nd, 8pm
Cherrywood Station


Friday, September 16th, 8:30pm
Norman Baker & The Backroads

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