



VASHON

# THE LOOP

Vol. 13, #19

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September 15, 2016

## Neighborcare Clinic opening Monday September 26th

The new Neighborcare Health at Vashon clinic will begin scheduling appointments on September 15. The first day patients will be seen in the new clinic will be September 26.

We invite islanders to make an appointment, including former CHI Franciscan patients, Dr. Gail Fulton's patients and anyone else who has not sought health care services on island but would like to.

Everyone has worked as quickly to get the clinic open, so it will take some time for teams to get fully ramped up. When we open, providers and staff will still be learning our electronic medical records systems, processes, workflows, etc. as well as getting to know each other. Neighborcare Health appreciates everyone's patience and understanding, and welcome any feedback as we get up to speed.

The following providers are already on-board with Neighborcare Health at Vashon:

Gary Koch, MD  
Jessica Wesch, MD  
Jeff HansPetersen, MD  
Gail Fulton, MD

There will likely be another added to this list, but these are the providers who are currently learning Neighborcare Health systems and will be caring for patients on Vashon. Some will start on day one, others will start a little later. Staff can tell you who is available when patients call for appointments starting on September 15.

Our appointment time slots are 15 minutes and 30 minutes, and typically visits will fall into that range, depending on the kind of appointment and patient needs.

For patients with appointments, our goal is that you will be seen at the time of your appointment. Patients with urgent needs that can't wait for a scheduled appointment will be worked into the day.

We will do our best to balance these two needs, and to respect your time.

Neighborcare Health accepts most insurance plans, including Medicare (and supplemental plans), Washington Apple Health—Medicaid (including all of the managed care plans), Group Health (HMO and PPO plan, including the Alliance plan) and an extensive list

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## Celebrate all Things Cider at Ciderfest!



Cider has deep roots in American history. In colonial times, hard cider was by far the most popular alcoholic beverage, far more than whiskey, wine, or beer. Apple orchards were planted throughout the states, not for eating but for making cider. Many small farms grew cider apples and produced cider, sometimes supplementing farm worker wages with the fermented product.

Why cider lost popularity in the US is up for scholarly debate, but as more people look to eat local, support sustainable agriculture and help small farms grow, artisan crafted local ciders are growing in popularity. Vashon is home to many small farms, specialty orchards and talented cider makers. Even the casual gardener has apple and pear trees growing in their yards and probably has a cider press in the garage.

Join us on Saturday October 1st for Vashon's CiderFest as the Vashon community celebrates of all things cider!

The day will be filled with fun events, exhibits and treats for all ages. Some of the planned activities are:

Saturday Farmer's Market  
10 AM to 2 PM at the Village Green

FRESH CIDER PRESSING!

11 AM to 4 PM at Vashon Village across from the Vashon Library in front of the Lodges on Vashon, 17205 Vashon Hwy SW, . The Vashon Island Fruit Club will be pressing apples for fresh cider (1/2 gallons for sale while supplies last). Also for sale: apple crisps & cups of hot mulled cider. A kiddie press will be available for the kids to press their own cider. The Fruit Club will be taking orders for fruit trees that grow well on

Vashon Island. Delivery dates in November and March. Also, experts will be on hand to help you identify any "mysterious" apples you may have on your property. Bring at least 2 or 3 of each variety for proper ID.

FIRE & RESCUE OPEN HOUSE!

10 AM to 2 PM. Fire Station 55 at 10020 SW Bank Rd. Stop by Vashon Island Fire and Rescue will have their Annual Family Open House at Fire Station 55. Stop by to visit with local Fire & Rescue staff, enjoy, hot dogs, bouncy houses, fire trucks, an, air lift demonstration and other fun activities.

NASHI ORCHARDS TASTING ROOM & ORCHARD TOUR!

Tours at Noon, 1 PM & 2 PM  
25407 Wax Orchard Road SW  
Take a tour of Nashi Orchards to see what makes their Perry so special.

DRAGON'S HEAD TASTING ROOM & ORCHARD TOURS!

Tours at Noon, 1 PM & 2 PM  
18201 107th Ave SW  
Tour the orchards of Vashon's own Dragon's Head Cider!

VASHON CIDER TASTING! 4 PM to 8 PM at The Lodges on Vashon Pavillion  
17205 Vashon Hwy SW

Vashon Island Growers Association will be running the Hard Cider tasting featuring local and regional ciders. Music, food, and hard Cider!

Look for CIDERFEST SPECIALS at local restaurants, galleries and stores!

## The Road to Resilience A Positive Vision

By Terry Sullivan,

Trying to get more involved in government policy decisions is a tough and thankless task when the emphasis seems to be on choosing the least worst power broker to run the nation who has the least objectionable plan (if any) to get us out of any number of messes that our established corporate power brokers have gotten us into. Better that we start to focus on a positive vision of the future we want and the ways that we can make it happen.

I was inspired to look into this by two things. First was a recent second viewing of Michael Moore's Where To Invade Next, a tour of mostly European countries that have implemented unbelievably practical and sane social policies based on the importance of treating all their citizens with dignity and respect. Moore masterfully allows ordinary citizens to talk about the pleasant life they lead and take for granted, and then shows their profound disbelief when Moore explains how it isn't that way in the United States. Of course, one could accuse Moore of doing a little cherry picking. Life can't be that good for everybody in these countries, but you would have to have a serious case of denial not to take his point.

The second item was an article recently published in YES! Magazine by Gar Alperovitz titled "Six Ways We Are Already Leading An Economic Revolution." You can read the entire article at [www.commondreams.org/views/2016/09/07/6-ways-were-already-leading-economic-revolution](http://www.commondreams.org/views/2016/09/07/6-ways-were-already-leading-economic-revolution), and I suggest you do, but I will hit some

high points here just to get your juices flowing.

Iperovitz posits the question, "Can we imagine a system that undercuts the logic responsible for so much suffering at home and abroad?" In answer, he sketched the idea of a "'pluralist commonwealth'—an economic and political system different from both corporate capitalism and state socialism grounded in democratic ownership, decentralization, and community." He went on to list six ways that we are already working toward such a system.

First, Public banking assures that the public's assets are used for the public good and makes available low cost loans to a much greater segment of the community. Vashon now has two credit unions that do just that. There is also talk of creating a state bank, such as the one that has been operating in North Dakota for nearly a hundred years. State or municipal banks can leverage local cash deposits to lower the cost of borrowing, thereby saving millions of dollars that might otherwise go toward costly bond offerings. Why enrich a bond trader when we can finance our own projects? Another idea in the works: allow the US Post Office to operate as a public bank, thereby ensuring the solvency of the post office while eliminating the need for predatory pay day loan operations.

Secondly, promote worker ownership of businesses and create the ecosystem of economic democracy. Alperovitz says, "Studies show that worker-

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People come to Vashon for a connection to the land they live on. There are those who enjoy growing their own food, those who love designing beautiful landscapes, and those who simply want to take in the view. We believe there is a perfect place for everyone who loves Vashon.



Your Windermere Team:

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Linda Bianchi	Cheryl Dalton	Sarah Schosboek
Dan Brandt	Nancy Davidson	Mike Shigley
Mary Margaret Briggs	Rose Edgecombe	Sophia Stendahl
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# Granny's Attic

## This Week

# Comic Books!

**Granny's is at Vashon Plaza!**  
**17639 100th Ave SW, Vashon**  
**[www.grannysattic.org](http://www.grannysattic.org) 206-463-3161**

**Retail Hours:**  
Tues/Thurs/Sat 10-5



**Donations Hours:**  
7 days a Week!  
9am-5pm

# OCCU COMMUNITY SHRED EVENT

Our Community Credit Union

**Saturday, Sept. 17 | 10 am - 12 pm**

OCCU Vashon Branch: 9710 SW Bank Road

**FREE Community Shred Event | Secure, On-site Shredding**

**Support your Local Food Bank!** Bring a donation of canned, non-perishable food with you to the event and we will deliver to our local food bank.



# Loose Change

R&B Band

**Loose Change is now booking for your summer parties.**  
**We have dates available**  
**Call Troy @ 206-794-9451**

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

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Sunday, September 25, 2pm

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

For show times and info check  
[www.vashontheatre.com](http://www.vashontheatre.com)



# Get in The Loop

## Submissions to the Loop

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

### 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.

**Get In The Loop**  
**Send in your Art, Event, Meeting Music or Show information or Article and get included in The Vashon Loop.**  
**Send To: Editor@vashonloop.com**

### Free Garden Advice

Vashon Master Gardeners will host Plant Clinics from 9:30 a.m. -2:30p.m. on alternate Fridays & Saturdays beginning May 7, outside Ace Hardware. Master Gardeners will be available to answer all your questions with research-based, environmentally sound information. Each Plant Clinic will also highlight a special topic of interest to our planting community. Free handouts and garden resources will be available. All questions welcome! Please stop by to share your gardening questions, successes and to meet your Master Gardener neighbors.

### King County Dirt Alert

Public Health Seattle & King County staff will be at the Vashon Library on these Wednesdays from 1:30 - 3pm : September 21st and October 19th Staff will provide information about ways to reduce contact with arsenic and lead contamination spread by the ASARCO smelter. Signups are available for FREE home soil testing. For more information, contact Denise Tung Sharify at 206.263.1399 or [denise.sharify@kingcounty.gov](mailto:denise.sharify@kingcounty.gov).

### Property Tax Exemption

Hilary Emmer will be filling out the paperwork for Property Tax Exemption, Thursday September 15th from 10am to Noon at the Senior Center. To qualify for this exemption you need to be a senior age 61 as of December, 2015 or be disabled. The income limit has increased to \$40,000. This includes Social Security less Medicare. Bring your completed 2015 tax return with the back up paperwork and a copy of your drivers license or other ID. Forms will be provided. Also it will be helpful if you have your property tax account number with you as well. It is on your property tax statement.


Law Offices of  
**Jon W. Knudson**  
Parker Plaza \* P.O. Box 229  
**Bankruptcy -- Family Law**  
463-6711

## Vashon Island School District “Field Turf Forum”

A presentation of field turf options for Vashon Island High School stadium. Different field turf applications will be presented including pros and cons of different options, environmental impacts, and cost comparatives. Moderated by a field turf expert. Come to learn and ask questions. Thursday, October 6th, 6:30 to 8:00pm at Vashon Island High School lunchroom/commons.

### Vegan Potluck

Food starts about 6! No demo this month, but if you’d like to use our kitchen to assemble or cook your dish, feel free to show up early. Everyone welcome! No trash bash....so please bring clean plate... Sunday, September 25 at 6 PM. Saul and Weslie’s House 9508 SW Gorsuch Rd,



**DSHS**  
THE MOBILE CSO IS COMING!


**Dates**  
**Times**  
**&**  
**Places:**

**Wednesday, September 21, 2016**  
**10:30am to 1:00pm**  
**Maury Community Food Bank**  
**10030 SW 210th**  
**2:30pm to 4:30pm**  
**Vashon Market**  
**17639 100th Ave SW**

**AT THIS EVENT, YOU CAN APPLY FOR:**

- Cash Assistance
- Basic Food Assistance
- Medical Assistance

**You can also drop off paperwork, complete an Eligibility Review, Mid-Certification Review or make changes to an existing case.**



### Rainbow Bingo!

Vashon Senior Center is thrilled to announce the return of BINGO! But this isn’t your grandma’s bingo. The Center is bringing back Bingo but with a big, fun twist. Not only will you get a chance to win cash there’s also very – shall we say? – colorful Bingo callers to entertain you and your friends. Have you seen the colorful posters around town advertising Rainbow Bingo? Rainbow Bingo is like regular Bingo except it’s a party! And in addition to having snacks, beer & wine for purchase there’s also rainbow and Margarita jello shots! The first Rainbow Bingo’s theme will be “Woodstock Revisited” so break out your tie-dye and hip hugger wide legged jeans. You’re not going to want to miss the first guest Bingo caller and Mistress of Ceremonies Sylvia O’Stayformore with her pal Aunt Betty. Your \$18 admission includes 10 regular Bingo games. Get your tickets for Saturday, September 17th at the Vashon Senior Center on Bank Road. Doors open at 6pm and the fun starts at 7pm. Mark your calendars and be sure to get your tickets ahead of time for what promises to be an evening of fun & frivolity. And remember this definitely isn’t your Grandma’s Bingo... although you never know, you may see her there!

**Next Edition of  
The Loop Comes  
out Thursday  
September 29**

Deadline for the next edition of *The Loop*  
**Friday, September 23**

#### The Vashon Loop

**Contributors:** Kathy Abascal, Deborah Anderson, Marie Browne, Eric Francis, Troy Kindred, Terry Sullivan, Orca Annie, Seán C. Malone, Ed Swan, Mary Litchfield Tuel, Marj Watkins, Peter Ray.

**Original art, comics, cartoons:**  
DeeBee, Ed Frohning

**Ad sales and design:** Steven Allen  
Phone 206-925-3837  
Email: [ads@vashonloop.com](mailto:ads@vashonloop.com)

**Editor:** Steven Allen  
Email: [editor@vashonloop.com](mailto:editor@vashonloop.com)  
**Publisher:** Steven Allen  
PO Box 1538, Vashon, WA 98070  
Phone 206-925-3837

Published every other week  
by Sallen Group  
©September 15, 2016 Vol. XIII, #19

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# How we Learned to Drive on Vashon

By Seán\_C.\_Malone

“Push Mike, push harder or we’re not going to make it.” My little brother and I were pushing Mom’s 1941 Chev up the gravel road beside our peach orchard to get it away from the house before we could start it, so Mom and Dad couldn’t hear the engine.

We started the engine and headed for Wax Orchards, the longest straight stretch on Vashon and empty of cars at 3:00 AM.

“Go faster, go faster,” Mike yelled, “We’re running out of road.” All six cylinders were singing as we hit 80 mph and the front end began to lope, like a leaping kangaroo. The front shock absorbers were kaput and I was having trouble steering the old Chev when we hit 92 mph and I started to brake for the curve up ahead. That’s as fast as we ever got her to go and the parents never found out or just didn’t tell us.

It really wasn’t Mom’s car and it sat in the same spot at Cove so long that the key was rusted in the ignition and Mom couldn’t get it out. Our Grandma Ollie had driven her old Chev from Spokane many years ago and now it was rusting away in our driveway. You could see the road going by through a hole in the floorboards and the trunk was so holy, things could fall through. The dogs didn’t seem to mind riding in the trunk when we took them hunting. Dad would stick a boat bumper in the crack when he let the trunk lid down, so the dogs could get air. Boots and Pan would jump right into the trunk, excited for the hunt.

In the 1950’s, we could still get a drivers license on Vashon, and the story went that if you could drive around the county jail three times and not kill any of Otto Therkelsen’s chickens, Sheriff Dan Star would give you a driver’s license. He really wasn’t a sheriff, but a deputy and we called him “chrome dome”, because his flashing red light was mounted right in the middle of the black paddy wagon. Our jail has only one cell and the building is used by the road crew for storage even today.

Cruising thru town looking for girls or revving our engines to hear the pipes roar was exciting. We learned how to turn the key off coming down a hill to make the car engine backfire, creating an explosion from the exhaust pipe. My 1936 Plymouth had a straight pipe and



no muffler.

If the key was left off long enough, a great ball of fire would roll out, lighting up the Battery street tunnel and warming the feet of the guys in the rumble seat. Some guys added cut-outs in front of the muffler with spark plugs that would ignite the exhaust producing a surging flame from underneath the running boards.

Our Youth Center stood where the county library is now and we would congregate there to plan out the night’s adventures such as drag racing on the long straight stretches. I never raced; because my old Plymouth just couldn’t cut the mustard. One us would look for where Sheriff Starr might be hiding and then report back as to which end of the island he was on. We raced on either Wax Orchards Road or the straight stretch going towards the ferry.

So-it-would-go, a Saturday night with the occasional fight, between us, not to be regarded as serious; unless you tried to break up a fight where you might get hit with a stray fist, like a shot over the shoulder of a friend. Or, like getting “siwashed” by two Indians on the beach between two fires, such as the moon appearing between two humps on the ridge like the breasts of a woman above the dark valley below. One Indian led this “old guy” outside the light of the fire where it was dark and the Indian’s brother stepped out of the salal and slammed old Jim in the side of the head with a boulder. Jim went down like a sack of potatoes.

We worked on our own cars as much as we could, using Buster Stoltz’s wrecking yard for used tires and parts. We called him “Buster Bolts,” just in fun. Old John Engels also helped with repairs or the use of his grease pit. I had 22 cars in between the ages of 16 and 22. Such was life on Vashon.

# Limited Deer-hunting Season

King County Parks will open Island Center Forest to deer hunting for a fifth-annual limited season, Oct. 15-31, when no other access will be permitted on 200 acres of forestland.

The hunting season coincides with the Washington Department of Fish and Wildlife’s designated hunting season in which all firearms can be used, except rifles. The two-week-long season replaces the state’s established four-month-long hunting season in Island Center Forest, which is popular for hiking, walking and other recreational uses.

While hunting will be allowed on the former state lands that now make up Island Center Forest, the 140-acre Natural Area properties – located in the vicinity of Mukai and Meadowdale ponds – will be closed to hunting, but open to all other allowable uses.

Hunters are required to purchase a modern firearm hunting license. Bows and arrows, crossbows, muzzleloaders, revolver-type handguns or shotguns are allowed.

King County began a limited hunt at

Island Center Forest in 2011, when more than 60 hunters registered and eight deer were harvested. In 2015, an estimated 60 hunters harvested four deer.

Vashon Island’s largest public open space, Island Center Forest and Natural Area has nine miles of trails that are shared by hikers, mountain bikers, runners and equestrians. Island Center Forest was formerly owned by Washington state, and is the only public land on Vashon Island where deer hunting has historically been allowed.

King County Parks manages the land in collaboration with community partners who make up the Friends of Island Center Forest, a diverse group that includes the Vashon Forest Stewards, Vashon-Maury Island Horse Association, Vashon Sportsmen’s Club, Vashon-Maury Island Land Trust, Vashon-Maury Island Audubon, outdoor enthusiasts and other community members.

More information about the Island Center Forest deer hunt is available by contacting David Kimmett, 206-477-4573; david.kimmett@kingcounty.gov.

## Neighborcare Clinic opening Monday September 26th

Continued from Page 1

of commercial/private insurance plans.

We are currently working with all of our contracted insurance companies to include

Neighborcare Health at Vashon. The list of all the insurance plans we accept is too long to include here. If you have a question about your specific insurance plan, please email PatientBillingInquiries@neighborcare.org or call 206-548-3100

Neighborcare Health will gladly provide care for those without insurance. We will ask an uninsured patient to meet

with a Neighborcare Health eligibility specialist who will be at the clinic to find out what health insurance options are available, including no-cost coverage (such as Medicaid) or low-cost coverage through Washington Healthplanfinder. We will assist with any applications for insurance.

Our eligibility specialist will also help people determine if they are eligible for Neighborcare Health’s sliding fee discount program and will help with the application process. We ask everyone to pay what they can, but don’t turn anyone away due to inability to pay.

## 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](http://www.vipp.org) for Directions and to view the Cats and Dogs available for adoption. Or give us a call 206-389-1085

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Next Loop comes out September 29

## Scrappy Needs A Home...

I’m at the Paralympic Games right now. I have only one eye (that’s how I qualified for the games), but that doesn’t hold me back. You should see me chase after plastic balls. I’m like lightning! I can entertain myself for long periods of time, I get along fine with other cats and I like people a lot. Hope your home has space for all my gold medals!



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



# Intersection PerpleX-tion

It was Monday. I was trying to drive through town. There were tourists everywhere and for crying out loud most of the shops were closed. Nonetheless, the tourists were clogging up the intersection. It used to be just Saturday but now it has expanded to every day during the spring, summer and early fall - gridlock or should I say "tourist inertia".

Let me explain. In the middle of our little town we have a 4-way stop with crosswalks. It is difficult enough for cars to negotiate their turns without throwing the pedestrians into the mix. Most drivers know the rules of the road but occasionally some forget which cars were there first. It seems more to be an issue of mindfulness, not selfishness. The walkers take on the herd mentality and just cross randomly so then the cars are no longer in sync.

Is it time to bring back the traffic light? What, Vashon had a stoplight you ask? Yes, we had a real traffic light from 1958 until 1965 when the county took it away. The light was hilarious, as sensors that acknowledge the waiting cars and trigger the light to change hadn't been invented yet, so there was a lot of waiting. People obeyed the rules, drivers tolerated the interminably long light, there were no free rights on red and pedestrians remained at the curb for their turn even when there were no

cars in sight. Of course it was another story when the ferry traffic came through town. Lots of cars in one direction and not timed correctly either. Nobody protested when the light was removed.

Vashonites, at one time, were able to take their driving test and renew licenses on island and trips to the mainland were a rarity. The Department of Licensing would come over twice a month and work out of what is now the Ober Park building (it had been the Youth Center that Dean Miller had built for the community). Because Vashon no longer had a traffic light the State of Washington in its infinite wisdom decided that the DOL would issue Vashon Only drivers' license which were not valid for off Island driving. As you can imagine that didn't go over well and possibly because Governor Rossellini was a summer resident it was in effect for a very short time.

We never got the traffic light back but now I feel we need it. Our population has grown and we have become 'A Destination Place'. During the traffic light controversy I was too young to drive but to this day I remember the absurdity of it. Is it time to bring back a safer controlled intersection? Or are we inviting urbanization and a different form of absurdity?

Penny Kimmel

# Vedic Astrology class-series

Vashon Intuitive Arts is hosting a Vedic Astrology four class-series where participants learn the difference between their personal dharma, karma, self-will and destiny through the study of the Indian astrological chart.

Participants receive a copy of their Vedic astrological chart and over a series of four classes, will to learn and realize deeply, the nature of their own desire and needs as cast through the Vedic astrological birth-chart.

In this four class series, we dissect the Vedic astrological chart through a system called Purusharta. The urusharta is a key concept in Vedic Indian thought, and refers to four primary points in human development.

Purusartha is a composite Sanskrit word from purusha and artha and means "human being" and "soul" as well as "universal principle and soul of the universe". Artha in one context means both "purpose" and "object of desire".

The four points as outlined by the Purusharta. 1) DHARMA - The word dharma has wide implications and while no english word does justice by translation, we can safely say it implies living conscientiously and in harmony with Nature. 2) ARTHA - Seeking security in alignment your life's purpose. 3) KAMA - Art of enjoying life's pleasures which does not mean excess or draining the earth's resources. Kama is practiced in alignment with life's purpose. 4) MOKSHA - Freedom and liberation from limitations, both internal and external. Liberation is not some posthumous state to be attained after death, it is a state to be attained now.

Carl Jung said, "He who looks outside dreams, he who looks inside..awakes". The point of Jung's quote is that in order to realize true happiness and one's purpose, one must inquire within. Furthermore, Jungian physiology would add that the nature and drive of our self- inquiry IS fundamental to all human needs and desires.



Vedic astrology and the philosophy of the Purusharta provide a path upon which we can know ourselves both in times of light and in darkness. They guide our inquiry into the nature of life's purpose while realizing love, happiness and freedom.

Discover the hidden aspects of your life's purpose while more fully understanding yourself, your family relationships, career- work and your heart's desire.

DATES:  
September 23, Dharma and Life Purpose  
September 30, Work, Service and Career  
Skip a week  
October 14, Love, Friends and Family  
October 21, Liberation and Freedom  
Contact Melanie Farmer at ayurvedicastrologer@gmail.com or Vashon Intuitive Arts about fees and registration.

ENROLLMENT: Go to workshops - <https://www.schedulicity.com/scheduling/AAYSR8>

FACEBOOK: Vashon Astrology - <https://www.facebook.com/events/6303956938023>



# Terry Hershey to Offer Workshop on "Soul Gardening"

"There is something fundamentally spiritual about dirt under your fingernails," says landscape designer and inspirational speaker Terry Hershey. To help islanders deepen their awareness of gardening as spiritual practice, the Vashon Episcopal Church is offering a free workshop, led by Terry Hershey, entitled, "Soul Gardening: Creating Sanctuary in Our Lives for Rest and Renewal." The workshop will be held on Saturday, October 1, 1:00-4:00, in Bennett Hall (the lower level of the Episcopal Church of the Holy Spirit, across the street from the Vashon Community Care Center). All are welcome.

Terry Hershey is known throughout the world for his inspirational workshops and is known on Vashon and Maury as the designer of many local gardens. He is the author of several books including Soul Gardening, Sacred Necessities, and Sanctuary. He also writes weekly reflections—deliverable by email—on his blog "Sabbath Moments."

Hershey's workshop will knit together our spiritual well-being and our love of gardens, especially gardens that create sanctuary, whether physical or metaphorical. The workshop will appeal both to gardeners of the soil and of the soul—that is, non-gardeners seeking another avenue toward the spiritual life.

According to Terry (from his website):

- "People who love this world, people who pay attention, are gardeners, whether or not they have ever picked up a trowel. Because gardening is not just about digging. Gardening is about cherishing. And to cherish, one must be present."

- "Everyone has a sanctuary. If only in our mind. . . . In sanctuary, we let this life in. Every bit. In sanctuary we can be wholehearted; whether grief or gladness or sadness or joy. We make space to see and to be seen. We make space to welcome, to offer comfort and hope."

"Soul Gardening" is sponsored by the Church of the Holy Spirit through a generous gift from the late Margaret Rothschild, a beloved parishioner and a life-long pilgrim on the spiritual path. This year's workshop is the third annual event of what will be a ten-year series with the full title "The Gate of Heaven Is Everywhere: The Soul's Movement into Light and Love." (The first half of the title is a quotation from the Trappist Monk Thomas Merton.) Previous workshops were on poetry and dance as means of spiritual exploration and practice.

"Soul Gardening" is free to the public, but space limitations require advanced registration. For a reservation please email Betty Hawkins at [bhawkins53@comcast.net](mailto:bhawkins53@comcast.net)

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Deadline for the next edition of *The Loop* is  
**Friday, September 23**



# Spiritual Smart Aleck



By Mary Tuel

## What We're Told, What We Experience

Suddenly it became autumn, but it was not so cold or inhospitable on the kitchen porch this morning that the dog and I could not sit there staring into space and thinking deep thoughts.

My deep thoughts started with, there's nothing like a quick trip to the Emergency Room to remind you of your mortality.

Yep, I had another exciting trip to the hospital. I was first seen here on the island, and was told, no, you may not go home and go to bed. Stop fighting your fate and lie down on the gurney. You're going on a little trip into town.

This is the trouble with having a medical history. All I did was nearly faint, but anything like that is viewed with suspicion and taken seriously now.

So there I went, although not with the sirens this time. Nearly fainting is not a siren occasion.

At the end of an interesting evening of various tests, I was diagnosed with "near-syncope," medical jargon for "nearly fainting," and sent home.

Once more I was overwhelmed by the loving response of, well, everyone. My band mates, especially Lynn Carrigan and Erin Durrett, made sure I got to the clinic. Lynn literally held me up for a while. They also made sure my grandson was taken care of, and brought me a few items from home for my trip. Joanna Gardiner picked up Marley, the dog, and kept her for the night. She also fed Mellow the cat, who may or may not have noticed I was gone for a few hours.

The people at the clinic took excellent kind care of me, even though I dropped in on them unexpectedly. The EMTs who sat with me in the ambulances were friendly and professional.

The ER staff, all women including the doctor, was kind and efficient. The Yellow Cab driver who happened to be in the ER waiting room when I was released took me straight to Fauntleroy.

My sister from another mother, Becky, dropped everything to pick me up at the ferry dock at midnight.

Everything and everyone was great, all the tests showed I was okay. The near-syncope was probably caused by a medication

I take.

As I sat on the porch this morning and pondered how wonderful people were to me that night - including the man in the SUV on the ferry who, when he saw me carrying a suitcase, offered to give me a ride up to the parking lot, and Patsy, the ferry person who was going off-shift and offered me a ride home - I was deeply puzzled by all the kindness and love I had experienced.

Yes, puzzled. You see, I am at a loss when people are so great to me, whether it's their job or they are friends who genuinely care about me or they are acquaintances or strangers who are kind. I experienced the essential goodness of human beings, as I am sure many of you have experienced in your hours of need. It was good to be reminded of that essential goodness, especially at a time when so much seems so wrong in the wider world, and so many people and nations are behaving murderously badly.

But I was puzzled because when I was young I was told, among other things, that I was a bad person, self-centered and lazy, and that no one would ever love me because I was fat (which I was not at the time, just for the record).

Thanks, Mom.

I have lived long enough to see those words proven to be lies, but somehow, deep down, when what I experience shows that the lies are nonsense, I am flabbergasted. The reality does not make sense because of what I was told, and believed.

I am pretty sure we have all experienced hard times and hard people. I'm pretty sure most of us were told lies about ourselves when we were too young to know better. I'm pretty sure that we've all experienced the incredible loving kindness of which people are capable. Perhaps a lot of us experience the cognitive dissonance I felt as I contemplated that loving kindness.

When someone is nice to you, do you feel you don't deserve it? Do you have old recordings inside telling you that you are not worthy? Is that your problem, Bunky? Those are lies. You've lived long enough to experience reality now. Believe reality, not the lies.

Then head out on the porch with your dog and hang out and think deep thoughts. Those cosmos you planted from seed might bloom yet.

# Art Auction 2016

Come Together! On September 23 and 24, join VCA in a nostalgic look back 50 years to the era in which this organization was born--the 1960s. The 2016 Art Auction begins with Friday's "Yesterday" celebrating the past and continues with Saturday's "Imagine" when we look ahead.

Throughout both evenings, the '60s will be in full swing! From tie-dye to lava lamps, go-go boots to mini-skirts, The Beatles to The Byrds, we'll have it all! Enjoy games of chance, unique experiences up for auction, signature cocktails, delicious wine and wonderful food prepared by Herban Feast.

And of course, there will be fantastic art. The catalog will be one of the best yet. Silent and live auctions feature original works by more than 130 Vashon artists, including commissioned pieces by Erin Shultz (oil painting), Ralph Moore (Island-sourced wood), Zuzana Korbearova (jewelry), David Kroll (oil painting), Darsie Beck (soapstone sculpture) and Jean Emmons (watercolors). David Erue (sculpture) is the inaugural recipient of the Celebrated Senior Award. This celebration will also be



the inaugural auction in the new Katherine L White Hall. Art will be displayed in the lobby and the Koch Gallery.

Tickets & Info:  
Yesterday: Friday, September 23, 5:30 pm  
\$50/person  
\$25/contributing artist  
\$25/one guest of artist

\$25/Saturday guest  
Table for Ten \$500  
Imagine: Saturday, September 24, 5:30 pm  
\$125/person  
Table for Ten \$1250  
Friday AND Saturday  
\$150/person  
Questions?  
Call VCA at 206-463-5131

## Adult Improv One Day Intensive

A one day Improvisational Theater intensive is happening on Saturday, Sept 24th from 11-1 and 2-4 at SPOKE, located at 9923 SW 178th St. (This is the former location of the old bike shop across from the Post Office.)

Cost is \$55 for the day. If you would prefer to only take the morning or afternoon session, the cost is \$60.00 Seniors or Students (18 and over) are \$40.00. Advance reservation

with deposit is required. Contact Michael Barker at 206-321-5732, michaelbarker at FB or at lavidaverde51@gmail.com for more information.

Have you wanted to give it a whirl? If you have improv experience from a past life that is wonderful and if you are spanking new at it that is just as wonderful. The idea is to play, be in the moment, and say yes.

## Tsunami Piñata



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

On Saturday, September 24th, performing in the Cone Hastings Gallery or if the weather is nice...the outdoor patio...will be Tsunami Piñata.

Tsunami Piñata specializes in intricate instrumentals, although they'll sing to you in many languages (even English). Drawing from folk traditions around the world, Luz and Francis will serenade you with a wide variety of curated tunes, from classic Klezmer to Mexican folk songs, Chilean rock and roll, and Egyptian cartoon music. They play beautiful and interesting music arranged for accordion, banjo, and guitar.

Saturday, September 24th, 7-9pm. Free



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### TRASH TALK

For many Vashon households it's that time again; packing school lunches. Consider investing in eco-friendly reusable options that are plastic-free, waste free, and BPA-free. Many retailers and on-line stores offer cost-effective, simple, and fun alternatives to the Ziploc baggie, for a healthy, earth-friendly lunch!



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





Planet Waves



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

**Aries (March 20-April 19)**

Your relationships are not a question of who can do what for whom. Rather, think of them as creating a mutually supportive environment. The difference may seem subtle, though what I'm suggesting is more offering, and more giving, and less taking, and less in the way of expectation. Fairness is the necessary primary value. This is not about some form of exact exchange. You may give more than you receive in some situations, but that's your contribution to the greater good. You are certainly being offered more than you might expect in other situations, and about these things you would be wise to be gracious and receive with a spirit of genuine appreciation. There exists a question of what to do if you're feeling anger. I would propose that this is about something much older than your current circumstances, and you would be wise to address it as such.

**Taurus (April 19-May 20)**

You must consider what your point of hesitation is. This seems to be influencing a creative project or sexual relationship; perhaps the place where the two meet. What exactly are you not trusting? What idea or fear is preventing you from offering your complete trust? Consider the relationship between trust and vulnerability. They are different facets of the same thing. To trust you must be vulnerable, and being vulnerable is painful unless you are in a position to trust. I suggest you take the discussion, whether with yourself or with someone else, on this level. You seem to be aware that there's some risk involved in what you want to do. The question is how to approach that with an open heart and an open mind. You will get the most positive results by treating everything as an experiment.

**Gemini (May 20-June 21)**

An artist is someone who is aware of their environment in the moment, and who carefully considers the impact of their words or other creative expression. An artist can be in any field, no matter how technical or seemingly 'non-artistic'. You're being called to just such awareness now: to bring yourself and all of your talents into everything you do, but more than that, to understand what you make as being inherently relational: that is, with every breath you breathe, with every mark of a pencil on a page or letter that you type, you are connecting to someone. And in connecting, you're having an influence and creating an effect. As a matter of your highest ethics and what some call dharma — acting as if to hold the world together — you must consider the impact of what you create. This is best as a matter of day-to-day habit. Your true talent will flourish when you do.

**Cancer (June 21-July 22)**

If ever there was a 'feather your own nest' moment of your life, this is it. As one born under the sign Cancer, it's easy for you to put the needs of others ahead of your own. You do this as much because you need to as because you want to. However, it's time to reverse this process for a while, and to make a focused effort on taking care of yourself. The first place this translates to is your living space; the second, to any other facet of living that helps you feel more confident and secure. One clue that I can offer you is to focus on the beauty of your living environment. Freshen things up; clear out the corners; bring

in what makes you feel alive, such as your favorite colors and textures. When you follow your own aesthetic sense, you feel more spiritually connected. Your relationships go more smoothly. It's easier for you to relax and open up. That's all excellent incentive.

**Leo (July 22-Aug. 23)**

Most people don't know what they believe — and this is a luxury you cannot afford. Not only do you need to know what you believe, but also to discern whether it's true. Pay attention to what you say every time you utter the phrase 'I think', which really means, 'I believe'. Have you verified whether it's true, or whether other points of view might expand your thinking? You need to establish yourself as your own fact-checker. You might also be mindful of when you impose your beliefs on others, and back off from that. It would be altogether wiser of you to really understand your own thoughts and ideas rather than exporting them in some way. This will help you develop your considerable intelligence, deepen your maturity and tap into all that you've learned. If you present yourself to the people in your life as someone who questions yourself, nobody will need to question you.

**Virgo (Aug. 23-Sep. 22)**

Your world is still vibrating with last week's total solar eclipse in your sign. It's now undeniable that you're fully involved in a process of not just transformation but of claiming some deep aspect of who you are. Here is something to consider, while you're on the way to doing that, which is the source of your anger: The most toxic anger is what a person takes out on themselves, often in the form of guilt. Yet there are other manifestations, and I suggest you watch them all. It's possible you're figuring out that someone has kept you in the dark about an important matter. You might have some idea that you have to cool down before you assert your opinion or make a decision. However, I would say that you need to use your points of leverage, and you have one coming this week. Just bear in mind there are some old issues that are coming up, having nothing directly to do with your current situation. Be clear with yourself about that.

**Libra (Sep. 22-Oct. 23)**

Jupiter enters your sign this week. Without carrying on too much, this is good news for you. Jupiter offers protection, and knowledge, and — in your sign — a sense of fairness. Yet the real gift is one of abundance. You can afford to offer yourself to life without hesitation. You can afford to love whomever you want to love. You are free to take creative risks. Jupiter in your sign is designed to awaken something subtle in you, which is seeing the love and wisdom of the cosmos reflected in anything you perceive as beautiful. Too often the 'divinity' factor is assigned to dogma or books about being a better person. There's something better, though. Yours is the sign that sees the beauty in everything, and is especially adept at bringing beauty into the world. This can come in any form: from thoughtfully arranging the cheese and crackers, to decorating a room, writing a song or making a sculpture. Beauty is your religion. Who needs any other?

**Scorpio (Oct. 23-Nov. 22)**

It's time to confront the dark side of your relationships: all the emotions that you don't usually consider. This will, after a little while, have the desirable effect of setting you free. Now let's consider a few possible emotions. To be clear, I am not proposing that you actually feel them, but I suggest you question whether you do. One is an entitlement to feel jealous, particularly in sexual situations. There's no emotion more capable of shutting down the love that might flow between you and someone else. Yet you're missing an opportunity to learn about yourself, and something profound about your existence, if you do. Another is the reluctance to state, in simple and honest terms, what you need — and to allow others the chance to respond. One last is projecting your struggle to love yourself onto others, pretending that for whatever reason they don't love you. The moment you become aware of any of these (or any related scenarios) you also invoke the power to change them, if you want.

**Sagittarius (Nov. 22-Dec. 22)**

You must be exceptionally careful when dealing with colleagues, as well as with bosses and superior officers. You might lose your temper at exactly the wrong moment, and cause a cascade of events that you truly regret. Therefore, keep a cool head, and keep your opinion to yourself for at least 48 hours after you decide you have one. This will give you time to cool down, and also an opportunity to see things from other points of view. After half that much time, you might decide you don't even care. If you take that approach, you'll allow everyone else to reveal their opinions and their psychology while you take it all in; make sure to take at least mental notes and remember what you learn. If you're a keen observer and bide your time, you will discover opportunities for leadership. There would indeed seem to be some problem that you understand and nobody else does, but wait till they throw up their hands before saying a peep.

**Capricorn (Dec. 22-Jan. 20)**

Aspects this week move boldly in favor of your career plans, and this will hold true for the next year. Yet the planets in their courses also remind you that bravado is the very last thing you want — that is, being a big shot at whatever you do, rather than someone who does it competently and on time. In one sense, we could say that you're being given an opportunity to exceed your experience and your usual talent level. You're likely to be more visible than

you typically are, and that means being noticed. Therefore, understate your own case, and be careful never to presume knowledge that you don't have. Take the ideas of others on board, and be fair-minded. You are, in a sense, a judge of all that you survey. You cannot avoid this, as the tendency of the mind is to assess, compare and evaluate. Yet you must seek balance and impeccable honesty as a conscious act of creative will.

**Aquarius (Jan. 20-Feb. 19)**

You of all people simply must have faith in humanity, or life isn't worth living. Jupiter changing signs to Libra this week will help you with just that project. You might also discover that your sense of the future opens up like a window overlooking a vista. It's there to be seen, to be discovered and to be embarked upon. Despite whatever petty complications you might be going through at the moment, keep your outlook both positive and, most of all, long. Dare to consider what you want to accomplish in a year, or in five or in ten years, knowing there are no guarantees. That's the point of the adventure, isn't it? You know, the bit about not being sure whether you can achieve or accomplish something, but aspiring to do it anyway. Dare to be optimistic, even when the world seems to be unraveling. The more you do this, the more likely whatever you're negotiating or working out with a partner is likely to go brilliantly.

**Pisces (Feb. 19-March 20)**

This week Jupiter moves into Libra, your 8th house of shared finances, passionate sex and deep commitment. (The three are directly related in astrology.) This placement will last for the next year, and it's an invitation to success. On the most basic level, this opens up a world of resources for you. You have the fully activated potential for your collaborations to be more mutually profitable than ever. Here is the catch: you must select those people with whom you feel the open flow of energy; people who offer themselves and their ideas to you. To gain the best benefits of this transit, that would exclude anyone to whom you have to plead or even ask for what you want. Focus on the people who know what you want, and who want a mutually beneficial relationship. Focus on those who understand that working together and playing together is the way to get there. Love, beauty, intelligence and Eros: let them flow.

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

## Youth Improv Workshop

A two hour Improvisational Theater Workshop is happening on Sunday, Sept 25th from 12-2 pm at SPOKE, located at 9923 SW 178th St. (This is the former location of the old bike shop across from the Post Office.)

Cost is \$40 for the day. (Yes ,Mom's or Dads you may participate if your child allows it!) Advance reservation with deposit is required. Contact Michael Barker at 206-321-5732, go to [michaellbarker@fb.com](mailto:michaellbarker@fb.com) or write Michael at [lavidaverde51@gmail.com](mailto:lavidaverde51@gmail.com) for more information.

So, have you wanted to give improv a whirl? If you have improv experience from a past life that is wonderful and if you are spanking new at it that is just as wonderful. The idea is to play, be in the moment, and say yes to the unknown in a safe environment.

### Compost the Loop

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

## Next Edition of *The Loop* Comes out Thursday September 29

Deadline for the next edition of *The Loop* is

**Friday, August 23**



# Vashon Chamber Music's 2016-17 Season

Season tickets are now available for Vashon Chamber Music's 2016-17 series at the Katherine L White Hall. Artistic directors Rowena Hammill and Douglas Davis present four concerts of classical chamber music, beginning with "An Evening of Schubert and Schumann" on October 2nd at 7:30pm. Vashon's own lyric soprano, Holly Boaz, will sing songs of Schubert and Robert and Clara



Holly Boaz

Schumann, while Seattle Symphony artists will join pianist Jessica Choe for the exciting Schumann Piano Quintet. The other three season concerts will take place on January 8, February 12 and March 12, with highlights such as the Girsky String Quartet playing Beethoven and The Seattle Symphony Principal Cellist, Efe Baltacigil, in a solo recital. Season and individual concert tickets may be purchased at the Vashon Center for the Arts (463-5131), or online at [www.vashoncenterforthearts.org](http://www.vashoncenterforthearts.org).



Jessica Choe

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Vashon Library Events  
Art & Music Events  
Submit your Event on line at  
[www.vashoncalendar.com](http://www.vashoncalendar.com)

# Deobrat Mishra

Join us for this special benefit concert featuring the music of Deobrat Mishra. This performance is part of a Pacific Northwest tour, raising funds for The Benares Academy of Classical Indian Music programs for indigent children in Varanasi and the DAYA Foundation's prison yoga teacher training and medical scholarship programs.

Deobrat Mishra is a celebrated Indian sitarist and composer, and an exponent of the esteemed Benares Gharana school of Hindustani classical music. The son of Pandit Shivrath Mishra, a legend of Sitar from this Gharana, he will be bringing his energetic and innovative playing style to the Pacific Northwest and Northern California this summer for a series of rare performances. Click here to learn more about Deobrat Mishra.

This is sure to be a treat for all lovers of kirtan and the sacred music of India!

Tickets: In advance: \$20; Door: \$25 Patron "Change-Agent" Tickets: Ticket cost plus additional tax-deductible donations that provide direct scholarship opportunities for yoga students with disabilities and music lessons for Varanasi school children.

Bhakti: \$120 for 4 tickets, support 2 students (\$40 included donation)

Dhristi: \$200 for 4 tickets, support 6 students (\$120 included donation)

Daya: \$240 for 4 tickets, support 8 students (\$160 included donation)

For tickets and information: [www.brightstarevents.net/deobrat-mishra](http://www.brightstarevents.net/deobrat-mishra)

About Deobrat Mishra: Deobrat Mishra is one of the most energetic and innovative sitar artists of India. Selectivity, melody, and rhythmic complexity are typical features of his lively playing style.

Born in 1976, he represents the 11th generation of the Benares Gharana tradition. As a young child, he studied tabla with his mother, Pramila Mishra, who is the granddaughter of the well-known tabla player Pandit Baiju Mishra. He started by studying vocal music with his father Pandit Shivrath Mishra at the age of 5, and began his sitar lessons a year later. Six months later, he performed on stage. Five years later he performed for the first time on All India Radio.

Since 1995 he has been touring throughout Europe with his father. In the same year, he was chosen to receive the award of the young sitar player by Yuva



Itsav. In 2000, he received the "Sumari Award" at Mumbai. In 2001, he received his Masters degree in sitar from Prayag Sangit Samiti at Allahabad. Presently, he is performing and promoting many projects of Indian Classical + Fusion Music throughout the world; and is directing the Benares Music Academy in Varanasi.

About DAYA Foundation provides medical scholarships, adaptive yoga programs, hospital and spinal cord injury programs, school-based yoga programs for children with neuro-diversities, and teaches the nation's only 200-hour Yoga Alliance registered Yoga Teacher Training for adults in custody teaching yoga to other adults in custody with developmental delays, traumatic brain injuries, and mental health spectrum issues.

About Benares Academy of Indian Classical Music The Academy provides a school and a home for students ranging from international travelers to the community of "Untouchables" in India. Indian Classical music instruction is offered by scholarship providing students the opportunity to study music that engages the brain, heart, body, and mind toward integration, optimism, and service. To learn more visit [www.benaresmusicacademy.com](http://www.benaresmusicacademy.com).

Deobrat Mishra  
Saturday, September 24th, 7:30pm  
The Havurah Building  
15401 Westside Hwy SW

# Free Sunset Yoga Series

Our first Sunset Yoga class was such a blast, we've decided to continue our free, community yoga series through March! Join your neighbors in the light-filled lobby of the Katherine L White Hall Lobby for a beautiful, meditative and centering (and free!) yoga class.

Admission is free, but BYOYM (Bring Your Own Yoga Mat), and anything else (water, props, blanket) that will make your class more comfortable.

Stretch your mind, your body and your heart.

Free Sunset Yoga  
The last Wednesday of the month,  
7-8:30PM

Classes are Level 1, with modifications

Dates and Instructors  
Sept 28 - Greg Owen  
Oct 26 - Lisa Bowman  
Nov 30 - Ronly Blau  
Jan 25 - Taylor Apfelbaum  
Feb 22 - Emily Herrick  
Mar 29 - Aimée Nicole Lewis van Roekel

## Local Weather

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Weather forecasts

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Island Epicure



By Marj Watkins

Foods that Fight Cancer

Only two people in our family by birth or marriage have had cancer in seven generations—until now. It has struck the only true here among us, my brother-in-law, Rev Richard Hall. He has saved and/or vastly improved the lives of dozens of people in Asia, Africa and the Mid-East. His expenses paid by the State Department and by ADRA, he never took penny for himself, but supported himself and his wife, my late husband’s sister Jean, and their three children, with income from his summer work. He even raised the cost of, and bought an airplane with which he managed to save the lives of at least eleven native people. Jean and the children went with him to Northern Thailand, Laos, and Sarawak on Borneo. Son Mark was born in Laos. Daughters Riki and Janice went to high school in Singapore while Dick was building schools for native Dyak people in the Sarawak hills. To support that work he started a soft-ice cream store in Kuching and a sawmill in the interior.

Jean lived at his home base in Kenya while Dick had to hire guards to ride along with truckloads of food he took to warstruck southern Sudan, and started a clinic in Somalia. You didn’t take a good car into Somalia or it would be hi-jacked by Somalians; Dick acquired an old beaten-up car so he would not have to walk back to Kenya.

To list all his philanthropic actions would take up more than the rest of this column. To get to the subject of foods that fight cancer, and help the rest of us ward it off, here is a list:

- 1.Cabbage, kale, collards, broccoli, Brussels sprouts. Spinach, bok choy, red or green leafy lettuce, and other green, leafy vegetables.
- 2. Herbs and Spices: Turmeric, curcumin (the active part of turmeric), parsley (think pesto), rosemary, sage, and basil.
- 3. Honey (can induce cancer cell apoptosis, i.e. cell suicide)
- 4.Nuts, at least one ounce a week of peanuts, walnuts, or almonds. Walnuts also give you omega-3 fats.
- 5. Olive oil. People who consume extra virgin, cold-pressed olive oil are the least apt to die of any cause. Use it on salads or with balsamic vinegar as a dip for whole-grain bread.
- 6. Omega-3 fats, more than Omega-6 fats. Nix canola oil; it has more Omega-6 fat than Omega-3.
- 7. Onions and garlic, 7 or more servings a week.
- 8. Pomegranate: responsible for reported cancer cell apoptosis (self-destruction). Inhibits DNA damage.
- 9.. Sea vegetables, especially brown kelp. Don’t just go down to the beach and grab some the last high tide left behind. It will have come out of polluted Puget Sound water. Best to get it in a grocery Asian products section or from a health food store.
- 10. Tea: black, white, or green.
- 11. Tomatoes
- 12. Whole grains.
- 13. Berries: strawberries, raspberries, blueberries, huckleberries.

Source of info: Rodale’s book “Eat for Extraordinary Health:

Road to Resilience

Continued from Page 1

owned companies don’t just democratize wealth, they can also operate more efficiently and are more likely to stay in business than ‘normal’ firms.” There are currently about 10 million workers who own a share of the company they work for, but the number of workers that own enough to have a voice in decision-making is far fewer. This is because the business ecosystem, i.e., the banks, the schools, and the government programs and subsidies tend to favor private centralized ownership. Worker/cooperative advocates are building a parallel ecosystem across the country. The Vashon Clinic is a recent lesson in the vagaries of public versus private ownership. Neighborcare may not be worker owned or public, but it is non-profit which implies that it prioritizes provision of service over profit.

The third idea is not new to us here: buy local. Encouraging the buying of local products and services, especially by

institutions, solidifies demand and encourages further investment, keeps profits in the community, and creates lots of good local jobs. Alperovitz says that a student-led study at the University of Michigan found that just a 5 percent shift in procurement to local suppliers would increase local economic activity by more than \$13 million and create more than 450 jobs. The effort by VIGA to get our schools to buy local produce is right on the money. Local economics is the way that nature works and is the main ingredient of real resilience. I will cover the last three items in the next column. Suffice it to say that we don’t have to petition the powers that be for favors. We can empower ourselves and make them largely irrelevant while creating a far more stable and equitable world, not to mention more friendly, loving, joyful, and fun as well.

Comments?  
terry@vashonloop.com

Flashpoint: An Evening of Contemporary Dance

Fire your imagination at an evening of dance featuring the latest works from four exciting choreographers. Each contributes an original work, snapshots of the varied voices of

Enson, Mann & Sjoberg is an ensemble of notable Vashon artists Martha Enson, Leah Mann, Lynelle Sjoberg and videographer Alex Carrillo. Their dance/theatre piece

draws upon contact improv, modern dance, physical theatre and video projection. In Shatter Zone, they explore universal survival instincts that we experience when the world brings us to our knees.

Seattle-based choreographer/performer Kim Lusk is a frequent collaborator and rehearsal director for Zoe|Juniper dance company, a unique and rising voice in the local scene. In “Underdog Solos,” Lusk presents a smart, humorous work for three dancers that interprets the theme of one-upmanship set to a percussive original score.

Flashpoint: An Evening of Contemporary Dance  
Saturday, Oct 1, 7:30 pm  
Katherine L White Hall at VCA  
\$18 VCA Member/Student,  
\$20 Senior, \$22 General  
PURCHASE TICKETS

Sign up to volunteer for this event and see the performance for free!



the contemporary dance world.

Au Dance Collective is made up of ten choreographers/dancers, largely comprised of UW Dance School graduates, whose dynamic work blends balletic lines with modern technique, hip-hop and athletic force. Coming together out of a shared goal to represent the experiences of people of color and marginalized minorities, Au Dance Collective performs an abstract work inspired by family and community.

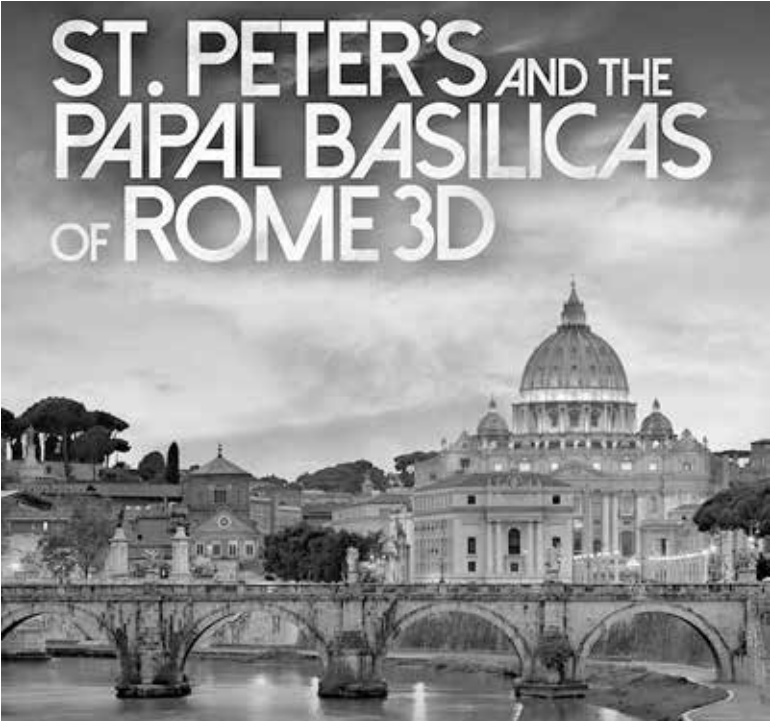
Helmed by choreographer Gierre Godley, all-male dance group Project44 (NYC) strives to transform preconceived notions of masculinity in the arts, while showcasing the beauty, versatility and athleticism of the male dancer. “The Home I Grew Up In” is inspired by the journey of self-acceptance.



Saint Peter’s and the Papal Basilicas of Rome

The Papal Basilicas of Rome 3D/4K is a unique film that combines history, spirituality, architecture and art. It takes its cue from the Extraordinary Jubilee proclaimed by Pope Francis, which will see the faithful from all over the world pour into Rome in their millions, to cross the threshold of the Papal Basilicas and obtain a plenary indulgence. The opening of the Holy Doors will be an historical moment, certain to draw the whole world’s attention to Rome’s Papal Basilicas and be the ideal opportunity to tell the story, in spectacular 3D and 4K, using a narrative language that will emotionally involve audiences, as they witness the magnificence that lies inside the four Basilicas.

Sunday, September 25th  
2:00pm. The Vashon Theatre





# Norman Baker & The Backroads



Traveling, creating, and sharing oNorman Baker & The Backroads\_3original live music are a few essential ingredients for the enrichment of humanity. Norman Baker and his band play homage to this fact by introducing new and old songs to as many communities as possible. Their new album utilizes undertones of pedal steel, mandolin, banjo, upright bass, clarinet, and of course an onslaught of acoustic and electric guitars telling stories of loss, loss prevention, camping, driving without cell phones, childlike innocence, home towns, and walking till your shoes wear through.

Baker's respect of family values, roots, and tradition is evident throughout his music. His debut release, "The Art of Not Knowing," features his mother on fiddle, father on keys, uncle on drums, himself on many other instruments, in addition to several other Seattle musical stalwarts. The artwork

for his newest release, "Present Day," features a series of photos from a 1970 house concert of his pops performing, his mom in attendance, and cops busting the party.

Norman was 13 the first time he performed on stage with fellow Backroads band mate Michael Muir. They sang and played Beatles and CCR while sitting in with the band their dads were in together. Twenty years later their harmonies and guitar work continue to weave seamlessly through timeless original rootsy compositions. Muir's Clapton and Allman tinged guitar approach meshed with Baker's Doc Watson meets Neil Young influences prove to be a great combo as the band continues tacking on the miles around the Western US.

Friday, September 16th, 8:30pm. Norman Baker & The Backroads. The Red Bicycle Bistro & Sushi. All-age's 'till 11pm, 21+ after that. Free cover!

# The Super Krewe

The Super-Krewe: first class creators of hot new sounds, grooves and feels that make you wanna jump, shout, two step and simply put, strut yo stuff! These exceptionally talented musicians/entertainers explore the rhythms and melodic realms of pocket, groove and space with intention and conviction behind every note laid down. A group of passionate professional musicians from the local, national and international music scene with one goal...make you want to shake your tail feathers while begging for more!

The name "Super-Krewe" is a derived from the idea of a "Super-Band"; a collection of badass musicians collaborating together to form new sounds and grooves that evoke feelings of confidence and passion. There is a focus on creating musical connections and conversations that leave listeners emotionally connected and engaged in the performance. The typical set includes performances of hand-selected covers ranging from early 1920's traditional jazz to 1960's soul and funk, modern pop, rock and electronic music. The band also performs original pieces and arrangements, heavily rooted in the improvisational traditions of New Orleans Music and Jazz. The band platform acts as a



melting pot for the 'Krewe' to bring together their collective musical ideas, experiences and energy to create new and unique sounds, textures and feelings for their audiences to dig!

The band lineup consists of veteran road-dogs having performed throughout the world with artists such as Macklemore & Ryan Lewis, Odesza, Allen Stone, March Fourth Marching Band, The Seattle Symphony/Opera, Monophonics, Polecat, Grace

Love & the True Loves, Beat Connection, The Dip, Tubaluba and the Lucky Brown Band. This gives the group a unique blend of styles and genres along with experience performing on some of the world's most awe inspiring music venues.

"When I'm on stage, I'm trying to do one thing: bring people joy. Just like church does. People don't go to church to find trouble, they go there to lose it." James Brown.

Friday, September 23rd, 8:30pm. The Super Krewe. Red Bicycle Bistro & Sushi 17618 Vashon Hwy SW 206-463-5959 All-age's 'till 11pm, 21+ after that. Free cover!



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Deadline for the next edition of *The Loop* is  
**Friday, Sept. 23**

*Find us on Skype*  
**Vashon Loop**  
206-925-3837

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



# Sweet Dreams

## The Music of Patsy Cline

Celebrating the life and music of legendary singer Patsy Cline, Vashon Center for the Arts and Debra Heesch present Sweet Dreams on Saturday, September 17. One of "Rolling Stone's 100 Greatest of All Time", Cline tragically passed away in a plane crash at the age of 30, but the music she left behind influences countless singers.

In the tradition of Cline, strong Northwest female singers - V. Contreras, Star Anna, Jennifer Hopper and Mackenzie Mercer - will perform hits such as "Walkin' After Midnight," "I Fall to Pieces," "Crazy" and, of course, "Sweet Dreams." You will want to dance, laugh, cry and, most of all, sing along.

Cline was a huge Nashville star. Her album Patsy Cline's Greatest Hits is one of the most popular country albums ever, with over 10 million copies sold since its release in 1967. Ten years after her death, she was the first solo artist to be inducted into the Country Music Hall of Fame.

Join us for a wonderful night of melodic and beautiful tributes to a wonderful artist. Check out the promo video here: <https://www.facebook.com/>



VashonWa/videos/1081211961926446/  
Sweet Dreams: The Music of Patsy Cline

Saturday, September 17, 7:30 pm  
Katherine L White Hall at VCA  
\$18 VCA Member/Student, \$20 Senior, \$22 General, \$25 at the door (if available)

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

# Swindler

Swindler is a fresh take on deep pocket groove with a penchant for intricate fusion and improv magic. Hailing from the Emerald City, this exciting project features Mike Saskor (guitar), Willow Goodine (Keys), Rob Cochran (Bass) & Chris Martin (Drums). Featuring Seattle area band members who have played and formed prior well followed Northwest bands such as Olympic Sound Collective, Rai, and Altered States of Funk.

Swindlers reach is growing rapidly around the Northwest. Swindler has shared the stage with National Artists such as Jerry Joseph, and most recently headlined the Port Townsend Strangebrew Festival, drawing rave



reviews.  
Friday, September 30th, 8:30pm  
Swindler  
The Red Bicycle Bistro & Sushi  
All-age's 'till 11pm, 21+ after that  
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# The Total Experience

## Gospel Choir



"The Total Experience Gospel Choir ... is hailed as one of the Pacific Northwest's finest soulful ensembles" and they have taken their heavenly voices across the nation and internationally. We are again excited to be hosting this annual fund raising event for The Bailey-Boushay House, a nationally recognized facility offering inpatient and outpatient programs for people living with HIV/AIDS. Their mission is to provide exceptional care to people with HIV disease, promoting their health,

well-being and functional independence. The show is being produced by Shade for the Children, "Making a difference in an indifferent world."

Vashon Island Community Church  
9318 SW Cemetery RD. Saturday, September 17th at 6 PM

Please contact Larry Flynn for more information 206-495-1410

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

[www.baileyboushay.org](http://www.baileyboushay.org)  
[www.vicc4life.com](http://www.vicc4life.com)

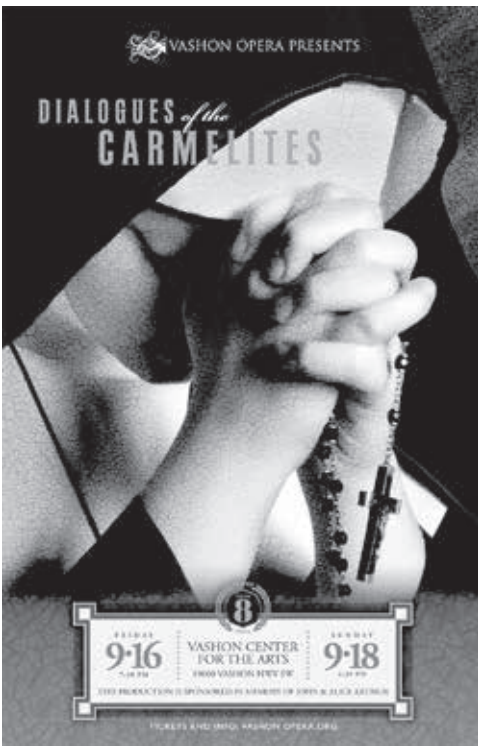
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Friday, September 16 7:30pm  
Sunday, September 18 2:30pm  
Katherine L White Hall at VCA

Tickets: [vashonopera.org](http://vashonopera.org)



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Lounge is Open  
11:30am to 2am

Live Entertainment

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

Friday, September 23, 8:30pm  
The Super Krewe

Friday, September 30th, 8:30pm  
Swindler

Friday, October 7th, 8:00pm  
The Van Redeker Band

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