

Some'tet and KVSH Celebrate Five Years of Music and Community



It took the members of Vashon's popular Some'tet band three years to create their first CD, and they're celebrating its release Friday, October 14, at the Red Bicycle Bistro and Sushi Bar.

It took Voice of Vashon 14 years to get an FM broadcasting license, and they're celebrating the second year of KVSH 101.9FM community radio Friday, October 14, at the Red Bike.

Together, Some'tet and KVSH (Voice of Vashon) will celebrate the culmination of five years of musical magic – and the entire community is invited to the party.

The evening starts at 8:00PM with emcee Jeff Hoyt telling the two stories -- Some'tet's rise to fame and VoV's journey to its current status as one of the nation's most vital and diverse community FM stations. Then the incomparable live music begins.

Some'tet is a band that's been filling Island venues and islanders' hearts for three years, leading them to be one of the most popular performing groups around. The band includes Michael Whitmore on nylon strings, Barry

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Science Lecture Series 2016-17 Cancer and Mushrooms: State of the Science with Dr. Leanna Standish

There is no doubt in the 21st century that cancer and the immune system are linked. Emerging science indicates that we develop tumors as a result of inadequate immune surveillance and early failure to delete genetically abnormal cells. Traditional Asian medicine has utilized mushrooms as cancer therapy more than four thousand years ago, and Western medicine has just begun to examine and utilize mushroom immunotherapy. Dr. Standish is a cancer researcher and physician with faculty appointments at the University of Washington School of Medicine and

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PIE fall fundraising

Vashon Partners in Education (lovingly known as P.I.E.), will kick off its fall fundraising campaign in October. Teachers across the school district are busy dreaming about how they can make our children's learning experience rich and exciting. And thanks to P.I.E. they can dream big!

In this time, when education is not fully funded (even with a Supreme Court mandate to do so) it is difficult for teachers to provide learning opportunities that encourage imagination and critical thinking, to enable children to think outside the box. We want our children to use their academic skills not as an end to pass state standardized tests but to love learning. Students learn best through integrated, hands on, inquiry-based lessons. That is a fact. Teachers work hard to create lifelong learners with the long view that their students will be able to give back to their community and beyond.

I have been a teacher for 35 years, the last 23 years in the Vashon Island School District. I immediately was thrilled when realizing the impact this community had on our children's education. What a wonderful partnership. When I stop to think about all the support from this community, I am filled with gratitude. The many island artists, naturalists, scientists, gardeners, authors, historians, environmentalists, musicians, parents and generous organizations such as P.I.E. help create an atmosphere where children learn from an early age the meaning of community. They learn by example. Isn't that really what's important, to learn to give of yourself because much has been given to you? Pass it on.

The multiage program, of which I was a part, benefited from many P.I.E. grants. Here are just a few.

The Chautauqua Kids Garden has been supported by P.I.E. since its inception. Authentic learning happens here. In the garden, math isn't a subject but a tool to collect or analyze information. Writing isn't done in a vacuum but speaks to the heart of what kids are passionate about. Through their writing the children were awarded a greenhouse from King 5 and the Potato Council. Reading isn't just done at "reading time" but is performed to seek information, develop knowledge and new ideas. They learn about the solar energy which runs our irrigation system, Mason bees that pollinate their plants, and what it

means to have healthy living soil. They raise and sell beautiful pumpkins by working together so that they are able to give to local and worldwide needs. They learn that they can make a difference. They were named "Earth Heroes" by King County for their environmental stewardship. Without P.I.E.'s support to get our garden off the ground none of this would have been possible. It's the gift that keeps on giving!

Another P.I.E. grant funded a giant, outdoor chess set. During free choice times, chess sets are a sought-after item. Why not continue the enthusiasm outside? Chess significantly improves children's visual memory, attention span and spatial reasoning. In order to play you have to focus. Lose your focus—lose your piece. Chess requires decoding, thinking, comprehension, and analysis. It helps children become "if—then" thinkers. And chess is just plain fun.

P.I.E. also supported a Fern Cove exploration with necessary tools and scientists to learn about our incredible watershed. The children investigate what it means to have healthy streams. They search for signs of animal habitats. They learn what makes a good habitat for different animals, what would be their food and water source, what would make a good shelter, and how all this works in balance. They hone their beach observation skills using the Beaufort wind scale. They use compasses and thermometers. They collect and record data of their findings for further discussion. They look at the health of intertidal animals. The children write poems and paint pictures. They fall in love and care for their home.

P.I.E. grants inspire students and their teachers alike. They add such great on-going learning opportunities. I encourage you to visit their webpage at VashonPIE.org and see the multitude of grants that have been given to all 3 schools. In their 29 years, they have awarded 1 million dollars in grants. Vashon children thrive in this giving community.

The P.I.E. phonathon is October 11, 12, and 13. When you receive the call, please consider giving and being a part of this generous community. Donations cannot be too small or too large.

Thank you for making my teaching career so fulfilling.

The Road to Resilience More on Vision

By Terry Sullivan,

Last issue, I began exploring the importance of focusing on a new vision rather than just combating the present incompetence. Addressing an article recently published in YES! Magazine by Gar Alperivitz titled "Six Ways We Are Already Leading an Economic Revolution," I discussed the first three ways, public banking, worker ownership of business, and building local economies and showed how we are already working on these right here on Vashon.

In review, Alperivitz raises 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." I'd like to cover the last three ways we can further this now.

We all know that we need to get the money out of politics, but we really need to do much more than that. We need to gain control over where all public money eventually goes. Participatory governance is the term used for actually allowing the citizens affected to assert control over the disposition of public funds. The idea first became popular in Latin America, but has made inroads in the US in major cities like Chicago, New York, and Boston, and many smaller cities as well. In an unusual display of trust, the city of Boston recently has placed \$1 million of public money under binding, directly democratic control


of Boston residents between the ages of 12 and 25. What is at play here is the idea that people rise to the level of responsibility entrusted in them, and, likewise, show little responsibility when none is expected. Entrusting a big sum of money to a bunch of adolescents and young adults is a massive show of faith. Will it turn this group into assets to the community instead of liabilities?

If budgeting by the citizenry goes awry, getting back on track is similar to problem solving in an employee-owned business. No need to spend time finding someone to blame. It is self-evident that everybody is accountable, so all the energy can be applied to a solution. If there is any dislocation or discomfort required to correct the problem, it is much more readily accepted when it is self-imposed.


Imagine if we had control over the Pentagon the way we do over our School and Park Districts?

The fifth idea is energy democracy. Energy, like money, is another, more direct, manifestation of power. Like money, the possibility of corruption and poor decision-making goes up as control of it is concentrated. Unlike money, energy is costly to transport and the most cost-effective sources of it vary from one region to another. Also the nature of renewable energy is that it is diffuse and available in some form close to where it will be used. The fact that we have an energy oligarchy is why it is so difficult for us to transition to renewables. The energy oligarchy, i.e., the fossil fuel industry and the big energy

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Get in The Loop

Submissions to the Loop

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

Alzheimer’s Association Caregivers Support Group

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

Free Garden Advice

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

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.

Water District 19 Meeting

Water District 19’s next regular Board Meeting scheduled for October 11 at 4:00 PM, 17630 100th Ave SW, in the district’s board room.

Find us on Skype
Vashon Loop
206-925-3837

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

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.

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Fly Me To The Moon Audition Announcement

Sunday, October 9th 3-5pm, Vashon United Methodist Church. A song and dance review of Frank Sinatra songs that will be directed and choreographed by Elise Ericksen. Cast includes approximately 8 singers and 8 dancers. Auditioners may audition as a singer or dancer, or both! Looking for both male and female voices to sing the songs of Frank Sinatra. Songs will be performed as solos, duets, trios and groups. Looking for trained dancers or actors who are strong movers. Choreography will be a combination of contemporary, ballroom and musical theater dance. Performances will be at the VHS Theater January 7 and 8, 2017.

The Future of Surface Water Management, Services and Fees

Join John Taylor, Interim Director of King County’s Water and Land Resources Division, to hear about what King County is doing to protect water quality through state and federally required pollution prevention programs and what the future needs are, via Surface Water Management fee assessments, to continue funding these efforts in the face of the county’s rapid growth and development. Monday October 17th at 7pm at McMurray

VHS Field Forum! Grass or Artificial Turf

The Vashon Island School District Board of Directors and I would like to invite you to a very important discussion about the future of the Vashon Island High School (VHS) track and field. The forum will be held in the VHS Theatre on Thursday, October 6th from 6:30 to 8:30pm. The forum will include a presentation followed by plenty of time for questions and discussion. We will provide a thorough analysis of the pros and cons of natural and synthetic turf fields, and options for running track surfaces. Mr. Dave Anderson, principal engineer, of D.A. Hogan & Associates is our consultant and presenter. Mr. Anderson’s experience includes over 200 athletic field and over 60 track projects involving both natural turf and synthetic turf fields and all types of running track surfaces. Mr. Anderson has designed over

100 sand based natural turf sports fields. His natural turf design work emphasizes drainage, wear resistance, root development, and active turf growth. Mr. Anderson’s synthetic turf field experience includes over 100 fields with all types of turf configurations including over 80 resilient in-filled fields. As a founding member of the Synthetic Turf Council, Mr. Anderson has played an integral role in setting industry standards for synthetic turf playing surfaces. The Board is in the information gathering phase of planning and has not determined a date for a final proposal, or for a bond election. We hope you will join us for this opportunity to learn more, to answer your questions, and to have your voice heard. Respectfully yours, Michael Soltman

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
October 13

Deadline for the next edition of *The Loop*
Saturday, October 8

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

Editor: Steven Allen
Email: editor@vashonloop.com
Publisher: Steven Allen
PO Box 1538, Vashon, WA 98070
Phone 206-925-3837

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Dr. Barry Kerzin on “Balancing the Downs and Ups of Life”

: Rj’s Kids presents, as a gift to the Vashon Community, a night with Dr. Barry Kerzin at the Vashon High School Theater at 7:00 PM on October 5, 2016. Dr. Kerzin will be speaking about balancing the downs and ups of life.


Dr. Kerzin is a former Assist Prof of Medicine at Univ. of Washington, a Visiting Prof at Central University of Tibetan Studies in Varanasi, India, and an Honorary Prof at the University of Hong Kong (HKU). Barry is a fellow at the Mind and Life Institute and consults for the Max Planck Institute in Leipzig on compassion training. He is founder and president of the Altruism in Medicine Institute (AIMI) (<http://altruismmedicine.org>) and founder and chairman of the Human Values Institute (HVI) in Japan (<http://humanvaluesinstitute.org>). For 27 years he has been providing free medical care, and provides medical care to His Holiness the Dalai Lama. Barry has completed many meditation retreats including a three-year retreat. His brain was studied at Princeton Univ. and the Univ. of Wisconsin, Madison as a long-term meditator. He was ordained as a fully ordained monk by the Dalai Lama and combines his work as a monk and doctor, harmonizing mind and body.

Rjs Kids, a nonprofit organization, was established in 2015 to initially support the underserved Millennial population of Vashon Island. The organization has expanded its vision to include all demographics of Island residents. The mission of Rjs Kids is a reflection of Rj Ontiveros’s core value:

“I believe if we have the ability to help someone in any way, large or small, then it is our responsibility to do so.”

The goal of Rj’s Kids is to provide ongoing programs and educational events focusing on the development of life skills; finding mind-body balance

An Evening with
Dr. Barry Kerzin
“Balancing the
Downs and Ups of Life”



Wednesday, October 5th
7:00 pm to 8:30 pm
Doors open at 6:30pm

Dr. Barry Kerzin is an American physician and Buddhist monk. He is the founder and president of the Altruism in Medicine Institute, founder and chairman of the Human Values Institute and Visiting Scholar at UW Tacoma. He has lived in Dharamsala since 1988 and along with treating people in the local community, free of charge, serves as the personal physician to the 14th Dalai Lama.

Vashon Island High School Theater
Due to limited seating capacity, reserve your seat at
<https://www.brownpapertickets.com>
This event was gifted to Rj's Kids in support of the Vashon community.
Donations will be graciously accepted at the event
or through our website www.rjs-kids.org

through mental and physical exercise, mindful meditation techniques and whole nutrition. Since its inception, Rjs Kids has worked to provide monthly activities that are diverse, engaging and reach a variety of island residents.

To reserve a seat for this no-charge event, please go to [brownpapertickets.com](http://www.brownpapertickets.com) (<http://www.brownpapertickets.com/event/2602302>). Although there is no charge for the ticket, donations will be requested before and after the lecture to support Dr. Kerzin’s work and the work of this small island based non-profit. Out of respect for Dr. Kerzin, Rj’s Kids requests that participants please be on time. If you were unable to secure a ticket, please come to the event as we will open up any remaining seats on a first come first served basis at 7:00pm. Doors will close promptly at 7:15 due to the filming of the event.

Quartermaster Yacht Club “Tech Talk” series announced

Quartermaster Yacht Club is developing a series of recreational boating “Tech Talks” available to the Vashon-Maury Island community. The 2016 / 2017 Tech Talk Series, ten meetings scheduled from October through June, are offered free to community members who either have or would like to gain boating skills and experience.

“Tech Talks fall somewhere between a formal classroom setting and an informal chat session” per Kevin Jones, QYC Tech Talk coordinator. “If you stop by you will hear about our experiences and knowledge, but we want to hear from you too. The idea is that together; we learn from each other.”

“Tech Talks are a way for us to share information among club members so that new members can learn from those who have been boating for many years” according to QYC Commodore Nancy Lewis-Williams. “Given the value, both for enjoyment of boating and the emphasis on boating safety, we decided it would benefit the entire community if we offered these Tech Talks to everyone”.

Most of the Tech Talks will be offered on Wednesday evenings from 7 – 9 PM in the meeting room at the Vashon Library. One current exception is the “Man overboard LifeSling rescue procedures” Tech Talk at Meyers Hut, located on the

QUARTERMASTER YACHT CLUB Tech Talks - 2016 / 2017 Season				
Tech Talks are: Guided discussions on topics of interest to the Vashon / Maury Island boating community. Tech Talks are free, sponsored by Quartermaster Yacht Club.				
Date	Time	Tech Talk Topic	Location	
26 Oct	7 PM	Free OpenCPN Chart Plotter Software	Vashon Library	
16 Nov	7 PM	Rescue & Lifesaving Essentials	Vashon Library	
7 Dec	7 PM	Marine VHF radio use	Vashon Library	
11 Jan	7 PM	Anchoring techniques – basics and beyond	Vashon Library (1)	
8 Feb	7 PM	Boat Handling in Adverse Conditions	Vashon Library (1)	
8 Mar	7 PM	What do you have in your dinghy ditch kit?	Vashon Library (1)	
5 Apr	7 PM	Nautical chart accuracy limits (aka: how to stay afloat)	Vashon Library (1)	
10 May	7 PM	Safe trip planning, and what to do if things go wrong	Vashon Library (1)	
20 May	10 AM	Man overboard LifeSling rescue procedures	QYC Clubhouse	
7 Jun	7 PM	Marine Automatic Identification System (AIS) & web based AIS apps	Vashon Library (1)	

(1) Alternate location to be announced if 1 library not available

water on yacht club property, which offers both on-land instruction and in-the-water practice. Meyers Hut is also the backup location for Tech Talks in the event the library meeting room is not available.

So look for the Tech Talk flyers around town, watch The Beachcomber calendar section and The Loop for Tech Talk updates and listen to Voice of Vashon for Tech Talk public service announcements.

Ciderfest

Ciderfest moves to a new location across the street from The Library

From 10am – 3pm 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.

From 3pm – 6pm at The Lodges on Vashon, five local hard cider makers (Dragon’s Head Cider, Nashi Orchards, Vashon Winery (Irvine’s Vintage Cider), Whitewood Cider, Alpenfire Cider) will host hard cider tastings and Seattle Distilling Company will be making a cider cocktail. Music will be provided by Danny Newcomb and the Sugarmakers from 4pm – 6pm.



All proceeds from the hard cider tasting event will benefit the Vashon Island Growers Association.

We would like to thank The Lodges on Vashon, RO Enterprises & Vashon Chamber of Commerce for their sponsorship of this fun-filled event.

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Next Loop comes out October 13

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*The Loop’s soy-based ink
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Foster Needs A Home...

I’ve been at the shelter longer than anybody else, and it’s because I’m a shy boy. When potential adopters visit, I run and hide. But volunteers will tell you that after I warm up to people, I will let them brush me until their hands get tired. I never get enough!

If you have other cats, that’s fine. I’ve co-existed peacefully with lots of them here. They come in, they get adopted, I stay behind. Sigh.

I’m a quiet, low-maintenance guy hoping for a quiet home with adults who understand my need to take things slowly. I’ll repay them with many years of love.



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How to Let Go and Love All the Things Climate Can't Change

The Backbone Campaign brings the documentary, "How to Let Go of the World & Love All the Things Climate Can't Change" to Vashon Theatre, Tuesday, October 11th, 5:30 PM. The film asks, "What is it that climate change can't destroy? What is so deep within us that no calamity can take it away?"

Having exposed the risks posed by natural gas drilling, known as fracking, in "Gasland" and "Gasland Part II," filmmaker Josh Fox noticed that his favorite Hemlock tree was dying from a parasite that has been advancing up the East Coast due to warmer winters, a consequence of human-induced climate change. That observation, combined with the destruction from Hurricane Sandy, served as a wake-up call for the filmmaker that even if the battle was won against fracking in his own backyard, there was a bigger war still to fight against global warming.

"The day the oil and gas industry came to my house was the loneliest day of my life. I have never been so afraid. But that fear, the fear of losing my home, has taken me so far beyond that place to discover the deepest love and community I've ever know. I never thought my fight to protect my home near the Delaware River would take me to the banks of the Amazon. Or across the world to the island nations of Vanuatu and Samoa. But it has," says Fox.

"How to Let Go" features songs by The Beatles, Radiohead, Kate Bush, Angelique Kidjo and the Tune-Yards. Josh Fox states, "Music is extremely important in all of my films, but none more than this one. I am extremely honored to have the music of incredible artists like The Beatles, Radiohead, Angelique Kidjo, George Gershwin, John Coltrane, Duke Ellington, and Kate Bush all in one film. I hope that the music and love in the film resonates with people, and that this third and final chapter in the trilogy will do for the climate movement what Gasland did for fracking."

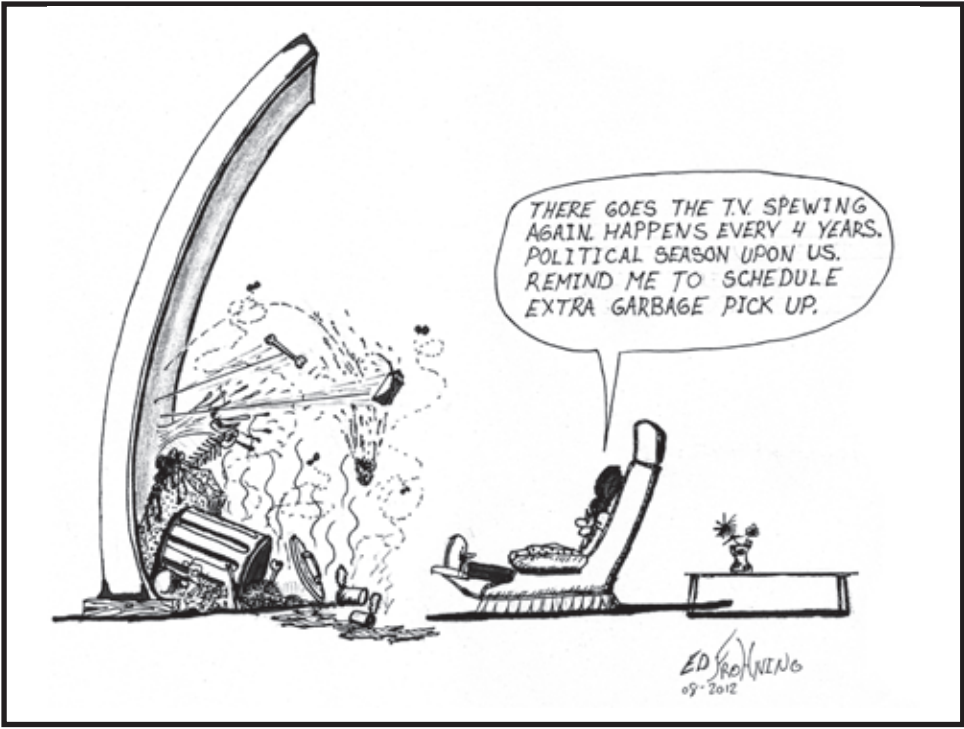
Backbone Campaign has worked on multiple efforts in the climate movement.



Earlier this month two staff members and one volunteer drove a truck full of supplies to the Standing Rock Water Protectors, standing against the Dakota Access Pipeline. In 2015 we helped train and organize fleets of kayaktivists who protested Shell Oil's stop overs in the Pacific Northwest; after months of on-water protests, eventually Shell cited that because of the "challenging and unpredictable regulatory environment," they were cancelling their Arctic leases. When we fight, we win.

Now Backbone Campaign has produced an innovative and grand scale proposal called Solutionary Rail, a book coming out in October that proposes the electrification of our nation's railroads, powered by clean energy. Our No is only as powerful as our Yes is compelling; we cannot fight against Arctic drilling without proposing solutions for replacing fossil fuel dependence.

Our world needs us to wake up to the oncoming specter of climate change and to do all we can to halt its progress. Come out to the film and learn more. To watch the trailer go to www.howtoletgomovie.com. The event is made possible thanks to support from Vashon Theatre and Island Green Tech. Admission is by donation. For more information contact amy@backbonecampaign.org.



Shamanic Journey Circle Sundays at VIA

Vashon Intuitive Arts is hosting a weekly Shamanic Journey Circle with island practitioner Susan Lynch. Whether you are familiar with journeying or just curious, Sundays, from 6-7:30pm, you are welcome to come and develop your connection with inner wisdom.

Journeying is a timeless multicultural practice of intentionally going into other worlds to seek guidance and healing from helping spirits and teachers. Each participant has their own inner abilities to tap into and develop, their own guides and helpers to connect with and consult. Core shamanic journeying does not appropriate any indigenous culture; it was conceived by Michael Harner (shamanism.org) to bring central or 'core' practices found worldwide to mainstream Western society. It's a human thing, like our love of stories, talking animals, and magical events. Everyone can experience deep connection, feel supported, receive guidance and healing, and allow their inner abilities to grow.

Drumming and rattling are traditional ways of entering the shamanic state of consciousness. Research shows drumming alleviates depression and anxiety, boosts resilience, and even has anti-inflammatory effects on the body with weekly practice. That alone is a great reason to come and let the stress of your week melt away. The experiential nature of journeying is felt physically, mentally, emotionally, and spiritually, deepening each time. Each person's



journey is unique, and the circle is respectful of all.

Bring your drum or rattle if you have them. Bring a notebook and pen for your journey diary, and a wrap to keep your body comfy. Buying a series of weekly circles is the optimal way to feel the benefits. Sign up for a series of 5 at \$25 each, or \$30 for individual circle, online. Come with cash or check.

TO SIGN-UP FOR THE JOURNEY CIRCLE, and learn more about Susan's shamanic practice, go to <http://www.susanlynchshamanicservices.com/blog>.

Or just Google SUSAN LYNCH SHAMAN and click on Blog in the website menu.

Some'tet and KVSH Celebrate Five Years of Music and Community

Continued from Page 1

Cooper on trumpet/flugelhorn, Dianne Krouse on sax/clarinet, Patrick Christie on upright bass, Dodd Johnson on percussion and jazz vocalist Christine Goering. Their music is both composed and improvised. The overall sound is mellow, almost west coast cool, with moments of intense invention. Add a dollop of American primitivism, clusters of neo bossa nova rhythms, and some very soulful vocals — think 60's era jazz meets KEXP dancing in Rio de Janeiro,

with a whiskey & soda in hand while your Nana caters the gig under a yellow hoodoo moon.

All that and appearances from KVSH DJs and a "Weekend on the Rock" raffle for free access to Island treasures, experiences and treats.

The \$10 cover benefits Voice of Vashon. Some'tet CDs will be available for purchase. It's the 2nd Annual KVSH Birthday Bash and Some'tet CD release party!

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Deadline for the next edition of *The Loop* is
Saturday, October 8

Spiritual Smart Aleck



By Mary Tuel

The Lie That Drives Our Country Mad

We have become aware of how easy it is for a black person, especially a male black person, to be killed for no reason at all.

Along with that awareness comes the realization that the killing has been going on ever since there were white people on this continent, and black people whom white people thought they could kill with impunity.

I first became aware of the slaughter of black people in the 1960s. Along with the assassinations of figures like Jack Kennedy, his brother Bobby Kennedy, and Martin Luther King, Jr., there were other murders. Like today, many of the people who were killed were black. Black leaders, civil rights workers, or black people who were minding their own business were murdered in those years.

Who were they? We'll start with Emmett Till, a 14-year-old boy from Chicago who was visiting family in Mississippi in August, 1955. He was said to have flirted with a white woman. Three nights later he was taken from his relatives' home by the woman's husband and her brother, beaten, mutilated, shot, and thrown in the Tallahatchie River.

His murderers were captured and brought to trial. They were acquitted by a white jury. They then sold the story of how they killed Emmett Till to Look Magazine.

When Emmett's mother, Mamie Till Bradley, received his body in Chicago and saw Emmett's remains, she decided to have an open casket funeral. Because of her decision, tens of thousands of people attended his funeral and saw him in his casket. Pictures of him were published in newspapers and magazines, provoking outrage and sympathy among people who saw him. The lynching of Emmett Till gave impetus to the civil rights movement that would gain traction and momentum through the 50s and 60s. His murder was a lit match thrown into dry tinder.

But Emmett Till was only one. There was James Earl Chaney, who, along with two white civil rights workers, was shot and buried in an earth work dam.

Medgar Evers, shot by a sniper in the driveway of his home.

Addie Mae Collins, Denise McNair, Carole Robertson, and Cynthia Wesley, four young black girls who died in the basement of their church when it was bombed one Sunday morning.

Jimmie Lee Jackson, beaten and shot by state troopers while trying to protect his grandfather

and his mother. His death led to the Selma-Montgomery march.

Martin Luther King, Jr., shot by a sniper while standing on a balcony outside his motel room.*

Now defenseless black people are killed, some of them children, and we are told that the police thought they were dangerous. Thanks to cell phone videos and dashboard cams we can see with our own eyes the nonsense of the lies we are told.

Racism has been with us since before our country was a country. It is the huge fault in our bedrock. It remained somewhat covert, at least to white people, for a few decades, from the 1970s until 2008. With Obama's election racists became too enraged to remain silent and hidden anymore, apparently.

Racists are open and loud with their racism these days. The rhetoric is violent. They are encouraged by their numbers, by each other. It is open season on black people, especially black men and boys, but women are being killed, too. It always has been open season on black people in this country, and black people have always known that. White people were able to ignore it.

Racism is an insidious lie. I was raised on it, and even though I thought I didn't buy into it, even though I always thought it was wrong, it took me a long time to learn that some jokes weren't funny, and that some of the language and ideas I took for granted were wrong and hurtful and part of a culture that condoned and carried on killing black people as if they were not really human beings.

I'm still learning. I still carry my racist upbringing with me, as we all do.

Racism is a lie, a psychotic lie, a mind and heart breaking lie that is a part of who we are in this country. It poisons the air we breathe. It pollutes the blood in our veins. It drives us mad.

Will there ever come an end to racism in America? Not in my lifetime. I can only hope and pray and work for racism to be no more. That's all I can think to do, that, and always to call racism by its right name: a damned lie.

*This is an extremely small sample of people who were murdered in those days. If you want to see a more complete list, google "civil rights martyrs."

14/48 Theater Festival

14/48 is an octane-fueled roller coaster ride that brings together seven writers, seven directors, and a host of actors, designers, musicians and volunteers to create 14 original 10-minute plays over the course of 48 hours! Writing, casting, rehearsing, designing, scoring and performing the plays occurs during a 24-hour period, and then this all is repeated the next day. Due to the incredible time limitations, second-guessing is largely eliminated, leaving a product distilled from instinct and raw energy.

A favorite of the Seattle theater community for nearly 20 years, the festival creates intense working conditions for artists, who are bound by a pressure-filled series of deadlines yet freed by the whimsy of random chance--themes are selected from a hat, and actors and directors are also paired by random selection. The results of this process are consistently the freshest and most unexpected theatrical experiences to be found, as the audience is both witness and participant in this fast-paced theatrical treadmill.

This festival received the Seattle Mayor's Arts Award in 2008, and critics routinely place 14/48 on their favorites lists. Participants who survive the ordeal testify to the inspiration and camaraderie they feel coming out of the weekend marathon of collaborations. Iterations of 14/48 have spread across the country and to the UK; now Vashon Center for the Arts, in collaboration with Open Space for Arts & Community, hosts Vashon's first--combining 14/48 veterans with intrepid Vashon newcomers!

October 7 & 8, 2016, 7 pm & 9:30 pm. Tickets are available online at VashonCenterfortheArts.org, by phone 206-463-5131, at VCA (19600 Vashon Highway SW, Vashon, WA 98070) and at the Heron's Nest Gallery (17600 Vashon Highway SW, Vashon)



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Have a Story or Article

Send it to:
Editor@vashonloop.com

TRASH TALK

Be inspired! Ashton Hayes, a small village in England, has come together to become the first carbon neutral community in their country. Since 2006 they have cut their CO2 emissions by 40%. We can too, by reducing waste, composting, using alternative forms of transportation, and working together to be green!



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Planet Waves



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

Aries (March 20-April 19)

You are saucier than you let on. In fact you’re quite good at this, though it tends to get in the way of your fun. Imagine yourself at your wildest and most outrageous. Then see if you can move 10% of the way in that direction. That would be just enough to get you out of your familiar safe zone and into some territory where you feel different and get different responses from people. You won’t be committing to much, or risk losing control, but what you’ll have is the experience of exploring an edge of your personality. That’s where the action is, when you want to feel fresh and alive and like you’re taking a chance on living. You’ll also notice different people than you’re usually aware of, by which I mean that even if you troop around the same neighborhood all week, stepping outside your usual bounds will cue you into the existence of people you’ll be very happy you noticed.

Taurus (April 19-May 20)

You may feel that if you give too much of yourself, you won’t be able to stop. That would be ideal, actually. That’s the point you find out what you’re made of. This will be a discovery — that is, figuring out how much you have to offer in so many different facets of what you do. One thing that might be productive is taking down the dividers between work, play and creativity. These partitions not only consume energy; they block the flow of creativity. Over the past year, you’ve learned a lot about just how much originality you possess. It’s time to fully claim that and use it as the main fuel that powers your mind. You’re beyond the stage where getting things done is adequate. You’re ready to be brilliant all the time, and there’s just one way to do that: keep your mind on and engaged and ready for adventure.

Gemini (May 20-June 21)

Jupiter and the Sun are now joining forces in the boldest and most adventurous angle of your chart. That’s an invitation to push the limits of what you think is possible. You have a special challenge ahead of you, which will come with unusual rewards if you step up to your potential. It takes a special state of mind to look at a blank page, or to listen to the silence, and imagine something into being. Yet that seeming blankness is speaking to you now. Ideas are bubbling forth from everyone and everything, if you would only listen. You will also need to take the risk of creation, which means letting your ideas out and then giving them a chance to develop. Don’t rush this process; attend to it like the plants on your windowsill: looking after them daily, giving them light and water, and encouraging them to grow. Light and water includes fun and passion. Keep your energy moving.

Cancer (June 21-July 22)

Everyone knows that old Woody Guthrie song ‘This Land is Your Land’. Here’s a new version of that for you: this world is your world. It’s time for you to take up a little more space on the planet, to stretch into the world and, in a sense, to be at home everywhere. This may involve something that’s a bit taboo these days, which is living with a sense of entitlement. I don’t mean this in the arrogant sense of the word, though you may feel as if you would be stepping with a little extra swagger. The state of mind I’m describing is being willing to occupy physical space and mental bandwidth. Expand your sense of being, and your

ideas, and perhaps speak more loudly and clearly. Take control of the various environments in your life, whether it’s your home, your office, or deciding where you want to sit in a restaurant. It’s time for people to move over and make some room for you.

Leo (July 22-Aug. 23)

Be generous with praise and compliments, and with sharing your knowledge. You have a lot to say, and it’s time you said it. You have some genuine areas of both expertise and experience. However, you will need to focus what you know and what you’ve accomplished into a form that is relevant for others. This will involve reinterpreting what you know, and in a sense transforming, focusing and making it accessible. Yet if you can do this, you can actually feed yourself using your ideas. This would include any form of business activity on the internet, and many forms of creative work or consulting. The thing is, you need an angle. What you have possession of is like a library, or a mine full of ore. Now you must extract the useful ingredients and fashion them into something valuable. Once you’ve done that, connecting with those who will benefit is the easy half of the gig.

Virgo (Aug. 23-Sep. 22)

The great god Mercury has resumed direct motion in your sign; Mercury retrograde is over. You may be breathing a deep sigh of relief, as this retrograde has practically kidnapped you and taken you on a wild ride for the past month. You may have experienced a diversity of misadventures and unexpected turns, and invested some energy in things that turned out to be questionable. Yet one thing is clear: you learned something you never would have learned any other way. By learned, I mean you discovered that something was possible, which you may have deemed impossible before — or, more likely — never even considered. Not only is it possible, it will take considerably less effort the next time you do it, and you’ll get better and more efficient as time goes on. Always remember: you know you can do it.

Libra (Sep. 22-Oct. 23)

This week’s meeting of the Sun and Jupiter in your birth sign is nothing short of a glorious invitation to live, to live fully, and to live well. It’s also about your newfound ability to make solid and tangible what was, before this time, wispy and lacking form. You now have some firm, fertile soil to sink your roots into, and to grow tall in. You can think of Jupiter in your birth sign as an opportunity to redefine yourself — how you experience and perceive yourself, and how you want others to experience you. You can magnify the elements of your character that you want to emphasize: such as talents or skills, or things you might not feel you ordinarily have the privilege of expressing. Think of any aspect of yourself that you love but tend to hide. You might think of this as a giant coming-out party. It’s time!

Scorpio (Oct. 23-Nov. 22)

Venus is now in your sign, and you’re like honey to the bees. Jupiter is in Libra, an angle of your chart that’s a well of imagination and fantasy. The thing is, you can now make your fantasies and desires real easier than usual. You have the influence and the charisma. Start by acknowledging them to yourself. Do so boldly and graphically, including

some details. Then determine which people you might need to get into the act. The thing to remember — and it’s crucial in all facets of life here in the digital age — is that fantasy is different from reality. There’s a necessary step you take into a denser and seemingly less fluid experience when you go from imagination into physical reality. Therefore, be patient, and gain practice. Experiment with people you trust. Try something three times before you decide whether it’s really for you. Once is not enough.

Sagittarius (Nov. 22-Dec. 22)

If you’ve been struggling to increase your professional income, now is the time. This will come with the enhancement of your professional stature. You’ve spent much of the last two years doing the real work: building your skills and your reputation. Of course, you can always be better at what you do; and you will get better with the doing. However, you’re at a point in your journey where it’s time to collect on what you’ve accomplished. If astrology is a true indicator of your environment, you will be supported generously. What you need to do above all else is to step into your new stature. You need to be the person you are becoming, only not in the sense of putting on a costume but rather of transforming yourself from the inside out. This will take commitment and practice, especially when you’re in public or among friends. Stand at your full height and walk with confidence.

Capricorn (Dec. 22-Jan. 20)

You’ve come a long way in a short time. Suddenly, that is apparent. You are getting a taste of what it’s like to be recognized and appreciated for what you do. There would seem, however, to be something else that you’re seeking, a different kind of success or reputation. What is this about? I reckon you’re not quite sure yet, and that you’re consciously searching for something. That something is not a thing; it’s yourself. While it’s possible to seek and find some elements of yourself through some activity — which is exactly what you’re doing — this is a journey that you’ll need to take deeper. It will help to avoid any form of false certainty about who you are. And it will be a difficult

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temptation to resist. Yet the equation is simple: what you do does not define who you are. Who you are is the bottom line.

Aquarius (Jan. 20-Feb. 19)

Celestial activity this week will lighten up your vibe and remind you that there is a world beyond what you know. The challenge you face now, and for the next few months, is to allow aspiration and the love of what you do to motivate you, rather than fear. This will take some imagination, and a real measure of daily discipline. You may not be able to detach yourself completely from the possibility of negative outcomes; they do exist, in potential. But you can use them to your advantage through a time-honored method known as engaging with shadow. In other words, rather than suppress difficult feelings like shame and fear, admit that they exist, and explore them consciously. This will free up energy, which you can then use for whatever you want. Holding down your feelings burns up life force. Perhaps take this as your mantra: the way out is through.

Pisces (Feb. 19-March 20)

The past month or so has presented some significant challenges in your relationships. There have been great moments of promise, which have been interlaced with misunderstandings. Yet you must admit that the ground beneath you has shifted in a positive and helpful direction, thanks in part to your recent intimate encounters. What it will help to remember is that relationships and partnerships of all kinds are built on common values, desires and interests. Yes, to some extent, opposites attract — though there’s only so far that goes; even opposition contains elements of mutual contact that make it workable. It’s essential now that you spend time with the people around whom you feel good. Though it’s easy to build relationships on commitment, obligation and continuity with the past, you’re beyond the point where you can accept anyone in your life besides those you know and feel in your heart you want, and to whom you are willing to offer yourself.

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

PIE fall fundraising

Continued from Page 1

Bastyr University. She will describe how mushroom therapy works and examine the clinical trial data that has led to the use of specific mushroom species in the treatment of cancer.

Cancer and Mushrooms: State of the Science

Dr. Leanna Standish

Katherine L White Hall, VCA Science Series

4-Lecture Series Subscription

\$75 General; \$70 Senior; \$60 VCA Member/Student

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ENTIRE SERIES: OCTOBER 9 Mushrooms – Dr. Leanna Standish / JANUARY 22 Aquifers – Mary Bruno/ FEBRUARY 19 Elephants – Dr. Samuel Wasser / MARCH 19 Microbes – David Montgomery & Anne Biklé.

4-Lecture Series Tickets: \$60 Member/Student, \$70 Senior, \$75 General

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

Our Stories, Our Voices

“Our Stories, Our Voices,” is part of the Old Lesbian Oral History Project (OLOHP) produced by the Women of Puget Sound Old Lesbians Organizing for Change (PSOLOC). The film is designed to develop a cost- effective outreach to better the lives of older lesbians, particularly those who are isolated, invisible and vulnerable. Narrated by Founder Arden Eversmeyer with dramatic readings of 40 excerpts taken directly from some of the Herstories, the film aims to increase the self esteem and community engagement of older lesbians, improve their mental and physical well being, increase the likelihood of aging in place and reduce the risk of early institutionalization and significantly higher health care costs among the group. 1 p.m. Oct. 14 at the Senior Center on Bank Road; everyone’s welcome.

Compost the Loop

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

Acclaimed musician Jami Seiber plays VHS Theater

Woman’s Way Red Lodge (WWRL) is thrilled to present Jami Sieber in concert again on Vashon Island, Friday, Oct. 14, 7:30 PM at VHS Theater. Jami’s musical virtuosity combines with her warm intimacy and wit to invite us all into an extraordinary concert experience. We are grateful for her willingness to perform as part of WWRL’s fall fund drive.

Playing the electric cello and using her voice, Jami’s music is unique – employing electronics and looping techniques to create sounds not usually associated with the cello. She transforms her solo instrument into an orchestra and transfixes audiences with music that opens the heart, defies the mind and sets the body dancing. Her life-long commitment to the environment, social justice, and the healing arts is at the heart of her music, reflecting a deep dedication to the arts as a medium of exploration and awareness of the interconnectedness of all beings.

Jami’s musical path moved from classical to folk, to rock/pop where, with her popular band “Rumors of the Big Wave”, she garnered the coveted Northwest Area Music Association (NAMA) Award for Best Rock Instrumentalist. Since launching her solo career, Jami has collaborated with dancers, poets, visual artists, improvisers, vocalists, and instrumentalists who span the globe. Her compositions have been used for film (including the documentary Big Joy directed by Vashon’s Stephen Silha), dance, and a popular video game. She has independently produced seven recordings on her own label, Out Front Music.

Jami performs with Grammy Award



Jami Seiber

winning multi-instrumentalist, Nancy Rumbel whose primary instruments are oboe, English horn, and the ocarinas. We are also welcoming Nancy back to Vashon; she’s appeared here in years past with guitarist Eric Tingstad.

Tickets are \$18 general, \$15 seniors/ students/WWRL members, and \$22 at the door. They are

available in advance at Vashon Bookshop, Vashon Intuitive Arts and online at Brown Paper Tickets.

Jami is generously donating a portion of ticket proceeds to WWRL. Woman’s Way Red Lodge welcomes people of all genders to share activities that create a new paradigm for positive change in our communities.

Club “O” Returns

Club O began in 2013 with island DJs MirageSix & Whitmore, and it grew into a fabulous monthly event for islanders of all ages to dance their hearts out.

We return this fall with new DJs (bidding a fond hello to MirageSix across the big pond and to Whitmore as he spins in his new spots) - this September will feature Arturo Rodriguez, with an opening set by a Vashon High School student. The lights will be low, the disco ball will spin, and the dance floor will be rocking.

Don’t miss the magic: Friday, September 30th, starting at 8pm. Tickets are \$5 and available at the door only. No one turned away for lack of funds.

NOTE: There will be one additional change to the Club O set-up this fall: Every attendee under the age of 16 must be accompanied by a parent/guardian or responsible adult. Unfortunately, liability issues mean that parents cannot just drop off their kids at the door - they do need to attend with those younger than 16, or have another parent acting as the supervisor.



Local Weather
www.vashonweather.com
Local Rain Totals
Temperature hi/low
Wind Speed & Direction
Barometric Pressure
Weather forecasts

Deadline for the next edition of *The Loop* is
Saturday, October 8

Make a date with Vashon!
www.VashonCalendar.org
Vashon Library Events
Art & Music Events
Submit your Event on line at
www.vashoncalendar.com

Ink + Mylar

Get the Spa Feeling at Home

by Rachel Waldron

Almost anyone who has ever visited a spa does not want the feeling to end. It’s a place where we leave all our to-do’s, our responsibilities, and burdens behind and focus entirely on the here and now.

We feel healthy, pampered, and able to leave the world behind for a time. Isn’t this how our homes should be? We should arrive home and not let work even cross our minds. We are in our safe place, our oasis. This is our haven, our place of ultimate freedom and even more than a spa- personal expression!

Here are some quick tips on making your home your oasis.

Cleanse

Remove the stressors, remove the burdens, and embrace responsibilities as a sort of exercise. Need to pay the bills? Create a beautiful, organized chart that is satisfying to check off as each bill is paid. Develop a system that feels like a regular purge... like a spa cleansing for your mind! I find that diffusing Young Living Essential Oils “Purification” gets me revved up to clean my home. Try to focus on a few key things every day. Keeping the counters and sinks clean alone can do so to create a clean-feeling space.

Try to keep shelves ¾ full, rather than overstuffed to the brim. That open space is settling for your mind and creates visual peace.

Right here, Right now

There was a popular song with this title when I was in school... ha ha. Speaking of songs. Use music to allow you to focus on the now. I assembled a morning play list that lets me gradually break into the day. It takes what is normally a very stressful part of the day (getting kids out of the door when they refuse to dress) and adds an element of calm for me.

Take a moment to enjoy your favorite thing about your home. Mine is the way the light pours through in the mornings. I have those wonderful older windows with a bit of wave, which creates such beautiful patterns on the walls and the light shining off the water is so golden and rich. So, when I get up in the morning, I make sure to take time to enjoy this and allow myself to really bathe in the sunlight. On cloudy days, I enjoy lighting a few candles to create that sense of dancing light and warmth.

Pamper

This doesn’t have to mean pedicures and massages! Give yourself something at home that allows you to feel enriched, comfortable, and happy. One example might be a library- this is not just a stack of books. Make your special space an experience. Think about the way this space smells and the way it feels. Perhaps your library allows you to focus entirely on your book, in a cozy dark corner with a wonderful lamp and your favorite art. Or, maybe you’re like me and crave natural light and sunshine. Create a window seat by placing a chair near your favorite accessible view and a beautiful shelving unit that does your books the justice they deserve.

Consider keeping a fresh bouquet of flowers next to the bed and splurge on linens that feel wonderful on your skin. Paint the ceiling in your bedroom a shade that soothes



you. I find shades of blue tend to be relaxing, but color is very personal. Maybe lavender is your thing, or maybe you’re a fall person and need a cozy olive green to peer at you from above.

Exercise

Allow yourself to sweat daily and feel good about what is going on with your body. Create a special space for this activity and allow it to be one that is energizing. I recently discovered an app called “Fit Star” that I’ve used to do a regular workout. It allows me to create goals based on my fitness level and fit my works outs in within a short time span so that even my kids get involved!

Emily Herrick will soon have a studio for yoga classes, so if you’re unable to create a space at home, take advantage of her beautiful scenery and excellent yoga instruction! Don’t forget to drink a lot of water so that cleansing continues!

Eat Well

Frankly, I can’t lecture on diet... I’m vegan, but that doesn’t mean that I don’t love my sweet and salties! But, I can tell you that there are great advances in the world of kitchen and bath design that will bring the spa to you! Your kitchen space should be zoned for ease of use. Now, in regards to the actual food, don’t be afraid to try new things and check out the wonderful offerings our community has in this area. Shauna and Dan Ahern have a business called “Feed Our People” that can be found on Facebook. They offer a weekly menu with deliveries of delicious and healthy foods. Claudia Hernandez has a similar food delivery service. How lucky are we to live where we get nutritious food delivered by chefs to our homes! We don’t need to be at a spa to eat well. I’ve said it already, but I’ll say it again, drink water!

Looking for more help on developing your inner space? Great news! Emily Herrick and Rachel Waldron from Voice of Vashon’s “Inner Space” talk show are holding a workshop in October and we’d love to have you. Visit with us at Home Sweet Home at 4:30 to chat about your inner space!

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

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

Island Epicure



By Marj Watkins

Energy Elevators

Tired out? Brain fogged? Here’s what to eat when you’re feeling beat. Coffee and Danish are not the answer. What the Danish people really eat for breakfast: Porridge made like their rye bread, thick and brown served up with butter or rich cream. At least that’s what my late husband’s Uncle Hans gave us for breakfast when we visited him. Of course, that’s was a few decades ago. I hope junk food has not replaced the healthy food we were served there. The theme for every meal we ate in Denmark was much like a Paleo Diet meal--high in protein, low in carbs, but featuring dairy products from the milk of the brown cows we saw throughout the Jutland peninsula. Those cows’ bags were so full of milk that they had to wear bras.

A Paleo or caveman breakfast would contain a fruit, locally grown, of course, and for us northerners that would be an apple, a couple eggs if breakfasting in the spring when birds’ nests could be robbed, and meat. Grains before agriculture began would be scarce. A modernized Paleo breakfast, though, could contain a couple of eggs poached in tomato sauce, one slice of whole-grain toast buttered, or hash-brown potatoes, and herb tea or green tea.

A Danish lunch was typically smorrebrod. It’s an open-faced sandwich you eat with knife and fork. When we visited cousins in Alborg,

our hostess asked graciously, “Would you like to join us for bread and butter?”

I thought that would be a very simple repast of bread with butter, just what they had on hand. But when she led us into the dining room, we found it covered with dishes offering stacks of the square slices of deep brown rye bread, butter, egg salad, potato salad, lettuce leaves, tomato slices, remoulade, mayonnaise, pickled herring, thin slices of roast beef, thin slices of ham, cheese, sweet pickles--a veritable smorgasbord of Danish foods.

Though my own Danish blood is very much diluted with French, Saxon, and Brit, learning a few words of the Danish language came easily, more like remembering. I wrote my thank you notes in Danish, very bad Danish probably.

A simpler Danish lunch would be meatball soup, perhaps with dumplings, and a salad of lettuce topped with grated carrot mixed with mayo and raisins.

- Meatball Soup
- 4 servings
- 2 cans Campbell’s consomme
- 2 cans water
- ½ to 1 package prepared meatballs

Into a 6-cup saucepan, pour the liquids and bring to a boil. Add the meatballs. Cook a few minutes to warm. Mix the dumplings if using. Bring the soup back to a boil. Drop tablespoons of dumpling dough on top of meatballs. Simmer 10 minutes uncovered and then cover tightly and simmer 10 more minutes:

Dumplings: Sift 2 cups barley flour, 3 teaspoons baking powder, and 1 teaspoon sea salt. With pastry blender for clean fingers, cut in or work in 4 Tablespoons butter. With a fork, lightly mix in 1 cup milk. Cook in soup as directed above.

Road to Resilience

Continued from Page 1

providers, has a clear stake in the status quo, and, much as they may tout the benefits of renewables, the fact remains that renewables are not readily extracted at highly concentrated, capital-intensive facilities that only they can afford.

When we decide what is in our energy portfolio, we will choose the cheapest, safest, and most efficient sources, that is, locally generated renewables that we own and control. When you install a solar collector on your roof, you are creating energy democracy. When we invest in a solar, wind, biogas, or wave generation project in our community, we are creating an energy future.

The last item is on the global scale and is really a goal we should have in mind as we assert our power and initiative through the first five ideas above. When we change the focus from competition and domination to cooperation, we will subdue the drive to imperialism and the intrinsic value of growth.

If you could vote on it, how many of our 500 or so foreign bases would you close? How much of our foreign policy is geared toward enhancing our domination and control? How much of the terrorism that we so fear is caused by our claiming a highly inordinate share of the world’s wealth and resources? I understand that the world is very complex, and that the need to dominate and a propensity toward violence are innately human, but that does not mean that we need to make them official policy.

If you manage to subject yourself to the upcoming presidential debates, I very much doubt you will hear any consideration of prioritizing what is in the world’s interest over what is in the US interest. I doubt that you will hear anybody question our need to have the most powerful military in the world. I doubt that you will hear anybody tell you that we are jeopardizing the future of all on this planet because we refuse

It’s Getting Worse, Not Better . . .

By Kathy Abascal

I am not a fan of gene tampering and, to the greatest extent possible, avoid GM foods. At the end of my TQIDiet class this past spring, it seemed that this would soon be easier to do. Vermont had passed a strong GMO labeling act and Campbell’s had decided to begin lobbying for mandatory GMO labeling. But things have actually been going down hill.

In late summer, Obama signed off on the “Dark Act,” a piece of legislation that preempts laws like those of Vermont and replaces them with vague language that will not provide the information those trying to avoid GM foods need. Then, a recent article in Nature highlighted the fact that a federal agency had just ruled that a “gene edited” mushroom (its genes silenced to prevent browning) needed no regulation or oversight or pre-market safety studies. The article noted that an additional 30 “gene silenced” crops already had been given the green light of “no needed government approval” before being grown and marketed but there are actually more than 30.

I’ve been aware of the gene silencing technique for some time and knew that agribusiness believed that these altered crops would avoid government scrutiny, could be sold as non-GMO verified, and probably could even be marketed as certified organic. I, however, had no idea how far they had progressed along this road.

To “gene edit” a crop, a “gene scissor” is used to cut selected portions of the plant’s DNA. This triggers a repair process that is less than perfect, resulting in a mutation at the site. At the same time, a gene with similar end pairs as the damaged gene can be inserted and this new gene will be picked up in the repair process. This technique allows genes to be silenced or mutated or new whole gene units to be inserted. Examples of gene editing: A gene used by the plant to limit oleic acid production can be silenced, resulting in high oleic seeds. Their oils can then be marketed as healthy, stable,



inexpensive alternatives to a good extra virgin olive oil. Genes that trigger browning when a food (e.g., arctic apple, Crispr-mushroom) is exposed to oxygen can be shut off. Or genes can be edited to result in herbicide resistant crops by quieting the gene that makes enzymes that are sensitive to toxins. Su-Canola has been in our stores and foods since 2014, it is “naturally” resistant to sulfonylurea herbicides. Over 20 varieties of resistant corn, at least 10 varieties of resistant soy, along with “edited” sugar beets, apples, and more, need no regulation says our government.

These creations do not contain foreign genes. Plant viruses, such as cauliflower mosaic virus (remnants of which remain in 54 approved, “true” GMO foods), are not present in the gene-silenced plants. Because they do not contain foreign genes, they are not considered genetically modified and are not subject to regulation. They are, however, obviously tampered with and, despite claims that the techniques in use (ZNF, TALENs, and/or Crispr-cas9) are precise and well understood, there is already evidence that they are neither. A group of researchers from prestigious institutions (such as Harvard Medical School) back in 2013 found that the editing also caused many other unintended mutations in the cells being tampered with. In other words, genes other than the target gene are being altered and who knows what else the plant (or modified animal) will end up doing as a result. Despite these unknowns, fields of these crops are being planted and are spreading pollen that contains both the intended and unintended mutations. Crops are being harvested and fed to unwitting consumers, most



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.

of whom would prefer not to eat gene tampered foods even though agribusiness scientists and businessmen think that they should.

These new creations will be a challenge for both the non-GMO verified project and for the certified organic food movement. The former says it is not verifying gene-silenced foods but I have yet to learn what technique they use to exclude them. (Something to think about if you eat a lot of Whole Food Market’s deli items made with non-organic but non-GMO verified canola oil). NOSB (the national organic standards board) will probably discuss whether gene editing should be added to its exclusions at an upcoming meeting. At present, gene edited foods are not prohibited and NOSB does not have a plan on how to implement such an exclusion.

This is depressing news for many of us. What can we do? We obviously need a certification process beyond organic and non-GMO verified, one that guarantees us that traditional farming and hybridizing techniques (perhaps certifying only open pollinated, heirloom seeds) were used in the foods being offered. But, until we have a system to label all gene-tampered foods, it is Katy, bar the door!

to take a look at the brain dead priorities we as a nation have set for ourselves. It doesn’t have to be like that. Let’s work from our vision.

Comments? terry@vashonloop.com (I have received very few comments and have responded to all. If you have written and I haven’t responded, it is because I didn’t get it. Try my personal email: terry.sullivan46@gmail.com)

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The Van Redeker Band

If you were on the dance floor the night of The Van Redeker Band's electrifying Red Bike show last October you know you'll want to be there again, as the group returns for another evening of dance-crazed Rock 'n Roll love.

The Van Redeker Band performs dynamic interpretations of songs by some of music's greatest songwriters,



including The Beatles, The Rolling Stones, Cream, Bob Dylan and Johnny Cash, as well as groove-infused originals by veteran songwriter Daryl Redeker. The group features a wide palette of musical genres and is known for their energetic performance style and lush vocal harmonies.

The group's appearance at the Red Bike is hot on the heels of their blistering extended set at the 2016 Strawberry Festival Street Dance, and on October 7 they will be debuting many new songs. Be there!

The Van Redeker Band is:
Daryl Redeker on lead



guitar and vocals, Sara Van Fleet on bass, guitar & vocals, Sam Van Fleet on guitar, harmonica & vocals, Dodd Johnson on drums & percussion

Our youth opener for The Van Redeker Band will be Jonah Cole. Jonah got his first guitar for his second 071616 Saturday Strawberry Festival 326 birthday. He started lessons when he was 7. His principal musical influences are Nirvana, Smashing Pumpkins, Mike Doughty, Flock of Seagulls, and his teacher Daryl Redeker. He likes to swing the blues alone on acoustic, and rock out with his family on electric. He has performed for classes at Chautauqua Elementary and more recently, performed on the Youth Stage at Strawberry Festival in July. 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, October 7th, 8:00pm
The Van Redeker Band
With Vashon Events Youth Opener: Jonah Cole. The Red Bicycle Bistro & Sushi

All-age's 'till 11pm, 21+ after that. Free cover!

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 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.

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!

Get In The Loop
Send in your Art, Event, Meeting Music or Show information or Article and get included in The Vashon Loop.
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Deadline for the next edition of *The Loop* is **Saturday, Oct. 8**

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Family Series Caspar Babypants

Enjoy the lively, upbeat songs of Caspar Babypants when this long-time Island favorite performs tunes from the VCA stage. He will mesmerize kids, playing songs from his new album, *Away We Go*, including an entertaining version of “Pop Goes the Weasel.”

Caspar is the alter ego of Chris Ballew, the twice Grammy-nominated songwriter and lead singer of Seattle’s 1990s alt-rock group The Presidents of the United States of America. Years ago, Ballew recorded an album of traditional children’s songs for the nonprofit Program for Early Parent Support. His first full-length children’s album, *Here I Am!*, featured songs in the public domain as well as originals, and was an instant success. With catchy, sing-along music geared towards children and parents, Caspar is one of the most popular children’s acts around!

Caspar Babypants
Saturday, October 8th, 10:30am
Katherine L White Hall, VCA
\$8 Adults, \$6 Children



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
Free cover!

Teatro alla Scala: The Temple of Wonders

Built between 1776 and 1778, the year of its inauguration, the teatro alla Scala in Milan has drawn major artists from the international music scene, turning immediately into the theatre of reference, the one every artist aspires to, the Mecca of music. to this day, performing at the Scala means consecrating a career in the eyes of the world.

Music critic John Gavazzeni wrote: “The pillars of world Opera repertoire are Italian: Verdi, Puccini, Rossini, Donizetti, Bellini - composers whose works have been performed the most all over the world. The symbol of all great conductors is an Italian, Arturo Toscanini. They were all launched or consecrated in one place: at the ‘Teatro alla Scala’, as well as the careers of great sopranos like Renata Tebaldi and Maria Callas, and of directors like Visconti, Zeffirelli and Strehler”. Teatro alla Scala 4k - The Temple of Wonders is a journey through time and space to discover a marvellous place, where the most glorious pages in the history of music, opera and ballet have been written.

Presented in Italian with English



subtitles.
Teatro alla Scala: The Temple of Wonders
Sunday, October 9th 2:00pm
The Vashon Theatre

First Friday at Hinge Gallery



This First Friday, October 7th, Hinge Gallery will feature the work of Seattle based artist Mark Bentley. Bentley’s work is steeped the observation nature with all of its beauty and complexity. “We each set out in our own ways to view it (nature), photograph it, carve it, paint it, and raise it up to the public for preservation and conservation,” the artist says of his large scale, sculptural forms. Bentley studied painting and sculpture at the University of Washington and currently works in the fashion industry. Opening reception from 6 - 9 pm, refreshments will be served. The exhibition will be on view through October. www.hingegallery.com, Vashon Hwy & 174th.

Gun Show



Featuring work from many of our VALISE collective members:

Greg Burnham, Brett Carlson, Lin Holley, Pascale Judet, Rachel LordKenga, Jiji Saunders, Sharon Shaver, Hita Von Mende and Ina Whitlock.

A Fighting Chance, by Elizabeth Warren, p.237-8 , Apr 22, 2014

“We lose 8 children and teenagers to gun violence every day. If a mysterious virus suddenly started killing 8 of our children every day, America would mobilize teams of doctors and public health officials. We would move heaven and earth until we found a way to protect our children. But not so with gun violence.

The politics surrounding this issue make me want to tear my hair out. I know that Americans care fiercely about keeping our kids safe. So why do we toss common sense out the window when it comes to protecting our kids from gun violence?

Of course, not every kid has the same risk of becoming a victim. A large number of those gun deaths are in poor neighborhoods. Gang violence and street crime pose a far smaller threat in well-off suburbs than in gritty inner cities”.

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The Loop’s soy-based ink
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Screenagers

SCREENAGERS probes into the vulnerable corners of family life, including the director’s own, and depicts messy struggles, over social media, video games, academics and internet addiction. Through surprising insights from authors and brain scientists solutions emerge on how we can empower kids to best navigate the digital world.

“Screenagers is a very balanced, sympathetic and sane look at the way millions of teens are struggling with phones and games and technology in general. In part by letting the teens themselves speak about their own concerns and solutions. Screenagers is deeply affecting, too.” – Dave Eggers, Author

“It’s a MUST SEE for anyone with kids in their lives!” – Martha Adams, Chief Creative Officer for Girl Rising

“I saw Screenagers two days ago at my son’s school PS276 NYC. It was an incredible eye opener... it pointed out exactly what we are dealing with in my family. ... This already has brought changes into our life.” – Kirsten R. C. , New York Parent

“i have been very concerned about this issue and as I’m a geneticist I’m very interested in the science behind it.



The film is REMARKABLE: thoughtful, provocative and beautifully filmed and edited.” – Beth T., Geneticist at UCSF Children’s Hospital

“Screenagers is very informative and I liked how it included video games in the movie. I saw the film at my science camp this summer.” – Eshan Tivakaran, 15 years old, Plainview NY

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Live Entertainment
Friday, September 30th, 8:30pm
Swindler

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

Friday, October 14th, 8:00pm
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Friday, October 21, 8:30pm
Sinner & The Saints

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