

Now's your chance to shape proposed transit improvements for Vashon

Metro has been working with Vashon Island stakeholders to explore ways transportation on the island can be improved to move more riders in more cost-effective ways. Now it's time for the broader community to have a say on potential future transportation options.

Metro is inviting Vashon residents to attend an upcoming open house to share their thoughts on a set of alternative transit concepts that have recently been developed based on a Vashon survey taken last fall.

The meeting will be held:

5 p.m. – 8 p.m. Tuesday, April 5
(Welcoming remarks at 6 p.m.)

Vashon Maury Island Land Trust Building

10014 SW Bank Road, Vashon Island

Following input from its stakeholder group and other residents, Metro has come up with four alternative services concepts that have the potential for providing new transportation options tailor-made for the way Islanders travel. Those concepts would be part of a two-year demonstration and could include:

Exploring the feasibility of using Metro Access vans to serve anyone looking for a ride on a space available basis. Currently

Access service is only been available to qualifying riders with disabilities.

Deploying Metro-owned community vans through a partnership with a local community organization. Vans would be booked in advance, serve popular island destinations and be driven by program volunteers.

Launching Real-time ridesharing - an informal carpooling option that matches riders and drivers traveling to the same destination through the use of a real-time ridesharing app.

Creating a physical on-island or virtual community transportation hub for Islanders to connect with each other to share rides or find out about local transportation options.

During the open house, you will have an opportunity to learn more about each concept and talk with Metro staff. You can also share your thoughts by taking a second online survey beginning April 5. The survey will also be available for people to fill out at the open house.

Depending on the types of concepts residents prefer, the demonstration project could be launched as early as this summer or fall.

Riptide staff to attend National High School Journalism Convention



Top row: Sierra, Madi, Hunter; Lilly, Sarah; Bottom row: Julian, Anne, Alden, Sasha

By Alden Hinden-Stevenson,
The Riptide News Director

Nine journalism students from Vashon High School will represent our island at the upcoming National Scholastic Press Association (NSPA) National High School Journalism Convention in Los Angeles, CA. These journalism students went through a competitive process at VHS, including meeting the minimum 3.5 GPA requirement in Journalism.

Students attending are: Sasha Elenko, Lilly Hennessey, Alden Hinden-Stevenson, Anne Kehl, Madi McCann, Sierra Richter, Hunter Stanley, and Julian White-Davis.

VHS is no stranger to journalism conventions. Last year, some of the students attended a journalism conference in New York City. According to The Riptide adviser, Steven Denlinger, they came back with enthusiasm, fresh ideas, a new design for The Riptide, and increased leadership skills that were put to the test as they have been expanding the program.

VHS boasts an integrated high school journalism program: an award-winning newspaper, The Riptide, in its print and online platforms; a radio broadcast

program, Fresh Delivery, a collaboration with Vashon's local professional 101.9 FM radio station; and a new television broadcast program, which will help increase their visibility through social media channels.

According to Danny Rock, the VHS Principal, it is important for VHS students to get experiences outside the classroom.

"Being on an isolated small island in a rural setting, our students - who have so many talents - have very few opportunities to extend their learning beyond the shores of our island," said Rock. "Attending the NSPA Journalism Convention in April will give student journalists a unique opportunity to both get experiences off our island as well as combine their journalism experiences with the national stage," Rock said.

Journalism Conventions provide excellent opportunities for high schoolers who want to build journalistic skills; hone critical skills for the 21st century - collaboration, creativity, communication and problem-solving; test their knowledge and skill at the highest

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The Road to Resilience Tale of Three Trust Funds

A guest article this week by Ward Carson:

I've always appreciated the value of a trust fund. My friend Jim has one. He deserves it I suppose; his father was a millionaire. He's always lived free and easy. His fund has treated him well.

I became fascinated recently with a second fund—the Sovereign Wealth Fund of the State of Norway. I've read that it's now the largest in the world—worth about one trillion US Dollars, which, for the 5 million Norwegians, figures to be about \$200,000 per citizen.

So where did Norway get this fund? They discovered oil in their North Sea and, through a well-organized effort in the 1970s and 80s, built a national infrastructure, including their own global company (Statoil A/S), and quickly became a major player in the oil sector. By the 1990s Norway had more oil-based income than they could reasonably use and, with an eye on the future, their government created an investment service to build their trust fund to deal with the excess. A smart move I'd say—reportedly, they now have more sovereign revenue from their investments than from their oil resources.

A wonderful story I thought. One that made me think more about a third fund—our Social Security Trust Fund—that was started about the same time. Where did it come from? Well, Ronald Reagan had just become President in 1981 and got right into some of his revolutionary ideas, which included

By Terry Sullivan,

massive tax cuts and a new, "trickle-down", economic theory. Over his tenure in office, his administration managed to lower the top, progressive, marginal tax rates—that had been between 70% and 90% on the wealthiest income earners since the early 1940s—to a very low 28%. The promise to the middle and lower earners was that such a drastic move would encourage general economic activity and provide a trickle-down of benefits through other channels (into good jobs, cheap goods, that sort of thing). Seemingly good ideas perhaps but the cuts immediately left a large revenue problem and the threat of huge budget deficits.

By 1982, with the initial tax cuts in place, a solution was desperately needed to cover the deficits. That's when America first met Alan Greenspan and his proposal to raise the Social Security tax rates and spend that revenue to cover the deficit. Granted, a quick and simple reading of that proposal might leave one to conclude that he was suggesting that the effect of revenue lost by tax cuts on the wealthy be covered by increased taxes on the lower and middle income earners. And that would be a correct reading however Greenspan had more to say and the Social Security Trust Fund was part of his message—a justification that the wealthy were anxious to hear.

Greenspan's full story, in 1982, went something like this: The Social Security Benefits for retirees depend upon the revenue raised by taxing the payroll of current workers (...as it had for nearly 50 years). There were an unusually

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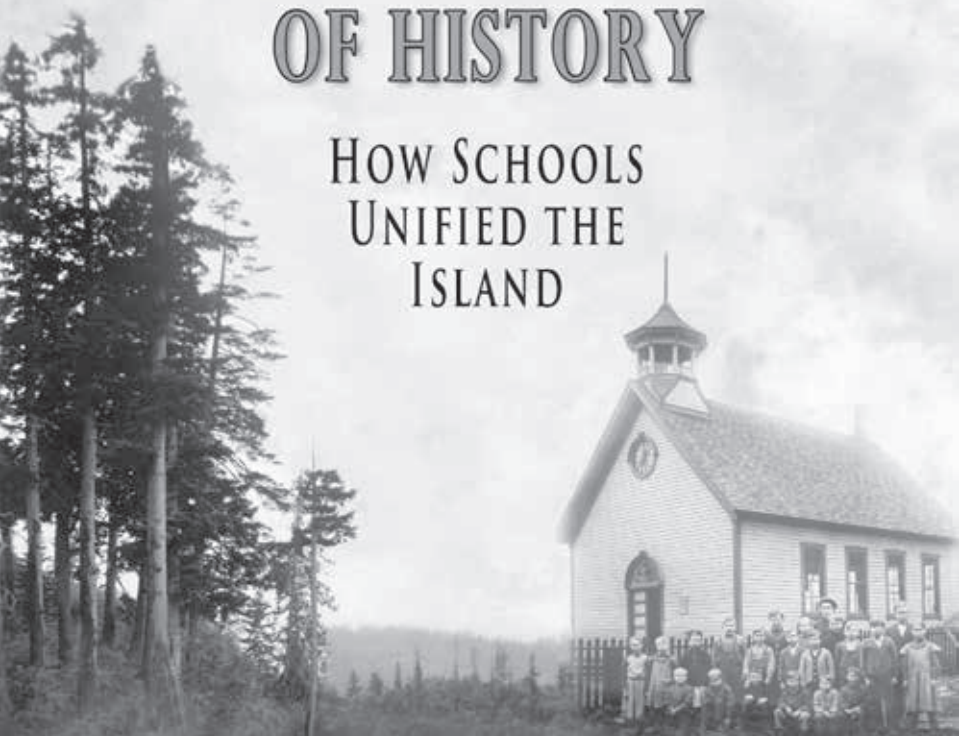
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Get in The Loop

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.

Community Drum Circle

Red Lodge hosts a monthly drum circle, the second Friday of each month at Vashon Intuitive Arts. April’s gathering will be on the 8th, 7 pm. All are welcome to join as we create sacred space together to sing, drum and share prayers for the joy, health and happiness for all beings of our community.

Alzheimer’s Association Offers 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.

Water District 19 Meeting

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

Meditation Sessions

Shambhala Center offers meditation sessions on Wednesday evenings on Vashon Island beginning April 13, 2016, from 7-8PM, at Vashon Intuitive Arts, 17331 Vashon Hwy SW. Everyone is welcome. Perfect for beginners and established meditators. Meditation instruction is available for those new to meditation

Mindfulness-awareness meditation is the foundation of all that we do at Seattle Shambhala Meditation Center. Through our meditation we develop the possibility of meeting our everyday activities with awareness, peace, wisdom, compassion and a sense of humor. Free, donation appreciated.

- On-going Series (every Wednesday evening)
- 7:00-7:45 PM: Meditation (including instruction)
 - 7:45-8:00 PM Questions / Social Time

Visit our web page at seattle.shambhala.org/vashon/
Follow us on Vashon Island Shambhala’s Facebook page (<https://www.facebook.com/vashonislandshambhala>)

Beginning Beekeeping Class

April 17, Noon-2:30 p.m., \$30
La Biondo Farm - 20602 111th Ave SW- Vashon
Brand new to beekeeping? Ever wanted to keep bees? This class, offered by David Skrzypek of Birds and Bees Vashon, will help take you through your first season of beekeeping. Conducted at host apiary La Biondo Farm, the basics include:

- Where to set your hive
- How to arrange your woodenware
- How to install a package of bees
- Be familiar with beekeeping tools
- Understanding cues from the bees
- Preparing your hive for winter
- A lengthy question and answer session

To register, please visit www.birdsandbeesvashon.com (events tab). Questions? Call 206-463-4424

Guest Editorial

On April 6th King County Elections will mail out ballots for the Vashon School. District’s expiring Technology and Facilities Capital Projects Levy, ballots are due April 26th.

This is an opportunity to renew the levy that provides funding for preventive maintenance, major facility repair, and for technology operations, equipment and training. “Basic Education Funding” provided by the State of Washington is not sufficient to fully fund our district’s operating expenses or our capital facility maintenance and technology programs. So, every four years, we ask voters to renew this funding that is critical to the continued success of our school district. And, fortunately, since 2002 Vashon has supported this renewal levy.

The community was just asked to vote on a bond. You may wonder what the difference is between a bond and a levy. Bonds are used to fund major facility upgrades like new school buildings. Levies sustain ongoing facility maintenance and technology programs.

Your next question may be why Washington State doesn’t fund these things. Computer hardware, software, professional development, and technical support have never been funded by the state. Unfortunately, the state provides inadequate funding for preventative maintenance and major repairs.

In fact, nearly 100% of the district’s annual expenditure for major repair, improvement, preventative maintenance, technology equipment and operations are funded by this levy. For a complete list of what is funded by this levy, visit www.vashonsd.org.

The levy has not increased since 2010 so, at our February 23 board meeting, we approved a resolution to include an inflation factor of approximately 2% for each of the four years of this levy renewal. The levy tax rate amounts to about .38 cents per \$1,000 assessed value. For a \$460,000 home (2016 average assessed value on Vashon), the levy will cost \$175 per year. As an example, a subsequent annual increase of 2% raises that amount by approximately \$3.50.

As we all know, the role of technology in learning has become vital in providing our teachers with tools and resources for instruction and our students with skills that prepare them for employment and higher learning. Most of our facilities are aging and maintenance is a priority for the District. Finally, paying for these needs with a capital levy allows a greater portion of the general fund to be used for teachers, textbooks and co-curricular programs.

We have been so fortunate to have to the support of the community in the past, thank you! Please join us in voting YES for the 2017 Technology and Facilities Capital Projects Levy.

Written by Vashon Island School Board members:
Zabette Macomber and Toby Holmes

Quartermaster Press Sale

Quartermaster Press Studio is having its Spring Sale on Saturday, April 16 and Sunday, April 17 from 10AM to 4PM in their studio at the old Beall Greenhouses, 18531 Beall Rd. SW. Offered are reduced prices on original art. Sign up for workshops being offered at the print studio and enter a drawing for discount coupons. Quartermaster Press Studio is a member based cooperative that produces original prints from the large etching press at the studio. Quartermaster Press Studio members include Patricia Churchill, Debi Crawford, Lisa Guy, Sue Hardy, Suzanne Moore, Christina Nichols, Jayne Quig, Deborah Taylor, Valerie Willson. For information contact Deborah@dtaylorgraphic.com

Vashon Presbyterian Church Heindsmann Family Endowment Scholarship

Vashon Presbyterian Church is now accepting applications for the 2016 Heindsmann Family Endowment Scholarship. This award is granted from an endowment created by Virginia and Ted Heindsmann to a deserving student based on financial need, academic promise, and dependability. Consideration will be given only to students who have completed two or more years of higher education or who are seeking special training or retraining. The award is not intended for high school seniors.

Application packets can be obtained at the church at 17708 Vashon Highway SE (463-2010). The office hours are Monday through Thursday, 10 AM to 2 PM. Completed applications must be returned to the office by Thursday, April 28. As part of the selection process, finalists will be scheduled to meet with the church’s Scholarship Committee in early May.

Thank you for your kind consideration of this information. Feel free to edit as necessary and contact me with any questions.

Jacq Skeffington (C 206-354-8917)
Scholarship Committee
Vashon Presbyterian Church
463-2010

The Vashon Loop

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Published every other week
by Sallen Group
©March 31, 2016 Vol. XIII, #7

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The Canoe Trip to Blake

By Seán C. Malone

“Grab the gunwales and hold on,” Ron called from the bow of the canoe. “That ferry is too close and we are going to take it in the shorts.” The wash right behind the ferry was the highest the wave was going to be and we hung on. Ron’s Dad’s canoe had an outrigger, so we weren’t likely to tip over in the swell from the ferry. Up we went with the bow high in the air as the wave crested and we were speeding down the other side, waiting to take the next wave. We weren’t halfway to Blake Island yet and were fighting the tide to get out of the ferry lane.

Ron’s father was our assistant scout master and taught us everything we knew about lashings, bowline knots and how to ditch a tent so the water couldn’t get in. We called him Uncle Bruce, though he really wasn’t our uncle, but the driving force behind Troop 274. We had our meetings in the old youth center where the library is now and would sit around the fire after the meeting and listen to Uncle Bruce, spellbound, as he spun out adventure stories from ancient times. We used everything Uncle Bruce taught us to pitch a lean-to and make camp on Blake Island.

There were two untried air tanks lying in the bottom of the canoe, we were paddling to Blake to explore the bottom and maybe spear a fish. The regulators for the tanks were homemade in the sense that they were used in a B-29 bomber and sealed to function in salt water. The idea came from Popular Mechanics and the regulators were rebuilt by Sonny Rounds, one of the painters in Dad’s painting company at the bottom of Stone Way on the ship canal.

Sonny was from Alabama and spoke with a sleepy drawl. He was a tall veteran from WW II and shell shocked. We never understood how he painted a straight line down a window sash and never left any paint on the glass, his hands were shaking that bad from the war. Sonny had made the regulators waterproof from the magazine article, we hoped that they were going to work.

Ron and I took the converted oxygen tanks to Geary’s gas station on Stoneway to be filled. Geary’s air compressor clattered and belched smoke and had no air filters, so when you breathed under water, you could tasted the exhaust from the compressor.

Geary made his own acetylene gas with a carbide generator. He used gravity to pressurize the gas in an upside down tank half full of water. The smell of carbide permeated the shop and one day, Geary blew himself and his gas station up.

There were no people living on Blake Island in 1953 and the old farm that had been there before was slowly disappearing into the ground, except for a rhododendron tree that was 25 feet tall more or less.

We landed on the east side of the



island and readied our primitive diving gear, long before scuba diving in wet suits became popular. These tanks had no reserve and were only good for a 20 minute dive. You had to surface when breathing became difficult which was probably safe since we didn’t plan to dive deeper than 30 feet.

I walked down the beach and into the water, slowly swimming along the bottom, looking for the drop off that would take me deeper. Tall seaweed undulated in the current as I made my way into a kelp bed, whose anchors clung to the bottom and tendrils reached for the sky up above. I couldn’t quite make out what the long shape on the bottom was until I got closer and realized that it was a 10 foot long sand shark, half covered in the sand. I came up so fast that when I broke the surface, the world was spinning, I thought I had the bends. I hadn’t seen Ron in awhile and spotted him on the beach above the tideline whittling on a stick.

Jim Whittaker was a childhood hero, having climbed Mt. Everest and was photographed riding the back of a sand shark, when scuba diving was just taking hold. Sand sharks are not carnivores and feed on vegetation. They are very lethargic in these more northern waters and have never been known to attack a human.

We also hunted and fished for a smaller shark, called a dog fish, possibly from the way they hunted in a pack or school. I remember getting a three footer that was flopping all around the bottom of the rowboat and I was jumping around trying to avoid being stabbed by the poisonous spine in front of his dorsal fin. The line was all twisted around the fish and in an impossible tangle. You had to get in a position to stab him and not do injury to yourself and this didn’t happen all the time. The dogfish rarely grew to much over three feet. My Uncle Jim Mattson hunted dog fish for their oil during WWII. It was sold as cod liver oil. He got stabbed and the blood poisoning almost cost him his leg.

The trip home from Blake Island went smoothly as we had some wind out of the North. A little tri-sail took us right to Vashon Point.

Chris Webster and Nina Gerber in Concert



Music Fans know Chris Webster and Nina Gerber as two of the most skilled and artful musical talents out there today. Webster’s voice is uniquely compelling while Gerber’s guitar playing is beautiful and powerful. Playing mostly originals, some tasteful covers, soulful ballads, jazzy tunes, and sweet folk, their shows are known to please just about everyone.

The two musicians have known each other and played together for over 25 years. Also, along the way they both played with the best of the best in music throughout their long friendship. One day they said “Hey, why didn’t we ever make a record together?” And so they did, it’s called “Apple Blossom Lane”. The core of this record is music at it’s finest with just Nina’s sweet guitar and Chris’s stunning vocals. Chris also throws in a little ukulele on a few of the songs. It is a record that takes the listener to the very depths of sadness with a beautiful ballad and then also comes right back at you with a raucous folk song.

Chris’s career began over nearly two decades ago as a teen-aged lead singer for one of California’s best known regional acts (Mumbo Gumbo). Webster boasts a very successful resume highlighted by four solo cd releases (Drive, Now Playing, Something in the Water, My name is Christine) She also released a cd with her sister Cassie who is an opera singer by trade, emphasizing the renowned guitarist Scott Nygaard, called The Websters 10,000 miles.

Chris’s vocals have astonishing power and passion, reaching magical heights, yet effortlessly turns on a dime to deliver gut wrenching songs and gentle ballads. Webster has a purity and beauty about her that is seldom seen and never forgotten.

Guitarist Nina Gerber stood in the shadows of many great artists as an accompanist at the beginning of her career. It was her accompaniment with the great folk singer Kate Wolf that earned her the much - deserved recognition. Nina has the ability to free herself within an eclectic range of styles. Presented with folk, country, bluegrass, rock or blues, she is able to fall into leads to bring out the true feeling of the song.

Nina has performed with and/or recorded with: Karla Bonoff, Peter Rowen, Eliza Gilkyson, Nanci Griffith, Greg Brown, Lucy Kaplansky, Mollie O’Brien, Rosalie Sorrels, Laurie Lewis, and many others. She also has two solo cd’s to her name: “Not Before Noon” and “Good People.”

Playing with Kate Wolf initially influenced Nina. She ended up accompanying her from 1975 until her passing in 1986. After Kate’s passing Nina still plays with that honesty and heart that Kate did. Whether she is collaborating with some of folk music’s finest or producing or arranging, Nina continues to prove with her guitar that some of the truest and most emotional communication requires no words. Still, when combined with another musician’s talent, caliber and heart-felt voice like that of Chris Webster’s, the result is affecting in an unforgettable way.

Please join us for what promises to be a wonderful evening of live music!

Reservations are required. Email: picoddo@aol.com or call TVICR at 206-463-9673 to make your reservations.

Chris Webster and Nina Gerber in Concert. Vashon Island Coffee Roasterie Monday, April 11th, 7pm
Doors open at 6:30pm
Tickets \$15
Wine and Beer available
Presented by Barbara Codd

Vinnie Needs A Home...

I’m a handsome long-haired boy with one blue eye and one that’s amber. Of course, my personality is more important than my good looks. One of the shelter volunteers calls me a cream puff, whatever that is. I think it’s a compliment. I get along with people and other cats (but not dogs – they scare me).

A cute trick I have is to roll around upside down and wave my paws. I understand that people can give two thumbs up when they like something. That’s nothing – I’ll give you four paws up if you adopt me!



Go To www.vipp.org Click on Adopt

Adopt A Cat Day!

Vashon Island Pet Protectors

Saturdays 11:30-2:30

Our VIPP Shelter is open for adoptions every Saturday. Visit our website www.vipp.org for Directions and to view the Cats and Dogs available for adoption. Or give us a call 206-389-1085

Deadline for the next edition of *The Loop* is Friday, April 8

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

An Open Letter to the Super Delegates of the Democratic Party

There comes a time when a system ceases to serve its members. The Democratic Party’s Super Delegate System is facing this predicament.

Hillary Clinton, and many politicians like her, have endured forty years of a political paradigm that reflected the expanding role of corporate power. Like Hillary, many of you adapted, gaining power however you could. But at what cost?

In succumbing to the corporate narrative of scarcity, rampant consumerism & classism, many have stepped onto the path of Fear & Doubt. As a Super Delegate, you have seen cherished battles lost. Locally, nationally and globally: you have experienced the machinations of those who will do anything to get what they want. Is it so surprising that many have fallen victim to fear and doubt? No.

Even worse, “we the people” have also been largely asleep at the wheel. Let’s say it, folks! Many of us spend a few minutes voting and think we’re done. Yes, global corporations & internationally controlled media conglomerates are more than happy to distract us, while they steal the country out from under us. But we are adults and we let ourselves be distracted!

I hear the anger of WA State Representative Rick Larsen & other elected officials who stood alone in the halls of government while “the people” played with their new gadgets, bought gas-guzzling SUVs, obsessed over Reality TV, and generally failed to pay attention. We failed you, ourselves and

our children.
Your annoyance that “the people” are showing up with a list of complaints, is valid. But, that doesn’t let us off the hook. Why? Because, if Bernie Sanders can stay the course...so can we!

Right now, in 2016, there are two (2) pathways ahead of us. The path of fear and doubt is quite alluring. Giving up takes virtually no energy and “choosing” to accept the scraps that are offered can actually feel like an act of empowerment. (It’s not.) The path of hope is harder. Committing to overcome an obstacle introduces the risk of “trusting others.” Will our fellow Americans give up and betray us? Or will they stay the course? Also, when we try for something, we acknowledge that it matters...and the more it matters, the more it will hurt if we lose. But, it will hurt far more if we do not try.

In 2016, we must vote FOR the future of humankind! Our unborn great-great grandchildren are looking back at us from a future that will reflect our strength, forethought & resiliency...or a world that was doomed by fear and doubt.

As a Super Delegate, we ask that you reflect the will of your constituents. But more than that...please know we have woken up and we have your back! Will you turn away from hope & miss the chance to ride this wave? Or will you join the Political Revolution & fight for the true & highest goals that brought you into political service in the first place?

Sincerely,
March Twisdale

Existential puppet love story is April Art Film (no fooling!)



Vashon Film Society presents Academy Award nominated “Anomalisa,” a quirky animated tale from the fertile imagination of writer-director Charlie Kaufman, on Friday, April 1 at 9:30 pm at the Vashon Theatre.

Kaufman, the inventive screenwriter of “Being John Malkovich” and “Eternal Sunshine of the Spotless Mind,” has teamed with co-director Duke Johnson, to bring this tender and strange stop-animated story about a lonely man’s existential crisis to the big screen.

Motivational author Michael Stone (voiced by actor David Thewlis) is on a speaking tour and has arrived in Ohio to hawk his best-selling customer service tome “How May I Help You Help Them” to the masses.

But we discover that the man charged with delivering inspiring wisdom from the podium of the hotel ballroom is in need of inspiration himself. Movie viewers will soon notice that everyone Michael encounters at the hotel speaks in the same monotonous tone. Indeed, almost all other characters are voiced by actor Tom Noonan, and this story

telling device brings Michael’s suffering from Fregoli syndrome – the paranoid belief that everyone’s the same person out to get him -- to crushing life.

Weighed down by depression, and with his marriage on the rocks, Michael reaches out to a Lisa, a bubbly customer service rep in his audience (voiced by Jennifer Jason Leigh). A romantic encounter blooms, and (fair warning) there are R-rated acts of intimacy, stop-motion style.

Can puppets do justice to this haunting tale of existential crisis? Film critics seem to think so, heaping praise on this surreal little film fable. Hot Press columnist Roe McDermott wrote, “In Anomalisa, a few puppets and a minuscule budget somehow create an entire universe reverberating with life’s biggest questions.”

VFS invites cinema lovers to Friday’s screening of “Anomalisa”, one show only, at 9:30 pm. The Society’s First Friday Art Film Series showcases independent, foreign and documentary films once a month on Gallery Cruise Fridays. Admission to the screening is by donation.



Riptide staff to attend National High School Journalism Convention

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level; and gain valuable motivation and exposure to admissions officers and recruiters. Several graduates of VHS’s Journalism program have been inspired to pursue careers in journalism, attending University of Washington, Syracuse University, New York University and Tulane University.

The Riptide needs community support to help them get to LA. The students have been campaigning since February to raise the \$10,000 needed to cover tuition, lodging, food, scholarships for students who can’t otherwise afford to attend, and a day of fun and bonding in LA. Car washes, babysitting nights, and bake sales have raised \$3,600 to date. Additional opportunities to donate will include a special showing of Spotlight on April 3rd (which includes a bake sale and art auction), an opportunity to purchase LA postcards (special personalized messages to your journalist

to be published in The Riptide), a special Palouse Wine Tasting Event on April 8th, and more.

Any funds not used for the trip will support the VHS journalism program, including participation in the Washington Journalism Education Association’s Summer Program for Students and Advisers at Western Washington University in Summer 2016.

The trip will be led by The Riptide’s Associate Editor Madi McCann, who has already developed her leadership skills in organization, logistics, and team management. They will be accompanied by Adviser Steven Denlinger (who will also participate in the Convention) and a Parent Chaperone.

For more information on upcoming fundraising events or how to make a donation, please contact The Riptide Advisor Steven Denlinger: sdenlinger@vashonsd.org

Donations can be made on the VHS website:

- * Go to <http://www.vashonsd.org>
- * Scroll down on the left, choose: Pay Fees Online
- * Set up a Guest Account
- * Choose: Items at all schools
- * Choose: HIGH SCHOOL and then VASHON ISLAND HIGH SCHOOL
- * Choose: DONATIONS and then RIPTIDE ASB Donation
- * Choose: BUY then Checkout

Or by check payable to VHS Riptide ASB, earmarked “LA Journalism Convention”, and mailed to 9309 SW Cemetery Rd Vashon, WA 98070.

Suds

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Spiritual Smart Aleck

Control Freak as Editor.

I have been pondering lately how little control I have in my life. Sometimes it occurs to me that not being in control is not a personal fault of mine. It is simply the way things are.

I consider the big things I have not been able to control – the lives and health of my loved ones. Not much turned out the way I would have had it. None of my prayers for miracles was answered to my specifications. I am still not God.

Perhaps this is why it feels disproportionately good to me to control what I can control: I got the dirty dishes into the dishwasher and it is humming and splashing away as I type. Ah. That worked out okay.

Occasionally I do free-lance editing. That’s another exercise in control. Punctuation and grammar have rules, although I have learned that there are great arguments to be had over the placing of a comma.

Writing is hard work. Don’t let anyone tell you different. I tried to write a novel once, and found out for myself what a long haul that can be.

The book I tried to write will never see the light of day. I didn’t need an editor to look at my book to know it was a stinker, but even writing a stinker takes a lot of time, effort, and persistence. The experience taught me enormous respect for anyone who sits down and writes a book-length manuscript. When someone comes to me with a manuscript and asks me to edit it, I treat them with due respect. I try to be encouraging.

However. I am amazed at how many people write a book-length manuscript without knowing or using the basic tools of grammar and punctuation. I blame computers. They make it so easy for people to sit down and string words together like beads on a string.

When I work on those manuscripts I spend most of my time fixing basic errors. I add and subtract spaces between words and sentences. I replace “your” with “you’re,” and “it’s” with “its,” and vice versa. I put



By Mary Tuel

punctuation inside of quotation marks, which is standard American English usage.

I try to iron out lumpy sentences. For example: “The dog lay under the table at her feet,” becomes “The dog lay at her feet under the table.” If you can’t see the difference, you need an editor.

Writers tend to be incredibly sensitive and insecure about their work, so I try to be kind, respectful, supportive, and encouraging. If there is a good story lurking in a book, I will say so. If the writer is good at dialogue, I point that out. Sometimes I have to deliver bad news, big problems that the writer must fix in order to have a readable book. I’m insecure myself, so I know how horrible it is to have my dreams crushed. I don’t want to do that to anyone, but it is the job of an editor to consider and comment. Lying to a writer by saying everything is fine when it is not fine does a writer no good.

If you must write a book, learn the basics, learn the craft. Get those grammar and punctuation tools in your toolbox and use them. You can look up the rules about punctuation marks in The Elements of Style, by Strunk and White, and I wish you would. Every writer should own and use that slender volume.

An editor costs money and you’ll be ‘way ahead if you do the basic work on your manuscript before you show it to anyone. If you think readers aren’t going to notice errors because your native talent is so gosh darn exceptional, think again.

Don’t read the Seattle Times to learn how to write, by the way. When I read the Times I wonder if they have copy editors anymore. A recent paper had a headline saying a wind storm was “vicious.” I maintain that wind storms may be destructive, but they are not capable of spite or malice. This may be one of those things that bother me but not many other people.

I may be able to get the clean dishes put away today. That’s the extent of my control, and believe me, I’m going to enjoy it as much as I am able. I take what I can get.

Vashon artist in Women Painters of Washington Show “Musical Pieces”

Women Painters of Washington (WPW) present a brand new show where 28 distinguished women artists explore the rich world of music from their perspective April 5-July 1 at the WPW Seattle gallery located in the Columbia Center Building. Vashon Island artist, Ilse Reimnitz, will be among the 28 showcased.

Show goers will see visual concerts from color harmonies to chords of dissonance in a variety of mediums all while captivating an interconnected love affair between music and painting.

“Music is an important

part of my life,” said Reimnitz. “Music inspires me, gives me an optimistic happy feeling, and sometimes creative wings.”

You can see her musically inspired pieces take flight beginning April 5. There will be an opening reception on April 7 from 4-6pm directly before Pioneer Square’s First Thursday Art Walk with special jazz performance by Chris Amemiya & Friends. More information about the show and gallery times can be found on newly designed website WomenPainters.com.

(WomenPainters.com - WPW Gallery 701 5th Ave. Suite



310, Seattle, WA - 206-624-0543)

Vashon Island ShakesKIDS! Presents: King Lear

The Vashon Island ShakesKIDS! present KING LEAR at First Friday Art Walk at Spoke Gallery along with artwork inspired by King Lear and generated by the company.

In King Lear, nothing is certain. In the first scene Lear decides how much of his land to give to each of his daughters by asking them to describe their love to him, so that he might judge their desserts. Regan and Goneril respond with high praise that rings empty; Cordelia responds to with “Nothing”. To which he responds, “Nothing will come of nothing” (I.i.89). She is banished along with good Kent who defends her, and there begins a great unravelling of every certainty the characters believe until the theme of nothingness swallows up the characters and they are left with it.

“The quality of Nothing hath not such need to hide itself...” says Gloucester to his bastard son when the son pretends to not want him to see a letter that will incriminate the legitimate son. “Who is it that can tell me who I am?” Asks Lear; “Lear’s shadow.” Responds the Fool. Lear is confronted with the loss of his

power, respect, and love of his two daughters two whom he split his kingdom evenly, leaving out Cordelia, who, when asked to flatter could offer only, “Nothing.”.

In this, the ShakesKIDS! ninth production, they tackle the theme of nothing, as well as the divide of generations, revenge, ambition, duty, ingratitude, hate, rejection, madness, and fate.

Admission is free, come and exercise your Free Will. Please bring a pillow or a chair to sit on.

Friday, April 1st, doors open at 6:30, show starts at 7:00pm, reception to follow.

More information at: aimee@vashonshakes.org vashonshakes.org



Voyagers Auction

Harbor School and Carpe Diem Primary invite you to join our families, alumni, friends and supporters for our annual fundraising benefit VOYAGERS AUCTION on Saturday, April 2, 2016, beginning at 5 PM at Open Space for Arts & Community on Vashon Island.

In honor of our 20th Anniversary as an island school, we are returning to our auction roots and the very first auction theme--Voyagers Auction. Our annual event is our biggest, most extravagant celebration of the year. What makes it so fantastic? YOU! Bringing our community of families together in support of our school makes all the difference.

What makes this year important? On April 2, we will lift a glass in celebration of 20 Years of Wonder, for the uniting of both Carpe Diem & Harbor School this past year, and ask you to raise your paddle to support student scholarships and financial aid.

You won’t be disappointed! Fantastic treasures and experiences will be auctioned off, student art projects created just for you will be on display, a mad dash by each table of guests for one-of-a-kind desserts, plus Auctioneer Kevin Joyce and Martha Enson of En-Joy Productions will be returning to entertain, dazzle and entice you!

Please join us for a night you won’t want to miss and you certainly won’t forget!

20 Years of Wonder
Saturday, April 2nd at Open Space

Doors open at 5 PM | Dinner & Desserts | Silent & Live Auction with Auctioneer Kevin Joyce





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Aries (March 20-April 19)

You're bestowed with more energy than you know what to do with. Yet the planets are encouraging you to do something not so characteristic of your sign: pace yourself, move methodically and take the long view. You're onto something unusual, with a bit of extra potential. Yet your path to success looks like it will require you to revise your plan several times, including the financial end. Keep in mind that you're not sprinting but rather running a marathon, one whose course is not exactly set at this point. As you take the journey of the next year or two, you'll become a distinctly different person from who you are today. The greatest points of potential emerge where you encounter any seeming obstacle, diversion or reversal. That's where the real power is contained. To tap that power effectively, you'll want to be moving slowly and with conscious intention. The challenge here is that you are likely to be feeling driven and ambitious, which for you translates to the desire for speed. Instead, work for mindfulness and efficiency. Most important, focus on who you are becoming as much as on what you're doing, making or reaching for. When all is said and done, that's the single most important factor in the equation of your life: who you are becoming, in the present, now.

Taurus (April 19-May 20)

You seem to be jumping with anticipation, as if everything is about to happen all at once. You might feel that way, though I suggest you take events one at a time, just like you would move one piece at a time in a game of chess. Most of the pressure you're feeling is coming from inside you rather than from some external source. For some, this may feel like living on the verge of a panic attack, and for others, tapping into a deep source of inspiration. One thing I suggest is that you keep your attention as inwardly focused as you can. There's nothing as interesting in the outer world as what you have going on in your inner world. The great stage of your mind is teaching you everything you need to know; yet at the same time you have the ability to express your most intimate ideas to others. You're learning to do what most people never figure out, which is how to articulate what really matters to you. The more you figure out what that is, the clearer you'll be able to express yourself, and I suggest that you not hold back. Speak up about what you care about. Be open about whom you care for, and why. Consciously break the taboo of revealing your actual personal truth, and feel the rare strength that offers you.

Gemini (May 20-June 21)

Whatever you may be doing, you have the ability to reach many people this month. What's more is that you get to be unusually bold about your ideas. Generally society requires people to mince their words and blend them with mayonnaise to ensure public acceptability. You have the opposite effect going on. You will gain traction by presenting your actual concepts, even if they seem radical or like you're way ahead of your time (which is likely to be true). A window to the future is opening up, and it will stay open long enough for you to make your mark. I would, however, recommend that you follow what I call the American law of success: You can do anything you want, as long as you do it well. Based on that social contract, refinement counts. Quality counts, and so does being thorough. Presentation is essential. If you want to violate cultural taboos, or push the edge, it helps immensely to be polished and manicured. When dealing with business people, have your numbers in order. When addressing editors, make sure everything is already fact-checked and proofread before you turn it in. When working with art directors, present them with two or three options. Above all, be polite, pay attention and listen. You can pull off some wild, unusual coup this month, as long as you're smooth and well organized.

Cancer (June 21-July 22)

This is a take-charge moment for you. No doubt you've been feeling this as unusual confidence. You can feel your own presence in the world, so it's not surprising that others feel your presence as well. The usual glass ceiling has opened up into a skylight. You are visible and people are taking notice of both how you look and what you have to say. This combination of factors is often the formula for success. I would suggest one thing, which is that if you want to be a revolutionary, you must mind your politics. Live as if every word you're saying is being recorded. Understand who has influence and why. Know the difference between formal leadership (the boss, for example) and informal leadership (the executive assistant who can make anything happen) and work with that distinction. All in all, remember the human dimension of everything. Slow down and make contact with people, one at a time. Learn the names of everyone you work with and pay attention to how they feel. This would usually come naturally to one born under the sign of mothering, but right now your solar chart suggests you're more like big daddy. So make sure you draw reserves from your feminine side and take the time to express genuine caring, even as you set out to achieve bold and beautiful things like never before.

Leo (July 22-Aug. 23)

You have a future. That's a big deal right now, with the world living like there's no tomorrow. While it's not a good idea to obsess over the future or to treat it as your only resource, you will live more confidently in the present moment if you know you have time, space and potential ahead of you. Think of this message as: take your time rather than waste time. Taking your time means using time well. One particular angle of your chart is trying to get your attention, which is the house that addresses the themes of creativity, pleasure and risk. It seems as if there is something you want to experiment with or explore, yet you don't know whether to dive in or to hesitate. If this involves something you could call purely creative — that is, some form of expression with few possible consequences — you risk nothing by diving in. If there are some actual, potential consequences, which you must risk in order to succeed, then consider the worst-case scenario. What could go wrong and what are the chances that it will? How can you mitigate those potential effects? Then ask yourself if it's worth taking that risk to achieve what you want to do. Once you decide to proceed, skip all the hesitating and get on with the show.

Virgo (Aug. 23-Sep. 22)

You are one of the lucky ones. Remember that all the time. You have resources available to you that most people don't even dream of, which include actual, practical intelligence, the ability to solve problems and, right now, the potential to understand where anyone is coming from. That particular one, above all else, is your greatest asset at this time. You do not need to be mystified by the people around you, or the ones you meet. The first thing is to notice how you feel around anyone you encounter. That will tell you almost all you need to know, though if you listen you will learn more. If you're paying attention you will hear people describe or admit to everything that really matters; notice what you learn the first hour. You can learn through these experiences that it doesn't help to search for your completion in other people. The more you recognize the differences between you and others, the more interested you'll be in living as your own distinct person, in your own way. Relationships have their place, though the way to find it is to live more independently of them for a while. When you show up feeling like a whole person, which takes practice, you can have a lot more confidence in yourself and

in the situations you manifest. Once again, the time is right.

Libra (Sep. 22-Oct. 23)

Instead of wishing that life was not so confrontational, you might consider rising to the occasion. This will be easier than you think, especially if you consider that you're paying for the same team as most of the people around you. Rather than invoking an 'us and them' kind of response, you might consider everyone 'us' and see how that works. What might seem strange is how self-focused people around you are, up to the point where many ordinary aspects of life can seem competitive. One reason people choose to play this kind of game is because it's more fun, or seems so. Who really wants to play softball if one team doesn't get to win? Yet few people understand the nature of cooperative games. I would propose that the most significant game going on in your environment (mental and physical) is about figuring out who you are, and understanding your identity, without the need to resort to any form of aggressive confrontation. You would be the likely person in your environment to offer that idea through your example. Some people may understand this one if you offer it in theory, though figuring out and demonstrating what Germaine Greer called "the trick of cooperation" will work a lot better. Note that this would involve cooperating even with people you don't like; but that's the whole point, isn't it?

Scorpio (Oct. 23-Nov. 22)

Mars, the classical planet associated with Scorpio, stations retrograde later this month. This focuses questions of attachment, jealousy and, most notably, your relationship to money. Mars will retrograde into your sign, where it will spend all of June and July. So this is less about figuring out things, and more about gaining an understanding of who you are in relationship to those things. The bottom line seems to be about identifying what you actually need, and then learning how to say that out loud. On the deepest level this is an emotional question. We're really talking about how you feel and how you relate to what you feel, and about a grouping of themes related to survival. It's possible to play out all kinds of root-chakra dramas and burn up a lot of energy. It's also possible to seek authentic understanding of your most basic requirements for living, make peace with them, and learn to speak in language that other people understand. Yet this requires the intent of being understood, and the willingness to receive. How do you get there? I would say that generosity would teach you plenty. Do you really need to hold on so tight? Learn to share what you feel and what you have, and soon enough it will seem normal — as will the feeling of being understood.

Sagittarius (Nov. 22-Dec. 22)

You might feel like some kind of showdown is brewing, though I doubt it. The real question seems to be what you're going to do with all this energy you're feeling. Even if you're not one of these people who lives surrounded by art supplies, musical instruments and notebooks, I suggest you find a creative outlet for your abundant energy. One secret to the sign Sagittarius is that the most natural place for you to cultivate and grow your sense of personhood is in expressing yourself. Travel is important — yet I would propose this is more important. I am confident you're aware of the many ways you want to get your thoughts out of your own mind and into the world. You now have the advantage of the best thing that inspires art or writing, which is necessity. You need to take this chance, and to embark on this personal mission. If you're already an artist in some form, you can do riskier work and take yourself to a deeper place. In a little while you'll wonder how you ever survived without living like this all the time. Exploring in this direction will be one of the most dependable ways to find your path to the professional success that has been calling you, and that you've been reaching for. Set your mind free and good things will follow.

Capricorn (Dec. 22-Jan. 20)

If you're experiencing turbulence in your environment, or if you're feeling insecure, strive to make peace with yourself. To the extent that we humans create our reality, much depends on how safe we feel within our own mind and body. Part of what leads to your particular form of turbulence is that your imagination is confined. It often seems you can make the most elaborate and beautiful life you want, as long as it's a shoebox-sized diorama. You want and need more space and freedom than this, and you owe it to yourself to reach for it. The persistent question seems to be: what would people think if they knew what a wild thing you are? Yet why do you care? There's a reason, which functions as an excuse. It's easier to judge yourself if you let other people do it for you. Not judging yourself would mean granting yourself permission to explore, to expand your horizons and to experiment with your feelings, your ideas and your body. This would clearly threaten an identity you've cultivated around being small. You cannot have both, though I would ask why you would ever want to shrink yourself down. Initially this began as the desire to please other people without actually succeeding. You and only you can call a stop to this cycle, which means claiming your existence as your own.

Aquarius (Jan. 20-Feb. 19)

Be mindful of your need to plan things out. You have enough momentum in your life, and sufficient resources, to wing it for a while. Planning and strategy have a defensive quality, which can cut you off from your abundant creativity. This is a state-of-mind thing. Strategizing when you really would thrive on going with the flow is a distraction, which takes you out of the moment and therefore out of your ability to make decisions based on what is actually happening. If you want a strategy that might work, keep looking around at your environment and ask yourself what you need to be aware of, and what you need to do right now. This is called immediacy. It may seem radical not to dwell on the past or on the future, but it's not so strange if staying right in the moment puts you in contact with the equivalent of vast wealth — emotional, creative and material — plus a community to support you. Home in on what is genuinely available to you. Notice how generous people will be if you show up and are real in the moment. You might be amazed at all you were missing all that time, but you don't have to dwell on it. You have what you need, and who you need, right here and right now.

Pisces (Feb. 19-March 20)

You have before you a brilliant moment of inventiveness with money and other resources. While I'm always careful to include finances as one among many types of assets you can work with, money is the one deserving of your attention and creativity right now. This is mainly because you can get results beyond what you typically think are possible. Many factors in your chart reveal an unusual drive for success and numerable opportunities available to you. You are in rare form now, taking control of your affairs and removing needless obstacles. Yet at the heart of every business plan are the financials. The numbers have to add up, and when you need money to do a certain job, that's the thing that does the trick. You're someone who usually avoids being associated with a drive for wealth, though I suggest you try on this identity for a while. Try relating to your desire to be well funded, and to have enough to go around. Wash your hands and clear your mind of any notion that there's something unholy about money, and remember that the meaning of any tool is about what you do with it. There is plenty that you want to do, and plenty that you can do; one distinction of Pisces is taking the long, slow route, which is now evolving into the faster, more direct way.

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

Positively Speaking

Blessings and Cheer; A Fond Farewell

Dear Readers,
It all began on a ferry waiting for the 10:20, I believe. Would I write a column addressing some issues with the school district? It was 2004. Yes, I would. I would call it “Positively Speaking” because the one thing that was lacking on the Island was the ability to talk about negative things. The Island had to be Never Never Land, Coney Island, Disneyland, Capital of Pretend. You couldn’t say things like, “We have a serious adult alcoholism problem” or “Our kids are killing themselves because they can’t speak their pain.” or “We’re kinda promoting upper middle class ‘appearances not substance’.”

I wanted to demonstrate that it is possible to tell the truth and STILL love the Island; that we could have dimension and texture and vision. I wanted to someday see us written up in a magazine about the little community that had lots of social ills and decided to face them and was able to completely recreate themselves as healthy and whole.

But that week, we had yet another substance abuse related death of a young person. My first column was about our collective sorrow. There was a story behind that story.

My youngest daughter had hit a young boy hard when she was in preschool. Now, if you follow Island ways, you grow a tale of my daughter’s aggression. But in fact, I had taught her, as a means of self protection, that if anyone ever tried to take her underwear off, she could hit them. I was explaining hitting and protection from sexual violence.

So, two three year old boys made the mistake of chanting the ancient poem, “Trick or Treat, smell my feet” Yes...the last line says if you don’t give them a treat, they will pull down your underwear. Two days later I got a very angry call from a very angry mother. I apologized profusely and set about asking my daughter what had happened. She replied, “You told me to.” I asked for further information and she easily told me of their plans and then how she had defended herself. I called the mother back, who still felt my daughter was a little heavy handed (pardon the pun). We disagreed and I wouldn’t apologize for her. I was sorry it had happened, but relieved a bit she felt entitled. It set a negative between the two of us, contentiousness.

What it has to do with this story, is that the boy who died, was the one she punched. That day, and in days hence, that mother came to be someone I admired and respected beyond measure. I had the opportunity to tell her as well.

Over the years I’ve tried to do the impossible. I’ve tried to get Islanders to talk about negative things in positive ways. I’ve tried to encourage people who were lying to cover up their fears and anxieties and illegal operations, to tell the truth and find that people respect someone who tells the truth. I haven’t been successful. I’ve tried to help people tell the truth about their lives and stop trying to impress each other.

But, although mission was not accomplished, a funny thing happened on the way to ‘abort’. Thanks to Troy and Marie, and a growing gathering of readers, the column became very popular. Weekly, someone comes up to me and says, “I really liked your latest column”. To those of you , for whom I may have seemed a bit dazed and glazed over at first, know that what I was trying to remember was

By Deborah H. Anderson



the topic of my latest. See, we’re always in a bit of a time warp here at the Loop. The call goes out for the new column while the latest one still has a week to go, and I am in the middle of choosing topics.

Years into it I learned to just ask, ‘What touched you? What resonated’

As the years progressed, and other writing opportunities arrived, and other, more advanced writers told me to write more and affirmed my skills and abilities, and I grew to love discussing readers’ experiences with my words, I thought, this is it! I love this. I have so many words inside of me. Why not?!

Since I have never put my picture on the column I enjoyed relative anonymity, but two things happened to make me appreciate the opportunity to go bigger with my words, into a more vast ocean of readers.

First, a man pulled out his wallet and showed me a folded up column of mine on ending alcohol and substance abuse on the Island. Knowing someone was carrying around my words was had an astounding impact on me.

Secondly, I got a call from my adopted son. Years before, with an ache and loss in my heart I cannot describe, I made the decision to acquiesce to his decision to be returned to his birthmother. She seemed to have gotten clean and had a better living circumstances than I , or so it appeared, and she missed him very much. Both my adoptions were open adoptions, and I was pretty liberal about relationships. I had even arranged for my daughter and her birthmother to meet for lunch when she was a tween.

So, my son is chatting along telling me of his victories and asking about his childhood memories. “I had this really rotten childhood and these really good memories” I explained to him how hard I worked to give him a his sister an idyllic childhood to try to overcome the pain and suffering their birth families had infused. I told him, the trauma with which he arrived at our house at five, had denied him the ability to register goodness. But he was revealing things he shouldn’t have known about my life. Finally, I stopped him. “How do you know all this?” “Oh”, he replied cheerfully. “I’ve been reading your column for years. My favorite thing you wrote is ‘I hate what I’ve been through. I love what I’ve learned’.

And that was when I learned about the power of healing that can come from the written word. That is when I decided I needed to yield to all the encouragement from others to write more than just the column. Five years later and I have seven different writing projects on the front burner and no time to write the column anymore. So it is farewell.

My heart is full of gratitude. Thank you Troy and Marie, and Ed Swan, and lastly, Steven Allen. Your indulgence in me missing deadlines and earning the reward for worst self editor ever is so appreciated.

You have supported me with diligent patience and incredible respect. OK... I’m sitting here with tears at the typewriter. Writers just don’t get that. It’s a gift. The format of the Loop, and these editors, has allowed me to find myself as a writer, to find my voice, in an almost completely uncritical atmosphere.

I can now go out in the world and face harsh and severe and judgmental because

Vashon Library April 2016 Events

Children & Families

Family Story Times

Tuesday, April 5, 12, 19 and 26, 11:30am
Family program, all ages welcome with adult. Stories, songs and fun!

Teens

Teen Night: Quidditch

Saturday, April 30, 6pm
Presented by Emerald City Quidditch Club.
Grades 6-12 only.

We’re opening the library on a Saturday night just for teens! Use the library computers, play games and use the Wii, or just hangout. The first 30 interested students at the door can also sign up to play quidditch (that’s right, from Harry Potter) in real life! Free snacks and free raffle prizes all night long! Teens must be picked up by 9pm. Questions? Contact Ursula Schwaiger, uschwaig@kcls.org, 206.463.2069.

Adults

Vashon Friends of the Library Book Sale.

Saturday, April 2, 10am-3pm
Come in and browse great books and find some fantastic deals!
Donations of gently used books for the sale also accepted on Friday, April 1 between 11am-3pm.
Proceeds from the sale go to support library programs for children, teens and adults.

Great Books Discussion Group

The Rubáiyát of Omar Khayyám/
Rabbi Ben Ezra by Edward FitzGerald
Translated by Robert Browning
Monday, April 4, 6:30pm

Moments of Time Storytelling Workshop

Thursday, April 7, 2pm
Held at the Vashon Community Care Center, 15333 Vashon Hwy SW, Vashon, WA 98070.
Presented by Silver Kite Community Arts. This interactive storytelling workshop asks participants to reflect on favorite and/or outstanding moments in their lives and tell

there is so much ‘not that’ poured into my experience. Thank you all.

I’m going way over my 800- 1,000 words to tell you two more things:

First I will be blogging more at my three blogs.

If you are a parent it can be found at www.onewiththerootbeer.blogspot.com

If you are looking for personal growth www.mealsandmoments.blogspot.com

If you are struggling with faith issues www.socialcontemplative.blogspot.com

Sometime in the not too distant future, I will compile my favorite of these columns into a book called, “Love,Deborah”. I’ll let you know via the web when that is available. First I have to go through about 250 columns.

Second. Someone recently said to me, “If you go, who will speak?” My answer? It’s Vashon. Someone will come along with a new masthead and new ideas. So as I pack the sign that says ‘Positively Speaking’ into my suitcase, I say thanks for twelve terrific years. It’s been a privilege and an honor.

Love, forever and always,
Deborah



their stories through nonverbal communication techniques (image theatre) and oral storytelling. It is a nonperformance experience, sharing through action and storytelling. Registration required beginning Thursday, March 17. Register online at www.kcls.org or call the library, 206.463.2069.

Introduction to Web Programming (Five Sessions)

Saturday, April 9, 16, 23, 30 and May 7, 10am

Presented by Arthur Lee.
How do you create a web page? How do you make your web page accessible to the Internet? What’s the difference between a static and a dynamic web page? This class introduces the absolute basics of how to create web pages as well as fundamental programming concepts. No programming background or web page design is expected. No age restriction but please visit: <http://staff.washington.edu/artlee/kcls/webintro> for additional information about the class and important pre-requisites. A computer is not required in order to attend the class.
Please register starting March 19 at www.kcls.org or call the library, 206.463.2069.

One on One Computer Help

Thursday, April 14 and 28, 7pm
Do you need extra help on the computer? A KCLS volunteer instructor can give you one-on-one assistance on a drop-in basis.

Orca Lift/Food Stamps/Health Insurance Sign Up

Wednesday, April 20, 1:30pm
Presented by King County Public Health.
ORCA Lift is a program that provides low incomes with reduced fares on Metro buses, Sound Transit Link Light Rail and the Water Taxi.
What you need to bring: Photo ID from any state or country AND income verification- can be Provider One Card, EBT card, TANF award letter, SSI award letter, L & I statement of worker’s comp or Social Security Award letter.
This program is for everyone regardless of immigration status.

Best Practices and Formatting for Self-Publishing

Thursday, April 28, 6:30pm
Presented by Gerri Russell and Visual Quill. Get detailed information on how to self-publish for unpublished and published authors alike. This is a “how to” workshop, not a “should I do it” workshop. Gerri will discuss things to consider before you self-publish, how to prepare your manuscript for conversion, then take you through the steps for producing a converted document for .mobi (Kindle) and ePub (All other e-tailers). It’s a must for anyone considering self-publishing.

Talk Time

Tuesdays, 6:30pm
Practice speaking English with other English language learners, all levels welcome. Learn about your community and meet people from around the world. Classes are free, join anytime!

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

Island Epicure



By Marj Watkins

Nettle Lore

The nettle plant is really your friend. It’s tasty and nutritious. When it stings you, it’s only trying to save its own life long enough to produce seeds and extend its genes through another nettle generation. So never strip a nettle patch completely. The nettle plants know that grazing animals, like us, regard it as an excellent, and free, vegetable. It’s stings ward off deer, but not us. We wear rubber gloves. Cloth gloves can be penetrated with the stingers.

For nettle hunting, take along a paper bag. Bend the tender tops of nettle plants over your open bag and snip them off with scissors, untouched by bare hands. If you get stung anyway, seek some dock leaves; they grow near nettles. Mash them and apply the juice to the red spots the stings raise on your skin.

Dump the nettles into a large pan or basin and fill it at least half full of water. Using tongs, swish the nettles to rid them of any dust. Drain.

Cosmetically, a wash with nettle infused water is said to improve the complexion and add sparkle to the eyes. I’d be sure to bring those nettles to a boil, and then cool them before removing the nettle leaves and trying this beauty treatment. Another use is to make a hair lotion by boiling nettles and vinegar together.

Medically, nettles used to be applied as a counter-irritant to rheumatism. The afflicted person

presented the aching joints to be whipped with whole nettle plants. We suppose the pain of the nettle stings took away the arthritic person’s awareness of the original pain. Nettles are said to also be anti-asthmatic.

Nettle seeds were once used as antidotes for the bites of poisonous snakes and spiders. They may have been ground into a paste and applied to the bite, but I have no recipe for that.

Lucky for us, the virulence of those stingers disappears when nettle leaves are cooked or dried. You can steam them or boil them and serve with a dash of extra virgin olive oil and a splash of vinegar as hot side dish. You can also cook them with other veggies to create nourishing soups.

The soup recipe below is a good way to use up leftover cooked rice or noodles. For a vegan soup, substitute 5 cups vegetable stock for the condensed broth and water.

Nettle Soup

- Makes 6 servings
- 4 cups nettle tops
- 2 thin carrots, thinly sliced
- 2 small potatoes, diced, optional
- 2 cans Campbell’s condensed chicken broth
- 3 cups water
- Dash Chipotle salt or 1/8 teaspoon cayenne
- ¼ teaspoon black pepper
- 1 teaspoon dried marjoram or oregano
- Cooked rice or noodles, optional
- Bring all the ingredients to a boil. Taste and adjust seasoning to your liking.

Serve as is, or pour hot soup over cooked rice or noodles. If choosing to serve with rice or noodles, you may want to omit the potatoes, though potatoes contain ‘resistant’ starch which digests very slowly.

Shrimp - the good and the bad

By Kathy Abascal

Shrimp - the good and the bad

Americans like shrimp and eat about 4 pounds of large shrimp or prawns a year. Most of those shrimp (about 94%) are imported and most are farmed. The TQI Diet, however, includes only the small wild pink or Northern shrimp as every day choices. Eliminating the most popular types of shrimp, of course, leads many to ask why they should make this change.

Our seafood unfortunately comes with both heavy metals (e.g., mercury and cadmium) and persistent toxins such as dioxins, PCBs, flame retardants, etc. Figuring out the actual toxins we are exposed to from the shrimp we eat is tricky because studies generally look only at a few toxins at a time and ignore all others. For example, in testing shrimp after the Louisiana oil spill, the FDA evaluated “high-priority” hydrocarbons and concluded that the residue of those toxins in shrimp did not pose a serious health concern. This allowed the white shrimp fisheries in the gulf to reopen. However, a subsequent study noted that many of the chemicals found in gulf shrimp lacked toxicity data and were not included in the FDA’s health risk assessments. When a conservative attempt was made to factor those toxins into the equation, risk estimates of Louisiana white shrimp actually rose to an unacceptable level.

Farmed imported shrimp -- and most of what we see at restaurants and in the grocery store are farmed in other countries - present problems not even touched on in toxicity studies. These shrimp are often raised in ponds filled with fecal matter, chemicals, and decaying food. The shrimp end up sick causing the farmer to use antibiotics and other drugs that leave a residue in the shrimp. The shrimp are packed in ice that is not always (or even usually) as clean as it should be and the general hygiene on foreign shrimp farms is often lacking. As a result, 60% of shrimp tested positive for bacteria in tests run by Consumer Reports.

While shrimp destined for the US market are not supposed to be exposed to any antibiotics or banned pesticides, oversight is lacking. The government only tests about 0.7% of shrimp entering the country and this is not enough: Consumer Reports found prohibited antibiotics and pesticides in tested shrimp. More drug resistant bacteria were found on shrimp than were found in similar studies done on chicken, pork or ground turkey. Despite the higher price

for wild shrimp, Consumer Reports concluded that wild shrimp from US waters is worth the extra money.

Sustainability is also an issue. Ecologically important mangroves - wetlands that support biodiversity and absorb significant amounts of greenhouse gases - are cleared for shrimp farms that eventually are abandoned, leaving behind toxic cesspools.

Even wild shrimping is often unsustainable: Shrimpers drag nets on the ocean floor, damaging other important species: 1 to 3 pounds of other species, including endangered sea turtles, are killed for every pound of wild shrimp caught in many areas. There are federal laws in place to help avoid this type of shrimping but a state law in Louisiana prohibits the implementation of that law; thus by-catch of endangered species remains an issue even in some parts of the US and is a very big issue when it comes to imported wild shrimp.

Finally, one study undertook a complex evaluation of the relative nutritional benefits of seafood. Seafood provides important nutrients such as omega-3 fats, vitamin D, and iodine. This study balanced the benefit of these nutrients against the dangers of the toxins also present in seafood. Because shrimp, cod, sole, canned tuna, scallops and oysters are lean, they do not contain as many beneficial nutrients as for instance salmon does but this seafood cluster does accumulate toxins. As a result, only small amounts can be eaten before the toxins begin to dominate the picture. This study concluded that shrimp would be a healthy choice if an adult ate a little less than 2 ounces of shrimp a week.



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.

If more were consumed, the toxins present would outweigh the nutritional benefits. This means we could comfortably eat 4 pounds of shrimp annually -- but only IF we avoid eating any other members of the seafood cluster. If we also eat cod, sole, canned tuna, scallops, and/or oysters we would need to eat less shrimp.

The TQI diet does not limit the amount of seafood a person may choose to eat. Instead, it avoids a toxin overload by only allowing cleaner varieties of seafood. This is the main reason why the TQI Diet recommends eating only little wild pink shrimp caught primarily off the west coast where sustainable fishing methods are used. The larger shrimp are at best an occasional treat such as the few weeks in late spring when British Columbia caught spot prawns are available.

Road to Resilience

Continued from Page 1

large number of Baby Boomers (born after WW II) working just then, so there was no lack of Social Security taxes at the time. However, because this large group would introduce a larger benefit burden later (starting around about 2015), the idea was to raise the rates on them in 1982 and save the additional revenue for the future in a Social Security Trust Fund. Fair enough up to that point, you might say. It was only later, after Congress accepted his proposal and the middle class turned their attention back to their day-to-day work, that Greenspan added the key feature that really sold the package to Reagan and his wealthy beneficiaries. It went like this: “Oh, and since taxes are taxes, we’ll spend the excess SS wage taxes as we would any other tax—to avoid the deficit of course! —And, since we won’t need the money to cover additional SS Benefits until after 2015, we’ll merely keep track of the Fund’s value on paper—a promissory note backed up by the full faith and credit of the US Government!”

Well, 2015 has come and gone, the use of wage SS taxes to relieve the income tax cuts for the wealthy still goes on but many of the Baby Boomers are now retiring and in need of their benefits. The accounting shows that the Trust Fund—apparently worth nearly \$3 trillion on paper—will cover them, but some politicians would have us question that promissory note. Their faith is apparently wavering amid concerns for claims of poor credit and they claim the SS system was a poor idea to begin with (even though it has worked well for over 80 years!).

So, that’s where my tale stands today. Jim is retired and still living well and the Norwegians are prepared to take care of their old folks. But, here in American, we’re being asked to accept that 30 years worth of excessive SS taxes were spent—needed to cover the deficits caused by 30 years of low tax rates on the wealthy continuing to this day: part of the massive transfer of wealth talked about by Bernie Sanders. I agree with him; the wealthy

have had their breaks. It’s time they make amends and we end our tale with them getting back in the game by paying their fair share.

Comments?
terry@vashonloop.com



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Formed from deep within the Westsound Union, Rippin' Chicken plays a greasy brand of funky, bugaloo and soul jazz, executed with creative ease by three funky brothers from different mothers who LOVE to play together.

After performing and recording together for the better part of a decade in groups such as The Funk Revolution, The Lucky Mystery Now Orchestra, and The Bucks (all under the direction of the great

Lucky Brown), Rippin' Chicken presents this power-house rhythm section as the center of attention, playing the music they want to, in a style that is all their own.

“A soul-food Organ trio gone Rippin’”

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Friday, April 1st, 8:30pm
Rippin' Chicken

The Red Bicycle Bistro & Sushi

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www.zerowastevashon.org

Van Redeker



on lead guitar and vocals, Sara Van Fleet on bass guitar and vocals, and Sam Van Fleet on guitar and vocals. The group is once again joined by 9 time winner of The Washington Blues Society's "Best Drums" Award, drummer/percussionist Chris

Leighton. Don't miss it!
Friday, April 8th, 8:30pm
Van Redeker
With special guest Chris Leighton. The Red Bicycle Bistro & Sushi
All-age's 'till 11pm, 21+ after that. Free cover!

Home Sweet Home



guitar riffs, and your soul will be shaking with the rest of ours.
Friday, April 15th, 8:30pm
Home Sweet Home
The Red Bicycle Bistro &

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

Fortepiano and Flute

Virtuoso duos from the last half of the 18th century reflect the changing musical currents of Mozart's lifetime and explore a new relationship between the increasingly popular fortepiano and the flute in Fortepiano and Flute with flutist Jeffrey Cohan and fortepianist Henry Lebedinsky on Monday, April 4 at 7:00 PM at Bethel Church at 148th Ave SW & 119th Street (14736 SW Bethel Lane) on Vashon Island.

The one-keyed flute of the baroque period acquired as many as six or eight keys and the harpsichord yielded to the fortepiano as the keyboard instrument of choice during this span of 50 years, which encompasses the complete life and works of Wolfgang Amadeus

Mozart, productive periods for the sons of Johann Sebastian Bach, and the rise of a new breed of virtuosos such as Devienne, Beethoven and Hummel. Jeffrey Cohan will play replicas of both a one-keyed flute from about 1755 and an eight-keyed flute from about 1807. Henry Lebedinsky will play an original fortepiano made in 1799. The program will include works mostly for flute with obbligato keyboard but also for flute with figured bass by flutist François Devienne (pictured above), Mozart's publisher Anton Hoffmeister, Johann Nepomuk Hummel who lived with Mozart for two years as a child virtuoso, and J.S. Bach's sons Carl Philipp Emanuel Bach and Johann Christoph Friedrich



Bach, all written between 1755 and about 1800.

The suggested donation will be \$15, \$20 or \$25 (a free will offering). Those 18 and under are free. Please see www.salishseafestival.org/vashon or call Bethel Church at (206) 567-4255 for more information.

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An Intimate House Concert



A rare opportunity to hear strikingly conceived vocal and instrumental music by Bay area duo Noctambule and Portland based mandolin virtuoso Tim Connell in an intimate house concert will be available on Vashon Island on the evening of April 10th. at 7 PM.

MARLA FIBISH and BRUCE VICTOR are NOCTAMBULE. Based in San Francisco, they play traditional and original music in a variety of forms – original musical settings of a broad array of poetry, original instrumental pieces, and traditional Irish tunes and songs. This unique collaboration brings out qualities in both of these seasoned musicians that you may not have heard from them before. Their music is rendered with lush beauty, sensitivity and humor on an unusual array of strings -- various guitars in varied tunings, mandola, mandolin, bouzouki, cittern, tenor guitar -- and their blended voices. They take the name Noctambule, French for ‘night-owl,’ from a Robert Service poem about a nocturnal ramble through the back alleys of Paris, which they have set to music and included on their acclaimed CD Travel in the Shadows. Their first CD together, released in 2013, it explores many forms of the ‘night journey’ in song, offering the traveler the opportunity to see and experience things differently once the usual sources of light have been extinguished. THE WAKING, their new release, is again poetry-set-to-music with some original instrumentals. The songs explore the vicissitudes, the inscrutability, and the ultimately indomitable nature of time. More at www.noctambulemusic.com.

MARLA FIBISH is well known in the Irish music world, bringing a musicality and excitement to the tradition that is seldom heard on the mandolin. She is also known for her compositions, musical settings of poetry and instrumental pieces that have been featured in her work with Out of the Rain, and Three Mile Stone, and on her recording with Jimmy Crowley, The Morning Star. In addition to the mandolin, Marla brings mandola, tenor guitar, bouzouki, accordion, and her alto voice to the Noctambule sound.

BRUCE VICTOR is an eclectic and

accomplished guitarist and composer, who plays several different guitars in several different tunings. Seemingly resisting any single musical genre, he has been labeled a ‘poly-stylist’ by one of the editors of Acoustic Guitar magazine. He has played with The Sirens of San Francisco, The Triplicates, and as a solo performer. He was the founder of The Acoustic Vortex, a non-profit musical organization that produced house concerts, mentored youth performers, and performed benefit concerts for other non-profit organizations. He is also a practicing psychiatrist and was a Clinical Professor of Psychiatry in the School of Medicine at the University of California, San Francisco.

TIM CONNELL is well-known to acoustic music fans as a top-tier, virtuoso mandolinist, touring internationally with Mike Marshall’s Ger Mandolin Orchestra. Tim has also spent many years putting together a set of solo arrangements for the mandolin, from Brazilian choros to Irish jigs, from Beatles to Broadway. Tim couples these flights of virtuosic picking with heartfelt American songs, giving audiences an intimate window into his virtuosic yet emotional style and his deep passion for music and life.

A graduate of the New England Conservatory of Music and a virtuoso mandolinist with over twenty years professional performing experience, Tim has created a sophisticated and original global style on the mandolin. Widely regarded as the top North American interpreter of the Brazilian choro style on the mandolin, he has also developed his own unique voice for the instrument, described in a recent Mandolin Magazine cover story as “fiery and energetic, soulful and evocative.” More at www.timconnellmusic.com

Come hear these extraordinary musicians in a lovely setting in the woods of Vashon. Space is limited, so reserve your place by calling Susan at 206-618-9504. Directions will be then provided. The suggested donation is \$15.

Local kayaktivists featured in “This Changes Everything”



Photo with orange banner Climate Justice - taken by Islander Jeff Dunncliff

Backbone Campaign is bringing “This Changes Everything” for a one-night screening to the Vashon Theatre, Tuesday, April 5th, 6 PM. Included in the film’s footage is last year’s successful efforts of kayaktivists; kayaktivism is a tool initiated and developed by the Backbone Campaign and Vashon Island’s Mosquito Fleet.

The documentary takes on a realistic but hopeful re-imagination of the challenge of climate change, and is based on Naomi Klein’s non-fiction best seller, of the same title. It addresses what we can do now to build a carbon-free future.

“This Changes Everything” presents powerful portraits of communities in nine countries who are on the front lines of climate change, including the Pacific Northwest. Interwoven is Klein’s narration, connecting the carbon in the

air with the economic system that put it there. She builds to her most exciting idea: that we can seize the existential crisis of climate change to transform our failed economic system into something radically better.

The screening is co-sponsored by the Meaningful Movies Project, Island GreenTech and Vashon Theatre. Admission is by donation (suggested \$5-\$10/person), with no one turned away for lack of funds.

The Backbone Campaign will lead a post-screening discussion and give details on the upcoming international Break Free From Fossil Fuel Campaign in May, with actions in Anacortes, and on its Solutionary Rail project. For more information go to www.BackboneCampaign.org.

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oldredtruck@comcast.net

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human activities. If you'd like company
while you work around the house, I think
I could fit that into my schedule.

I want people to pay attention to me,
but I'm more comfortable when they let
me decide the right time. Sometimes I just
want to be by myself, thinking mysterious
cat thoughts. Lately I've been thinking that
it's way past time for me to "spring" into
a new home. How about celebrating the
new season with a new kitty in your life?



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