

Reality TV Star Runs for Public Office on Vashon

With a flip of his unkempt white wool, and a sheepish grin, Noodle the Sheep announced his candidacy for Unofficial Mayor of Vashon. Noodle rose to prominence after his appearance on an episode of the HGTV show *Island Life*. He is also known locally for his heroism, as seen in video footage posted on vyfs.org.

Unlike other reality TV stars, Noodle maintains the humility and good nature inherent in his island roots. Noodle is a born and bred local, an old islander from multi-generational stock. He is a familiar figure in the Gold Beach neighborhood and can be seen frequently on afternoon strolls near his Sun Island Farm home, where he lives with the Yarkin family. As part of his Mayoral Campaign, Noodle will be making special appearances at the Vashon Farmers Market, the Sheepdog Classic and other Island events. As Unofficial Mayor, Noodle is excited about riding in a vintage car in the Strawberry Festival Parade, and looks forward to chewing through ribbons for new business grand openings!

Vashon Youth & Family Services



strongly endorses Noodle, believing that he typifies the values held dear by all islanders: Individuality, Strength, Loyalty, Courage and Spirit! He is calm in the face of a windstorm, and cool under the pressure of shearing.

Noodle firmly believes that all islanders thrive when they support each other and he throws his support behind VYFS. Funds raised by Noodles' Unofficial Mayoral Campaign will be used by Vashon Youth and Family Services to fund critical island social services: Free

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Mukai House and Garden Cherry Blossoms Herald State Court Decision



As venerable cherry trees bloom on the Mukai House and garden grounds, the landmark farm property, after years of dispute, has finally returned to community control. On April 4th, State Court of Appeals Judges Spearman, Appelwick and Leach issued a unanimous and definitive decision affirming King County Judge Monica Benton's 2015 ruling granting Friends of Mukai full legal rights to the landmark Mukai House and Garden. This long-awaited judgement allows Friends of Mukai to restore this historic landmark of Vashon's Japanese and agricultural heritage and make it accessible to the greater community. The Judges affirmed that those who joined Island Landmarks in 2012 were valid members; therefore the Board they elected at a special meeting in 2012 actually is the legal Board, responsible for, and owner of the historic Mukai property.

Island Landmarks purchased the Mukai House and garden in 2000, using state, federal and county funds, with commitments to restore the garden and open the site to the public for educational purposes. Sadly, the organization languished. In 2012, a group of islanders, "Friends of Mukai", concerned by the ongoing neglect of the property, the lack of community access, and lack of response, initiated a successful membership drive for Island Landmarks, and elected a new board. The right to do this was challenged by the deposed group, so the new board took the issue to court, beginning the lengthy process just concluded.

Throughout the arduous multi-year legal battle, the Friends of Mukai Board had the assistance and support of State Senator

Sharon Nelson, State Representative Joe Fitzgibbon, King County Executive Dow Constantine, and King County Council member Joe McDermott. In addition, key agencies who were most helpful included 4Culture, King County Department of Natural Resources and Parks, Washington Trust for Historic Preservation, and Washington State Department of Archaeology and Historic Preservation. Vashon-Maury Island Land Trust and Vashon-Maury Island Heritage Association provided much appreciated encouragement and local support.

Winning the landmark decision was achieved with the support of the stellar legal team of David Brenner and Dan Gunter, of Riddel Williams and Charles Maduell, of Davis Wright Tremaine, who on a pro bono basis served with Friends of Mukai President Lynn Greiner on this multi-year challenging and unprecedented case. They, their firms, and numerous other local legal professionals donated countless hours of service working with great dedication, skill, and imagination to prevail against a determined and well-financed opponent.

With the favorable decision by the State Court of Appeals, Friends of Mukai is moving forward to secure the site, complete the professional assessment by Artifacts Consulting and begin the work to stabilize and restore the House and Garden. The group plans to re-involve the community and Friends of Mukai's many supporters in the work of assuring the future of this historical landmark.

An open house thank you celebration at the House and garden is planned for the near future

The Road to Resilience

Real Change This Time

As we get embroiled in the fever of the presidential election campaign season, it is important to get some perspective on what is really happening right now and what we should best be doing. What is happening is much larger than Bernie, Hillary, Trump, or Cruz. We are experiencing a much deeper societal change that will go on regardless of the results of this election.

The grand winners in the current paradigm feel that the present arrangement is just fine and, if anything, needs to be applied more intensively. Some see that we have serious problems but that they can be addressed within the confines of the current power structure. What we have now is a natural groundswell that says the current balance of power is concentrated in the hands of too few and needs to change. This election is taking place in the midst of that groundswell. Regardless of the election outcome, the groundswell will continue as long as the inequality in power and wealth is not addressed.

As we have become complacent and have neglected to vote and mind the direction of our country, others have taken it up for private gain. In the current paradigm, those that contribute the most money to elections control the government and use it for their own profit. In a society that celebrates the individual and the autocratic corporation, this system leaves no room for little people to vie for power. For too long, cynicism has been the rule. As more and more of us have won the right

By Terry Sullivan,

to vote, fewer and fewer of us continue to believe that it makes a difference. Now, we little people are fed up and are lashing out, some of us irrationally.

When a society undergoes a paradigm change, it is necessary to throw away some systems that served us in the past, and step out into the unknown to take on new systems that will serve us in the new paradigm. It is a dangerous time, such as a fetus experiences going from the womb environment into the outer world where it must now breathe air and pursue its other needs with the body that is now ready to take on those tasks. The danger is not so much a matter of being unprepared, for the body is ready. The danger is thinking that the womb is all-important and can't be left behind. The womb is no longer relevant and to remain there would surely be a death sentence.

To me, Bernie Sanders is the one candidate that is already stepping into that new paradigm. He has shown us that, collectively, we have more power than the few. On the strength of his honesty and integrity, we have learned that we can breathe on our own. We have made millions of small contributions to fund his campaign at the same level as the corporate funded candidates. Up until now, we never thought this was possible. Now, all of the candidates for lesser offices can make the same pact with their constituents and get elected without being beholden to the wealthy. Now, we can elect politicians that will advance the priorities that we all determine, not just those of the wealthy.

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Live Entertainment

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Home Sweet Home

Friday, April 22, 8:30pm

Jealous Dogs

Friday, April 29, 8pm

The Portage Fill Band

Friday, May 6, 8:30pm

The Jefferson Rose Band

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Vashon Library Events

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Submit your Event on line at

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Find the Loop on-line at

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Next Edition of The Loop Comes out Thursday April 28

Deadline for the next edition of *The Loop* is **Friday, April 22**

Find us on Skype

Vashon Loop

206-925-3837

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 Celebration for the Whole Family

Honor the new life of Spring, and this poignant time to let go and receive nature’s beauty and bounty.

VWP’s Annual Spring Feast and Bizarre Bazaar

You’re invited to bring food inspired by spring, and nature-inspired items to trade in our silent market. We’ll feast, make wishes for future generations, and enjoy our extended community connections.

Saturday April 30th, 4-7pm, Vashon Island Cohousing. More information at: vashonwildernessprogram.org

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.

Community Poetry Reading

On April 28th at 6 pm at The Vashon Bookshop, a community poetry reading will be held to celebrate National Poetry Month. Margaret Roncone facilitated an poetry reading in Seattle for over 10 years and since moving to Vashon has missed hearing the poetry of others and the camaraderie formed from sharing a common passion for words. She has noticed the poetry readings here are well attended, so perhaps there will be enough interest among local poets for this community reading to become an ongoing series meeting every other month.

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

VIPP Spring Bake Sale

Vashon Island Pet Protectors Spring Bake Sale
Between Thriftway and Ace Hardware
Sat. APRIL 23rd 9a.m.-1p.m.
Stop by to purchase an array of goodies baked by some of the island’s best bakers. If you would like to contribute please drop off your tightly wrapped & labeled goodies after 8:30 the morning of the 23rd. For more information please call Victoria 463-5381

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Vashon Social Dance Group Monthly Dance & Lesson

SATURDAY April 16, 2016
Vashon Social Dance Group Lesson & Dance
Ober Park Performance Hall - 17130 Vashon Hwy SW (Vashon Park District Office Building)
7:00 - 8:00 pm Dance Lesson (Majority choice Swing, 2-Step, Waltz, Foxtrot)
8:00 - 9:30 pm Dancing to eclectic selection of dance music
No partner needed. Come and bring anyone interested in dancing!
Suggested donation: \$10 for either or, both lesson and dance
No one turned away due to lack of funding. Join Us!
Hope to see and dance with you then.
Come alone or join us for a wonderful evening of social dance.
NO PARTNER NEEDED!

Death Cafe

The Vashon Death Cafe is following the global movement to increase ones awareness of death with a view to helping people make the most of their (finite) lives. Gather with us in a relaxed setting to discuss death dink tea and eat cookies and other treats. Ask yourself “in this limited time that I’ve got what’s important for me to do?” Death Cafes are free from ideology-no one should lead others towards any conclusion about life, death or life after death. Death Cafes are respectful of all regardless of gender, sexual orientation, religion/faith, ethnicity and disability Death Cafes are non-profit and non-commercial. Death Cafes are confidential.
Death Cafe At Vashon Intuitive Arts on Sunday, 4-24-16 from 130 to 3 PM by donation.

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

Wastemobile makes household hazardous waste collection stop in Vashon, April 15-17

Visit the Wastemobile website for details about acceptable materials and amounts, plus upcoming collection events and convenient, permanent disposal sites
King County residents can safely dispose of old car batteries, oil, paint thinner and many other household hazardous items at no cost when the Wastemobile travels to Vashon, April 15-17. This is the Wastemobile’s only visit to Vashon this year.
The Wastemobile will be at the Tjomsland Gravel Pit, 17001 107th Ave. SW, Vashon, from 10 a.m. to 5 p.m. each day.
Residents can drop off household hazardous waste items including pesticides, oil-based paints, automotive products (oil, antifreeze, lamps, etc.), fluorescent bulbs/tubes and other items without a charge. The service is pre-paid through garbage and sewer utility fees.

The Vashon Loop

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We reserve the right to edit or not even print stuff.

The White Enamel Wash Pan with the Red Ring

By Seán C. Malone

Johnny had invented a test tube holder to measure the cream content of milk in Wisconsin near the start of the last century. He and his brother had owned a dairy and Uncle Johnny lived off the patent for the test tube holder for the rest of his life. They had grown up on the Mattson's farm south of Madison and their Mother only spoke Danish and "her mark" was an "x" because she couldn't write her name. Her mark can be found on the plat map of the Mattson homestead at Portage. Our Great-Grandmother Christine's husband Nels, was a fundamentalist preacher, farmer and naturopath and built a house at Portage for Mrs. Smith, a Vashon teacher.

There must have been lots of Indians in Wisconsin, because Johnny told the story of riding his pony to the trading post to get coffee beans and seeing a bunch of young bucks hanging around the front porch of the trading post. Johnny was eighteen. The Indians started following Johnny home and he knew there might be trouble, so he urged his pony to try to get some distance between himself and the Indians. He saw some rocks up ahead and knew if he could make the rocks, that he could hold them off with his 22 pistol. The Indians gave up the chase without incident and Johnny rode home.

Uncle Johnny built his own frame house on the beach at Portage and ran a chicken farm at Luana beach and one in Tenino to boot. His brother Jim also raised chickens adjacent to their father's farm on the hill above Quartermaster. Johnny's house was on the beach and once started to float away on a very high tide. All sorts of lumber that Johnny had beach combed had been neatly stacked on pilings in front of the house and it all went out with the tide.

A generation later, Uncle Johnny was sitting on his wood pile and eating what us kids thought was garbage. Johnny was ahead of his time.

His red water pump sat on top of the well he had "witched" and dug himself. A glass of water sat beside the pump for the next user to prime the pump with.

At 75 years old Uncle Johnny could stand on his head for 30 minutes and



walked six miles from Ellisport to the golf course every day. I know because my cousins timed him. He lived in the Old Folks Home for the last 20 years of his life, and called for his wife Matty, when she had passed on years before. They hadn't been allowed to stay in the same room and if you came to visit, he would say: "Please wait, Matty will be here any minute."

He had a device, an electric vibrating belt, producing heat that aided his digestion. It was wide, dark black leather and when Johnny lay on his back on his bunk us kids could hear its buzzing and Uncle Johnny would tell us a story about wild Indians and such.

My nurse, a Lakota Sioux, was taking my blood pressure as I related the story of Uncle Johnny's magical belt and she said she had never heard of such a thing. Like my CPAP device, it may only have worked for people who believed it was helping.

The Burton dance hall was famous for the fights and times that were had there. Matty and Johnny walked from Portage to Burton for the music and dancing. Uncle Johnny played the fiddle and Matty the guitar.

Aunt Matty had a pearl handled 38 that she kept under her pillow for protection and we were allowed to see it only once. She also peeled her potatoes and onions and carrots in a white enamel wash pan with a red ring and Uncle Johnny would sit on his pile of driftwood to eat his garbage.

Heart of Vashon: Telling our story is complete!

We are delighted to announce that Heart of Vashon: telling our story is complete! We delivered all the project materials to the board of Vashon Maury Island Heritage Association last week. These materials are now in the permanent archives of VMIHA, offering a small peek into contemporary Island life as we roll into the 21st century.

We put together three notebooks containing all the original stories, the script we wove from the stories, brief demographic data about the writers, posters, program, invitations and all our background and publicity materials. There is a video of the performance and a CD of the story documents, MP3s and list of contributors.

We want to thank everyone who participated: Michael Barker, director, and the cast and crew who staged the Blue Heron readings; the audiences who were with us every breath; and especially the 150 writers who entrusted us and the community with their stories. The project would not have been possible without our sponsors, each contributing to make different pieces of the whole beautiful tapestry fall into place: Voice of Vashon, Vashon Allied Arts, All Island Forum and



Shirley Ferris and Mary Shackelford deliver final Heart of Vashon materials for Heritage Museum archives.

VMIHA.

Words may not convey the joy, pleasure, pride and gratitude we continue to treasure from our work on this community story project. It was an honor to receive what came pouring forth, a great gift of creative collaboration to weave the threads together and a special delight to offer it out to everyone with whom we share this wonderful Island we all call home. Thank you, each and every one!

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

Gouda Girl Needs A Home...

I've been hanging around Chautauqua and McMurray for most of my life. Now that I've learned everything the Vashon School District can teach me, I'm ready to graduate into your household as a well-loved companion. If you have an opening for an affectionate and mellow cat, I'd like to apply for it. I'm available for interviews (along with my shelter buddies) on Saturdays from 11:30 a.m. to 2:30 p.m.

Go To www.vipp.org Click on Adopt

JUNE 9-12, 2016

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Tickets and Shuttle Info [BROWN](#) [PAPER](#) [TICKETS](#)

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Photo ©Linda Crayton

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

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

Levy explanation

You may be confused that a ballot has arrived in the mail asking you to vote on another Proposition for the Vashon Island School District. In February you were asked to consider a bond. This is not a bond. This new ballot, due back to King County Elections on April 26th, is for renewal of the Vashon Island School District expiring Technology and Facilities Capital Projects Levy.

So what is the difference 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. Unfortunately, “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. 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.

Every four years, voters are asked to vote to renew this Technology and Facilities Capital Projects Levy. Your next question may be, why do we need these funds? Renewal of this levy ensures

the continuing excellence of our school programs and maintains our investment in our school facilities by funding:

Major repairs, improvements and preventive maintenance needed to maintain our investment in our school facilities and equipment

Instructional technology and network upgrades for teaching, student computing, presentations, publishing, special education, and district operations

Current state funding does not provide for these purposes, and school districts are completely dependent upon local levy funds to meet these needs. Our proposal for the next four years is to increase the levy annually by an inflation factor of approximately 2 percent. Therefore, beginning in 2017 the collection will be \$920,000 and grow to \$980,000 in the fourth year of collection. If approved, the renewal of the Technology and Facilities Capital Projects Replacement Levy would provide funding for four years from 2017 through 2020.

For a list of projects completed with funds from the expiring levy and detailed tax information, please visit www.vashonsd.org.

Letters in support of School Levy

Fellow Islanders:

Ballots for a school levy have been arriving at your homes and I want to make one thing perfectly clear: THIS LEVY MAINTAINS WHAT WE HAVE NOW. It is NOT building new facilities. No new gyms. No new athletic fields.

For years the school district (wisely, I think) has earmarked levy funds to maintain our school’s facilities

Here’s the good news; our current taxes are already paying for the maintenance program because we’ve been passing levies for it since 2002.

The last levy is now running out and we just need to renew it. The old levy was collecting about \$900,000 a year. The new one will collect \$920,000, so the actual increase will only be \$20,000 a year or \$3.50 extra per average home.

What will this money be buying us?

It pays for people to do preventive work on school facilities, some new and some reconditioned equipment, and a couple of major projects like heating systems

On the technology side it will buy staffing for tech support and system management, upgrades to the network infrastructure, training for teachers in how to use it, computer upgrades for classrooms, libraries and labs, and software licensing.

We need this levy because the State is not paying enough for basic education and is in fact in contempt of a State Supreme Court decision requiring more generous funding.

So if we want this done we have to do it locally. Let’s do it.

Jim Hauser

To the editor,

I am writing to show our family’s support of the new School Levy. I am concerned that as the Bond vote happened so recently, people will either be confused, or will not remember to vote. And community support is crucial.

Please remember this is not a bond, it is a renewal levy. The current Maintenance and Technology Levy is about to run out. We need to renew as our schools are completely dependent upon local levy support in order to provide for technology operations and classroom instruction. Technology skills are now “basic skills”

necessary for any career and essential to success in college.

Existing facilities need to be well maintained, and general fund dollars provided by the state are insufficient to meet district commitments for adequately maintaining and caring for the district’s buildings and grounds. This levy is absolutely critical to ensure the District can take care of what we have.

Thank you.

Lisa MacLeod & Family

It is almost time for our favorite issue of the Beachcomber, where all the graduating seniors are highlighted for their high school achievements as well as future plans. Every year we are amazed at where our island students are headed to college or plans for the future. Twenty four years ago we moved to Vashon without really knowing what a gift we were giving our own children, with such an outstanding school district.

This outstanding school district does not happen in a vacuum. It happens with dedicated teachers and administrators, committed volunteers and a supportive community willing to fund what the state does not. Our Vashon community has supported the school district’s Technology and Facilities Capital Projects Levy since 2002.

Every four years we are asked to again renew this levy and our commitment to our kids. This levy will fund preventative maintenance, so our students can learn in a safe and healthy environment. It will also pay for technology programs that are essential to learning and preparing our students for future work and higher education. Both of these items are not provided by the state. If we don’t fund these through this levy, our kids go without them.


We have raised our kids in this community and continue to be grateful we moved here so long ago. Although we don’t have children in the schools anymore, we are committed to all our Vashon children and urge you to do the same. Please support the Technology and Facilities Capital Projects Levy on April 26th.

Mark and Laura Hansen



Come see Fat, Sick and Nearly Dead 2 and stay to chat...



Vashon Theatre & Island GreenTech Host
a community movie night showing of



In Joe Cross' sequel he meets with experts who present realistic solutions to making long-term sustainable improvements to eating behaviors and overall health.

Tuesday April 19th @ 6pm

Free admission. Donations for the Food Bank will be collected. Donate 'better than canned' items at the event or make a credit card donation at VashonTheatre.com



Talk about what it takes to maintain a large health change. Learn about the latest information on fasting. Is when you eat as important as what you eat? What is the biggest factor in your health ? It may not be what you think.

Jessica Bolding healed her self from a debilitating illness with fasting and

raw food from 2007 to 2011 and will talk about what she has learned about staying healthy. Please bring a cash donation for the food bank.

Come see Fat, Sick and Nearly Dead 2 and stay to chat...

Tuesday, April 19th from 6-8pm.
The Vashon Theatre

Spiritual Smart Aleck



By Mary Tuel

The Importance of Sitting and Staring

A while back it occurred to me that my days needed some organization.

I sat down with pen and paper, ruler and colored pencils, and drew my week. I listed when I get up, and when I go to bed, and then I listed everything in between through each day of the week. I blocked out the hours and colored in the blocks. Classes were one color, rehearsals another, meals, writing, and guitar practice had their separate colors, and so on. I even scheduled half an hour a day for tidying, so I would have a specific time to do the dishes, laundry, sweeping, and vacuuming. I noted when my grandson left for school and when he came home and what days he had activities after school and when he went to his other grandmother's for the night.

When I was done I had a colorful page with a lot of writing and blocks of time mapped out. I looked at it and thought, wow, no wonder I feel overwhelmed. I had not realized how busy my schedule is. Now, though, the patterns of my days were visible, and I had a plan for each day that I could follow and thereby save myself from a lot of fussing about what to do next or when to do it.

I followed the schedule conscientiously for exactly one day. Boy, did things get done. I felt righteous.

The second day I did not adhere so closely to the schedule. As you might have guessed, tidying was the first thing to go.

Soon I realized that my life is not geared for a tight schedule. Stuff happens. I must deal with situations that arise. My grandson has health issues which sometimes require immediate attention. I have my own odd appointments as well.

It took about a week to realize that I had written down things to do, but had forgotten to write in some activities which may not look practical or

productive. For example, I had only two hours a week sketched out for meeting my sister-from-another-mother Becky at Granny's and having coffee or tea afterward. That block had the annotation: "Social life. Ha ha ha."

The greatest oversight, though, was that there were no color blocks for sitting and staring.

How do you schedule sitting and staring? Sitting and staring is something I do every day. I don't plan it. It happens. My favorite sitting and staring spot is the kitchen porch, when I can watch the squirrels dancing through the forest canopy, and the birds harassing one another at the bird feeder. While I stare the dog roams around the yard attending to her outdoor duties, woofing at various passersby of two- or four-legged persuasions. Sometimes the cat sits with me and watches all those critters he can't kill right that minute.

Those are good times, out on the porch, and now that the weather is improving I'm getting more of those sessions. I'm even walking around the yard looking at the plants, pulling weeds, and marveling at how many things wintered over that weren't supposed to: nasturtiums, for heaven's sake, and fuchsias.

While I sit and stare sometimes I pray, or marvel at the world going on around me, but mostly I'm thinking. I think about people, situations, how I'm going to get by on Social Security, how much I miss Rick, what to write for my next column, or whatever fresh hell has lately presented itself.

Sitting and staring does not look like I'm doing anything, but it is rejuvenating, and I couldn't write essays or songs without it.

I still check my schedule. I like the colors.

For the moment I'm back to playing life by ear, mostly, riffing on whatever is the rhythm and melody of the moment.

It's not for everyone, but it works for me.

Local Vashon Author reads from his latest thriller

New Book by International School Librarian Unflinchingly Opens Saudi Doors to YA Readers In New Action Thriller

Imposter If you are an American teenager going to school in Saudi Arabia, and you disrespect the customs of your host country, the royal family, and a religion thousands of years old, your Teflon coating, the one you thought you had-compliments of your United States government-wears off quickly.

Although students who attend international schools are seldom the subjects of YA fiction, their lives are often filled with political intrigue, exposure to espionage, governmental overthrow, and war. With so many headlines dealing with terrorism and Saudi Arabia's support of terrorists, Imposter is ready to be launched at a time that will help fill an information void that exists about a part of the world incomprehensible to millions of teen readers. Jonas's twenty years working overseas with expat kids, three in Saudi Arabia, enriches the stories authentic voice in bringing foreign concepts to a level teenagers can easily grasp.

Summary In a more tolerant world, Zane Walker's charade would have been ignored. In Saudi Arabia, a sixteen-year-old boy masquerading as an online cleric cannot be ignored. In a media studies class he is taking at an international school he is to create media personae, an online presence using social media. One student creates a new product. One creates a service. Another creates a

April 21, 6 pm
Bob Jonas, Local Author

Imposter a novel by Bob Jonas

Book Reading

Vashon Bookshop
April 21, 6 pm
17612 Vashon Hwy SW
Vashon, Washington 98070
(206) 463-2616

non-profit to raise money and awareness. Zane Walker creates an international incident.

His interpretation of the assignment, because of its incendiary possibilities, was never to go live, like those of his classmates. Somehow, inexplicably, it does. He now has thousands of followers, thinking his fatwas-religious edicts-are coming from a scholarly

Muslim cleric. To many, he is leading a long overdue Islamic reformation.

When the religious police show up at his western compound with a decree to detain him, the only reformation they are interested in is his head on a plate. The truth of his efforts, that he was set up by a terrorist cell to foment discord between the United States and Saudi Arabia, may not be enough to quell the wrath of the religious establishment, the Royal family, and the worldwide condemnation for his disrespect.

Bob Jonas has been a school librarian for twenty-one years-four in Beaverton, Oregon and seven in China -- Shanghai, Beijing, and Hong Kong. In South America he worked for three years in Santiago, Chile, and then three years in the in Riyadh, Saudi Arabia. After his last post in Erlangen, Germany, Bob retired from being a school librarian but not from writing. As a storyteller, writer, and school librarian for over two decades, Jonas has motivated, inspired, stimulated, stirred, cajoled, provoked, and done what was necessary to get kids to read. He will continue to write, visit schools, and present at conferences.

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Aries (March 20-April 19)

Know what works for you. Filter all your options through that knowledge, and your decisions will be properly informed. Simple though the protocol may be, it will be easy to forget. That’s because your life looks as though it might gain considerable stimulation in the coming weeks. A lot of good things and interesting people are likely to be drawn to you. Your power to attract is very strong right now. Unless you exercise discretion and set some boundaries, however, the real gems may get lost in the sheer volume of people and things moving in your direction, through no apparent effort of your own. Be selective. Additionally, prioritize what you want to go after over what or who is coming after you.

Taurus (April 19-May 20)

It is as if you are a musician or actor who has finally mastered your art to the point where you can improvise with confidence whenever and wherever you see fit. This is especially true for situations where your personal needs are in actual or potential conflict with your personal obligations. Yet you are still a human being, neither omnipotent nor infallible. Fortunately for you there is one reliable guideline to keep you in clover and out of error at this time: You need to be clear about what you don’t know. Therefore, in any circumstance that finds you in possession of all the pertinent data, proceed to succeed. Where vital information is missing, simply remember to be a detective first, and an executive second.

Gemini (May 20-June 21)

Time to update the reputation that precedes you. You know you are not the person you were five years ago. You are better. You are more. Fortunately, there is no rush to refresh your social profiles, or even to replace your publicly available photos. Take the time to develop a strategy before you employ any tactics. Get grounded in who you are now, and get clear on who you aim to become. Then, sort out all the ways in which what you see in yourself and envision of yourself differs from how you exist in the minds of others. Finally, think on how to most convincingly change the minds of those who think they know you, so that they can both see and support you in a new and more authentic way.

Cancer (June 21-July 22)

It’s very possible you don’t know your own strength when it comes to getting what you want from the world right now. Therefore, apply your efforts gently until you get a sense of how much they are being multiplied on the other end. It should go without saying that you will not need to knock any doors down. Instead, seek to persuade others to open up to you by showing you understand their needs. That way, their needs and your wants can both be fulfilled, so that the process of exchange you are seeking to consummate feels easy for everybody involved. Once you do get what you want, it would also be wise to follow up and establish a relationship that will last longer than the yield of any transaction.

Leo (July 22-Aug. 23)

Make hay while the Sun shines. There are evidently some things that need your fullest attention now, because they will not wait. Other things can safely be put off. Discerning between the two will do more than just make you efficient and effective. People will notice how you combine diligence with discretion, and will support you in your aspirations to extend your

horizons and expand your opportunities for advancement. This is no game. Part of the picture for every person who would like to be a future reference on your resume is their own reputation. Hence, be aware that every time you come through for yourself will also feather the cap of those who are cheering you on with enlightened self-interest.

Virgo (Aug. 23-Sep. 22)

Your most cherished values have validity. You have proven and vindicated your core verities, especially over the last ten or eleven years — leaving you both justified and empowered to speak your personal truth. Others, however, have their own values and truths, which have also been justly earned and hard won. Hence your choice at this time: You could elect to circle the proverbial wagons and declare war on any beliefs not your own, but that would only leave you confined within a circumference of your own making. The other option is to be open and present to everybody’s most essential and authentic values, so as to find and integrate the common thread you follow to freedom.

Libra (Sep. 22-Oct. 23)

While climbing a tree, it’s usually a good idea to stay close to the trunk where the footholds are strong and there is nearly always a way to pull yourself up further. Going out on a limb is usually understood to be the equivalent of taking a risk. You know from your own experience that the safest, surest way works best most of the time. Even so, there are times when a carefully calculated risk is your best bet. Look around and consider whether now might be one of those times to branch off. In order to evaluate whether that’s true for you, ask yourself two questions. First, is the metaphorical trunk solid or rotted at the core? Next, will the symbolic limb ultimately take you to somewhere besides thin air?

Scorpio (Oct. 23-Nov. 22)

Love your feelings. Give your emotional qualities a hug. This is no time to deny or discredit your passionate and intuitive nature. While there is a proper time and place to be solid and objective, it would not become you to pretend that’s all there is to you. Your gut and heart are as much a part of you as your head; it is almost as if you have a team within you to manage and coach. The trick is to embrace every member of the team and bring them all with you all the time, while also being able to choose which of your multiple assets is most appropriate to apply in any given situation. If you can simply do that, you will always be giving yourself a chance to win.

Sagittarius (Nov. 22-Dec. 22)

If molecular biologists have it right, all the people on Earth are family. If musical anthropologists are correct, an integral part of your human family history is rock-and-roll. What distinguishes rock-and-roll at its best is that it’s fun. The main reason rock is fun evidently has to do with its correlation to one of the most gratifying and enjoyable activities of all: sex. That’s why the people who are at war with sex are nearly always the same folks who want to ban raucous music and dancing. It’s also how you can most safely and surely address anything cramping your style right now. One way or another, give yourself permission to rock with abandon even if it means dancing alone in a chair. It will bust you out and bring you back home.

Capricorn (Dec. 22-Jan. 20)

If you haven’t recently moved from

Run for Unofficial Mayor of Vashon

Have you dreamed about being an elected official? Want to ride the coat tails of the national election? Here is your chance to become the Official Unofficial Mayor of Vashon Island AND support your favorite Island non-profit organization at the same time!

Anyone can enter and run for the office! The election is open to any Vashon Island resident regardless of age, race, gender identity, corporeality or species! Declare which Island charity you want to represent, get written permission from the non-profit organization to run and fundraise for them and get to campaigning. In order to throw your hat in the ring you must first announce you are running for office to the Chamber of Commerce and agree to the rules of the election, then announce it to the local newspapers and start your campaign. Create and place up to 12 ballot boxes, organize your fund raisers and get out there and get votes.

Your supporters can vote (as many times as they like) by depositing a dollar (or more) in the ballot box. Each dollar counts as one vote with the winner earning the title of Vashon Island’s Unofficial Mayor. All money goes to benefit non-profits on the Island. Money is collected and sent to the Chamber of Commerce for counting and verifying. The Mayor’s race has been known to raise up to \$15,000 to benefit Island causes.

IF YOU WIN! You will be invited to participate in other events throughout the year, such as the Ribbon Untying Ceremonies and Chamber Events but participation is totally optional. Once elected, the fun starts...all year.! (Just a word of caution, the Unofficial Mayor has

Reality TV Star Runs for Public Office on Vashon

Continued from Page 1
Crisis Intervention, Emergency Financial Assistance, Mental Health Counseling, Childcare Scholarships and Parent Education.

Vote for Noodle and Support VYFS! There is no age restriction, and you can vote multiple times. Each vote is \$1. Look for ballot boxes at local businesses and the Farmers Market or log on to vyfs.org and Give Oodles for Noodle!

one abode to another, at least be open to a chance to improve your circumstances by doing so. If a change of residence simply is not in the cards for your foreseeable future, think about what you can do to make changes where you sleep. You know what simply opening a window can sometimes do to make an interior space suddenly more comfortable and restful. In your case, at this time, there are indications that a similarly easy addition or removal at what you call ‘home’ could yield something of the same results. If you need a clue regarding how to make it happen, look around where you live and either add something that says ‘you’, or purge something that doesn’t. Repeat as needed.

Aquarius (Jan. 20-Feb. 19)

Doing the right thing for others is an expression of love. So, however, is doing the right thing for yourself. It should currently be possible for you to love both yourself and others at the same time. To get started, review your life for any habits that do not seem to be doing you or those you care for any real good. Then take some actual written notes whenever you indulge those predilections. Note especially your motivations for continuing what (at least

as much power as they have budget for this position which is nil)

Vashon Island Unofficial Mayor Contest... the Details:

Declaration Deadline is June 1

The Unofficial Mayor Contest is a joint fundraiser run by the Vashon Chamber of Commerce and by participating Vashon Island Charities. The Chamber of Commerce is the fiscal agent of the contest and are responsible for the office.

The election is open to any Vashon Island resident regardless of age, race, gender, identity, corporeality or species. Candidates may run under assumed names, nom-d’ plumes, character names,
Continued on Page 8

Grand Marshal Nominations!

The Vashon-Maury Island Chamber of Commerce is accepting nominations for the 2016 Strawberry Festival Grand Parade Grand Marshal.

Nominate someone special to be Grand Marshal, send us a letter or an email telling us the following things about your nominee:

How they have enhanced Island life.

In what ways have they given back to the community?

What is their involvement in community?

Let us know any service work they have done or are doing.

How long have they lived on Vashon? AND MOST IMPORTANT

Why you think they should be Vashon Island’s Grand Marshal.

Nominees will be selected by The Sponsors of the Grand Marshal Award (Island Market IGA) and Board Members of the Vashon Chamber of Commerce.

Nominations should be submitted to the Chamber of Commerce via letter or email by Noon, Tuesday June 15, 2016.

The Grand Marshal will be honored with a special place in the Grand Parade on Saturday July 16 th and the Car Parade on Sunday July 17 th. Their name will be etched on the Grand Marshals plaque displayed at the Chamber and they will get to present their favorite Strawberry Festival Grand Parade Participants with the coveted Grand Marshal’s Choice Award.

on the surface) seems to be an indulgence that costs more than it pays. That way, you will either discover a heretofore-unrealized benefit of these particular customs or gain insight into how to better know and practice what love can be.

Pisces (Feb. 19-March 20)

In some way, you hold the key to the entire theater of your life — which means you have more power than nearly anybody (perhaps even you) can readily see. Yet all that influence will not make you happy by itself. One important factor that will determine whether your power will ultimately serve to please you is whether or not you can delegate when you need to. If you are currently expected to be both star and producer (or even if you think you need or desire to be both), you may need to decide whether you have a preference, or whether some of your tasks can be shifted. This will help you maintain a healthy workload, so that you can shine with your full brightness and beauty.

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

Finding the OM in h(OM)e

By Emily Herrick

When we think about flexibility in yoga, we tend to think about the physical aspects. Are our hips open enough so that we can we take our knee to the side in tree pose? Do we have enough flexibility in our hamstrings to touch our toes in a forward bend? This physical side of the benefits of yoga is magnificent, but I’ve been thinking a lot lately about the spiritual, mental and emotional benefits of flexibility that yoga has brought to my life. In flexibility, we can access the present moment with so much more ease – and bring so much more ease to everything.

My husband, Michael and I (and our two dogs, Lucie and Miele) have been in temporary living situations for a year and a half now while our new home is being built. We’ve been incredibly fortunate to find rental homes directly on the water as we acclimate to our new island life. Yet, long-term rentals are hard to come by on the island, and we are preparing to move to our fourth (and thankfully, final) rental house.

It’s been an amazing adventure, and, don’t get me wrong, I wouldn’t trade the experience for the world – but I’m very aware of how a lifestyle that emphasizes yoga and meditation are contributing greatly to my ability to remain flexible and centered through this tumultuous process. As someone for whom the concept of a clear, strong, stable home space feels essential to well-being, this situation has definitely been challenging. I’m convinced that the ability to maintain a flexible attitude is directly connected to more joy, harmony and happiness – and, most importantly, the ability to remain present – what we are all seeking.

Everyone has challenging situations, and some, of course, are more challenging than others. If we can lean into the situation or circumstance from a place of flexibility, from alack of resistance and an ability to

remain open, many miracles, large and small, start to become apparent. It’s a daily, ongoing process; as Jonathan Fields of <http://www.goodlifeproject.com/> says, “There is no ‘there-there.” In other words, we never arrive at a place where these tools, teachings and practices no longer serve us in our journey or we stop growing. Be sure to listen to the episode with Neil Pasricha – it’s one of my favorites.

When my son was young, I used to say to him often, “What you resist persists. So just stop resisting.” I hope those words had some impact on him. A wonderful book about the power of non-resistance (i.e., flexibility) is The Surrender Experiment by Michael A. Singer <http://untetheredsoul.com/surrender-experiment>. It’s the incredible story of how the author’s life unfolded in unexpected and wonderful ways once he made the decision to go with whatever presented itself in his life.

I’ll be offering a six-week course beginning this June, Yoga for Flexibility and Mindfulness, at CoreCentric Elite Personal Training Center <http://www.corecentrictraining.com/>. More details on that next month, but if you live on Vashon suffice it to say for now that the practice will increase your strength and flexibility and also increase your ‘inner flexibility.’

Being flexible and open led me to meeting my wonderful radio cohost, Rachel Waldron of <http://www.waldrondesigns.com/>. I’m super-excited to announce that “Inner Space,” our new radio show, will begin airing on the second Sunday of each month, starting on April 10 on KVSH FM, 101.9 <http://www.voiceofvashon.org/>. We have had a blast doing the first six episodes and are excited about future possibilities for the show. Please listen in - and let me know what you like best about it and if there are topics you’d like us to address in the future.

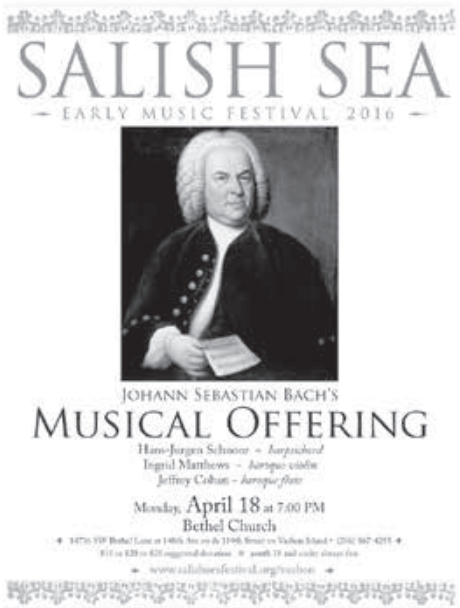
Salish Sea Early Music Festival

The Salish Sea Early Music Festival offers a rare opportunity to hear the complete Musical Offering and other chamber music by Johann Sebastian Bach on period instruments with German harpsichordist Hans-Jürgen Schnoor, baroque violinist Ingrid Matthews and baroque flutist Jeffrey Cohan in Bach’s Musical Offering on Monday, April 18 at 7:00 PM at Bethel Church at 148th Ave SW & 119th Street (14736 SW Bethel Lane) on Vashon Island.

J.S. Bach walked for two days to hear Dietrich Buxtehude at St. Mary’s Church in Lübeck, where Mr. Schnoor currently is organist and holds one of the most coveted and history-laden positions as keyboardist in all of Europe. Ingrid Matthews founded and directed the Seattle Baroque Orchestra, and Jeffrey Cohan directs the Salish Sea Early Music Festival.

The Musical Offering was initiated in 1747 when Frederick the Great, King Frederick II of Prussia, himself a superb flutist, gave to Bach a complicated theme upon which Bach improvised to the astonishment of all present. Within the next few weeks Bach perfected and presented to Frederick a composition which exhibits Bach’s boundless imagination and profound depth of expression in a brilliant set of canons and fugues, and a trio sonata that is without parallel in 18th-century chamber music, all based on this royal theme. The 6-part fugue is the most significant keyboard work ever written according to musicologist Charles Rosen. Also on the program will be two trio sonatas for violin, flute and harpsichord, and the Chromatic Fantasy and Fugue for solo harpsichord, all by Johann Sebastian Bach.

The suggested donation will be \$15, \$20 or \$25 (a free will offering). Those 18



and under are free. Tickets are available at the door and through salishseafestival.org/vashon or call Bethel Church at (206) 567-4255 for more information.

BACH’S MUSICAL OFFERING
(Salish Sea Early Music Festival)
Hans-Jürgen Schnoor (harpsichord),
Ingrid Matthews
(baroque violin) and Jeffrey Cohan
(baroque flute)
Monday, April 18 at 7:00 PM
Bethel Church at 148th Ave SW &
119th Street on Vashon Island

ADMISSION: Suggested donation:
\$15, \$20 or \$25 (a free will offering), 18
& under free.

MORE INFO: please see www.salishseafestival.org/vashon or call Bethel Church at (206) 567-4255

Run for Unofficial Mayor of Vashon

Continued from Page 7

nicknames, random numbers, or their given names.

In order to run for Unofficial Mayor Candidates must do the following:

Select a501C3 Designated Charity to fundraise for.

Your charity must submit to the Chamber of Commerce a letter a letter from IRS declaring their 501c3 status Charity as well as an endorsement from the Charity and, giving the candidate permission to fundraise for them and agreeing to the contest terms.

Declare candidacy to the Chamber of Commerce, the newspapers, social media and anyone else who will listen.

Create and up to 12 “ballot boxes” (ballot boxes = collection boxes since money equals votes in this contest).

Place ballot boxes in various locations throughout the Island. Inform Chamber of Commerce Staff of the location of your ballot boxes.

Fundraise to get out the vote: 1 Dollar = 1 Vote, encourage voters to vote multiple times!

Candidates may solicit donations however they want. Checks must be made payable to Vashon Chamber of Commerce with your campaign name and charity name in the memo section of the check. Checks made out to the Charitable Organization directly but copies must be submitted in order for those votes to count. Credit Card donations can be made directly to the Charitable Organization

Winning the Election:
The candidate with the most money raised is elected Unofficial Mayor.
Money is collected and counted by

the Vashon Chamber of Commerce.
Winner is verified by Chamber Staff and Directors and announced at 10PM on the Saturday evening at the Beer Garden.
Winner gets to ride in the Sunday Car Parade.
Winner serves as Unofficial Mayor until the 2017 Mayor is elected.

Distributing Funds:
Money raised by each candidate for their respective charity still goes to the charity regardless of election results.

Money is collected by, counted and distributed to the participating charities by the Vashon Chamber of Commerce.

Charitable Organization submits copies of Checks & Credit Card donations made directly to organization in order for those “votes” to count.

The fiscal agreement with participating Charities is that Charities receive 85% of gross raised with 15% going to The Chamber of Commerce.

Chamber of Commerce provides each Charity with an accounting of funds collected and issues a check to the Charity by the end of July.

Contact:
Jim Marsh, Executive Director
jim@vashonchamber.com,
(206) 463-6217

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By Marj Watkins

Do It Yourself Satay

Have you been enjoying supermarket satay? This is chicken, pork, or beef cooked on a stick in a Thai manner. It’s inexpensive and cooks super fast. You can make satay at home either on an outdoor grill, and under your kitchen cook stove’s broiler. The name ‘satay’ is a corruption of the English word “steak.” The recipe originated in Indonesia, and being quick cooking and delicious, it leaped the channel to the Malay peninsula, then sped up into Thailand. When you live that close to the equator, you don’t want to spend much time over a hot stove or grill We first ate it in Bangkok, and thought it a Thai original. Traditionally, it’s cooked on wooden skewers.

Thai Beef Satay
6 servings

- 1 pound lean beef thinly sliced and cut in strips ½ x 2 inches, and marinated at least twenty minutes.
- Marinade:
 - 2 cloves garlic, mashed and chopped
 - ½ medium size onion, chopped
 - 1 Tablespoon brown or coconut sugar juice of 1 lime
 - 1 Tablespoon Nam Pla (fish sauce)
 - 1 to 2 Tablespoons lemon juice
 - 1 Tablespoon light olive oil or peanut oil

In a blender or food processor, puree the above ingredients. Thread the meat ribbons on wooden skewers, three or four to each skewer. Place them side by side in a large plastic or ceramic platter. Pour the marinade over the meat. Let it stand for 30 to 60 minutes, rotating the sticks occasionally so all the meat strips get a chance to absorb flavors from the marinade.

If the weather stays warm, and you’re outside cooking on a grill over charcoal, light the coals and let them get to the stage where they’re coated with white ash. If by the time this column hits print it’s raining again, and you’re in the house using a broiler, turn it on and let it come to full heat, about 10 minutes. The satay needs to be briefly cooked over or under high heat.

Remove the satay, still on it’s sticks, from the marinade. Cook over or under fierce heat, and quickly for 2 to 3 minutes. Turn the satays over and cook the other side 2 minutes. Enjoy with Peanut Sauce. This sauce is equally good served over steamed vegetables for a vegan meal. You can whip the sauce up while the charcoal or broiler heats.

- Instant Peanut Sauce
 - Makes about ¾ cup
 - ½ cup peanut butter
 - 1 medium onion, finely chopped
 - 1 cup “thick” coconut milk
 - 1 Tablespoon brown or coconut sugar
 - ½ teaspoon cayenne
 - 1 teaspoon lemon juice or to taste
 - 1 Tablespoon dark soy sauce
- Bring all the ingredients to a boil in a saucepan while stirring. Remove at once from the heat. Taste and add more cayenne if you’d like it spicier. Serve in small bowls for dipping the satay meat in. Let each diner gnaw the meat from the sticks, or slip it off with a fork. Present side bowls of fresh cucumber relish.

- Fresh Cucumber Relish,
6 servings:
 - 2 large cucumbers, 1 small red onion, ¼ to ½ teaspoon red hot pepper flakes, ½ cup water
 - 5 Tablespoons white or blond balsamic vinegar, ½ teaspoon salt. Peel cucumber and onion and halve lengthwise. Slice thinly. Combine with hot pepper flakes in a bowl. Dissolve the sugar and salt on the hot water. Pour over the cucumber and onion. Stir and refrigerate. Don’t worry if you have no red onion. This is also good made with just the cucumber.

Road to Resilience

Continued from Page 1

Just saying so does not bring about the change. Those invested in the status quo, “the establishment,” own and control the major media. They are telling us that what we are attempting to do is: dangerous!, irresponsible!, naïve! Naturally, there are a large number of us that have bought into that. They are telling us that to pursue all the things that we really want would be nice, but it just isn’t realistic. At the same time, we can see that the things we want have already been achieved in all the other countries of comparable wealth. The media belittle and trivialize the candidacy of Bernie Sanders. He has shown remarkable patience and forbearance, and his courage has given us the courage to believe that we can do this as millions more join the effort. Don’t buy into the major media klaptrap! We own the

future and Bernie represents it. If the movement continues to grow, Bernie Sanders will get the nomination. If not, the “Bernie Block” must continue to push for change. This is something that will take longer than an election season. Some of us will settle for nothing less than Bernie and will not vote for Clinton. I agree that Ms. Clinton is a standard bearer for the status quo and not the president we need now. But Clinton will not singlehandedly derail the revolution any more than Sanders will make it happen. We the people will determine that, and we need those Clinton people that want the same things that we do, but aren’t ready to cut loose from the status quo. We need those Trump people too. We can’t risk alienating and dividing ourselves further. A Clinton presidency may be frustrating, but a Cruz or Trump presidency

By Kathy Abascal

Many people do some type of “detox” in the spring. I always silently groan when friends announce that they are going on a full blown fast. I cringe when others tell me they are going to clear toxins out of their body by doing colonics, taking a variety of herbal capsules and drinking pre-made shakes or juices that easily will wreak havoc on their intestinal flora and burden their liver with lots of fructose and, depending on the juice, some arsenic.

Historically, most cultures favored occasional fasting. Likely these fasts were beneficial, giving the body a break after a winter lacking in fresh vegetables and filled with less healthy preserved foods. Unfortunately (at least in some respects), we live in a very different world than our ancestors did. Each of us is walking around carrying a substantial load of persistent toxins, DDT, triclosan, phthalates, PBDEs, and dioxins, to name just a few.

These toxins are called persistent because the body’s detoxification systems cannot efficiently get rid of them once absorbed. Instead, these toxins are tucked away in our fat cells but, because cells turn-over, they periodically recirculate so we also have these toxins in our blood stream at all times. As well, we are also constantly absorbing new toxins from our environment. Whether slender or fat, we all have toxins both in our fat and in our blood.

When we go on a prolonged low calorie diet, a full-on fast, or a stringent detox regimen, we release fat to burn for energy. In the process, our circulating levels of toxins rise and we re-expose our bodies to chemicals that can disrupt our hormone systems and suppress our immune system. As well, if we cut out all calories for longer than 24 hours without a well planned exercise routine, we start to break down muscle tissue.

So consider this scenario: You decide a fast is the way to rid yourself of all the “bad” things you have accumulated over the winter so you can start fresh. As you fast, you release the fats in your fat cells and raise your circulating toxin load and you break down some of your muscle tissue. But because you are not providing your body with the antioxidants or other nutrients needed to help your body handle these toxins your fast will not in any way help your body excrete those toxins. They will eventually find their way back into your fat cells and you will simply have increased their potential to do

could be catastrophic. If enough of us believe in Bernie’s path, he will be elected. If not, let’s not subject ourselves to a right wing nutcase that could cause much more violence and dissension than many of us care to imagine.

Comments?
terry@vashonloop.com

Forget Fasts and Detoxes

damage as they circulate in your blood.

Nor will the cleanses and detoxifications sold at the health food store or online help rid your body of these persistent toxins. Again, none of us (whether fish, grizzly bear, cow, or human) can efficiently excrete these chemicals. Once in your body, these guys will remain for prolonged periods no matter how often you fast, how much fiber you eat, or how many laxatives you take.


Instead, we need to accept that our toxin levels are high and may actually be increasing despite bans on many of these chemicals. Rather than fasting and cleansing, we need to consistently work on eating foods that protect our bodies. We need to eliminate sugars, chemicals, alcohol, eliminate poor quality animal products, and really load up on plant nutrients by eating dark leafy greens, vegetables, and other plant foods. We should avoid dramatic reductions in calories for days at a time. And more than anything, we need to give up our belief that we can eat poor quality foods when we feel like it thinking that we later can “fix” any damage done by enduring a ritualistic fast or cleanse.

In today’s world, the belief that colonics and a juice fast are going to get rid of toxins is far too simplistic. Instead, we need to take to heart the importance of helping our bodies cope with the modern world by eating well. So



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 your goal is health, feed your intestinal flora and load up on colorful, antioxidant-rich foods. Instead of fasting or detoxing, have day each week where you eat only steamed vegetables, mushrooms, and simple soups -- a day without fruits, juices, sugars, fats, oils, animal products, alcohol, protein powders, and/or avoidable chemicals. And finally do not use these “rest” days as an excuse to eat the “wrong” foods the rest of the week. This approach will not be as exciting as a demanding detox perhaps, but it will be far better for your health.



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Home Sweet Home

The music of Home Sweet Home is the gorgeous blend of ethereal vocal reflections of love and loss set against a musical backdrop of bayou groove meets classic rock and soul. Home Sweet Home consistently packs the house at their shows for a reason. Their music rocks your body awake while meeting you in the darkest parts of your soul. Take honest and diverse song writing, mix in vocal powerhouse Erin Murray,



layer in Adam Williams' tasty guitar riffs, and your soul will be shaking with the rest of ours. Home Sweet Home The Red Bicycle Bistro & Sushi. All-age's 'till 11pm, 21+ after that. Free cover! Friday, April 15th, 8:30pm

Jealous Dogs



Jealous Dogs is Seattle's Only Pretenders Tribute, snatching their namesake from a deep-cut off Pretenders II. Honeyman-Scott's crunchy, melodic guitar riffs. Aimee Zoe and Moe Provencher (MoZo, Jackrabbit) provide the energetic, bouncy rhythm section. Performing Pretenders hits, B-sides, and rarities, the Jealous Dogs bring a fun, dancin', rockin' good time. Comprised of Seattle music scene veterans, this four piece was brought together by a common love and appreciation for the Pretenders blend of new-wave and punk rock. Friday, April 22nd, 8:30pm Jealous Dogs The Red Bicycle Bistro & Sushi. All-age's 'till 11pm, 21+ after that. Free cover! Sherri Jerome (Strange Jerome) is Chrissie Hynde; attitude and voice blazing. Zoran Macesic (Legendary Oaks) fearlessly channels James

The Portage Fill Band

Comprised of about 20 Islanders ranging from professional musicians to amateurs, the community musical group is celebrating its 41st anniversary this year. Charter member Lou Engels still plays in the band. Engels remembers how Monty Sewell, who once played with Louie Armstrong, helped found the band back in 1973. Engels said that Sewell owned a music store where Blooms & Things is now located. "The band has pretty much been the same over all the years," Engels said, "except we have a bigger group of musicians to choose from now. All the seats are occupied." When Engels was asked if he gets any special treatment for



being the sole charter member still playing in the band, he said, "Yeah, they mention me every once in a while, when the old gray beards get up to play." Portage Fill rehearses twice a month in the Williams Heating garage, thanks to the generosity of Dennis Williams, one of the horn players. "We're the Island's longest running garage band," said band member David Hackett. Friday, April 29th, 8pm The Red Bicycle Bistro & Sushi. All-age's 'till 11pm, 21+ after that. Free cover!

The Vashon Beethoven Quartet Project

The Vashon Beethoven Quartet Project continues on April 17th with the Quartet op.18 no.5 in A major. The Girsky Quartet performs this fifth of the early Beethoven quartets along with the charming Mozart Bb quartet K. 589. Join Artur Girsky, Natasha Bazhanov, Joseph Gottesman and Rowena Hammill as they continue this highly popular series. Concert venue is the Vashon Havurah Building at 15401 Westside Hwy, concert time



is 7:30pm and tickets are available at Vashon Bookshop, www.brownpapertickets.org or at the door. \$20 general admission, \$15 senior/student, 18 and under FREE.

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Becky’s New Car

Open Space and Drama Dock are delighted to partner to produce this acclaimed contemporary play with a very special Vashon connection.

Becky’s New Car was commissioned in 2008 as a birthday gift from former islander Charles Staadecker to his wife Benita. Written by Steven Dietz and premiered at ACT Theatre, Becky’s New Car has grown into an extraordinarily successful phenomenon with dozens of productions worldwide.

According to Variety: “Becky’s New Car takes the audience on a smart, comic cruise through the perils of middle-aged longing and regret.”

The Spokesman - Review said, “Steven Dietz’s Becky’s New Car begins as an occasionally hilarious screwball comedy and gives way to a disarmingly thoughtful drama about the nature of love, fidelity and second chances. Based on the play’s first act, which is snappy and broad and breathlessly paced, you wouldn’t imagine that it could transition so seamlessly into its touching closing scenes.”

This Vashon co-production is breaking ground in exciting ways – it’s the first partnership between Open Space and Drama Dock; and it is the first time a production will take place ‘in the round’ – with audience on all sides of the stage.

Becky’s New Car will be presented in the Grand Hall at Open Space, 18870 103rd Ave SW.

Performances are April 22, 23, 29, 30 at 8pm and April 24 and May 1 at 7:30pm.

Director Michael Barker has gathered a terrific mix of Island favorites and new faces for the cast and crew:

- Becky--Elise Morrill
- Joe--Marshall Murray
- Chris, their son--Ryan Alumbaugh



Marshall Murray and Elise Morrill in Becky’s New Car photo by Peter Serko

Steve--Harris Levinson
Ginger--Lisa Breen
Walter--Michael Shook
Kenni, Walter’s daughter--Joy Ghigleri
Becky understudy: Shannon Mahan
Steve understudy: Peter Kreitner
Chris understudy: Miles Wingett
A great production team will help bring this performance to life:
Producer: Gaye Detzer
Stage Manager: Marjon McDermott
Set/Props: Jan Staehli
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Tickets available at Vashon Bookshop,
<http://www.brownpapertickets.com/event/2520493> and at the Door. For More Information, visit vashon.dramadock.org or openspacevashon.com.

Liquid Gold



Edwin Huizinga and William Coulter, touring together as Liquid Gold, will perform at the Havurah Building on Friday, April 22 at 7pm. Vashon’s own Kat Eggleston will be the opening act.

This cross-genre duo joyfully explores elements of classical, folk, and contemporary musical traditions from around the world - from a Prelude by Bach to Irish reels, from fiery tangos to Spanish love songs, from Vivaldi’s Winter to Balkan dance tunes. Huizinga and Coulter perform expressive and compelling melodies, fiery and graceful rhythms, and imaginative arrangements, all with virtuosity and charm.

Canadian-born violinist Edwin Huizinga is one of North America’s most versatile violinists. He performs with Canadian indie rock bands, baroque orchestras, and innovative chamber ensembles. He is Artistic Director of a chamber music series in Toronto, and has performed with The Knights NYC, Tafelmusik Baroque Orchestra,

Brandywine Baroque Orchestra, Apollo’s Fire, Carmel Bach Festival, and more.

Grammy award winning guitarist William Coulter has been performing and recording traditional and classical music for over 25 years. He has performed with the Santa Cruz Baroque Festival, Apollo’s Fire, One Lane Bridge, and many other ensembles. Tours have taken him across the states and to Ireland, Europe, Taiwan and most recently to Chile. Coulter has been musical director for Tomaseen Foley’s A Celtic Christmas since 1998, and teaches classical guitar at UC Santa Cruz and at many summer camps and festivals.

The Fire and Grace tour will take Coulter and Huizinga to Bellingham, Seattle, Portland, Eugene, Corvallis, and beyond!

The Havurah Building
15401 Westside Hwy SW, Vashon Island. Friday, April 22, 7-9 pm

Tickets are \$15, available at Vashon Bookshop or at the door

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