

Gregg Curry & Ragged Glory The Metropolitan Opera CD Release Party at Vashon Theatre!

When Gregg Curry emigrated to the Northwest from Alabama he brought along a satchel of songs and southern charm to the safe confines of Vashon Island and found likeminded soul to form a new band Gregg Curry and Ragged Glory. The seven-piece ensemble deliver raw, energized roots rock, alt country and Americana.

Curry and Co. teamed up with acclaimed producer, engineer and musical guru Martin Feveyer to record their second full length album, *The Last Train*, set for release at this show.

The eleven-song collection reflects the breadth of Curry's songwriting skills and showcases the many talents of Ragged Glory. Opening track 'I'm Moving,' is a four on the floor rocker that features Curry's long-time partner in crime guitarist Rick Dahms and hot harmonica from Michael J Nichols who recently joined the group along with new bass man Michael David Marcus and drummer Emory Miedema-Boyajian.

The mood downshifts to an easy alt country swing for the study of introspection 'The Road To Regret,' drawing comparisons to Gram Parsons, followed by the bluesy stomp of the title track 'The Last Train.' More of Curry's influences are revealed on the rapid fire two beat 'Free Ain't Bad,' when he poses the question "does Patsy Cline make you cry, do the Stones get you high." The straight-ahead roots rocker 'There's Only You,' is a rambling tale of righteous love, that rolls right into the CCR styled swamper 'Fire Can't be far Away.'



The sweetly waltzing 'Bayou Moon,' transports us to the French quarter with loving flair from soaring horns (Barry Cooper, trumpet & Dianne Krouse, clarinet) and Spanish guitar. Curry looks back at the heyday of his heroes who are now aging rockers who deserve respect on 'A Long Way From The Whiskey.' Rebekah Kuzma joins Curry for the political lament 'Birds & Stones,' a song Curry describes as one he

Continued on Page 10

Fund Raiser for the MET Sunday, October 22nd at 4:00pm.

Help us pay for streaming equipment at the Vashon Theatre by attending the very first METropolitan Opera to be broadcast here on our island! Doors open at 3:15, and Randy Bruce will be play Jazz Piano as we sip wine and find our seats for Norma (Bellini) at 4:00pm!

This has been my (Eileen's) White Whale for years!

Every movie we play at the Vashon Theatre began as a negotiation with a Movie Studio. I thought would think getting the MET for Vashon would be just another negotiation but it wasn't! For years people have been asking when Vashon Island could broadcast the MET. Five years ago, with new digital equipment installed at the theatre, I began my quest to bring the MET. Sadly, the MET was not taking any more theaters. Instead we could use our new technology to get the Bolshoi Ballet out of Moscow and National Theatre Stage plays from London. This opened a whole new world of on-screen arts programing to us that we have expanded on over the years.

Islanders have continued to ask for the MET. I continued to try different methods of convincing those in charge, that we were deserving of the Opera here. We made many calls and sent many letters explaining who we are, where we are located, and how important it is to us. Every effort ended with "no". They were not interested in expanding any further than they had already. Next, I explored the "Non-profit" angle. There looked to be some chances for new theaters there. I went to Island Greentech and told them my story. I offered to do all the showings and turn the money over to them to use for good works on the island. They agreed and this time they went after it instead of me. Island Greentech was able to get so much closer to the finish line than I was. We thought we had it, but in the end, they were turned down also.

I really felt like this was my "White Whale." If only I could do this one thing for Vashon Island, I would be satisfied. As adults, we don't like to be told "no" but sometimes you must accept defeat. After 5 years of work on this, I was ready to accept that for whatever reason, I could not make it happen. I was just about ready to accept defeat. Maybe this was one more life lesson from the Vashon Theatre.

Still, I decided to give it one last campaign and then let it drift away. I wrote to the company that broadcasts for the MET. I asked for a meeting. When I didn't get an answer, I wrote again and said I was going to fly to New York and would be in the office waiting for my chance to spend 15 minutes showing them who we are and why we are deserving of our chance to show the MET. They wrote back and said "Ok, we are going to work on this for you. We will have an answer soon." Over the next two months we had meaningful correspondence as the broadcasting



company championed it for us to the MET and got their approval! I cried, then I called everyone who had helped over the years. Greentech's, Dr.Tag Gornall, said it best - "that's something to sing about".

We spent very little time basking in the joy of fulfillment. I soon learned that unlike the Bolshoi and National theatre, MET only streams. I needed to spend about \$4,500 on new satellite equipment to broadcast it to our digital equipment. With contracts signed and the new MET season beginning, we began right away! What we really need now is a full house on October 22nd at 4:00pm to show the MET that they made the right choice and to pay for equipment. Now that we can stream, great opportunities will rise up!

The season opens with a new production of Bellini's bel canto tragedy Norma, starring Sondra Radvanovsky in the title role, which she has sung to acclaim at the Met in 2013, as well as at the Canadian Opera Company, San Francisco Opera, Bavarian State Opera, Gran Teatre del Liceu, and Lyric Opera of Chicago—making her one of the world's leading interpreters of the iconic title character. Joyce DiDonato co-stars as Norma's colleague and rival, Adalgisa, opposite Joseph Calleja as Pollione and Matthew Rose as Oroveso. Carlo Rizzi conducts and Sir David McVicar directs the new production. Tickets \$20 for general/\$18 for honored citizens and students

The Road to Resilience The Sorcerer's Apprentice

By Terry Sullivan,

a way that is beneficial for anybody.

I've referred before to the Sorcerer's Apprentice to characterize our unrelenting belief that we understand how the world works and we can alter portions of it without any adverse consequences. The story goes that while the sorcerer is away, the sorcerer's apprentice decides to dabble in a bit of magic to make his chores a little easier. He knows enough to engage some magic but does not know how to stop it, and the situation quickly gets completely out of control.

The magic we think we understand is the web of life on this planet. We continually underestimate both the magnitude of its forces and the fine balance and interplay of all of its parts. Changing one part to our advantage often results in unintended consequences, sometimes horrific ones. In trying to correct those, we only throw everything even more out of whack.

Nowhere can we find a better example of this than in the biotech industry as applied to agriculture. Companies like Monsanto and Dow Chemical continue to distinguish themselves in the art of tweaking nature a little bit here and there and throwing everything awry in the process. They never seem to get it that nature will counter their moves, and usually not in

As nature responds in such cases, weeds became resistant to glyphosate and larger and larger amounts are needed to defeat them. In answer, Monsanto developed a strain of soybeans that is resistant to Dicamba, a more lethal herbicide that has been used for many years, but not on soybeans, as it is toxic to them. Dicamba is broadly toxic, vaporizes easily and can contaminate neighboring fields.

In an attempt to mitigate against unintended contamination of neighboring fields, Monsanto created a new version of Dicamba that does not vaporize as easily. The new Dicamba, designed to be used with the Dicamba resistant soybeans, hadn't yet been approved by

Continued on Page 9



Vashon's Own Community Radio Station

Windermere
REAL ESTATE



OPPORTUNITY KNOCKS - Don't miss out on this cute 1 bedroom, 1 bath, 600 sq ft. home on the coveted west side of Vashon. Private, level lot on dead-end road.
#1195595 \$260,000



MAURY ISLAND HOME - Acreage & substantial, 3bdrm, 2 bath home with large shop, study & storage space. Recently renovated. 100' from golf club on 1.75 acres.
#1200360 \$489,000



GOLD BEACH WATERFRONT - Three bedroom, 2.75 bath home with low-maintenance landscaping, covered parking and 75' of medium-bank frontage.
#1196045 \$715,000



BOATING PARADISE - 130' of Quartermaster waterfront w/ boathouse, launch and mooring buoy. Burton area mid-century w/ 4 bdrms, ample decks and park-like lot.
#1200109 \$824,000



BURTON WATERFRONT HOME - Spacious 3,000 sq. ft. home with flexible layout, approved ADU on lower level & potential rental unit. 85' of frontage w/ boulder bulkhead.
#1199106 \$850,000



WESTSIDE WATERFRONT- Paradise Cove home with 90' of low-bank frontage, 3000+ sq. ft. home w/ views from virtually every room & accordion doors to hot tub.
#1035818 \$1,135,000

It's All About YOU! ■ www.windermerevashon.com 17233 Vashon Hwy SW (260)463-9148



**Lions and Tigers
and Granny's,
OH MY!!!**

**Halloween decor and
costumes galore**

*Granny's Gift Certificate is
Always the Perfect Gift.*

Granny's is at Vashon Plaza!
17639 100th Ave SW, Vashon
www.grannysattic.org 206-463-3161

Retail Hours:
Tues/Thurs/Sat 10-5



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

Now Playing

Glass Castle



Coming Soon



Playing Oct. 17-19

NTL: Angels in America, Part 2
October 15 at 1pm

*Anniversary - Close Encounters
of the Third Kind!*
October 17-19



METropolitan Opera: Norma
October 22 at 4pm

Brad's Status
October 20-26



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

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

The Vashon Loop

Contributors: Kathy Abascal, Eric Francis, Terry Sullivan, Orca Annie, Seán C. Malone, Mary Litchfield Tuel, Marj Watkins, Peter Ray.


Original art, comics, cartoons:
Ed Frohning

Ad sales and design: Steven Allen
Phone 206-925-3837
Email: ads@vashonloop.com

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

**Published every other week
by Sallen Group**
Vashon Loop, Vol. XIV, #21
©October 12, 2017

Loop Disclaimer
Paid advertisements in The Vashon Loop in no way express the opinions of the publisher, editor, or staff. Likewise articles submitted to the Loop in no way express the opinions of the publisher, editor, staff or advertisers. We reserve the right to edit or not even print stuff.



Sunday - Thursday
Bistro & Sushi service
11:30am to 9pm
Lounge is Open
11:30am to midnight

Friday & Saturday
Bistro & Sushi service
11:30am to 10pm
Lounge is Open
11:30am to 2am

Live Entertainment

Friday, October 20, 8:30pm
Bill Brown & The Kingbees

Friday, October 27, 8:30pm
**Gregg Curry & Ragged
Glory CD Release Party**

Friday, November 3rd, 8pm
The Curvettes

17618 Vashon Hwy SW
206.463.5959
www.redbicyclebistro.com

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

For show times and info check
www.vashontheatre.com

Get in The Loop

Submissions to the Loop

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

Alzheimer’s Association Caregivers Support Group

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

Revolution Vashon

Revolution Vashon meets the third Tuesday of every month. We focus on issues, activities and possibilities to forward the Progressive point of view. . All welcome. 19834 Vashon Highway - 6:00 to 8:00pm. Questions call 206-496-4174.

Have a Story or Article

Send it to:
Editor@vashonloop.com

Find us on Skype
Vashon Loop
206-925-3837

Next Edition
of *The Loop*
Comes out
Thursday
October 26

Deadline for the next
edition of *The Loop* is
Saturday, Oct. 21

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

ZWV Community Forum

Join Zero Waste Vashon on Saturday October 21 from 10 to noon at the Episcopal Church. You can provide feedback on the island’s most pressing waste issues, hear the projects they’ve been working on, and get involved!

Zero Waste Vashon has been in existence since 2014 and has worked on a “Waste to Garden” project behind IGA, providing hundreds of pounds of nutritious food to our Foodbank for the past two years while exploring how island waste can be turned into soil amendments.

ZWV has worked to improve waste collection and recycling on the island, and has provided educational events and demonstrations for solutions to our island’s organic waste. ZWV partnered with KCSW to implement the yard waste program at the transfer station.

Now’s the time to provide your input on what matters most. Is it by increasing recycling, providing better means for reusing items, simply removing items from our waste stream, or rethinking the amount and types of waste we create, in order to do things differently on our island? How can we turn our waste into a local resource? Are we ready to push for a composting facility on island? What are effective ways to restore island soil and create green jobs locally?

With talented and mindful islanders, we have a unique opportunity to be a different model for sustainability.

Join your neighbors at the Zero Waste Vashon Forum from 10 to noon on Sat. October 21 at the Episcopal Church, north of town at 15420 Vashon Highway SW. You can get more info about ZWV at our website:

zerowastevashon.org or our Facebook page: <https://www.facebook.com/zerowastevashon/>

Advertise in the Loop!

It’s a great time to get back in the Loop.

ads@vashonloop.com

Next Loop comes out October 26

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



THE COUNTRY
STORE & FARM
WWW.COUNTRYSTOREANDFARM.COM

NEW ITEMS!

NEW PRICES

NEW MANAGEMENT

Bumper Crop of Organic Fruit & Vegetables.
From Our Farm to Your Table!



Come see
our Pumpkins





U-HAUL
AUTHORIZED DEALER

The Country Store & Farm
20211 Vashon Hwy SW • 206-463-3655
Open 7 days a week: Mon-Sat 9 to 5:30 - Sun 10-4:30
www.countrystoreandfarm.com

Follow us on Facebook: 

Dental Van

Thanks to a grant from Granny’s the dental van is returning for two days every three month. Two dentists who live on island and have practices off island have volunteered. The next dental clinics will be Friday and Saturday, November 3rd and 4th. This is for low income people.

People who want to sign up can call me at 206-463-7277

Hilary

Rainbow Bingo!

Rainbow Bingo is back at Vashon Senior Center! Tammi Wynotte rode into town aboard trusty steed, Butterscotch, to join saloon maitre d, Velma Baker, at a sold-out Wild West Bingo on September 16. Buy your tickets early at the Senior Center and get ready for spooky-fun Halloween Bingo, 7PM on Saturday October 21st!



An Afternoon with Grandma Moses

As a P.E.O. fundraising event, DEBBIE DIMITRE, an inspiring & talented NW Storyteller presents AN AFTERNOON WITH GRANDMA MOSES, BELOVED AMERICAN PRIMITIVE FOLK ARTIST at the Presbyterian Church, 17708 Vashon Hwy, on Saturday, October 14th at 2:00 PM. All proceeds will go to support the P.E.O. projects. P.E.O. is a philanthropic and educational organization interested in bringing to women increased opportunities for higher education through scholarships, grants, loans and awards.

Tickets are on sale at the Vashon Bookshop. \$20/ticket.

Vashon Social Dance Group Monthly Dance & Lesson

SATURDAY October 14

Vashon Social Dance Group Lesson & Dance

Night Club Two-step Dance Lesson at 7:00 pm with guest instructor Whitney Evans

Variety dance 8:00 - 9:30 pm

Ober Park Performance Hall 17130 Vashon Hwy SW 98070

No partner needed! Come alone or bring others

Suggested Donation \$10 No One turned away due to lack of funds.

For you experienced dancers, please come and assist the new comers and meet some new dance partners!

Questions? Contact Candy McCullough 206 920-7596

Improv workshop

A Fall Improvisational Theater Series (8 sessions) begins Monday Oct 16th from 7 pm to 9 pm at Hanna’s Barn. Tuition is \$125 with some scholarships available. Immersed in improv since the 1970’s, Michael Barker has taught incarcerated and developmentally disabled adults, at-risk youth, professional actors in LA, and many enthusiastic folks here on Vashon. Have you wanted to give it a whirl? It is a fun and playful workshop appropriate for beginners as well as seasoned improv players. In a relaxed and welcoming environment, well practice: trust, letting go, being in the moment and “saying yes”! By now it is widely known that the art of improv cannot just be used successfully on stage but also beneficially applied in everyday life, especially in a confusing and hectic work life, one has to be able to react confidently to unexpected situations. Improvisation helps to make the cooperation with lovers, friends and colleagues more relaxed and creative. For more info and to preregister: 206-321-5732 or lavidaverde51@gmail.com

Fear’s Plentiful Delights

Old as the granite mountain shale,
Stormy and bold as
if she’d never pale,

Fiery disposition foretold,
there might be hale.

Hold fast pleasant
memories,
now swings hammer and nail.

By J.D.K. White, VHS Graduate

Vitalism: An Essential Concept in Medicine

By Lisa Morse, ND

Whether you know it or not, your body has an amazing ability to heal. The ability of your body to heal is directed by an energy that Naturopathic Physicians call the vital force, or vis medicatrix naturae. The belief in this force is called vitalism. It is the philosophy that your body has an innate intelligence that orchestrates healing. Vitalism has been a historical part of most healing traditions and is often forgotten about in medicine today. It cannot and should not be disregarded by doctors if we hope to help our patients be healthy.

When thinking about any sort of illness in the body, it is important to remember that the body is intelligent. Symptoms are the body's way of communicating that something is out of balance. If we simply try to make the symptoms go away (suppress them), it can cause further health problems. A typical example of this is eczema and asthma. A person with eczema who uses cortisone cream will be suppressing the body's messages. As a result, the disease is driven deeper into the body and can become asthma. Suppressing the symptoms is analogous to putting a piece of duct tape over the check engine light on your car. It doesn't alleviate the problem and can cause more problems. Instead, we must uncover the cause of the check engine light as well as the eczema and address it. We must honor the body's messages and find where the imbalance originates from.

Traditional Naturopathic Doctors believe that disease originates from a handful of causes. Henry Lindlahr (1852-1925) was a doctor who brought Naturopathic Medicine to the United States from Europe. In his book, titled Nature Cure, he discusses the primary causes of disease. They are 1) Lowered vitality 2) Abnormal composition of the blood and lymph and 3) The accumulation of waste and poisons in the system. To translate, if the

body doesn't have the nutrients (vitamins, minerals, fatty acids) it needs to function and there is an accumulation of toxins, disease results. As well, if your body does not have adequate vitality or strength, you cannot heal as you need to. Healthcare today needs to be focused on these main principles when evaluating illness. In addition, Henry Lindhlar lists secondary causes of illness as disrupted structural integrity (muscles, bones, joints), lack of personal responsibility, and violation of a natural environment.

As a Naturopathic Physician, I practice with a focus on these causes of illness. I check my patients for nutrient deficiencies, help them to detoxify with homeopathy, herbs, diet, and lifestyle, and stimulate their vitality with hydrotherapy, homeopathy, and exercise. I consider their structural integrity and refer them to appropriate practitioners if needed. I also discuss mental, emotional, and spiritual health, as these can be major contributors to illness. Lastly, I help my patients evaluate their lifestyle and how it is hurting or helping their health.

You may be wondering what all this philosophy means for you and your well-being. While it is always important to seek out medical care to rule out serious conditions, my hope for you is that you consider the vital force when thinking about any illness or symptom in in your body. It can be challenging to change your frame of thought, but I encourage you to think about the primary and secondary causes of illness. Are you able to gain intuition regarding the message your body is trying to send you? It may be easier than you think to tap into and uncover the root cause of your illness. As well, a Naturopathic Physician or other health practitioner who follows the philosophy of vitalism can be an important part of your journey to health.

Harbor School Open House

Harbor School will hold an Open House on Saturday, October 21 from 12-2 PM for prospective students and their families. Harbor School is the only independent school on Vashon Island serving Kindergarten through 8th grade.

Open House Highlights: Head of School, Mark McGough, will present an academic overview and highlights of the school's enrichment offerings such as art, service learning, travel study, and outdoor education. Classroom tours will be led by current families and staff. A question and answer period will be included and admission materials will be on hand for those wishing to enroll for the 2018-19 school year. Prospective parents and their children are encouraged to attend. Refreshments to be provided as well.

Enrollment applications are now



available for 2018-19 admission to Carpe Diem Primary (grades K - 3) and Harbor School (grades 4 - 8). Applications will be available at the event or you may download admission forms on the school's website (www.harborschool.org).

VashonFresh.com

Online marketplace for local food

Now taking Orders!

Vashon Fresh is an online marketplace for locally grown and produced food. We make it easy for Island residents to buy local, sustainably grown food from 25 farms and food makers. You choose what you wish to buy, the amount, and the vendor. Then we put it all together for you to pick up at the end of the day. Or we will deliver it to you. Let us be your personal shopper!















To learn more about all of the vendors check out our Producer Profile page at VashonFresh.com

Vote Yes on Prop 1


RescueVashonFire.org

Vote for your personal safety, your family's safety, the safety of your neighbors and every citizen of Vashon.


THESE ARE JUST SOME OF THE PEOPLE VOTING YES...


 <p><i>"We know what it takes to be prepared. And a tax levy that was set 27 years ago can't do the job for our island community."</i> Vicky de Monterey Richoux President, VashonBePrepared</p>	 <p><i>"There's no third choice on this ballot. We either support VIFR so they can help us, or we let emergency care go downhill."</i> Tim Johnson Thrift Store Manager</p>	 <p><i>"Simultaneous emergencies occur frequently. But VIFR doesn't have enough on-duty responders."</i> Mike and Patti Kirk - Combined 84 Years as VIFR Volunteers</p>	 <p><i>"There's no other option for after hours urgent care for the island. This levy measure is critical to all of us."</i> Dr. Gary Koch A Founding Physician at Vashon Health Center</p>	 <p><i>"VIFR is this island's ONLY 24 hour medical service. We must support them."</i> Washington State Senator Sharon Nelson Longtime Island Resident</p>	 <p><i>"Vashon's an island. Mainland help is at least an hour away. We're on our own here."</i> Pam Ingalls Island Artist</p>	 <p><i>"I know what it means to need emergency medical care. We all need to know the care will be there for us when we need it."</i> Rick Wallace - Manager, Vashon Emergency Operations Center</p>
 <p><i>"We need the best care we can get. We can't rely on anybody else."</i> Kathy Bonner Retired VIFR Paramedic, Ballerina</p>	 <p><i>"I hate taxes, but the situation won't get any better with age."</i> Joe Ulatoski - Retired General, Grandfather of VashonBePrepared</p>	 <p><i>"Firefighters and emergency medical teams can't function with a tax rate set 27 years ago."</i> Melinda Powers Restaurant Owner</p>	 <p><i>"We must support our only 24 hour emergency medical service. We must support them."</i> Sarah Oldham Alexander Mother of 4, Volunteer</p>	 <p><i>"They came for me when I needed them. Now they need us to support them."</i> Tag Gornall Retired Veterinarian</p>	 <p><i>"I believe our safety is worth a 56 cent per thousand increase. No question!"</i> Will North Novelist, Columnist</p>	 <p><i>"VIFR today has only nine on-island volunteers. It takes hundreds of hours of training to qualify."</i> Eliza Steele - Architectural Designer, Global Volunteer</p>

ENDORSED BY



VashonBePrepared
Neighbors Helping Neighbors

**Vashon Community Care**
FOUNDATION



Vashon Island Firefighters
Local 4109

Proposition 1 was placed on the ballot by a unanimous vote of the Board of Fire Commissioners for Vashon Island Fire & Rescue
Sponsored by Citizens to Rebuild Vashon Fire & Rescue Service • 23817 104th Ave. SW, Vashon Island, WA 98070

Island Life

1000's of Leads

By Peter Ray
pgray@vashonloop.com

As I sat down to this internets box this morning I came upon a headline in the lineup of what counts as news stories on my ATT or Yahoo home page among the many that reside there with their own amazing headlines like, you know, “the Best Frog Jumping Contests in Every State” or “ the Six Foods You Should Eat Today and Not Tomorrow”. Generally speaking, any story that is based around a list of any kind does not really have anything to do with news as far as I’m concerned, since it involves some sort of subjective judgment on the part of a writer (or writers- although it is beyond me why it would take more than one) as to a choice I would never otherwise have considered making. I realize that this type of story is there not to inform, but to cause the time-wasting incredulous amongst us to click on such a story just to see what it is that is being claimed to pass as journalism in these modern times, and to be informed by information with little or no actual value.

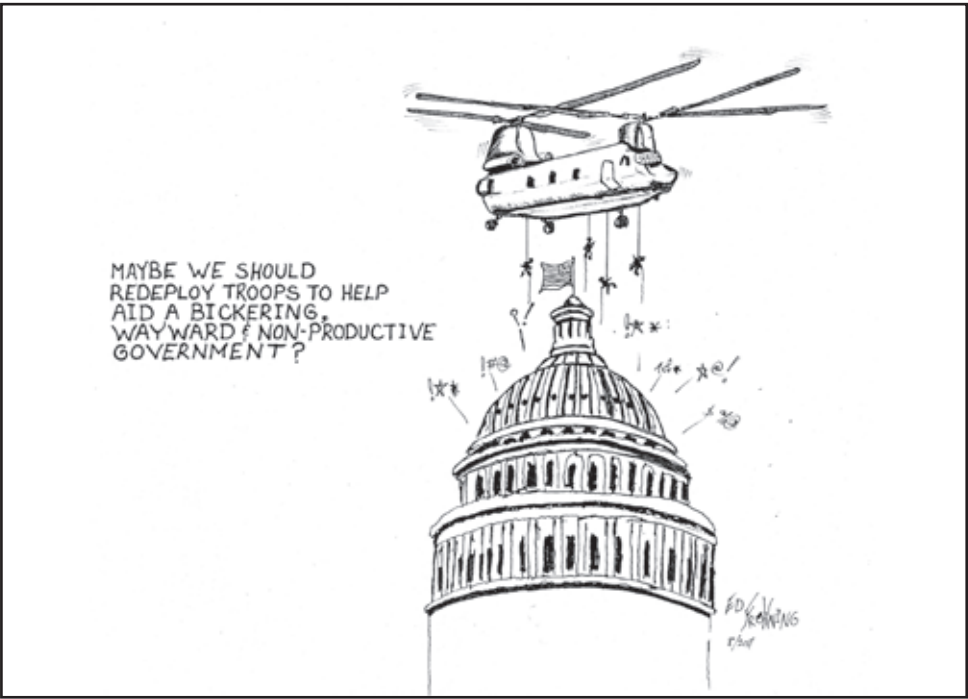
As it is, I also look at these infoblurbs as a kind of test, the likes of which I am constantly puzzling over regarding their purpose. I would like to believe that they are there to at least partly comfort us with the thought that there is indeed nothing more important going on in the world than finding out about the latest discovery of a 1970’s Dodge Charger in a barn about to be razed to make way for yet another Walmart somewhere out there in the heartland. It could be said that the stories are simply a distraction. It would seem though that their real purpose is to delegitimize whatever real stories might be found above or below them in the list, what with a complete lack of a newspaper “fold” or page 8 or 12 location that would normally delineate where stories of less import are generally found, or banished to. If I were to detect the most minute hint of a wink or a smile in one of these stories, like say the recounting of a list of amusement park rides requiring the most down time for cleaning between runs, then I might be tempted to take a look, but they very rarely seem to show any signs of even an attempt at humor. And then this morning I came upon this headline near the top of the pictorial dropdown which stated (and I am not kidding): “Apple is remaking a series from the ‘80’s in push for original content.” They outdid themselves on that one, since I was laughing without even having to think about reading the article.

But I seem to have drifted from my original intent for this piece, which originally had to do with the title of an article about the shooting in Las Vegas and how, in spite of the fact that authorities had acted upon following a multitude of leads regarding this case, they still were no closer to understanding why this particular individual went off his rocker and spent days assembling an arsenal in a suite on an upper floor in a Vegas hotel so that he could do a random, proverbial, fish-in-a-barrel shooting in the apparent hopes that he would kill a bunch of people by raining down lead projectiles fired from weapons capable now of uninterrupted fire made possible by a legally produced attachment which could circumvent the original weapon’s legal, semi-automatic capability.

What struck me the other night, while watching the waning coverage of this horrible event succumb to a return, at least on MSNBC, to the non-stop breaking news coming out of Washington, D.C. regarding the equally confounding psychodrama surrounding

the current occupant of the White House who I continue to refer to as 45*, is that it would seem that even if any of the leads had shown a reason for this deranged slaughter in Las Vegas, they wouldn’t have prevented it, even if they had known of it in advance. I say this because at the moment, we have a president who is defiling the name and position of that office with nearly everything he says and does. While his errant and erratic actions are being reported on and talked about on a daily basis with incredulity and disdain by journalists, analysts, politicians and doctors, in spite of all this factual and credible evidence, this fucking moron is allowed to unendingly embarrass the country and bring the world ever closer to a nuclear confrontation than we’ve ever been, and all without a check or a balance in sight of reining in this lunacy. If the system cannot stop a madman who is setting off all the alarms and running all the red flags up the poles for all to see, then why should we expect a gambler who apparently was good at not tipping his hand to have revealed his intentions through the discovery and study of what he left behind in its wake? While the purpose served by the Las Vegas slaughter may remain a mystery, it seems fairly clear that something along those same lines could easily happen again whether we learn the why of this one or not. It was mentioned somewhere in the shooting coverage that if the laws governing the purchase of semi-automatic rifles had been the same as those for handguns, any number of red flags would have appeared around the shooter’s name, if of course the guns had been bought legally. Combined with this lack of oversight in the regulation of sales of high kill capacity weaponry, the recent congressional repeal of the law restricting the purchase of guns by the mentally ill compounds the possibility that a rifle rampage like this might occur again, and could turn any future search for leads as to why a mass shooting has occurred into yet another exercise in head scratching futility. And would the discovery of some sort of clue as to any rationale behind some future, heinous act make it any more palatable or understandable?

On the other hand, with the regrettable actions of the human dumpster fire in the oval office, we have seen daily evidence of him being unfit to serve in this office in any capacity. Within the first year of 45* sliding into the presidency with the aid of Russian hacking and social media manipulation, we not only have nightly documentation of his basic lack of skills in all things presidential, there are also a growing number of non-fiction books with titles like Insane Clown President, Trump is F*cking Crazy, Unbelievable: a Front Row Seat to the Craziest Campaign in American History, and the Dangerous Case of Donald Trump- 27 Mental Health Experts Assess a President, all written by mainstream journalists and mental health professionals. These are warning signs, and from emoluments clause violations to impeachment proceedings to the 25th amendment and the ability to remove an impaired so-called president, it would seem that there are enough tools in the Constitutional belt of Congress to make the orange embarrassment go away. Of course there are the politics and the optics that stigmatize and paralyze any attempt at removing a president, even one who is more obviously than apparently acting outside the boundaries of the office. It is, after all, much easier to do nothing. But with each day it is becoming much harder to say that even with all the leads, we had no idea he was capable of that, whatever that may turn out to be.



Bluebelle Needs A Home...

If I went to a party, I’d be the belle of the ball because I’m so sociable and charming. I enjoy being with people and other cats. I’m quite a talker, too. You might not understand what I’m saying, but I’ll keep telling you my stories. If you’re looking for a chatty, energetic new friend, I’m your girl!



Go To www.vipp.org
Click on Adopt

MEDICARE 101 SEMINARS

Hosted by Advantage Insurance Benefits

LEARN ABOUT YOUR 2018 PLAN OPTIONS IN JUST ONE MEETING

Highline Medical Center Somers Auditorium 16251 Sylvester Rd SW, Burien	October 20 10:00 am November 9 10:00 am November 14 2:00 pm December 6 10:00 am *application drop off
Angelo’s Restaurant 601 SW 153rd St, Burien	October 24 1:00 pm November 7 1:00 pm
Penny Farcy Memorial Ctr 10019 SW Bank Rd, Vashon	October 18 10:00 am November 1 10:00 am November 15 10:00 am November 29 10:00 am

CALL 206-466-1935 TO RSVP

ADVANTAGE INSURANCE BENEFITS
2104 SW 152nd Street, Suite 2, Burien, WA 98166
<http://www.advantageinsurancebenefits.com>

Local News
www.vashonNews.com
Local & Regional Headlines
Weather forecasts
All the Vashon Headlines
in one place from anywhere
on any mobile device!

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

Spooktacular Halloween Bingo!

Costumes encouraged at our “Spooktacular” Halloween Party Bingo. Outrageously attired Aunt Betty will caterwaul to the rest of the party goers at the Senior Center on Saturday, October 21st.

\$20 (Center members \$15) includes 10 Bingo games with a chance to win \$25 per game. Snacks will be available for purchase as well as beer, wine and appropriately themed Jell-O shots. Purchase tickets at the Senior Center on Bank Road M, T, W and F between 9 am and 3 pm.

Doors open at 6pm, games begin at 7pm. Buy multiple tickets, call your friends and make it a party night but do book early because last month we sold out completely.

Come and support the Senior Center’s fundraising efforts and get your Bingo fix as well.

Spooktacular Halloween Bingo!
Eat, Drink and be Scary!
The Senior Center
Saturday, October 21st, 7pm



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

Jeff Scroggins and Colorado



“In an age when bluegrass music is sounding more and more generic, Jeff Scroggins and Colorado are a cut above the rest with their choice of songs, great musicianship and devotion to fine arrangements. - Craig North

Jeff Scroggins & Colorado is a high-energy five-piece bluegrass band located in the Western Frontier state of Colorado. Their distinctive sound showcases an eclectic range of influences that marry second and third generation bluegrass, delivering a unique experience that captivates audiences and keeps them guessing: It’s a powerful, high mountain “bluegrass explosion” that features world-class banjo and mandolin playing, incredible vocals, a solid and energetic rhythm and an easy stage banter that has delighted listeners all over the world.

Fronted by internationally acclaimed two-time National Banjo Champion Jeff Scroggins, their distinct style is immediately recognizable due to Jeff’s unique and diverse range of influences, which include Alan Munde, Don Reno, Jimmy Page and Eric Clapton. His fiery style and lightning-fast licks have earned him worldwide recognition and have left many a first-time listener in stunned disbelief!

The band also features the award-winning mandolin playing of Jeff’s son Tristan Scroggins. At only 21 years old, Tristan is an award-winning instrumentalist and accomplished songwriter in his

own right while the instrumentals he shares with Jeff play a large role in the band’s unique and energetic style. In 2016, Tristan was nominated for the Instrumental Momentum Award by the International Bluegrass Music Association. West Virginia native Greg Blake provides powerful bluegrass vocals steeped in country heritage, bringing a truly authentic sound developed from a lifetime of singing bluegrass, gospel, and country. Twice nominated for the Society for the Preservation of Bluegrass Music in America’s (SPBGMA) “Traditional Male Vocalist of the Year” award, Greg’s phenomenal guitar playing has earned him nine nominations and five consecutive wins as SPBGMA’s Guitarist of the Year. They are joined by Oregon native, 2016 Rockygrass Fiddle Champion, 2016 Arizona State Fiddle Champion, and 2017 IBMA Momentum Award Nominee Ellie Hakanson on fiddle and vocals. In addition to their individual accomplishments, the band was featured as the California Bluegrass Association’s Emerging Artist of the year, an honor given into the past to bands such as Della Mae, and Chris Henry & the Hardcore Grass.

Jeff Scroggins and Colorado
October 20th, Friday 7:00pm
House Concert
15326 115 ave sw, Vashon
Suggested \$20 donation
For more information and tickets, contact Leigh Moorhouse at 206-579-8520.

A logo for "Trash Talk" featuring a row of trash cans. The text "TRASH TALK" is in large, bold, black letters. Below it, the text "Zero Waste Vashon's community forum, Let's Talk Waste, is Saturday, October 21. Share your ideas about options for minimizing waste on Vashon. Join other islanders to consider how to turn waste into a resource, how to restore soil, and how to create green jobs. To be held from 10 to noon at the Episcopal Church, 15420 Vashon Highway SW." is in a smaller font. At the bottom, there is a "ZERO WASTE VASHON" logo and the website "www.zerowastevashon.org".

Advertise in the Loop!

ads@vashonloop.com or call 206-925-3837

Next Loop comes out October 26

A black and white portrait of Cerise Noah, a woman with blonde hair, smiling. To her right is a dark box with white text: "Cerise Noah", "Realtor® | Windermere-Whatcom", "360.393.5826", "cerisenoah@windermere.com", "Your Relocation Specialist", "Whatcom County Association of Realtors", and "2015 President".

Want To Get Rid of That Junk Car or Truck?

Fees may apply, please call for information

Rick's

Diagnostic & Repair Service Inc.

206-463-9277

Washington Hulk Hauler's - License #0463-A

www.ricksdiagnostic.com

Make a date with Vashon!

www.VashonCalendar.com

Vashon Library Events

Art & Music Events

Submit your Event on line at

www.vashoncalendar.com

Compost the Loop

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

Have a Story or Article

Send it to:

Editor@vashonloop.com

10% Off All Gates and Fencing

Get them while they last at this price.

Making room for new inventory!

Powder Coated/Wire Filled Gates in assorted widths, green or grey.

Non-Climb Field Fencing, assorted heights.

Deer Fencing + Coming Soon:

8' Tall Deer Gates in assorted widths

Sale ends 10/31/2017

A logo for "VI Horse and Farm Supply" featuring a horse and rider silhouette and the text "VI HORSE and FARM SUPPLY".

206-463-9792

17710 112th Ave. SW

(8/10 mile west of town on Bank Rd.)

www.islandhorsesupply.com

Summer Hours: 9am-6pm • 10am-5pm Sundays

CLOSED Wednesdays



Aries (March 20-April 19)
If you encounter resistance, check your own beliefs. It’s likely that any strain or pushback is coming from within your own mind rather than from your outer environment. One would think that the ability to alter one’s thoughts would be the easiest thing in the world, with a tool as flexible and as brilliant as the human brain. It turns out, however, that changing one’s thoughts is one of the biggest struggles that most people go through. However, your ideas and your beliefs are indeed changing, particularly where relationships are concerned. You don’t have to do much to facilitate this, except to not put up tons of resistance, or cling to your beliefs on the level of a religious fundamentalist. Jupiter is about to enter Scorpio, which you’re fortunate to have as your 8th solar house. That means you can go as deep as you’re willing to let yourself be free.

Taurus (April 19-May 20)
Move carefully this week, not walking on eggshells but treading lightly on the Earth. Jupiter ingressing your opposite sign Scorpio will place emphasis not just on your relationships but on your presence in the world. Everything is about to be magnified, and amplified, and made more vivid. You’re about to discover what a large world you inhabit, and how influential you are in it. Yet you must handle this power carefully, like a musician standing on a stage with an electric instrument that sends the slightest touch of her hands reverberating out into the environment. Notice the new dynamics of your surroundings as they take shape. Start by speaking softly, to get a sense of how your voice fills up the space you’re in, and influences people’s feelings and ideas. Then, experiment with turning up the energy, a little at a time. And remember, you are still you, no matter what is happening around you.

Gemini (May 20-June 21)
Honor what inspires you, what makes you curious, what stokes your creativity and passion. These things all work together to support your journey in the world: curiosity, creativity and passion. When in doubt, revert to being curious. You have unusual access to apprehend the world with the stark fascination of a small child. That means letting yourself intentionally be a little naive, and approaching the world as if you know nothing about it. Once you start judging things, you stop learning about them; if you hold open that conclusive part of your mind, you’ll leave plenty of room for direct experience to pour in. What you’ll discover is that you can trust your curiosity, and that it will dependably lead you to interesting places. Some will be beautiful and others will not; choose what you want as a conscious act. You don’t have to fixate on anything you don’t want to.

Cancer (June 21-July 22)
At least early in the week, your feelings are not the best indicator of whether something is trustworthy or not; you will need to validate your hunches other ways. Yet as Jupiter enters your fellow water sign Scorpio on Tuesday, and then the Moon enters your birth sign soon after, your intuition will light up. Mostly this will come through feelings in your body, physical sensations from the neck down. Pay attention to these messages. Notice which way you naturally move, and which way you have to push yourself to move. Try flowing like water and taking the past of least resistance. As you do this with your emotions and your physical body, your mind and your ideas will follow. This is an essential order of operations;

you have plenty on your mind, and going through your mind, and it’s all begging for expression. The way to go is feelings first.

Leo (July 22-Aug. 23)
While most of the world is busy going insane, I suggest you focus on food. Pay attention to what you eat. Shop more carefully, and dial back your tendency to eat out. You’ll feel better, save money and raise your awareness. Slow down your life to the point where you have time to prepare a couple of meals every day, especially breakfast and dinner. At the moment, food is central to your wellbeing and indeed to your success. Emphasis on food will lead to an emphasis on your home space. You will branch out into taking better care of your kitchen, bedroom and bathroom, which is a central theme of the next four seasons of your life. You must claim your home as your own. You will know you’re doing this because it becomes the place you want to be the most, the place you feel truly yourself, and the place where you feel safe.

Virgo (Aug. 23-Sep. 22)
Venus and Mars continue their long, unusual conjunction in your birth sign. On the most basic level, this is about making peace with the essentially hermaphroditic nature of your sign: you embody both male and female properties in a rather bold way. For a while, the conjunction had you morphing them into one thing. Now that the conjunction is separating, you’re starting to sort out these distinct facets of yourself, and make peace with them individually. How will this play out in your relationships? That’s a good question, which you will get some feedback on as both planets make oppositions to Chiron, the planet of healing, which is in your relationship house. The important thing is that your path of exploration cannot be dictated by another person or their seeming requirements of you. Rather, you get to be who you are, and notice how they respond – and then respond to that.

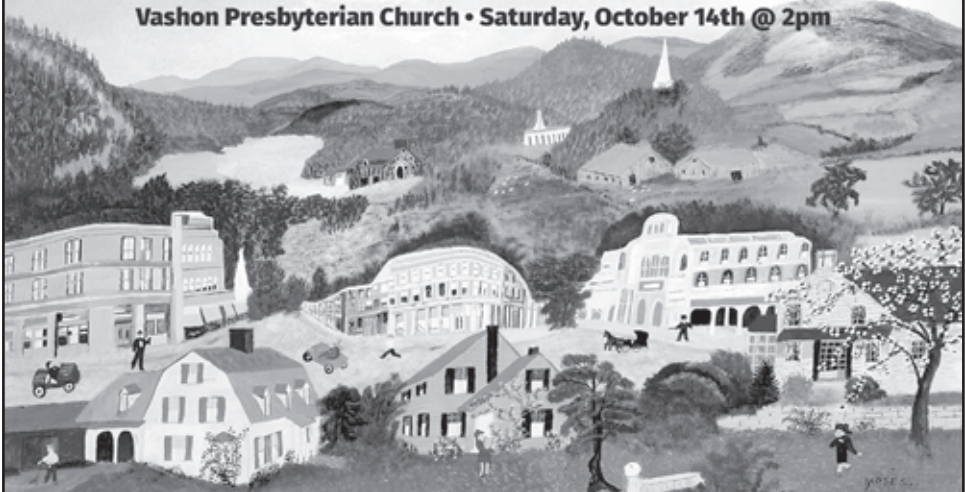
Libra (Sep. 22-Oct. 23)
This week, Mercury and the Sun form a stunning conjunction in your sign. This is a bold reminder that your life is your own. You must make your own decisions. You are responsible for your own sense of security. You make your way in the world, as the leader of your life. Yet it’s essential that you not be stuck in the feeling that you must “go it alone.” As an autonomous person, you have the privilege and the responsibility to ask for the help that you need. You have the privilege of fostering your family of choice, if you cannot get what you need from your family of origin. In fact it’s essential that you find new ways of relating to people other than those you learned in your childhood environment, and it’s up to you to spearhead that project. Events this week will bring certain matters into focus, giving you the opportunity to do just that.

Scorpio (Oct. 23-Nov. 22)
No matter how people may perceive you – or are experiencing your supposed intensity, your passion and your need to be free – hold your center. Don’t believe the hype, and take all feedback with a few chunks of pink Tibetan salt. Focus on your creative, sexual and emotional center (they are the same thing for you). Jupiter is about to enter your sign; this takes place on Tuesday, and it represents a significant change in your life. Let that change begin with your awareness and your own experience of your presence in the world. By that I mean tune into how you relate to the social and physical space around you. Notice how people notice you. Experience

Debbie Dimitre presents

GRANDMA MOSES


Vashon Presbyterian Church • Saturday, October 14th @ 2pm



DEBBIE DIMITRE, an inspiring & talented NW Storyteller presents **Grandma Moses**, the renowned American Primitive Folk Artist. A fundraising event in support of PEO educational projects.

Tickets on sale at the Vashon Bookshop starting September 25th, 2017

\$20 per ticket
Limited availability at the door



Women helping women reach for the stars!

what it’s like to be seen, and how people respond when you pay attention to them. Jupiter will expand not just your influence, it will also expand the ways your senses and emotional body experience the basic fact of your being alive.

Sagittarius (Nov. 22-Dec. 22)
Commitments and responsibilities are making you rise to the occasion of your vast potential, especially professionally. Contrary to the rumor that Sagittarius is all about the broad strokes and the big picture, but hates the details, you are a taskmaster at the moment. You have the ability to manage many complex tasks that absolutely must be done right. Somehow you are not only balancing these two seemingly separate aspects of the world, you are integrating them. This may feel like bouncing back and forth between focusing on your wider mission, and then moving to some specific elements that need attention, and then back. Keep going with that process until everything integrates seamlessly. Note that Jupiter’s sign-change this week will bestow you with a kind of clairvoyance. This might manifest as eyes behind your head, or the ability to ‘remote view’ and see what is outside the reach of your vision or hearing. Pay attention to what comes through.

Capricorn (Dec. 22-Jan. 20)
Express yourself truly. That does not mean being a jerk or giving yourself permission to self-contradict every hour. Rather, this idea means being true to who you are, and to what you know. If you’re in harmony with that, you’ll also be true to what you don’t know, and maintain awareness of when you don’t have the answers. Over the next day or so, you’re likely to focus some important goals in a new way, which will give you some direction and clarity, particularly in your professional life. This is, in part, about how you state your own objectives, by which I mean the phrasing (which counts for a lot). It’s then up to you to proceed with the utmost diplomacy and organize the support you need to set your goals in motion. Don’t count on others for

leadership: that’s your role and yours alone. Rather, count on others to help you with the specific tasks at hand.

Aquarius (Jan. 20-Feb. 19)
This week, Jupiter crosses the midheaven angle of your solar chart, entering the sign Scorpio. There it will be for a year, providing you with an expanded sense of your potential. Before you open that chapter, however, you would be wise to conduct a review of all that’s happened during the past year of your life, particularly where your professional affairs are concerned. What have you learned about the concepts ‘right’ and ‘wrong’? What have you learned about aligning your spiritual values with your work-related goals, and your desire to grow and rise up in the world? If you’re paying attention, there will be one particular point of integrity that comes into focus, as you begin the next phase of your outer development. Aligning this inner knowledge with your outer actions is your karmic goal for the next 12 months or longer.

Pisces (Feb. 19-March 20)
This week, Jupiter crosses the midheaven angle of your solar chart, entering the sign Scorpio. There it will be for a year, providing you with an expanded sense of your potential. Before you open that chapter, however, you would be wise to conduct a review of all that’s happened during the past year of your life, particularly where your professional affairs are concerned. What have you learned about the concepts ‘right’ and ‘wrong’? What have you learned about aligning your spiritual values with your work-related goals, and your desire to grow and rise up in the world? If you’re paying attention, there will be one particular point of integrity that comes into focus, as you begin the next phase of your outer development. Aligning this inner knowledge with your outer actions is your karmic goal for the next 12 months or longer.

Read Eric Francis daily at www.PlanetWaves.net

Spiritual Smart Aleck

By Mary Tuel

Hope Takes a Break

This has been a rough week in America. It started last Sunday night with a man using semi-automatic weapons to mow down over five hundred people at a country music festival in Las Vegas. Fifty-eight people died. Fifty-nine, counting the shooter, who took himself out before he could be caught.

It is difficult to recover from a shock like that, even if you weren't in the crowd, or related to or acquainted with any of the people who were there or who were shot.

There is no reason to it. The guy snapped a long time ago, and stayed snapped while he meticulously planned and prepared to do what he did.

How do we live through such an event, which makes no sense, and hurts so many?

I've been doing it by paying attention to the ordinary.

My morning routine is almost always the same: Get up, make coffee, have breakfast. Say prayers, write in my journal.

If it's a pool day, I go there. Yesterday was a pleasant day, not too hot, so I took the dog along.

As I drove I noted that Mt. Rainier was wearing a slender lenticular cloud at a jaunty angle on its northeastern slope.

Because it was sunny, I parked in the shade at the Athletic Club so Marley wouldn't get hot in the car. I opened the windows as wide as I dared, so she wouldn't be tempted to jump out. I opened the sunroof as well. I put a sunshield up in front of my windshield to block any sun that hit the car. I put a bowl of water on the back seat in case she needed a drink, told her she was a good dog, and went to my class, confident my precautions would keep her cool.

When I came back from my water walking class a little over an hour later, Marley was lying in the back seat shivering. Poor puppy. I took too many precautions. Summer really is over.

I draped my jacket over her to warm her up, and took her up to Sunrise Ridge so the two of us could walk around. I could see Mt. Rainier from up there. By that time the lenticular cloud had circled the entire peak.

I picked up dog poop. That is one of the most ordinary things a person can do. By the way, whoever is putting poop bags in the poop bag holder at Sunrise Ridge, THANK YOU. YOU ROCK.

The dog browsed and cavorted around to her heart's content, and then



asked to get back in the car, and we came home, her to have some treats and nap a little and bark at noises which only she hears; me to have lunch and work on writing this essay.

That was my ordinary morning. I did not spend it obsessively thinking about the Las Vegas shooter and his victims; or the destruction of entire islands and cities by hurricanes; or our so-called president who seems incapable of making sense. I sometimes watch him to see what cognitively dissonant thing he's up to now, but not often, because it hurts. I know in general what to expect but am amazed at his capacity for creating heretofore undreamed-of witlessness.

This afternoon I went to the library to get some books, and while I was there I read a newspaper article about the Las Vegas shooting. Still no motive, say the investigators, "But we'll find it."

The story has moved from the front page to page 3. No one ever went broke underestimating the American attention span.

It is easy to lose hope for a better world in times like these. It is easy to feel like faith is letting you down. I look for things to connect me with reality: the unexpected red rose blooming this late in the year; the lenticular cloud on the mountain; the way my dog communicates with me with her puppy eyes, or the nudge of a nose, or the touch of a paw.

How many human beings down through the millennia have been in situations that felt hopeless?

Think how the Apostles felt the night Jesus was crucified. They must have felt well and truly lost.

We are living in a Good Friday time. We don't know yet when or what Easter is coming, but we live in the faith of Christ resurrected, and we keep putting one foot in front of the other.

For those of you offended or put off by Christian metaphors: things suck right now, but even if you do nothing but wait, things will change, maybe worse, maybe better. We don't know. But it is worthwhile sticking around and working for better.

Make a date with Vashon!
www.VashonCalendar.org

Vashon Library Events
Art & Music Events
Submit your Event on line at
www.vashoncalendar.com

Vashon Maury Chamber Orchestra presents Arvo Pärt & Srul Irving Glick

Vashon Maury Chamber Orchestra Arvo Pärt & Srul Irving Glick Friday, October 13 @ 7:30PM "To understand your job as a composer is to be able to see God's beauty everywhere, and I suppose the majority of what my music represents is looking beyond the suffering and evil in the world, and reaching toward the beauty and the oneness of God." - Srul Irving Glick

The Vashon Maury Chamber Orchestra (VMCO) opens the season with two works of deep spirituality. Srul Irving Glick's Divertimento is sweet, lush, melancholic, and playful, rooted deeply in the music of the synagogue and Jewish folk music.

Divertimento has a delightful romantic feel, invoking thoughts of Dvorak, but seasoned with a large helping of Prokofiev's playfulness. Estonian composer Arvo Pärt's Tabula Rasa is starkly different in style but no less evocative of connection to the divine. It is constructed as a concerto for 2 violins, piano, strings, and percussion and is based on Pärt's famed tintinnabuli style and his deep Orthodox beliefs. The second movement of Tabula Rasa is often referred to as "angel music" and has given great comfort to many. Tabula Rasa is a breathtaking meditation on the divine. Violin soloists - Karin Choo and Dan Brandt

For more information and to




purchase tickets, please visit our website event at:

www.vashoncenterforthearts.org/event-cal/vmco-arvo-part-srul-irving-glick/

Vashon Maury Chamber Orchestra presents Arvo Pärt & Srul Irving Glick Friday, October 13, 2017 7:30 pm Katherine L White Hall, VCA

VISIT US IN THE HISTORIC 100-YEAR-OLD ROASTERIE BUILDING WE CALL HOME



ALL ORGANIC PASTRIES, BREAKFAST & LUNCH FARE. ESPRESSO & TEA BAR COFFEE ROASTED DAILY

OVER 350 BULK HERBS, SPICES & TEA.

VASHON HIGHWAY & CEMETERY ROAD • (206) 463-9800 • WWW.TVICR.COM

PANDORA'S BOX

One day of rain and we had a run on dog outerwear. We are now restocked, and new products arriving daily.

Will Mr. Trump be upset to learn that Bo sleeps in his bed through the national anthem? We shall take a popular vote to decide if I should fire him or not.



Bo's Pick of the Week: The new Canidae cat food - fantastically delicious. Also - Tender & True antibiotic-free kibble and cans.

(206) 463-3401

\$8 Nail trimming with no appointment

17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch



KVSH
101.9 FM
Voice of Vashon

Listen At Home In Your Car At Work Worldwide

Schedule & VoV App at VoiceOfVashon.org

FOR ORCAS AND FOR ISLANDERS PLEASE REPORT LOCAL WHALE SIGHTINGS ASAP TO

206-463-9041

Vashon Hydrophone Project
Orca Annie Stateler and Mark Sears
Vashonorcas@aol.com
Support Vashon-Maury Island Whale Research
Sightings NOT Disclosed to Whale Watch Boats

vashonorcas.org

Next Edition of The Loop Comes out Thursday October 26

Deadline for the next edition of *The Loop* is

Saturday, October 21

Island Epicure



Yum! Authentic Syrian Tabula

By Marj Watkins

I got my wish, folks, a lesson in how to make a delicious Syrian salad, by taking notes as Jamila made Tabula in my kitchen. Her daughter Iylaf, a third grader, and speaks excellent English already. My daughter Suzanna has an app on her cellphone that translates between Syrian and English. These helped us communicate with Jamilla who is in English language classes but doesn't yet have a very large vocabulary. Iylaf (say EE-laff) made sure I spelled her name right this time, to my joy.

First, Jamila (say Jah-MEE-lah), asked for a large bowl, a sharp knife and a surface safe to cut on. Right away she spotted my collection of cutting boards and chose one large enough for her purpose. Suzanna had conferred with her ahead of time and brought the necessary ingredients for the salad she intended to make: iceberg lettuce, parsley, cilantro, mint, tomatoes, lemons, cumin seeds, a ground dried red pepper called Aleppo that she had got from Rich Osborne, purveyor of exotic foods and spices as well as the very best extra virgin olive oil.

Jamila swiftly chopped the head of lettuce into pieces no more than ¼-inch squares. They went into the big bowl, and were followed quickly by the remaining ingredients, also chopped.

Here is the recipe. Allow an hour for preparation. No cooking required except for the quinoa. Suzanna cooked that while Jamila chopped the vegetables. I think you could chop them one kind at a time, in a food processor. Jamila would have used bulgar, but Suzanna explained that I (and most of my descendants get headaches if we eat wheat, and bulgar is a wheat product. Jamilla understood because a member of her family is wheat-sensitive, too. She said she had eaten Tabula made with quinoa at Costco and it was good, so quinoa could be substituted. Aleppo red pepper is fairly gentle. If you must substitute cayenne, go

Road to Resilience

Continued from Page 1

the EPA, but Monsanto decided to market the seeds anyway because they were supposed to have higher yields. The farmers were cautioned not to use the currently available Dicamba, but to wait for the new product.

Many farmers whose soybeans fields were overgrown with glyphosate resistant weeds clamored to buy the new Dicamba-resistant seed, assuming that the new, improved Dicamba would become available when they needed it. As it turns out, the new Dicamba was not approved during that growing

easy on it. Taste test after mixing in a small amount if using cayenne..

- Jamila's Tabula
8 to 10 servings
- 1 head iceberg lettuce, chopped finely
 - ½ bunch parsley, de-stemmed and minced
 - 1 bunch cilantro, de-stemmed and chopped
 - Fresh mint leaves, about ½ cup, chopped
 - 3 green onions, white and green parts, chopped
 - 2 ripe tomatoes, chopped
 - Juice of two lemons
 - 4 Tablespoons olive oil
 - 2 Tablespoons Aleppo red pepper, or to taste
 - 2 teaspoons cumin seeds
 - About 1 ½ cups cooked quinoa
 - Salt and pepper to taste

Combine all ingredients. Taste and adjust seasonings. Yoghurt goes well with this and ups the amount of protein in a light supper. We also had a plate of sliced cheddar. For dessert, Jamila had brought a plate of sweet semolina rolls stuffed with soft white cheese. She is used to cooking in quantity for her family of seven. There were only five of us, so Suzanna took home Tabula for her husband and son James. My son Steve and I ate some of the leftover Tabula for lunch the next day. We still had enough left for another supper for both of us. It keeps for a couple of days when in glass, covered and refrigerated.

Note: Quinoa is the only grain that contains complete protein, 5 grams in an average serving when it functions as the starch in a meal.

season, and many desperate farmers resorted to using the old Dicamba so as not to lose another crop.

Farmers that were using the old soybeans not resistant to Dicamba found their crops withering from Dicamba contamination. Fines for using the illegal herbicide are often in the \$1,000 range, not much of a disincentive for farmers with thousands of acres. Meanwhile, farmers were fighting with their neighbors over Dicamba damage and were angry that they would be forced to buy the Dicamba-resistant seed to protect themselves.

Meanwhile, researchers found that weeds could become resistant to Dicamba in as little as three generations. Even as it becomes apparent that the new Dicamba and the Dicamba resistant seed will have only limited usefulness, the more toxic Dicamba is contaminating wild flora as well. Among the first effects to be noted was that beekeepers were finding their honey production dropping by 30%. Perhaps in a few years annual plants will become resistant, but perennial plants can't adapt so quickly. Nor does anybody know what the ultimate affects will be for animal life, including ours.

In the fable, the sorcerer returns and makes everything right. It seems to me that our sorcerer must be nature itself. If so, I don't think we can expect it to act exclusively on our behalf. In fact, I don't think we can expect it to act on our behalf at all. If we are left to our own devices and we don't really understand very well how nature works, what do we do? It's completely understandable that so many of us are now counting on a merciful God to step in and save us.

We know some things not to do. We know we can't control nature. We know that we can't keep life from changing. We know that introducing exotic chemicals makes life chaotic and unpredictable. We know that corporate capitalism is fatally shortsighted and incapable of making fundamental changes even when disaster is in sight. That's why we progressives continue to press for a government that represents our better and wiser nature. Instead, we have a government that is controlled by the very corporate capitalism that is killing us. We can turn this around, but we need to care enough to get off our butts and get it done.

Clarification: In the last column, I mentioned that PSE provides 9% of its power from gas plants that it owns. I should have mentioned that the total portion of power they deliver that is produced by gas plants is 29%. What you need to know is that our PSE power comes from more or less equal portions of coal, gas, and renewables.

Comments?
terry@vashonloop.com

Caspar Babypants - Jump for Joy!

Perennial favorite Caspar Babypants plays from his 13th album, Jump For Joy! Full of super fun sing-along good time music for the whole family, the energy on the recording goes from upbeat and fun at the beginning to sleepy and mellow at the end. The goal is to engage and then relax your kids and you--so you can recharge--through simple acoustic instruments and thoughtful arrangements. Caspar Babypants is the alter-ego of Chris Ballew, twice Grammy-nominated songwriter and lead singer of '90s Seattle alt-rock group The Presidents of the United States of America.

Saturday, October 14, 10:30 am. Katherine L White Hall, VCA
Tickets:
General: \$12
Youth: \$8
For more information and to purchase tickets, please visit our



website event at:
vashoncenterforthearts.org/
event-cal/caspar-babypants-jump-for-joy/
Or call our Katherine L. White Hall lobby front desk at: 206/463-5131

C O M E J O I N U S

KLAHANIE SCHOOL 2ND ANNUAL PIE AUCTION & DINNER

SCHOLARSHIP FUNDRAISER

SATURDAY OCTOBER 21st 6-10PM

VASHON BOOKS (OLD VFW HALL - 2200 VASHON HWY SW)

\$35 TICKETS AT THE DOOR - ADULTS ONLY

KLAHANIE SCHOOL

THANK YOU FOR HELPING OUR GARDEN GROW!

CHECK US OUT ON FACEBOOK AND
HTTP://KLAHANIENURSERY.SCHOOL.BLOGSPOT.COM/

Suds LAUNDROMAT

OPEN DAILY

Open Daily 9am to 7pm
"Last load in at 6:15pm"

17320 Vashon Hwy SW
(Located across from Pandoras Box)

Sporty's RESTAURANT & BAR

Where the Locals Go!!

Family run business for over 30 years
17611 Vashon HWY SW
206.463.0940

Live Music

Homestyle Breakfasts and Plate Size Pancakes
Breakfast served till 5pm
Fri, Sat & Sun

Sports on 5 HD TV's

Open 7 days a week 6 am til 2am

Bill Brown & The Kingbees

Steve Minzel, 35 years behind the keyboard, has played all over the Pacific Northwest. Leslie Shelton, 40 years on bass guitar and a vocalist in the band who has written and recorded an album and back in the day toured with Bo Diddly and from 1990 to 2000 played with Bill Brown and the Kingbees. He currently performs about 40 weekends a year with his own group, The Tonze. Everybody loves his spirit, playing and vocals! Tony Handy not only has been playing with Bill for a decade, he also has his own jazz group, HD fusion. They play at Emerald Queen Casino, and many other big venues in the Pacific Northwest. John Gaborit is often likened to Eric Clapton, in his finesse and style. He is known for mesmerizing crowds! He's been playing with Bill for two decades.

Bill Brown, lead vocals and harmonica. Folks love his spirit on stage and his ability to connect with them. He also has



a knack for attracting top notch players!

Friday, October 20th, 8:30pm. Bill Brown & The Kingbees. This show starts at 8:30pm at Red Bicycle Bistro. It's an all-ages show until 11 p.m., and for ages 21 and older after that. I.D. is required. Free cover!

The Curvettes



The Curvettes (formerly the S Curves) came together in the summer of 2013 as a result of a fun and funky traveling performance party called "The Swamp Bottom Jamboree." Their debut performance included cocktail dresses under hip waders in the middle of a pond by candlelight, accompanied by the boisterous bass of a croaking bullfrog. The next summer, they revisited that pond in a rowboat dressed in nightgowns. Unexpectedly, the bullfrog made a repeat performance. Cleaned up and dressed up (but without the frog), the Curvettes trio is comprised of seasoned Vashon and Seattle performers whether at the O Space, Blue Heron, Red Bike, Drama Dock, Vashon Opera, Seattle Opera, and various gigs over town. The Curvettes - Arlette Moody, Elaine Ott-Rocheford, and Stephanie Murray - are a "retro chic" trio that puts their own curve into music nostalgia.

The Curvettes are backed by The Straightaways, an acoustic swing combo that puts a nostalgic spin on even the most modern tunes, but isn't afraid to

bust out a beat when they need to. Steve Meyer on upright bass and Marshall Murray on the cocktail drum kit are seasoned performers who provide the backbone. Andre Sapp adds mandolin, ukulele and guitar, depending on what and how many strings he can handle at any given time. Christopher Overstreet brings a stunning array of piano chops, classical technique, and avant-garde sensibilities. Gary Milligan on horn adds some sass and splash.

The Curvettes
Friday, November 3rd, 8:00pm. The Red Bicycle Bistro & Sushi. All-ages 'til 11pm, 21+ after that. Free cover!

Gregg Curry CD Release Party

Continued from Page 1

"was tired of not having recorded, because the world needs it." The acoustic duet comes straight from the Pete Segar playbook with a direct message about the folly of foolish man.

Curry then draws from his own life journey and the landscapes he has traveled and the lessons learned on the road on the expansive 'Long Way To Here.' The album ends by going to 'Infinity,' for the final rocking track, a six-minute southern rock jam inspired by the many outlaws who picked up a guitar and blazed a trail for Ragged Glory. (Thanks to Rick J Bowen for this article)

The band (Curry and Rick Dahms on guitars and vocals, Michael Marcus on bass and vocals, Michael J. Nichols on harmonica, and Sarah Howard, Don Farwell and Rebekah Bevilacqua on guest background vocals, Emory Miedema-Boyajian on drums and vocals) has evolved a sound around Curry's original songs that is their own - a sort of rock 'n roll tent revival/minstrel show blending the sacred and the profane and the in-between into delectable musical stew, new and familiar at once. The lyrics will make you pause, the music will tempt you to dance and chances are you'll grin like you do when you hear a song that you want to turn up.

Gregg Curry CD Release Party
Friday, Oct 27th, 8:30pm
The Red Bicycle Bistro & Sushi
Admission: \$10 or \$15 with CD
All-ages 'til 11pm, 21+ after that

This will be the CD Release Party for the band's new CD entitled "The Last Train"! For more info, check out <http://www.greggcurry.com/>

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



6 flavors, 31 toppings, and Hot Chocolate!

Open Sunday to Thursday
11:00 to 7:00
Friday/Saturday from
11:00 to 8:00

17320 Vashon Hwy SW
(Located across from Pandoras Box)

Barber & Beauty Shoppe

(206) 463-7212

Family Hair Care ~ Sensible Prices
Colors, Perms, Hair Cuts

Parker Plaza 17232 Vashon Highway

Now is when you make the switch

Aetna Medicare

Enroll by December 7

Call to learn more, RSVP to a meeting or make an appointment.

Jesse/Kyle/Shirley Van Nostrand
1-206-466-1935 (TTY: 711)
9:00 a.m. - 6:00 p.m. PT, Mon. - Sat.
A licensed sales agent will answer your call.
www.advantageinsurancebenefits.com

Aetna Medicare is a PDP, HMO, PPO plan with a Medicare contract. Our SNPs also have contracts with State Medicaid programs. Enrollment in our plans depends on contract renewal. See Evidence of Coverage for a complete description of plan benefits, exclusions, limitations and conditions of coverage. Plan features and availability may vary by service area. A sales person will be present with information and applications. For accommodation of persons with special needs at sales meetings, call 1-206-466-1935 (TTY: 711).

72.12.617.1-7834 ©2017 Aetna Inc. Y0001_4002_10204 Accepted 08/2017

PERRY'S VASHON BURGERS

Celebrating 14 years Serving Vashon Island

17804 Vashon Hwy SW

Open 11am to 8pm Monday-Saturday

Best Burger in Town!

For a Burger Emergency

463-4-911

Gluten Free Buns!

Ready-made frames~ Prints~ Cards~ Mirrors~ Good ideas~ Custom

Custom framing~ Do-it-Yourself~ Posters~ Photo Albums~ Gifts~ Cards



Frame of Mind



Tues-Sat, 10-5
463-3933
9926 Bank Road (next to Cafe Luna)

Ready-made frames~ Prints~ Cards~ Mirrors~ Good ideas~ Custom

One-stop shopping
for your horse, barn,
pets and more:

- Eastern WA Timothy Alfalfa & Orchard Grass Hay
- Straw, Shavings, Bedding Pellets
-  **Nutrena** Full Selection of Grain & Feeds
Nutrena, LMF, Nature Smart Organics, Country Feeds, Nature's Cafe, Mazuri, Standlee, Mid Valley Milling, Sun Seed & Zupreem + Dog Food, Collars, Leashes, Supplements & Grooming Supplies.
- Gates, Fencing & Stable Supplies, Buckets, Feeders, Hooks & Hardware
- Clothing & Outerwear for Kids & Adults
- English & Western Tack, Horse Blankets, Chaps, Gloves & More. We're your local EasyCare Hoof Boots Dealer
- Dewormer for all your critters, Fly Sprays, Traps & Masks, Wound & Leather Care
- Local Distributor for **Double Helix Water**® Nordic Naturals Fish Oil, Restore for Gut Health & Silver Biotics
-  **Horse Guard** Cox Veterinary Labs, Uckele, Select, Cosequin, Animed, Wendals Herbs and More



VI Horse Supply, INC.
206-463-9792
17710 112th Ave. SW
(8/10 mile west of town on Bank Road)
P.O. Box 868 • Vashon Island, WA 98070-0868
www.islandhorsesupply.com
Like us on Facebook
Summer Hours: 9am-6pm • 10am-5pm Sundays
CLOSED Wednesdays



Island Security Self Storage
Full line of moving supplies

Next to the Post Office
10015 SW 178th St.
(206) 463-0555

- Radiant Heated Floor · On-Site Office · Rental Truck
- Climate Control Units · Classic Car Showroom
- Video Monitoring · RV & Boat Storage



DIAGNOSTIC & REPAIR SERVICE, INC.
206-463-9277

We Have Rental Cars!
If you are visiting the Island, have out of town guests, or just need a second car for the day Vashon Rental Cars, Inc. is here to serve you.

Conveniently located uptown in Vashon.
Vashon Rental Cars, Inc
463-RENT (7368)

Shop Hours
8am-6pm
Monday - Friday

24hr Towing & Road Services

*Lockout Service,
Flat Tire Change,
Gas Delivery and
Jump Start.*



WET WHISKERS
GROOMING SALON
PROFESSIONALLY TRAINED
CERTIFIED GROOMER

We Offer:
Wash and Go
Bath and Brush out
Thin and Trim

CALL TODAY FOR AN APPOINTMENT
(206) 463-2200
17321 VASHON HIGHWAY SW
CONVENIENTLY LOCATED INSIDE PANDORA'S BOX

ISLAND ESCROW SERVICE

Dayna Muller
Escrow Officer

Patrick Cunningham
Designated Escrow Officer

206-463-3137
www.islandescrow.net

Serving Washington State since 1979
Notary
Insured, licensed and bonded
Discount to repeat clients

DANNY'S TRACTOR SERVICE 206-920-0874

- ▶ Land and storm damage clean up
- ▶ Tree Cutting and removal
- ▶ Field mowing, brush cutting and tilling
- ▶ Hauling and refuse removal
- ▶ Scrap metal removal
- ▶ Driveway repair and grading

→ **Dan Hardwick**
oldredtruck@comcast.net

Get *More Than* Original Medicare

Community *HealthFirst*
Medicare Advantage Plans

Get the most out of your benefits.

- ✓ Parts A, B and D
- ✓ One low co-pay
- ✓ Vision services
- ✓ Open network of dentists
- ✓ \$0 to low cost premiums

Call for more information or to make an appointment with a licensed Medicare Representative.

1-866-418-2761
TTY: 7-1-1
www.healthfirst.chpw.org
8:00 a.m. - 8:00 p.m., 7 days a week

Community *HealthFirst*
Medicare Advantage Plans

Offered by  **COMMUNITY HEALTH PLAN**
of Washington™

Community Health Plan of Washington is an HMO plan with a Medicare contract. Enrollment in Community Health Plan of Washington depends on contract renewal.

H5826_MA_340_2017_v_01_Vashon_Newspaper_Ad_Fall