

## Island Singers Compete to be “The Voice (of Vashon)”

Island singers turned out in overwhelming numbers to compete in VoV’s first annual singing contest – “The Voice (of Vashon).” There’s only room for 24 contestants, and those singers will put on their best performances at “The Voice (of Vashon)” event on Saturday, April 1, at Open Space for Arts & Community.

Based on the popular television show “The Voice,” our very own island version, includes celebrity judges, Ian Moore, Martin Feveyear, Star Anna, and V. Contreras. These music industry professionals will select four finalists in each of two age categories: 15-24 and 25+. Then the audience will select one winner from each group. That means friends and family filling the auditorium – with lots of great performances all night long.

Winners get the soon-to-be-coveted Golden Microphone trophy, a live performance spot at First Friday Live on the Highway in the KVSH Storefront Studio, and the opening gig at the KVSH Birthday Bash in October.

Musical Director Loren Sinner will keep everyone in tune, while Emcees Dianne Krouse and Reed Nichelson keep the fun rolling. There will also be a fantastic raffle prize of concert tickets!

“The Voice” tickets are available now



at BrownPaperTickets.com and the Vashon Book Shop. Doors open at 5PM with food from Orca Eats, wine from Palouse Winery, beer from Cliff’s, hard cider from Nashi Orchards, plus snacks and other beverages. Delicious desserts will be available at the intermission while everyone votes for their favorite singers. This is a family friendly event; kid tickets are discounted.

Please join us at this FUNdraiser for Voice of Vashon – the singers get the prizes, Voice of Vashon gets the funds, and everybody gets the FUN!

“The Voice (of Vashon)”  
First Annual Singing Contest  
Saturday, April 1st  
6:00-10:00PM at Open Space  
Doors open at 5:00PM  
Tickets available at  
BrownPaperTickets.com  
and the Vashon Book Shop  
Reserved Seating \$30  
General Admission \$20  
Kids under 12yrs \$10

## School Bond



*VHS outdated Track can no longer be used for competition and needs to be replaced.*

By Elizabeth Shepherd

Last year, Vashon voters smacked down a \$27 million bond to upgrade facilities throughout the Vashon Island School District.

For too many islanders, it all just seemed like too much. So our school administrators and board listened, and are now back with another bond proposal, this time with a scaled-back \$9.9 million ask. Here are some reasons why you should vote YES to this bond this time.

1) It is one of the least expensive donations you could make to our kids, schools, and community – the increased tax burden of this bond is about \$5 per month, if you have a \$500,000 home. If you live in such an expensive house, you can afford this. If you don’t, you’ll pay a lot less than the cost of one latte or cheap six-pack per month. Sounds like a pretty good deal to me.

2) Even though we have a beautiful new high school building, it’s important to remember that this bond will pay for fixing a lot of structures, still standing, that are 50-years-old, or older. For instance, the ancient brick “Building F” at the high school needs a new roof. So does the district’s maintenance shop, now housed in a 75-year-old building. And have you taken a look, lately, at Building K on the VHS campus? This more-than-humble low-slung facility is used by our StudentLink and FamilyLink programs. It has a worn-out roof, grimy floor coverings, and bad plumbing. StudentLink and FamilyLink families shouldn’t be second-class citizens in our school district. This building needs immediate restoration to keep it inhabitable, much less up-to-date.

3) Middle school is hard enough without having to deal with broken lockers, worn out furniture and carpets, and locker rooms and showers that have become cluttered storage areas. The exterior paint on the McMurray building is so old that it no longer protects the structure from the elements. If this isn’t bad enough, take a look at the windows. If you’ve ever bitten the bullet to replace leaky, worn-out windows in your own home, you’ll know that it is beyond time to do the same at McMurray Middle School.

4-Let’s talk VHS athletic facilities, since this is the biggest ticket item of the bond. Vashon’s cinder track, so proud

and new back in the 1970s, has become a disgrace. The track causes injuries. It doesn’t allow our VHS track teams to compete at home – other schools won’t run on it. It discourages participation in both track and cross country – wonderful sports that not only let our teenagers run like the wind, but also build friendships, memories, and teamwork skills, not to mention their college resumes. The bond will also replace the worn-out field inside the track, and this needs to happen too. That field, quite frankly, is a big mess. The turf is patchy, the soil beneath it is compacted, and the whole thing turns into a mud bog that can’t even be used during much of the rainy season. In dry months, it requires constant watering (at a very high cost) and mowing. The current bond calls for its replacement with a safe and sustainable form of artificial turf – standard now in modern school facilities.

5-Do you love the old grandstand? I do – some of the most memorable moments of my life as a parent have been spent sitting on that old grandstand. But once again, it really isn’t any good anymore. The metal fasteners underneath are deteriorating. And it is not wheelchair accessible – think of the difficulties disabled and elderly people face when even attempting to attend a game or a graduation ceremony. It’s time for a new grandstand, where new memories can be made by islanders of all ages and abilities.

6-Speaking of memories, oh, the kindergarten playground at Chautauqua! I remember, when my twins were toddlers, the play structures seemed so tall and huge. Now, I’m amazed by how small the playground is, and how worn the equipment there looks. Clearly, this tiny patch of playground is inadequate for Chautauqua’s growing ranks of kindergartners – as well as for the next generation of island toddlers who will be brought there after hours by their starry-eyed, new and nervous parents.

So please, vote YES this time around. Our kids and our community are worth it. And remember, it really isn’t going to cost you much to make these very necessary fixes for our schools.

Elizabeth Shepherd is the mother of two teenagers who are members of Vashon High School’s class of 2017.

## The Road to Resilience What To Do?

Today it seems like we are living in a fantasy world where the ruling forces don’t have any grounding or relation to a commonly accepted reality. W.B. Yeats’ poem, “The Second Coming,” written a hundred years ago, still characterizes our times: “The best lack all conviction / While the worst are filled with passionate intensity.”

In this time of “fake news,” who can you believe? How can you sort out the truth? Here is what an article by Daniel Levitin, “Four Ways That Fake News Can Fool You,” lays out:

1) “Lies are tucked in among truths.” Beware of the last few statements that seem to follow from obviously true statements.

2) “Websites masquerade under misleading names.” It is not too difficult to uncover these. If it sounds unlikely, check it carefully.

3) “Numbers given without context.” What do the numbers really tell you? Can you really infer what they claim from those numbers?

4) “Claims rest on false [or irrelevant] sources.” Citations from very impressive-sounding sources may be misleading or completely irrelevant.

Another problem is fake news can come from just about anyplace. Mainstream media have been manufacturing fake news for some time now. Remember the lead up to the Iraq

By Terry Sullivan,

War?


Equally important is noticing what is not reported. Important happenings go unreported if it isn’t in the interests of the powers that be. At the recent gathering of the Democratic Party to elect Tom Perez, what you probably didn’t hear was that they also threw out a policy Obama put in place of no longer relying on big money donors. Whose interests do you really think will be considered first? Another rule in evaluating the news (or the lack of it): always follow the money.

While it is good to have some sense of what is true, we still have to deal with the situation we are presented with. The catchword for progressives today is “Resist!” Although I have a sticker on the back of my car that says as much, I wonder if we aren’t losing sight of the big picture. At best, resisting is reactive, and there is an awful lot happening today that we need to react to. When we are busy resisting, the powers we are resisting are setting the agenda. In following their agenda, it’s easy for us to lose sight of the big picture that we need to be working toward. We can easily lose track of where we need to be going, what we need to be doing one day to the next to dig ourselves out of this mess.

What is the big picture? In Yes! Magazine, Spring 2017, David Korten wrote an article, “The Superrich Have


*Continued on Page 8*





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*Bolshoi Ballet: A Contemporary Evening.* Sunday, April 9, 1pm

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Find the Loop on-line at [www.vashonloop.com](http://www.vashonloop.com)



**DSHS**

**THE MOBILE CSO IS COMING!**

**Date: Wednesday April 12, 2017**

**Time: 11:00 am to 3:30 pm**

**Place: Vashon Market Fresh IGA**  
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# Get in The Loop

## Submissions to the Loop

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

### Water District 19 Meeting

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

### 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.

### Have a Story or Article

Send it to:  
[Editor@vashonloop.com](mailto:Editor@vashonloop.com)

### Here we go again

Here we go again: the school district want's to spend 10 million on improvements. We said no last time and now they're back. When did the no voters ever get a second chance?

Building maintenance and upgrades should be part of an ongoing infrastructure budget. This might be the case if the district didn't spend all of their regular tax revenue on personnel and enrichment programs.

The track and field should be maintained by the teams that use them. Further: Why would we as a community pave a high school track when we can't get our highways paved?

Don't think for a minute that the school improvements are for the kids: they are not. Schools like most all government institutions are self serving. Only about 10% of the children coming out of the system will be good enough to generate the kind of income required to afford homes here on Vashon. The rest will fill the ranks of the working poor and reside in project areas.

Please reject the school bond and anything else the district wants. Our schools used to serve Vashon Island. The super schools Mike Soltman and company are building cater to the vast population surrounding us.

Jeff Schnelz

### All Island Forum at Vashon Land

Looking Out For Each Other in the Maelstrom:  
Let's gather to share our personal experiences of living in these turbulent and changing times.

What's it like for you? What's it like for me?  
We'll listen, learn, reflect and support each other - whether we are already active in the resistance or simply wondering what to do in these difficult times.

Coming together to hear and speak of what's on our hearts and minds can nurture our capacity to sustain energy and initiative.

Building cohesion and meaningful relationship can strengthen our ability to align our actions with what matters most to us.

This is a unique time of individual, collective and community uprising. What's your story? We'd like to listen.

All Island Forum at Vashon Land Trust Building April 13, 7-9p  
ALL ARE WELCOME more info at [allislandforum.org](http://allislandforum.org)

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### Jayapal Announces Town Hall in April

Congresswoman Pramila Jayapal will hold four town halls in April throughout Washington's 7th District. The first will be a senior-focused event for residents of Horizon House in Seattle. The following three will take place on Vashon Island, Shoreline, and Burien, respectively.

These four meetings are a continuation of a series of town halls that began in March and will extend throughout the year. At the events, Jayapal will discuss her work in Congress and take questions from constituents. Town halls are an important way for constituents to connect with their representatives in government and hold them accountable.

What: Town Hall in Vashon Island

When: Thursday, April 13, 6:30 - 8:00 p.m.

Where: Vashon High School, 9600 SW 204th St, Vashon

Washington's 7th District encompasses most of Seattle and surrounding areas, including Vashon Island, Lake Forest Park, Edmonds and parts of Burien, Shoreline and Normandy Park.

Elected in 2016, Jayapal serves on the House Judiciary Committee and the Subcommittee on Immigration and Border Security. She is also the Vice Ranking Member of the House Budget Committee.

### VIPP Spring Bake Sale

Stop by to purchase an array of goodies baked by some of the island's best bakers & support VIPP! If you would like to contribute please drop off your tightly wrapped & labeled goodies after 8:30 the morning of the 8th. For more information please call Victoria 463-5381. Vashon Island Pet Protectors Spring Bake Sale In Front of Thriftway, Sat. APRIL 8th 9a.m.-1p.m.

### Trivia Winners



Celebrating their win at the Vashon Island Chorale's recent Trivia Night event are the team of (l-r) Jane Stabelfeldt, Stuart Tribble, Michael Shook, Robert Teagardin, Deborah Teagardin, team leader Lynn Carrigan, and Cherry Champagne.

### An Improv Theater Workshop

An Improv Theater Workshop is starting up on April 3: Michael Barker is starting his 10 session Spring Improvisational Theater Series on Mondays from 7 pm to 9 pm at Open Space for Arts and Community. Have you wanted to give it a whirl? All are welcome whether you are a novice, have some experience or an expert "improv"er ~ All are welcome. The idea is to play, be in the moment, and say "yes and..." as well as let go of some control by trusting that other players "will have your back". For questions, details, cost and more information either call or e mail Michael at 206-321-5732 or [lavidaverde51@gmail.com](mailto:lavidaverde51@gmail.com)

### Sunday Easter Service

Please join us Easter Sunday  
April 16th 10:00 am at Vashon Island Community Church  
9318 SW Cemetery Rd. (across from Chautauqua & McMurray)  
All are welcome!

### Next Edition of The Loop Comes out Thursday April 13

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

#### The Vashon Loop

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**Publisher:** Steven Allen  
PO Box 1538, Vashon, WA 98070  
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Published every other week  
by Sallen Group  
©March 30, 2017 Vol. XIV, #7

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# The Two Story Chicken House on Vashon



By Seán\_C.\_Malone

The scoutmaster told us that there was going to be a special meeting on Saturday, to help the Kvisviks get in their hay. Mr. Kvisvik wasn't well and needed help. It was about 1952 and I really can't remember if there were Kvisvik boys in Troop 294 or not, it didn't matter. When 25 of us hit the field, the hay was in the barn in just a matter of hours and that is how I remember the chicken house with two stories, not far from the hay barn. What I learned later was that Kvisviks had the only two story chicken house in America.

I hear lots of stories at the Eagles Club, most are true. One person told me that they couldn't figure out how to remove the manure from the second story, so they removed the second story. Another person told me that they used a chute to get the manure down, until it became too much work. Someone told me it was the only two story chicken house in America, at the time.

There are lots of old chicken houses still standing on Vashon. Elijah Morgan's chicken house has been converted into a very nice dwelling on Elijah Lane and Fr. Roach told me that the rectory had once been Masa Mukai's chicken house and that the dust in the walls was affecting his health.

To tell a good egg from a bad egg, you have to candle it and that is why Mrs. Pedersen candled every egg that came from her chickens and she had a lot. She wouldn't let a bad egg out the door and if they had a blood spot in them, she sold them to my Mom for a dime a dozen, so our Labradors had nice, shiny black coats, which is what the eggs would do for them.

In the old days the chicken farmers used a candle to see through the egg, looking for blood spots or irregularities. Glen McCormick once told me that his younger brother cracked an egg in the frying pan and a baby chick tumbled out and after that Dennis wouldn't eat another egg for the rest of his life, the egg had been in the nest too long, or, so goes the story.

I can remember Mom cleaning a chicken for our dinner and lo and behold, there were four or five little yolks forming, from the size of a marble to the largest, about to come out.

Young hens or pullets would lay little eggs with no shell just a thin skin, as if they were practicing to lay big ones. Broodies are older hens that lay a clutch of eggs and then sit on them for about 21 days, the amount of time it takes for the chicks to hatch. When the hens are brooding, they stop laying and there are

no eggs. David Church tells the story of his mother preserving eggs in a crock covered with a gooey mass called "water glass" that seals the shell of the egg so no oxygen can get in and spoil the egg. It makes the shell of the egg very smooth as it preserves the egg for use when the hens are brooding. David hated sticking his arm in the sticky mass in the crock to get eggs and called it "elephant snot," which on occasion he used to stop the leaks in his old truck. When he went to Alaska to fish they carried a half case of fresh eggs and three cases of eggs that had been in "water glass", wiped dry and stored in the lazarette in the stern of the boat.

Another way the chicken farmers on Vashon preserved their eggs was in an "egg well," which was twenty feet deep and covered by a small house with a windlass inside. The eggs were lowered down in a basket and the well covered so as to hold the temperature to 40 degrees. Every few weeks, old Mr. Bruner would load up his 1937 black panel delivery with eggs from his egg well and head for the public market in downtown Seattle.

I picked cherries for Mrs. Bruner and ate so many she fired me, I walked home and came down with a nasty case of hives the next day. Was it retribution?

The walk to Bruners took me past Secors who also raised chickens to sell. Bob Secor loved to sing at the top of his lungs like Caruso and we could hear him clear to our house a quarter mile away. Mom said that Bob was practicing for the opera. They had a neat machine, a motor driven revolving drum that had rubber things sticking out that would pluck a chicken faster than blazes.

"Watch out Mike, the old rooster is trying to sneak behind you," I yelled. Mike, my little brother, was scared of the rooster and would enlist me to guard him while he collected eggs. I kicked that old rooster so hard that he flew over the fence and into the bushes. It was Mike's first business of a long line of successful ones and he failed miserably. Mike sold his eggs to Mom and also to the Bradleys next door until the night the raccoons decided to attack his chickens and killed them all, including the old rooster. The chicken pen was too far from the house for us to be able to hear the ruckus. Mike was out of business at seven years old.

Sean@vashonloop.com

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

# Nautical Chart Accuracy Limits Tech Talk


On November 29, 2014, the Volvo Ocean Race vessel Vestas Wind grounded "offshore in the middle of nowhere". The experienced ocean navigator, with a master's degree in physics, made a big mistake.

As boaters, we rely on nautical charts and, frequently, electronic chart plotters to keep us safe and afloat. Yet these nautical charts have accuracy limits, and these limits are amplified when displayed on a chart plotter.

This Tech Talk will discuss these accuracy limits and why they exist. We will discuss how an electronic chart plotter can make these limits more pronounced and how a chart plotter can be used incorrectly. This will help

explain why the Vestas Wind grounding investigation concluded there were not only deficiencies in the use of electronic charts but also deficiencies in the charts themselves. We will show you some chart plotter errors that occur in places reasonably close to home; places which are visited frequently by boaters. Even more importantly, we will discuss how to avoid some common navigation mistakes which will help keep your boat off the rocks!

Bring your questions and experience to this interesting Tech Talk hosted by Kevin Jones and Mark Charnews on Wednesday, April 5 at 7PM in the Vashon Library meeting room.



QUARTERMASTER YACHT CLUB

Tech Talk Series

Nautical chart accuracy limits (aka: how to stay afloat) with Kevin Jones and Mark Charnews


▪ How accurate are my charts??

▪ How accurate is that chart plotter?

▪ How do I stay afloat???

▪ Attend this Tech Talk to discuss:

- Accuracy limits of marine charts
- How a chart plotter degrades accuracy
- How to avoid navigation mistakes



Where: Vashon Library Meeting Room


17210 Vashon Hwy SW, Vashon, WA 98070

When: Wednesday, April 5, 2017, 7 to 9 PM

Why: Stay off the rocks and reefs!

KVSH

101.9 FM

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# Island Life Fahrvergnügen

By Peter Ray  
pgray@vashonloop.com

A portion of my time last Friday night was spent behind a video camera, a situation I have been known to find myself in as of late. The reason for being there was to record a panel discussion among four women who have been known to swim long distances in the open water, which in the purest sense usually refers to a fluid that is cold and salty. Each had done an epic or marathon swim in 2016: the Catalina Channel swim off of Los Angeles, Bremerton to Alki Beach, the Strait of Georgia off Vancouver Island and a circumnavigation of Maury Island, all without wetsuits, and between the four of them totaling some sixty miles in water that ranged from the mid fifties to the mid sixties on the Fahrenheit scale. It is highly likely that most people reading this will not associate long distances traversed under one’s own power while immersed in cold and mysterious waters as something that brings joy to any part of a human existence, but that was a universal sentiment held among the panelists there, and most likely by many of those in attendance to hear of their exploits. If you would like to see and hear why these are both tests of endurance and joyful experiences, you can view the entire discussion on the youtubes at <http://www.youtube.com/watch?v=ghT-PkonoZc>.

As it is, I have either chosen or been enlisted to participate in any number of open water excursions, but mostly from the safe confines of any number of floating craft as both an escort and/or as a member of a safety crew for a race or event. This is of course the best way to see any of these events as you are out amongst the swimmers as opposed to standing on a beach or water edge, cheering them as they disappear into the distance and then waiting for the lot of them to finish. It also gives me a sense of purpose, which often these days I find lacking. While it does not dominate my thinking, the psycho-drama that is still being played out in the courts as to final distributions from my parents’ estates has been, and continues to be, morphed in my mind as a metaphor of my having to tread water (I allow myself warm water, at least) while holding a concrete block in each hand, and keeping my head just enough above the water to both breathe and keep a sight on the lifeboat that I am slowly working myself toward on a not too distant shore. While it is a valiant struggle, there is no Hollywood ending here, since when I finally get to the boat I find that my sociopathic sister has seen fit to remove the oars and perforate the bottom of the boat. All is not lost however, because in this fantasia I have, as stated, allowed myself the luxury of warm water, and having left the concrete blocks on the shore once it get there, at least I know I can swim to places not horribly far from where I landed.

Or drive. As it is, things are not all that horrible here in relative reality land, since along the way I was able to get a replacement for my dead truck in the form of a used, compact wagon well suited for holding video equipment in a lockable space, and also for transporting three dogs for short, highly anticipated Island journeys. This type of vehicle is something that I had been looking at for a while as I waited for the settlements to dribble in. Along the way, there was another curve thrown and revealed, however, as the car I had been thinking about was and is a Volkswagen diesel- yes, those diesels. Much to Wendy’s dismay, I went ahead and got one anyway, as the price was right, and when I went to test drive it, it seemed to fit me like a glove. In spite of being seven model years old, the previous owner had kept it in mostly pristine condition, and the seller had put on new tires, a new

clutch and other stuff to make it seem to be a good deal. Since I got it mid summer last year I was able to drive around in the warm outside air with the sunroof open and actually experience what they meant back in 1990 when Volkswagen went with their Fahrvergnügen campaign, which was anchored by a made up compound German word which translates as “driving enjoyment”. Coming from the days of “a powerful gasoline, a clean windshield and a shoeshine”, this is important on some level to some of us. My timing in buying also allowed me to get in on the emissions fix or buy back deal- having done all the paper work I’m waiting for the next move from VW. But last week, while pulling up to a stoplight, the manual transmission I had sought out failed to allow me to get out of third gear and find neutral or first, and the joy suddenly turned into a large knot in my stomach combined with the aroma of burnt clutch that permeated the cabin of the car. In spite of it all, I still really like the car.

Right about now you might be thinking that in some ways this sounds a lot like our current political situation and the buyers remorse some are feeling, having assumed some of the responsibility for the descent into Trumpland by darkening the spot on the ballot next to the name of the insane clown president. I did take the car back to where I got it and they did fix the shifting for not too much money. But I also got to do what I had hoped for, and that was to talk to the mechanic about some of the background details of what is actually going on with these cars and what VW plans to do. Evidently, they are still working on the fix, but apparently they are mostly hoping to buy back all the offending vehicles and solve the problem that way. When I asked where the cars would then go, it turns out that this is not like the mythical EV-1, the electric car that was offered to the public in the 1990’s and then recalled so that all could be sent to the shredder, still a puzzling move in the light of where electric cars have gone in the last few years. As far as the diesels go though, instead of destroying these cars, it seems that VW will just sell them elsewhere in a market with less restrictive emissions standards, which does not really seem to deal with the problem, not unlike the way that cigarettes and bad baby formula and pesticides banned here eventually get sold somewhere in the less suspecting or regulated world.

So do I think that keeping this car is similar to normalizing the exploding nonsense that continues to erupt around the so-called president we continue to refer to here as 45\*? My answer to that would be no. Getting rid of this car in the buy back scheme would change nothing environmentally besides the location of the problem, while keeping it would possibly make things somewhat better if the fix that wouldn’t happen if I sold it back actually does what they say it will. Getting rid of the president known as 45\* would not change everything, although it might allow things to return to a certain level of relative normalcy and, if nothing else, it might reestablish some of our lost credibility on the world stage. In many ways it is just too bad that VW blew it with the diesel because as far as I can see they got it right with every other aspect of this car complying with the fantasy of Fahrvergnügen without selling it as such. As far as the president known as 45\* ever having a chance of making America great again- dream on, if you can get beyond the current nightmare.

*Editor note. Last issue the image for the Vashon Pool with cover, was not credited. The image was provided by Studio 216 for the Vashon Seals & The Friends of Vashon Pool.*



## Vashon School bond 2017

What does it mean to be part of a community? For me, it means everyone rallying together to make the place in which we live better for everyone. We need to insure a sustained, bright future for all of us. That means contributing to the education of our youth by providing a healthy and safe environment and promoting opportunities for kids to advance their education.

There are many spokes in the wheel of education in Vashon Schools that keep it well rounded and moving forward. Great teachers and support staff, fantastic administrators, our well-rounded and thoughtful board, physically and emotionally healthy students, and finally, adequate facilities that are healthy and safe. All these elements combine to provide a learning environment that keeps our students, staff, and community members physically and emotionally healthy. It is the formula, in Vashon schools, that makes for a productive learning environment. We are fortunate to have all the spokes in the wheel, with the exception of robust facilities on every campus.

I want to thank my community for completing half of this task by passing the last school bond. It enabled the district to build our amazing new high school in 2015. It also made possible needed upgrades to the elementary and middle schools.

I have had the opportunity on many occasions to visit and use all these facilities as a community member. It is amazing to see the difference in student

and staff attitudes, as they go about their business each day in the highly functional facility, especially in light of the contrast with the old, worn out campus. The pride and the joy in all the faces shows what community support means in the successful education of our youth. They are our future.

As a member of this community I urge you to complete the second half of this task to improve our community. I could continue here with all the long term financial and resource savings this bond would make possible. The benefits of all the improvements and restorations are very significant. We’ll install a new track capable of hosting home meets, safe for our kids and community to train on. The new, synthetic turf field will provide year round, all-weather use, far eclipsing the utility of the one we’re replacing. Every year, we’ll save 1.5 million gallons of water that would ordinarily be used to irrigate the current field. The emotional and physical health benefits of these facilities will help children and community members make healthy choices to foster educational growth. Physical activity helps stimulate the developing brain to be more receptive to efficient learning in the classroom. I humbly ask you all to join me in helping to continue to support our entire community. I further invite you to feel the pride of doing the right thing, and to be a part of making it better for all of us. Please help us pass this bond.

Thank you,  
Scott Rice

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Next Loop comes out April 13

### Brisa Needs A Home...

Hola! I moved here from Puerto Rico with my previous family. I’m young and healthy, so even if I’d had to go through “extreme vetting” when I arrived on the mainland, there would’ve been no problems. I have lots of energy, and I like to play with toys (but not with kids). I’m high-spirited and will liven up your household, that’s for sure.

I hope someone who reads this will say, “Brisa, mi casa es su casa.” That would be muy bueno!



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# Spiritual Smart Aleck



By Mary Tuel

## Circumstantial Evidence

In 1998, my late husband, Rick, a Vietnam vet, was diagnosed with prostate cancer. He was 52, which I thought was young to have prostate cancer.

In Vietnam there were troops who were on the ground. There were also “brown water sailors,” who manned the river boats. Then there were the blue water sailors, on ships. The blue water sailors were Navy, Coast Guard, and Marine personnel.

In 1991, Congress mandated pensions for everyone exposed to Agent Orange in Vietnam. Vets were getting sick and having children with birth defects, among other things. Because of the lack of historical data, no one could prove or disprove exposure to Agent Orange, but it was assumed that if you were in Vietnam, you were exposed. Prostate cancer is one of the diseases associated with Agent Orange (dioxin) exposure.

In 2002, the Agent Orange pension was taken away from the blue water sailors, because they did not serve on land and therefore were not exposed to Agent Orange. So the reasoning went. This despite their having the same illnesses and problems as vets who served ashore.

When Rick went to the VA around 2010 and spoke with a woman there about getting a pension, he was told that a pension was not coming to him because he had never set foot on the soil of Vietnam.

Last week I received an email from a Navy vet who also served on the King, Rick’s ship. He said he was sorry if he was bringing up bad feelings, but thought I might be interested in a paper called “A Re-Analysis of Blue Water Navy Veterans and Agent Orange Exposure.”

You can read this paper at a site called [bluewaternavy.org](http://bluewaternavy.org).

So how about it? Were blue water sailors exposed to Agent Orange?

Well, yeah.

Agent Orange was sprayed in the jungle of Vietnam by airplanes, and the mist blew out to sea, where it could travel for miles, so it was in the air that those on shipboard breathed.

A second mode of exposure was the dioxin-contaminated dust that clung to every item and person that was transported from Vietnam, especially Da Nang, out to ships.

But here’s the one that really gets me: Agent Orange, which was distributed by airplanes,

the river boats, and guys with backpack sprayers, flowed from the jungle into creeks and rivers, and from there into the ocean. The ships out along the coast were floating in Agent Orange (dioxin) contaminated water.

Ships need fresh water, for drinking, cooking, and washing for the crew, and to produce the steam that powers the generators that run the ship. How do you get fresh water at sea? You desalinate sea water.

Australia had Navy in Vietnam, and they studied the effects of Agent Orange on their vets. I will quote from the [bluewaternavy.org](http://bluewaternavy.org) paper here: “In 2002, an Australian Study found that the water distillation process, which used a high heat flash to evaporate the saltwater and to collect the condensation which would then be salt-free, would actually enhance the toxicity of any dioxin present in the original saltwater.”

As I read this paper I felt more and more angry. What? My husband, a guy who devoted thirty years of his life to providing safe drinking water for people on our little islands, was drinking dioxin in his coffee, eating it in his food, and taking showers in it, in Vietnam? Him and all the other souls on that ship, and on all the other ships out there?

I wished he was here so we could rant and rave together.

I want blue water sailors to be awarded pensions for their Agent Orange exposure, period. It would make a difference to those who still live, and their families. It sure would have made a difference for us. Will it happen? How many people have sickened and died since 2002? How many are sick and dying right now? How likely is it that the current administration will want to cough up money for sick Vietnam vets, who, let’s face it, are dying off every day?

A word on prostate cancer: it is the second most common cancer in men (the most common is non-melanoma skin cancer). Most prostate cancer is highly treatable, and many men have it and never know, and die of something else. The prostate cancer seen in people exposed to Agent Orange is a more aggressive and deadly variety, and that’s what Rick had.

But of course, this is all circumstantial evidence. I thought Rick died of smoking and his own stubbornness – refusing to go to the doctor. Now I think he was killed by cigarettes, stubbornness, and Vietnam.

It sounds like a country and western song, doesn’t it?

# The Resistance Cabaret

Out of the depths of Winter, UMO emerges ready for action...

Please join us for an evening of Resistance!

What does resistance look like? How do we resist? What is irresistible?

The world has changed from what we once knew... and we know that art must change, too. When UMO joined in the Seattle Women’s March in January, we were inspired in deep and powerful ways.

The results of that inspiration: UMO is leaning into new art with a fierce and fiery commitment – new material is springing up and a brand-new set of buffoons is being born. We invite you to enjoy a fresh new crop of UMO art... all bred out of RESISTANCE. Which some may say is futile...

But we know the truth. Resistance is FERTILE.

Please, join us and support UMO while enjoying new art and antics – as well as the fine food of The Hardware Store on Vashon. Because we want this event to be accessible, tickets for the Cabaret are just \$20. Guests can purchase dinner and drinks separately (and we highly encourage you do – it’s magnificent!)

Our musical heart-throbs The Love Markets will be joining us, along with surprise guest artists and advanced students from the UMO School of Physical Arts.

As this evening is one of



our major annual fundraisers, we will also be having a raffle and paddle raise to garner contributions. All this and other artful surprises will benefit the art of UMO and the UMO School of Physical Arts!

Seating is LIMITED - Get your tickets early. Tickets are \$20 per person and are available at Vashon Bookshop and <http://umoresistance.brownpapertickets.com>.

UMO Ensemble is one of the most innovative, compelling and critically acclaimed not-for-profit performance companies based in the Pacific Northwest. In the past 24 years, UMO has made over twenty mind-blowingly gorgeous, original pieces of physical theatre. The UMO School of Physical Arts in is its 10th year of providing instruction in circus and aerial arts, parkour, and more to Vashon youth.

THE LOVE MARKETS are spinners of slinky tangos and whiskey waltzes, seekers

of love and revolution in a world in which everything is for sale... Led by songwriter Angie Louise and inspired by the artists of 1920s Berlin, The Love Markets inject high-stakes edge and cabaret decadence into their modern mashup of bordello brass, political bite, sinuous rhythm and funky bass. With roots deep in the Seattle arts scene, THE LOVE MARKETS have been gracing and disgracing stages since 2009. “Irresistible... Sexy... Satirical... The band’s intoxicating theatricality sets whole audiences to dreaming of running away with this deliciously dark carnival.” - Seattle Magazine

All proceeds benefit UMO Ensemble. UMO Ensemble is a non-profit 501c3 organization. Donations are tax-deductible to the full extent of the law.

Sunday, April 23, 2017, at 6 PM at The Hardware Store Restaurant

## 1984



In the opening chapter of George Orwell’s 1984 classic, Winston Smith commits a gravely illegal offense by writing his first diary entry, dated April 4, 1984.

On April 4, 2017, theaters across our country will be showing the 1984 film on the big screen, as an opportunity for communities to launch resistance efforts against repression, xenophobia, and the assault on our liberties. Backbone Campaign is teaming up with the Vashon Theatre and Island Green Tech to show this film, starring John Hurt, on Tuesday at 6 pm. Tickets are \$9/\$8.

Find the Loop on-line at [www.vashonloop.com](http://www.vashonloop.com)



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Planet Waves



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

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

Monday's New Moon in your sign is a turning point. It's as if you can finally set yourself free of the emotional mire that you've been wading through the past month or two. You'll move forward without much need to look back, though I would propose one question before doing so: who were you trying to impress? Can you identify a psychological motive beneath that impulse? Look in the direction of your father, who might turn up in any male figure currently populating your life. You don't need to impress anyone, though don't pretend that the need is not in you. Be real with yourself and you'll unravel this quickly. The main thing that holds people back from embracing the future is being snagged in the past. Being honest with yourself is the way to unravel that. You can do it, but it seems that more than anything, you want to do it.

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

There's so much going on in the recesses of your mind. Taurus is one of the most restless signs of the zodiac, and this is an especially restless moment for you. You need to express this energy, and Mars in your sign is saying to work it out physically. That can include climbing mountains, walking, gardening, going to the gym, splitting wood, yoga, sex, or anything that gets you to express yourself in the physical world. This will work even better for you than it usually does, because there's a direct connection between what you have going on in the deep recesses of your mind (mental, psychic and emotional movement) and processing those feelings through your body. The one thing not to do is judge whatever turns up. Right now there's no bad or good. For your purposes, it's all the same: a feeling is a feeling.

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

This has been a particularly wild couple of months, leading into a wild past week. Now would be a good time to slow down and begin a review process. Work from the most recent interesting development (which looks like it was over the weekend) and trace your way back to the beginning of the year. Pay attention to what happened, but also notice how you responded to what happened at the time, and how you feel about it now. The difference will be striking. One thing we can say with reasonable certainty is that this year has done wonders for your confidence. For some reason it's easier to be you, however that manifests, especially around other people. You no longer have the need to feel self-conscious, but there's something else. You've settled into yourself. You no longer have 'an image' and 'a real you'. Somehow you've woven yourself together into one seamless being. Now keep practicing that and get stronger and stronger at it.

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

Recent weeks have arrived with some unexpected professional developments: improvements in your status, your pay grade and your sense of mission. There may have been some surreal moments scattered in. Yet you might be wondering if they're really real: if these are lasting changes, or whether you'll be back to the same-old. Monday's New Moon in your career and reputation angle will be reassuring. There's no going back from here. You will suddenly see everything that's happened in its context, and it will make sense. The

thing to do now is to build from here. However, rather than building upward — that is, being aspirational, reaching for new achievements or more visibility — build downward. Take care of your home. Feather your nest, including your sleeping area, tidying up your wardrobe and upgrading everything you can when it comes to food. You've accomplished quite enough for the moment: now's the time to enjoy what you've created.

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

Hold to a steady course. Whatever revelations came out over the weekend, or whatever challenged your beliefs, or showed you some amazing new potential, hold steady. Persist in what you're doing. Don't be distracted by any bright, shiny objects, or by any notion that you could be doing something more glamorous. You certainly could be. It would also be less meaningful. Yet the road you're currently on encompasses many of the possibilities that you want but don't see yourself having available now. Indeed, it does so in much better ways, more solid, more dependable and based on your integrity. That's the thing to keep your mind on: doing the right thing for the right reason. Regarding a question of shared finances, the planets advise to stick to your plans for all these same reasons. Don't be lured by any promise of seemingly easy money. You have more honorable motives.

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

However you think you did in the last round of financial negotiations, persist in your mission for an equitable arrangement. Such is possible, without too much compromise. You like your affairs to be stable, though more to the point, you like to believe that other people are comprehensible and fair-minded. Sadly, this is not always the case, though you've learned something recently that will give you an edge or an advantage. Where money matters are concerned, it's not who you know — it's what you know. But you must think strategically and understand the agenda of whomever you're dealing with. You have something of value, and everyone knows it. So, be smart, be gentle and, most of all, be persuasive. Stick to the facts, and a little psychology.

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

You may be trying really, really hard to figure someone out. Don't put so much effort into it. You're trying to understand someone's internal logic using your notion of what's sensible. All you need to do is translate the universe into their point of view. They make perfect sense to themselves, from where they're coming from, and all you have to do is figure out where that is and what they have on their mind. Think of it as a puzzle. Imagine you're a novelist and this person is a perplexing character in your book and you just have to understand them. Alternatively, you could just live with the mystery for a while, as long as you remember not to take it personally. It's not personal, meaning that whatever they have going on is not about you. That alone should help set you free.

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

Do what you can to settle your nerves and get some rest. Your chart has been electrifying lately, like you wrote a novel or shot a movie over the weekend. Now you need some relaxation, some comfort food and an Epsom salt bath and you'll be ready to take on the world once again. This is going to be a big few

months where your professional life is concerned. But the planets are cautioning you to keep yourself in balance so that you can be maximally effective. You might declare that your primary goal is to not burn out, which means ratcheting back your social ambitions one or two clicks. You absolutely must feed your creativity with recreation; but make sure that it's the nourishing kind, with intelligent people rather than those who drain you. Pace yourself, pace your work, and take care of yourself like you're a prized racehorse.

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

Please remember what inspired you and filled you with creative light over the past week or so, particularly the past weekend. Do everything you can to keep those ideas and, in particular, that feeling in your heart and mind. Creative ideas on the level you've been experiencing them are often fleeting. But if you get busy now, and let nothing stop you, you will engage the process of manifesting your vision. A rare alignment involving many factors — including the Galactic Core (rarely used by astrologers) — reveals that what you do now can plant the seeds of creation and quality of life for years to come. Indeed, you may have already reached the turning point you've wanted to find for so long, though you won't know unless you actively cultivate your ideas and weave your dreams.

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

You may not be getting outer results; for example, as obvious career advances or opportunities. Yet you are indeed making progress, building your talent and, most of all, becoming the person you have aspired to be. Focus your growth inwardly for now. Don't worry about whether you're recognized for what you do. Rather, recognize and invest in your own talent and your own potential. Do what you do with a focus on quality and integrity. Strive to be a master of your particular craft on the level of your own competence. Before long, you will get the recognition you deserve; and when that time comes, it's essential that you be confident in yourself. Trusting your abilities has

nothing to do with pretending, or with how you're perceived. It's an inner state of being that you can indeed attain.

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

There's such a thing as faith. Before I try to define it, let's agree that it has nothing to do with hope. It has nothing to do with belief. It's not about proof, or assurance in any form. It's not about being cocky or self-assured. Faith is a state of mind where you connect to your actual potential, with a calm, subtle certainty. As such, it transcends doubt. Indeed, it's a state where doubt is reduced to a meek whisper, if it exists at all. And from there, you proceed with doing what you know you need to do, or genuinely want to do. Being clear in your priorities helps a lot. That's not easy in this world of so many distractions and so many options, most of which are false roads. You can, therefore, start by asking yourself what genuinely matters the most to you, and letting that one thing be your guide.

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

Monday's New Moon takes place in the financial sector of your chart. This happens just once a year, and now is the time. Over the past few weeks, you've had many experiences that have each taught you something about money and how to handle it. You may feel like you've been winning, or like you've been making mistakes, or perhaps a little of both. The important thing is that you be fully conscious of what you've learned and really get that into your mind and your body. In the world as it is today, the most important single fact about earning a living is knowing your function and fulfilling it. Initially, financial results may have no part in the discussion: being true to your calling is first and foremost. From there, it's easier to see where you have a value to others. Be clear about one thing: ideally, your goal is to have others benefit from what you do as much as you do.

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

**Vashon Community  
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**Vashon Center for the Arts  
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**Thursday April 6th, 6 pm  
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# Original Works

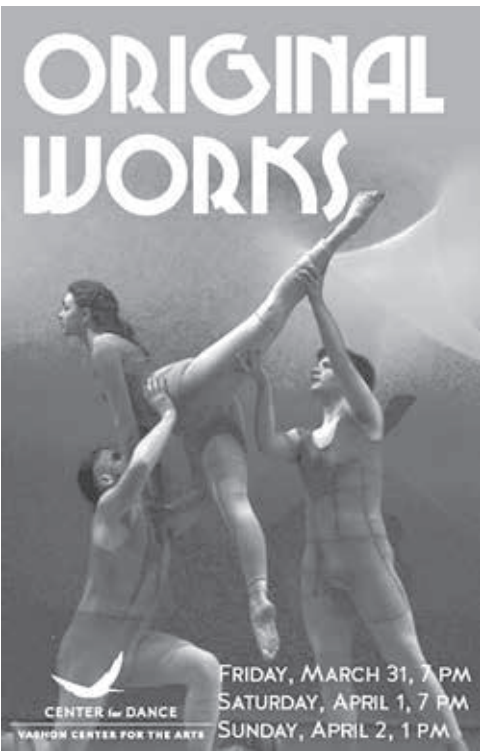
## VCA Center for Dance

VCA Center for Dance “Original Works” returns this spring. Once a part of the spring recital, Original Works stands as its own production for the fourth year. This is the first Original Works to take place in the Katherine L White Hall.

For this event, VCA Center for Dance instructor and Original Works director Vanesa Wiley invited young Island performing artists to submit and audition with original creative concepts. “This performance is for the kids to play with their creativity; to learn to create on their own and find their own artist within themselves,” says Wiley.

Dancers and performers submit ideas and proposals, and go through a thorough process of auditioning and coaching to bring their ideas to stage-worthy performance levels. The multiple auditions, many deadlines and feedback allow the performers to see a progression of their own work and build confidence in themselves and what they create.

From Ballet to Hip Hop, Jazz to Tap to Modern, any and all forms of dance are represented. Although many pieces are created by students, some are choreographed by Center for Dance instructors and performed by the classes they teach. This not only provides a wider range of style, but gives the students a high bar to aim for with their own choreography. And, if the past is any indication, they reach and raise the bar.



This will be an exciting show with many wonderful performances. You won’t want to miss it!

Original Works  
VCA Center for Dance  
Friday, March 31, 7 pm  
Saturday, April 1, 7 pm  
Sunday, April 2, 1 pm

Katherine L White Hall  
\$12 Member/Student \$14 Senior,  
\$16 General

## Road to Resilience

Continued from Page 8

Profited From A Broken System, and Their Money Alone Won’t Fix It.” In it he lays out two overarching goals that should guide our actions going forward:

“1) Heal the Earth as we reduce our human consumption to bring it into balance with the Earth’s regenerative capacity.

2) Eliminate extremes of wealth and poverty and secure for every person access to the essentials of a healthy life.”

It seems to me that we can judge both our and others’ actions by whether they support these two goals.

Are we consuming more resources than we need or creating waste unnecessarily? Of course we are! There is no shortage of ways that we can all cut back. Choosing not to consume or to consume more locally is a political act having consequences for the businesses

we favor or don’t favor. We are in an emergency situation, and we need to consider all of our purchases in that context. Buy and travel consciously and strategically. We need to take a fresh look at our garbage. How much is in there that we could have avoided acquiring in the first place (Plastic!)? How much of that garbage can be repurposed? The biggest and easiest part of that is food waste, which will make high quality compost. That would be another reason to be growing your own food, which is right in there with the things we should all be doing. If you aren’t doing this already, check out Zero Waste Vashon for ideas.

We can trace most of our country’s and the world’s problems to wealth disparity. As wealth is concentrated, so is power. The less wealth, and therefore power, people have, the less they can do to take care of themselves, the more they are manipulated by the powerful, and the more unstable and violent will be the prevailing political climate. I might add, the more disparity of wealth, the less people as a whole will be able to act reasonably and effectively to address all the ways we are negatively impacting the Earth, ourselves and every other creature on the planet. We are busy fighting among ourselves while the world is burning.

Keep resisting but, until we consume less and distribute the world’s wealth more fairly, little is likely change for the better. We can do this!

Comments? [terry@vashonloop.com](mailto:terry@vashonloop.com)

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## Compost the Loop

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

# Frog Holler Community Forest Dedication

King County Parks is hosting a public dedication ceremony and volunteer work party from 10 a.m. to 1 p.m. on Saturday, April 1 at Vashon Island’s newest community forest – Frog Holler Forest.

The 60-acre forest is part of a long term partnership effort with the Vashon Land Trust to protect more than 500 acres of forest on the south end of Vashon Island.

Frog Holler Forest was acquired in December 2016 with funding from the Washington State Department of Ecology, Conservation Futures funding, and the King County Parks, Trails and Open Space Replacement Levy.

Frog Holler is a neighborhood along Wax Orchard Road known for the chorus of tree frogs in the area. The previous owners enrolled the forest in the American Tree Farm system and allowed local Frog Holler neighbors to use the network of trails through the forest.

The site features a five-acre pasture that

has been grazed by sheep, goats and horses over the years.

The April 1 event will introduce visitors to trails within Frog Holler Forest, with help from local resident and forest ambassador Marie Bradley, who has been riding and maintaining trails there for many years.

King County and Land Trust representatives will be on hand to distribute trail maps and discuss long term stewardship goals for the site. Visitors should dress appropriately.

Celebration attendees who are interested in volunteering can help start restoration of the site by removing scotch broom from the pasture. This invasive plant can severely impact forest seedling establishment.

The forest is located one-half mile south of Bates Road on the east side of Wax Orchard Road. For information contact David Kimmett at 206-477-4573 and [david.kimmett@kingcounty.gov](mailto:david.kimmett@kingcounty.gov).

## Vashon Library May Calendar

### Children & Families

**Brick Builders**  
*Monday, April 3, 10, 17 and 24, 4pm*  
Ages 5 to 12.  
We’re having a block party. Come build with us! All materials provided.

**Family Story Times**  
*Tuesday, April 4, 11, 18 and 25, 11:30am*  
Newborn to age 6 with adult.  
Build early literacy and early learning while you enjoy stories, rhymes and songs.

**Make It: Slime!**  
*Thursday, April 6, 4pm*  
Ages 7 to 12 with adult.  
Learn some common types of polymers we use every day, and how they keep their bouncy, stretchy properties. Then stir up a few ingredients to make your very own blob of sparkly goo to take home in a plastic egg.

**Make It: Friendship Bracelets!**  
*Tuesday, April 25, 4pm*  
Ages 8 to 12.  
Braid, twist and knot your way to some lovely bracelets to keep or give away. All materials provided.

### Teens

**Book Arts! Make an Altered Book**  
*Sunday, April 2, 2pm*  
Presented by Liesel Lund.  
Ages 14 and older, adults welcome.  
Bring your creativity to this fun introductory class about creating altered books! You will paint and collage your ideas using mixed media techniques.  
Bring a hardback book for the project, all other supplies and tools provided. Please register.

**Game On!**  
*Friday, April 14, 2pm*  
Grades 6-12.  
Come play video games at the library!

**Table Game Bonanza: Teen Edition**  
*Wednesday, April 19, 4:30p*  
Grades 6-12.  
Unplug and enjoy table top gaming with other teens. Feel free to bring your own games to share as well.

**Teen Late Night**  
*Friday, April 28, 6:30pm*

Grades 6-12 only.  
We’re opening the library on a Friday night just for teens! Use the library computers, play video or tabletop games, make crafts, or just hang out. Indulge your sweet tooth with CANDY SUSHI and get crafty with melty beads! Free snacks and raffle prizes all night long!  
Teens must be picked up by 9pm.

### Adults

**Democracy in Action**  
*Sunday, April 2, 11am*  
Teens and adults welcome  
Join your neighbors and spend time contacting your legislators about issues that are important to you.

**Great Books Discussion Group**  
*The Daughters of the Late Colonel by Katherine Mansfield*  
*Monday, April 3, 6:30pm*

**AARP Tax Help**  
*Tuesday, April 11, 12:30pm*  
Free individualized tax preparation assistance provided by trained AARP volunteers. No age or income limits. Bring picture ID, documented proof of Social Security number, and last year’s return as well as any current tax documents.  
Drop-in service, registration not required.

**Tech Tutor**  
*Thursday, April 13 and 27, 6pm*  
Have computer or software questions? TechTutor Volunteers are here for you. You may bring your own laptop, but TechTutors cannot provide hands-on or hardware assistance.

**What’s Your Sign? Protest Sign Making**  
*Thursday, April 13, 6pm*  
Teens and adults welcome  
What are you passionate about? Come in and create your protest sign! Use this as an opportunity to engage in open dialog with fellow patrons.

**Opera Preview: The Magic Flute by Wolfgang Amadeus Mozart**  
*Sunday, April 30, 2pm*  
This free lecture, provided to increase enjoyment and appreciation of Seattle Opera productions, will feature speaker Norm Hollingshead with recorded musical excerpts.



Island Epicure



By Marj Watkins

Where Lent Came From

Long, long ago when Basque fishermen of Escadia, a province of northern Spain first discovered the codfish-thronged undersea banks in the northwest Atlantic Ocean, they came home with their ships laden to the gunwales. Word soon spread to the fishermen of Genoa in northern Italy. They, too, began to fish the Grand Banks for cod. But, alas, cod is not very flavorful. Although the plentiful, cheap cod provided protein for the poor. Even the poor preferred spaghetti marinara to spaghetti with cod.

The fishermen put their heads together, seeking an idea for improving the market for their product. They prayed, but God did not seem to be listening. At last, the one from Genoa said, “We need to ask for help from the one man on earth who for sure has God’s ear. Let us send a committee to visit the Pope.”

The Basques and the Italians sent a boat and a sample of their codfish, well packed in salt so it would stay fresh all the way to Rome. They landed at Ostia, the nearest port to Rome, traveled by land to the Vatican and secured an audience with the Pope.

“Your Holiness, please help us,” they pled. “We have discovered the world’s best source of a variety of fish, but there is not enough of a market for it to justify the time and expense of going after it. We cannot support our families, let alone spare ten percent for a tithe to contribute to the Church’s wealth.”

“Hmmm, I’ll have them eat fish every Friday,” the Pope replied. “It can be in honor of our Savior who chose the fish as his emblem.”

That helped. All the Europeans except the French began to eat fish on Fridays. They simply designated the snail as an honorary fish and went on eating as they had always eaten. Yet, cod were not selling, and being, eaten enough to make it well worth going all the way to the Grand Banks.

A second visit to the Pope produced just what the fishermen

hoped for. Led by the fishermen from Genoa, they said, “Your Holiness, people complain that the price of fish from the Mediterranean has gone sky-high. That sea is almost fished out. We want to help your people by supplying an inexpensive fish that they can eat more than once a week. So can you lend us a hand?”

“Consider it lent,” said the Pope, “Easter is coming in a few weeks. I’ll tell them to eat no red meat for the six weeks before Easter.”

The thing about cod is that, since it has little flavor of its own, you have to put lots of flavor into the dish you make of it. The other night, I marinated diced cod in lemon juice and cooked it in a curry sauce. My dining companion, grandson James exclaimed, “This is really good! Yum! You have to put this in your column.”

Cod in Curry Sauce  
Serves 3

About 1 lb. cod  
Juice of 1 lemon, seeds removed  
1 Tablespoon curry powder  
2 Tablespoons cornstarch mixed with 3 to 4 Tablespoons cold water  
Salt and pepper to taste  
Water to cover

Put the fish pieces into a small skillet. Squeeze or drizzle the lemon juice over it. Let the fish marinate 20 minutes. Sprinkle with salt and pepper. Combine curry powder, cornstarch and water to make a slurry.

Poach the fish in it’s marinade plus water. Stir in the curry-cornstarch slurry. Stir-cook until the sauce clears and thickens. Serve over cooked brown rice. Complete the meal with a vegetable and a salad.

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Have a Story or Article

Send it to:  
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By Kathy Abascal

Many on the TQI diet use almond flour. A while ago, I responded to a suggestion we should avoid almond flour. I’m repeating parts of that here mostly because there is a problem with some almonds that many are not aware of.

1. Almond flour causes us to overeat almonds.

When we puree, grind, juice, dry, or cook our food, we definitely change its volume and often its water and fiber content as well. On the TQI Diet, we avoid eating excessive quantities by always eating proportionately. Occasionally, an almond waffle or pancake likely will provide more almonds than we might eat in raw form. But, given that we always eat almonds (in whatever form) with plenty of fruits and vegetables, we simply need not worry about overeating almonds when using almond flour.

2. Almond flour is very high in Omega-6s

Almost all nuts are higher in omega-6s than omega-3s, and this could create an inflammatory imbalance. Many nutritious and satisfying foods do not have an especially good 6:3 ratio but they instead have other important benefits. Nuts promote heart health, they are a good source of minerals, and most people really enjoy them. Rather than limit or avoid nuts, we simply eat them proportionately while making sure that our overall diet has a good balance of omega 3 foods.

3. The fats in almond flour are not heat stable

When we heat animal products, the cholesterol can be oxidized into oxysterols. Oxysterols are found in atherosclerotic plaque and some say that while cholesterol is not a problem for heart health, oxysterols are. Unsaturated plant fats are much less heat stable than saturated fats. Heat will oxidize them and that theoretically might also play a role in atherosclerosis. But when we heat plant foods, as distinct from isolated plant oils, they do not form many oxidized compounds and those formed are not well absorbed. Moreover, flax, a seed very high in heat fragile omega 3s, when used in whole, ground form is quite heat stable and increases omega 3 blood levels. Similarly, the omega 3s in fish and walnuts are not much

damaged in cooking. In contrast, flax or fish oil should not be heated because the protective compounds have been lost in the extraction process. All plant foods provide fats that in a test tube are not heat stable but that does not mean that we must eat these foods only in raw form.

4. Almond flour is high in enzyme inhibitors

Almonds (and many other foods) contain oxalates and phytates, often referred to as anti-nutrients. Oxalates can precipitate as kidney stones and many “stone formers” are put on a preventative low oxalate diet that eliminates spinach, rhubarb, nuts and seeds, potatoes and yams, legumes, chocolate, most grains, and, as well, cinnamon and turmeric supplements. Most find this a tough diet to follow. Other researchers reason that kidney stones usually result when people are dehydrated and eating too much dairy, fish, meat, and too many fructose-containing foods. Other studies show that as we eat more oxalates, we host more oxalate-metabolizing microbes that in turn prevent us from absorbing those oxalates.

As well, both phytates and oxalates have the ability to bind to essential minerals, raising the concern that eating foods rich in them, such as almonds, will lead to mineral deficiency. Studies, however, are clear that if part of a healthy diet, both phytates and oxalates enhance the growth of beneficial microbes that prevent those negative effects. In addition, phytates have some cancer preventing properties and should not be viewed as strictly anti-nutrient.


5. The concern that should



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.

be raised - but usually isn’t - is that all U.S. almonds today must be pasteurized. The processor gets to choose between steam, oil roasting, and chemical pasteurization. The latter is done using a known carcinogen, propylene oxide or PPO. Labeling is not required so customers trying to avoid potentially toxic chemicals need to opt for certified organic almonds or know where their almonds come from. Trader Joe’s and Natural Grocers report that any almonds they sell are not treated with PPO but when buying almond butter, almond milk, etc. we need to ask. If your goal is both unsprayed and truly raw (e.g., unheated), your almonds are best sourced from Europe. Organic raw European almonds are available that are unheated, unsprayed, and unsteamed.

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Deadline for the next  
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TRASH TALK

When eating out, we often have extra food we don’t want to waste, yet using a disposable container to save the leftovers from the trash bin also creates waste. Use your own reusable, collapsible food container to take home leftovers. When collapsed, they are small enough to fit in a purse or in the car’s glove compartment. Reusable, they keep both food and packaging from the landfill.

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# Gypsy Wolf & Pretty Ugly w/Bob Krinsky



Gypsy Wolf

Coming out of Seattle and Vashon is an awesome new band called Gypsy Wolf, who will be laying down groovy tunes and good times with their smooth rock, blues, reggae and psychedelic jams. Performing a short set mid-way through the night is Bob Krinsky. Born in New York City in 1950, then growing up in White Meadow Lake, New Jersey, Bob Krinsky has a lifetime passion for songwriting under his belt. He has performed his songs in coffeehouses, clubs and festival stages from the Big Apple, New Jersey and the Catskills Mountains, to west coast venues such as the Oregon

Country Fair, Seattle Folk Life Festival, Seattle Freemont Fair, Okanogan Family Fair, Vashon Isl and Earthfair, and other roots places. Anybody that knows Bob knows that he has two true passions in his life...his family first and foremost, with his music not far behind. It shows. It's contagious. Also on the bill is rock duo Pretty Ugly, comprised of two Islanders - Ryan Hotchkiss and Gundy. If you were around at Snapdragon this last Strawberry Festival, you might have seen them tear up the stage in what was a very spectacular set. Pretty Ugly is a two-headed funky psychedelic rock & roll

punk monster sitting under the Bodhi Tree. Pretty dirty, pretty clean; pretty pretty, Pretty Ugly. Check out their music on Soundcloud right here: <https://soundcloud.com/prettyuglyband>  
Friday, March 31st, 8:30pm



Bob Krinsky

Pretty Ugly, Bob Krinsky and Gypsy Wolf. The Red Bicycle Bistro & Sushi  
All-age's 'till 11pm, 21+ after that. Free cover!

# The Art of Modulation

The fourth of five 2017 Salish Sea Early Music Festival performances, THE ART OF MODULATION, features innovative baroque chamber music for flute, two violins and harpsichord from The Art of Modulation by François André Danican Philidor on Monday, April 10, 2017 at 7:00 PM at Bethel Church at 148th Ave SW & 119th Street on Vashon Island, with flutist Jeffrey Cohan playing the baroque one-keyed flute, Linda Melsted on baroque violin, Romaric Pokorny on baroque viola and violin, and Jonathan Oddie on harpsichord.

François André Danican Philidor (1726-1795), the son of Louis XIV's celebrated music librarian, was world chess champion for almost 5 decades, from 1747 to 1795. Philidor composed the six Sinfonias comprising The Art of Modulation in 1755 not purely to demonstrate technical prowess, as in Berlin in 1751 when he simultaneously played 3 chess games blindfolded and won them all, but to explore the art of



Linda Melsted

transitioning between musical tonalities and expressive colors and developing new modes of musical expression. Philidor builds an intense, pure harmonic environment that twists and modulates, transporting and astonishing the listener. Philidor



was known primarily as a composer of opéra comique, and The Art of Modulation is his major surviving instrumental work.

Three Sinfonias from Philidor's work will be complemented with music from Italy and Germany: concerti for flute and strings by Giovanni Battista Pergolesi and Georg Philipp Telemann, in continuance of festivities for Telemann's 250th anniversary.

Upcoming 2017 Salish Sea Early Music Festival performances at Bethel Church on Vashon Island.

Tuesday, May 9, 2017 at 7:00 PM — A Century of New Perspective: 1600-1700.

Chamber music in transition: 17th-century trios on both late renaissance and early baroque instruments.

Ingrid Matthews, violin. Elisabeth Wright, harpsichord Jeffrey Cohan, baroque and renaissance flutes.

# Vashon Maury Chamber Orchrsta

Vashon Maury Chamber Orchestra's Saturday, April 8 concerts usher in springtime with performances of Copland's masterwork "Appalachian Spring" in the original scoring for flute, clarinet, bassoon, strings and piano. The group, led by Co-Music Directors Justin Cole and Karin Choo, will be joined by several soloists for Bach's Brandenburg Concerti No. 5 and 6, including Daniel Brandt, violin/viola, Thane Lewis, viola, Nancy Morgan, flute, and Lisa Lewis, harpsichord.

All of the Brandenburg Concerti are scored for a unique combination of instruments: No. 6 is best known for its celebration of the viola, with no violins and two solo viola parts working in tandem, and No. 5 features flute, violin and a brilliant solo harpsichord part that is considered by many to be the precursor of the solo keyboard concerto.

Graduating high school seniors will be highlighted at the concerts, always an audience favorite. Hugh Davis performs Handel's baritone aria "Si, Tra I Ceppi" from Berenice, Ethan Sedgemore plays the first movement of the Stamitz Viola Concerto, and Rhea Enzian will be showcased in the 11am concert performing the first movement of Bach's a-minor violin concerto.

Members of I Solisti di Vashon, a high school string orchestra group led by Gaye Detzer, join the VMCO for several works including the Psalm from Alan Hovhaness' 1940 composition Psalm and Fugue.

Vashon Maury Chamber Orchestra. Katherine L White Hall, VCA.

Concert for Kids  
Saturday, April 8, 11 am  
\$5 youth, \$8 general  
Saturday, April 8, 7:30 pm  
Hovhaness, Stamitz, Copland, Handel, Bach  
\$12 VCA Member/Student, \$14 Senior, \$16 General  
T i c k e t s : V C A , Heron's Nest Gallery, VashonCenterfortheArts.org



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# Chamber Music Returns to Havurah

The series of concerts features the Seattle-based Girsky String Quartet performing all the string quartet masterworks of Ludwig van Beethoven in chronological order and in lecture-recital format.

After a January performance at the Vashon Center for the Arts Kathrine White Hall, the quartet returns to the intimate atmosphere of the Havurah on April 2nd.

The quartet will play Opus 59, numbers 2 & 3; Opus 74 "The Harp," and Opus 95 "Serioso."

Admission at the Door  
\$20 General  
\$15 Seniors/Students  
Free: 18 and under

Rowena Hamill and Doug Davis, artistic directors of Vashon Chamber Music, first played at the Havurah in January of 2015, when Vashon Chamber Music and Havurat Ee Shalom jointly presented a concert dedicated to three Czechoslovakian composers who lost their lives at Auschwitz.

The Havurah building continues to attract musicians of all stripes. Our historic building is particularly appealing thanks to the intimate atmosphere. Not only do we offer a rare opportunity to listen to chamber music as if the performers were in your own living



room; we have also booked singer-song writers, amplified rock bands, comedians and folk and jazz stylists.

Upcoming music events for May will feature Vashon's own Lance Morgan (May 12) and three fantastic finger-picking guitar stylists (May 15) brought to Vashon by Kat Eggleston.

Vashon Chamber Music Presents  
The Girsky Quartet Performing  
Beethoven's Middle Quartets  
Sunday April 2, 7:30 pm  
Watch for more music  
announcements soon!

# Some'tet



Some'tet is a band that's been filling Island venues and islanders' hearts for three years, leading them to be Some'tet-one of the most popular performing groups around.

The band includes Michael Whitmore on nylon strings, Barry Cooper on trumpet/flugelhorn, Dianne Krouse on sax/clarinet, Patrick Christie on upright

bass, Dodd Johnson on percussion and jazz vocalist Christine Goering.

Their music is both composed and improvised. The overall sound is mellow, almost west coast cool, with moments of intense invention. Add a dollop of American primitivism, clusters of neo bossa nova rhythms, and some very soulful vocals — think 60's era jazz meets KEXP dancing in Rio de Janeiro, with a whiskey & soda in hand while your Nana caters the gig under a yellow hoodoo moon.

Friday, April 7th, 8:30pm  
Some'tet  
The Red Bicycle Bistro & Sushi  
All-age's 'till 11pm, 21+ after that  
Free cover!

**Next Edition  
of The Loop  
Comes out  
Thursday  
April 13**

Deadline for the next  
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**Saturday, April 8**

**Make a date with Vashon!**  
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Vashon Library Events  
Art & Music Events  
Submit your Event on line at  
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# Daring Dance Pioneer Mr Gaga



Mr. Gaga photo by Gadi Dagon

"Mr. Gaga", a spirited documentary feature film about ground-breaking choreographer Ohad Naharin, will be presented by Vashon Film Society for April's Art Film Series at the Vashon Theatre.

Eight years in the making, the film follows the internationally acclaimed modern dance icon at a critical turning point in his life and career. Director Tomer Heymann weaves extensive rehearsal footage, stunning dance sequences, personal family footage, and previously unseen archive material to craft a story about this genius' battle for artistic perfection.

When he was 22, Israeli-born Ohad Naharin was invited to perform with the prestigious Martha Graham dance company, and attended Juilliard and the School of American Ballet simultaneously. But the driven artist would not be happy until he could find a path to further his own vision of dance.

Moving back to Israel, Naharin became the artistic director of the Batsheva Dance Company and created the daring form of dance and movement language "Gaga."

Even after achieving worldwide fame, Naharin continues to fight,

sometimes with his own dancers, once even with the president of Israel, to make his vision come to life.

The film portrays the choreographer's battle for artistic perfection, and reveals both the exhausting toll dance can take on its performers, and the extraordinary beauty that art can bring to the world.

Director Tomer Heymann says he was inspired to make a film about the controversial choreographer when he first saw Naharin's Barcheva Dance Group in performance twenty years ago.

"My head and my heart experienced a giant upheaval, like a superb cocktail of alcohol and drugs, but without the alcohol and without the drugs," said Heymann, after experiencing the modern dance pioneer's work on stage.

"Naharin crafts a continuum of movement, music, energy, sexuality, sensuality, and dancers you could fall in love with without knowing why," comments the documentarian. "He is a tough nut to crack, very complex and contradictory, which makes him a fascinating subject for a film."

"Mr. Gaga" will be shown at the Vashon Theatre on Thursday, April 6 at 8:30 pm and on Friday, April 7 at 4 pm.

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March is out like a lamb. Well, sort of.  
Happy birthday to Teal!  
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**Bo's Pick of the Week:**  
Edgar the Crow and his friends driving him nuts.

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**Live Entertainment**  
Friday, March 31, 8:30pm  
Gypsy Wolf & Pretty Ugly  
w/Bob Krinsky

Friday, April 7, 8:30pm  
Some'tet

Friday, April 14, 8:30pm  
Jealous Dogs

Friday, April 21, 9pm  
Clinton Fearon

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March 16**

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