

## K2 Sold



The For Sale sign is gone from the K2 property and replaced by this For Lease Sign.

By Steven Allen

The For Sale Sign at the K2 factory at center has come down and was replaced with a For Lease Sign. Brad Middling confirmed that family owned Sound Properties LLC., is the new owner of the K2 building on Vashon Island. The purchase also includes the vacant lot across from Mom's Deli.

Brad has been pursuing the purchase of the building and land for his families business which owns several properties in the Puget Sound area.

After meeting with the county and understanding what businesses the county would allow at the K2 building, Middling determined that the purchase was a good investment for the family business.

While some things were defiantly off the table for use of the K2 property presently, Brad said he looked forward to working with the county on possibly

expanding other uses over time. "There are more things we can do versus what we can't and we will be focusing on what we can do, there are many commercial and retail options to explore. The goal is to make this property, that has been unused for over a decade, relevant again to the economy and infrastructure of Vashon Island." Said Brad when discussing the purchase of the K2 property.

For now work will be done on the building to bring it up to date.

Brad said that in the near future Sound Properties would like to have a public meeting to discuss present and future use of the property.

People interested in leasing parts of K2 or interested in an invitation to the upcoming meeting can contact Mike with MK Property Service at [mike@mkps.net](mailto:mike@mkps.net) with their inquiries.

## 4 Paws Veterinary Clinic

4 Paws Veterinary Clinic is the long-term dream of Teri Byrd. Teri is a veterinarian who lived on Vashon from 1999 to 2007 doing house calls and working with Vashon Island Pet Protectors. She has returned to the island after a varied career as Clinical Director at PIMA, Medical Director at Emerald City Pet Rescue and being a relief doctor for other hospitals for over 20 years.

Our goal at 4 Paws Veterinary Clinic is to make the clinic a pleasant place to be for patients, clients and our team. To achieve this goal our team has received certification in fear free techniques for handling animals with treats, pheromones and time tested natural anti-anxiety agents. Stop by the clinic to pick up a "pre-exam" packet of natural chewables that will help with the next visit.

Dogs and cats are completely separated for their experiences at 4 Paws. They come in separate entrances, are examined in separate rooms and if they need to stay, they stay in sound proofed, comfortable, separated rooms where pheromones are used to decrease anxiety.

It is also our mission to be environmentally responsible. We are paperless and try to use only environmentally friendly agents and Oxygen manufactured in house.

Our clinic has the most advanced equipment available with digital x-rays, dental x-rays and a full surgery suite equipped with Cardell Monitoring, Doppler Monitoring and Technician monitoring throughout the anesthesia



Terry Byrd DVM and Jan Lofland office manager.

process. Safety and pain relief are highest priorities for our patients.

Our wonderful team consists of our Practice Manager/veterinary assistant Jami McLaughlin, our registered veterinary technician Talia Jennings and the much beloved Jan Lofland as our client services provider.

We encourage everyone to stop by and take a tour with your pets to get them used to the clinic where they will be given lots of treats and attention. The outside of the clinic has a park like setting for your companions. The Clinic is located at 9822 SW Gorsuch Rd, at the old play space location.

4 Paws offers preventative medicine, wellness guidance, behavioral and nutritional counseling, internal medicine, surgery and dentistry.

4 Paws Veterinary Clinic is now Open!! Our hours are Sunday 10-2 and Monday through Thursday 9-6 206-567-7782, [reception@4pawsclinic.com](mailto:reception@4pawsclinic.com)

## The Road to Resilience

### Controlling Our Foibles

By Terry Sullivan,

Last week, I read an article by Naomi Klein that critiqued a lengthy opus in last week's New York Times Magazine called "Losing Earth: The Decade We Almost Stopped Climate Change." The title of Klein's article was "Capitalism Killed Our Climate Momentum, Not Human Nature." As you may guess, the original article, by Nathaniel Rich, recounted the history of our massive failure to act in the '70s and '80s and up to the present to control our carbon output and thus head off climate change. We knew then everything we know now, and yet could not, and still can't, take constructive steps to save ourselves, much less the planet. Rich blames the intransigence of human nature as represented by our inability to take a catastrophe several decades in the future seriously enough to suffer inconvenience now. Klein thought that that let our capitalists off the hook. She thinks it was they who refused to take a hit for the future.

I think that they are both right. Klein refers to two defects of modern capitalism, the first is due to another facet of human nature. The capitalist economy we evolved is dominated by a small number of very wealthy and powerful

national and international corporations. The flaw in human nature is that, except in the case of a few saintly individuals, power corrupts. It was inevitable that those powerful few would take as much for themselves as possible at our expense and that they would rig the economy as well as our democratic political system so that they could perform the heist as efficiently as possible. Those people need to be reined in, but we need to realize that they are just doing what most of us would do if put in the same place. The second defect of modern capitalism is that it requires continual growth and use of ever more scarce resources, and is driving us toward oblivion at 90 miles per hour.

In case you are wondering, the purely socialist option in which the state distributes goods and services has its pitfalls as well. If the distributing is being done by a powerful central committee, you have the concentration of power once again and the same result. Committee members may not be rewarded with money, but power will accrue all the same accoutrements of luxury and privilege. The other problem with pure socialism, as I stated last issue, is that a committee can never perform the business of distribution as finely as

*Continued on Page 5*

## Concerts in the Park

On Thursday, August 16th, we are excited to bring you The Warren G. Hardings Band!

The Warren G. Hardings are a high-energy stringband from Seattle, Washington. Heavily influenced by America's roots and folk heritage, the band has a deep affinity for the music of legendary bluegrass pioneers as well as the countless artists following in their footsteps who have helped progress the genre to the rich and diverse art form it is today. Drawing on this legacy and other contemporary influences, The Warren G's belong to a generation of young musicians that continues to evolve and adapt these acoustic traditions for the 21st century.

The band has a deep affinity for the music of legendary bluegrass pioneers such as Bill Monroe and Flatt & Scruggs, as well as the countless artists following in their footsteps who have helped progress the



The Warren G. Hardings Band

genre to the rich and diverse art form it is today. The Warren G's draw on this legacy and contemporary influences, ranging from pop to punk, to create a live show experience that promises a foot-stomping party atmosphere and a good time for all. Whether ripping through old standards or



Trolls Cottage

performing original songs, the band strives to provide an infectious energy that gets the crowd moving.

On Thursday, August 30th, we are excited to bring you Trolls Cottage!

Trolls Cottage is hypnotically simplistic; music soaked in lyrical contemplations. The energy this band brings to a performance

*Continued on Page 7*

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The Vashon Loop

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Friday, Sept. 14th, 8:30pm  
Bill Brown & The Kingbees

# 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.

### Alzheimer's Association Caregivers Support Group

Resources Available for People Living with Alzheimer's and Their Caregivers.

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 pm to 2:30 pm, at Vashon Presbyterian Church, 17708 Vashon Hwy SW, Vashon, WA 98070. For information call Regina Lyons at 206-355-3123.

### Vashon Progressive

Vashon Progressive Alliance 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](mailto:Editor@vashonloop.com)

### Next Edition of *The Loop* Comes out Thursday August 30

Deadline for the next edition of *The Loop* is

**Saturday, August 25**

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### Engles Car Show

The annual Engles car show will take place Sunday August 19 from 10am to 4pm. For over 13 years the show has drawn Cars, Trucks, Tractors Motorcycles and Boats. Come see what the Islanders and friends have to show. Open to all makes and models.

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Photos courtesy of John Sage / FinchHaven



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### Vendors Needed



Vendors, now is the time to reserve a spot at the Senior Center's Craft Fair and Flea Market. The event will be held on Saturday September 22, 9AM-3PM outside at Island Funeral Services. \$25 for a 10 foot space. Call the Senior Center at 206.463.5173 for more information.

### Land Dedication and Open House

The Puget Sound Zen Center welcomes the Vashon community to a celebration and open house on its new piece of land on Vashon Highway just north of the Harbor School. Food and festivities for all ages! Saturday, August 18, 4-7pm

### Get In The Loop

Send in your Art, Event, Meeting  
Music or Show information  
and get included in  
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[Editor@vashonloop.com](mailto:Editor@vashonloop.com)

### Advertise in the Loop!

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# Spiritual Smart Aleck

By Mary Tuel

## Sweet Old Bob and the Siren Song of Technology

When I came to the island in 1973, among the hippies I got to know was a tall slender guy named Bob. He had long black hair and a beard. He made his living selling dope pipes that he made from brass lamp parts and wooden beads.

By 1974 Bob decided to give up the hippie craftsman life and move to Seattle to pursue more interesting things. He’d always been interested in computers.

Flash forward: I was visiting my mother in California in June 2000 and picked up a copy of Time Magazine and began reading an article about ecstasy, the rave drug. Near the end I saw a picture of “Bob Wallace, retired Microsoft millionaire,” who funded the testing of drugs at raves to make sure the drugs were safe.

Yes, it was our Bob. After moving to Seattle he had become Microsoft employee number 9. You can miss a lot when you lose touch with a person for twenty-six years.

Bob was an integral part of the computer revolution that changed our world. He left Microsoft after a few years and started a company called Quicksort, which he later sold, and then he and his wife, Megan, moved to northern California, and funded research into mind altering drugs. Testing drugs at raves was a service Bob funded.

On September 20, 2002, at age 53, he died in his sleep. He had pneumonia. He changed the world but was not great at taking care of himself.

Bill Larson,\* who lived on Vashon in the 1970s and ‘80s, knew Bob Wallace when they both lived here. Bill told me this story recently:

One day Bob told Bill about an idea he had for a portable computer. It would consist of the computer, a monitor, and a keyboard, which would all fold into a suitcase so it could be carried, and it would weigh under eighty pounds! Voila! Portable computer!

This was back in the mid-70s when computers still filled rooms.

The idea was a little ahead of its time, but not much. In 1981, the first portable computer, the Osborne 1, debuted. It weighed about 24 pounds and had a five-inch screen, two floppy disk drives, and 64K memory. It cost \$1795, looked like a suitcase when closed, and was a success for a few years. Portable computers that looked more like the laptops we know soon followed.



At first, I thought the personal computer was a solution without a problem. I got a Panasonic word processor that was advertised as, “too smart to be a typewriter, too easy to be a computer.” I loved that thing. Used it for years.

But then - I heard about the internet. I got a Mac Performa and listened to the SKREE and static of dial-up with tense anticipation and delight. Now I could (slowly) be in contact with friends and family across the country and around the world. Thrills!

That was a little over twenty years ago. Now I have a computer I can hold in my hand, called a cell phone, or mobile. I can use it to go online, play games, and even make phone calls.

That first flush of “Gee whiz, computers are so keen!” has been replaced by “Yikes, my bank account has been hacked!” “Holy gazoly, our elections have been rigged!” And other not so great uses of computers and the internet.

Did the visionary geniuses who pioneered computer technology foresee their work being put to these uses? Here’s someone who thought about developing technology:

“When you see something that is technically sweet, you go ahead and do it and you argue about what to do about it only after you have had your technical success. That is the way it was with the atomic bomb.”

– J. Robert Oppenheimer  
Okay.

It is a shame that human beings do not grow emotionally, mentally, and spiritually as fast as we create new technology. Technological innovations amaze, but we’re still chasing the same old delusions of power and money.

Perhaps there are some visionary geniuses now who will be able to help save humanity from the unforeseen consequences of technological advancements that were too sweet to pass by.

Perhaps the necessities imposed by climate change, or some other challenge that the whole world faces, will force us to drop the false dichotomy of our disagreements.

Meanwhile? Let us be kind, to ourselves, and one another, and keep breathing.

\*Bill Larson makes custom guitar slides in colors out of borosilicate glass. If you are jonesing to play slide blues guitar and want a slide in your size and color, you can look him up at The Rocky Butte Guitar Slide Company.

## Tahlequah’s Trail of Tears

By Orca Annie Stateler, VHP Coordinator

By the 18th day, anguished mother Tahlequah (J35) finally released the frail, tattered body of her dead baby girl. She probably had two failed pregnancies between the births of her son Notch (J47) in 2010 and the sickly female delivered on July 24th. Imagine the devastation of birthing a live baby, only for the tiny, precious soul to expire thirty minutes later. “Experts” worldwide speculated about why Tahlequah, with help from her devoted J17 family, would cling to the lifeless form for so long. As First Nations people, mothers, and descendants of matriarchal clans, we understand – completely.

Western culture has pathologized and compartmentalized death. In aboriginal societies, keeping company with the body of a recently transitioned loved one is not considered abnormal. Even white folks once shared their parlors for a few days with their dearly departed.

Our friend and research partner Mark



Still pregnant Tahlequah (J35) at Estevan Light on Vancouver Island’s west coast, 5/17/18.  
Photo © Marcie Callewaert.

Sears discovered newborn Tahlequah (J35) with her exquisite mama Princess Angeline (J17) off Shilshole in the winter of 1998. He contributed input on J35’s name: something regional, Tahlequah for Vashon’s ferry terminal. J35’s name, however, has deeper resonance.

Tahlequah is a Tsalagi (Cherokee) phrase for “two is enough.” During forced removal from traditional homelands in the Southeastern US, our Five “Civilized” Tribes ancestors carried dead babies on the Trail of Tears. The Anitsalagi (Cherokee People) — one of the Five Tribes -- walked their 800-mile Trail in the winter of 1838 - 1839. Up to 8,000 died from disease, starvation, exposure, and exhaustion. At the final destination in Indian Territory (Oklahoma), the Cherokee Nation named their capital Tahlequah.

Non-indigenous humans in the Pacific Northwest have extracted horrendous sacrifices from their killer whale neighbors, particularly the Southern Residents (SRKW): their lives, their family members, their food sources, their unspoiled habitat. Sounds like a SRKW Trail of Tears, doesn’t it?

After decades of abuse, J Pod members staged an organic protest on their own terms. 24 orcas – J Pod with Onyx (L87) – traveled 1,000 or more miles around their traditional territory with a dead infant and an emaciated toddler in tow. These highly evolved, sentient beings embody vibrant culture, rituals, and ceremonies that mystify most two-leggeds. Mother Tahlequah (J35) and 3 ½ year-old Scarlet (J50) epitomize courage in the face of adversity. The young Kéet heroines riveted the world’s attention on the Southern Residents’ suffering for several weeks – at least until a troubled dude stole a plane at SeaTac.

Heartbroken people are asking for a “simple” list of how to help critically endangered Scarlet, Tahlequah, and their relatives. The “simple” list fell by the wayside decades, maybe centuries, ago. The threats confronting the SRKW are interwoven. The work before us now is daunting, complex, and politically unpopular – but not impossible.

Much discussion has concentrated on large scale actions – all worthy -- that include



restricting the Chinook salmon harvest; stopping the Kinder Morgan TM pipeline and other ill-advised fossil fuel projects; a permit system or limited entry for whale watch boats; reducing vessel speeds and, thus, underwater noise; breaching obsolete dams, to name a few. Scapegoating seals and sea lions for eating salmon is a misguided effort.

Yes, we must all reduce, reuse and recycle. We must all seek alternatives to plastics and toxic household chemicals. How you vote matters. Sure, call your elected officials. Submit input to the Orca Recovery Task Force and to NOAA’s page for J35 and

J50 at Killerwhale.help@noaa.gov.

Less discussion has focused on what we can do personally. The “simple” list derives from looking in the mirror and examining your daily life. What are you willing to sacrifice to prevent the extinction of the SRKW?

Do you waste food? My beloved grandma chided us with this chestnut, “Your eyes are bigger than your stomach.” Scarlet is going hungry; how dare you waste food?! Food production is extremely resource intensive.

How much meat do you eat? Let the sight of grieving Tahlequah and starving Scarlet inspire you to consume less planet-warming mammal and poultry flesh – especially the factory-farmed kind. That “artisan charcuterie” isn’t helping the orcas, either. Do you eat Chinook salmon not caught by your own hands? How about unsustainably farmed Atlantic salmon?

You might be the turd in the punch bowl if you defile the nearshore by flicking cigarette butts on the beach, or by allowing your dogs to rampage unsupervised, defecating everywhere and terrorizing seal pups. The nearshore is the foundation of the food chain for salmon and orcas.

I can think of additional third rail topics – say, overpopulation and gentrification -- but those are for another time. Hold Scarlet and Tahlequah in your hearts and minds. Act boldly -- do not let their Trail of Tears be in vain.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS & STRANDINGS ASAP TO 206-463-9041. Seal pup season is here. When reporting a sighting or stranding, be specific: date, time, location, travel direction, species description, number of whales/seals/etc., and behavior observed. We prefer phone reports, but if email is the only way to coax you to report to us, send sightings and photos to Vashonorcas@aol.com. Your photos of marine mammals are valuable for ID purposes. Do not assume we will randomly find stuff posted online. We are grateful to everyone who reports directly to us.

## Windsor & Kensington Need A Home...

Although we have royal-sounding names, we’re domestic short hair kittens, a boy and a girl. We play and snuggle together and want to find an indoor home together. Whoever adopts both of us will receive a discount on the adoption fee because we’re a “Purrfect Pair.”

Did you know that Meghan Markle adopted shelter pets before she became a duchess? So follow her example and do the same thing for us (but you won’t need to move to a palace or learn how to do the royal wave).



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**Aries (March 20-April 19)**  
Your ruler Mars is in the process of re-entering Capricorn for the final two weeks of its retrograde phase. It’s likely that what you’ve been learning from these recent months has been woven into your consciousness gradually, one thread at a time. You may already be starting to see a pattern coalescing. Stay with it, and err on the side of seeking as much information as possible. This is a valuable opportunity to consider many things from an unusual perspective. When the tide turns around the end of the month, you’ll probably be able to put this knowledge to swift and creative use.

**Taurus (April 19-May 20)**  
Nostalgia for the past is often accompanied by a hazy memory for certain details, usually the drawbacks of the era in question. Familiar things can feel safe, and you might be tempted to revisit a time when things were simpler. Yet there are reasons why you’ve moved forward, which you can call to mind if the present seems a little challenging. You’ve also changed within yourself, such that if you did somehow manage to return to the way things were, you would likely be chafing at the restraints. You’ve come far, and eventually you’ll be able to see and measure that distance clearly.

**Gemini (May 20-June 21)**  
You’ve been gifted recently with a certain eloquence that’s unusual even for you. One of the ways you can make the most of that, this week, is by practicing expressing your deeper emotions as a form of sharing yourself. There are, of course, certain people in the world who would prefer not to discuss any such thing. However, there will surely be others very willing to listen; and at any rate you’ll be setting an example for everyone. Genuine vulnerability seems to be avoided these days unless it can be exploited for reality TV. You can remind people what it actually means.

**Cancer (June 21-July 22)**  
Whatever you might currently be aiming for or seeking to change, you have perhaps by now caught a glimpse of how achieving that would look. With two inner planet retrogrades still in the works, meaningful progress will probably take time; but keep a hold of your vision, and have patience, and you’ll hopefully see a difference soon enough. One thing you could do in the meantime is to invest in others, whether in terms of energy, funds or moral support. There is a certain similarity between generosity in giving and openness to receiving; not that reward ought to be a motive. You can help anyway.

**Leo (July 22-Aug. 23)**  
You’re experiencing the opportunity to see yourself as the center of your own universe. This is an important sensation for everyone to undergo, especially given the common tendency to place someone else in that seat — whether consciously or not. That is rather like handing another person your car keys and asking them to drive you wherever they want. Ultimately, putting yourself in the driver’s seat is about your freedom to express your natural gifts and character, particularly in art and spirituality, and to live honestly. The powerful light of your soul cannot in reality be hidden from the world for very long.

**Virgo (Aug. 23-Sep. 22)**  
In the past few weeks you’ve been in company with some profound ideas, which seem to be shedding light on a rather knotty issue you’re tackling. Even if your efforts have dredged up material you’d prefer to be rid of, this is a sign of progress. At this stage you’ll want to keep going and trust that soon you’ll reach the other side. As first Mercury, then Mars, station direct, what you’ve accomplished should begin to piece together and form a picture. Be patient as you wait for

the image to become recognizable. When it does, you’ll likely see that the uncertainty was worthwhile.

**Libra (Sep. 22-Oct. 23)**  
It would appear you’re undergoing a process of simplifying your social life. Perhaps you’re moving it away from the nebulous faux astral plane of the internet, back into the real world of phone calls and in-person meetings. You may be choosing to spend more time with honest, kindly people who are not too cool to show their appreciation of you. Either change must be to your benefit. You have no truck with fakery or illusion these days, and quite right, too. Seek out genuine, sincere people whose friendship with you has deepened, or promises to, over time. Very little else means anything.

**Scorpio (Oct. 23-Nov. 22)**  
Our culture is such as to encourage people, at least some of the time, to worry more about their self-image than actually developing or rectifying mistakes. True, it can be embarrassing to admit one is a flawed human creature after all, rather than a paragon of virtue — especially since the absolutism of the present age quite happily excoriates people for their imperfections. Yet admitting that there’s room for improvement in all of us is part of honest living. Admitting it to yourself, at least, means you can focus on the growth most crucial to you, without reference to anyone else.

**Sagittarius (Nov. 22-Dec. 22)**  
You seem to be approaching the concluding stages of a project that involves significant changes in your spiritual world. As Mercury and Mars turn direct in the coming weeks, you’ll likely find you have a deeper understanding of certain truths about the cosmos, for example, or a fresh perspective on your roots. A part of all this would appear to include the existence of love as a fundamental force. The chances are you can find a practical use for at least some of this wisdom, even if that means simply passing it on to others, or expressing it in kindness or a form of service.

**Capricorn (Dec. 22-Jan. 20)**  
The sky in astrology, like the human species, is in a state of constant evolution. It’s rare that any situation remains the same for very long, and certainly not eternally. Likewise, how people feel within themselves tends to change over time also. All of this said, if you find yourself in circumstances that seem to be either longterm or consistently repeating, recognize the power you have either to make the best of things, or to make alterations that increase your comfort. If there seems to be a pattern of some kind, gather information on it. What emerges could well help you look at things differently.

**Aquarius (Jan. 20-Feb. 19)**  
Since our culture and media are packed to the rafters with romantic stories and tropes, it’s perfectly natural for us in a sense to project wishes and desires onto our prospective partners. When the person in question isn’t the same as the fantasy being we created, we can experience disillusionment and disappointment. Understanding that we do this is a part of our maturing process. Breaking that habit, or at least recognizing its existence, is a way of taking back the power of our own self-fulfillment. You’re discovering this strength within you now. Keep that knowledge in mind.

**Pisces (Feb. 19-March 20)**  
There are some concepts we cannot, at least as yet, prove the truth of, such as the existence (or non-existence) of deities. When it comes to belief, therefore, there is a lot of flexibility on such matters. Other ideas, though, have real-world applicability, which means that what you believe can affect how



## Hot Soup vs. Cold Soups, Part 2

This time we’ll talk about cold foods since we still have half of hot, dry August in which we need to create appetizing, nourishing meals without heating up our kitchens and ourselves. We rely a lot on our rice cooker and our microwave oven, but the recipes below don’t even involve either of them. In this meal, the salad provides animal protein.

This Spanish soup gets four stars for nutrients and flavor.

- Red Gazpacho**  
4 servings
- 2 cups peeled and chopped cucumber  
1 clove garlic, minced  
1 yellow onion, chopped  
1 green bell pepper, seeded and finely chopped  
2 cups tomato or V8 juice  
1 cup condensed chicken broth

- The Vashon Loop, p. 5*
- 1 cup water  
2 Tablespoons minced parsley  
2 Tablespoons lemon juice  
Dash cayenne pepper  
1 Tablespoon extra virgin olive oil  
Salt and black pepper to taste
- Garnish:  
Green onion tops, washed, dried, and thinly sliced  
½ cup chopped green bell pepper  
1/3 cup finely chopped cucumber  
Minced fresh mint or cilantro

Place half the chopped vegetables in food processor. Add half the chicken broth. Pulse a few times to more finely chop. Transfer to a large bowl. Repeat with other half of vegetables. Stir in the remaining ingredients, except the garnish. Cover the bowl and refrigerate. Chill at least one hour, up to 24 hours.

At serving time put each of the garnish ingredients in a small bowl to let diners choose and enjoy their choices of garnish.

- Salad**  
4 servings
- 4 lettuce leaves (if very large, halve each of two)  
Pickled herring in wine sauce  
2 sliced green onions, white and pale green parts only  
12 or more Kalamata olives
- Arrange the above ingredients on four salad plates.

## Road to Resilience

*Continued from Page 1*  
millions of private local transactions.

Last week, I wrote in favor of the basic concept of capitalism, as I see it, and I would like to explain why I’m not abandoning it outright as many would like to do. I interpret Adam Smith as originally postulating a free market system operating in a town in which the producer and consumer knew each other and could negotiate a price between them in person. They each had the option of finding another if they couldn’t reach agreement. It is easy to see how prices could seem to be set by an invisible hand. What we have today is wholly different. Producers and consumers almost never know each other, nor does the transaction involve only the producer and the consumer. There are a whole plethora of middlemen — speculators, distributors, wholesalers, and retailers — who actually control

the final price to the consumer. The producer usually gets very little for their product and the consumer pays a price that rewards the middlemen handsomely. The consumer has millions

you might treat others, or how you go about your daily life. It helps if your approach to such matters is therefore discerning, practical and sensible. This is especially the case regarding your wellbeing and your concept of service. Know when you need to back off from daily cares, and make sure you can.

Read Eric Francis daily at  
www. PlanetWaves.net

of choices but limited ability to choose a sustainably produced product. If you define capitalism as a means for wealthy people to exploit poorer people, then I’m for scrapping it. If you define it as local free enterprise, then I think it is an essential and useful tool. The main problem we face is the concentration of power.

We need to break up those power centers using the only tool we have, a crippled and weak democracy that has been rigged against us. The powers that be have inculcated in us a lack of faith and a deadly cynicism about the ability of government to carry out the will of the people. They don’t want us to vote. They want us to band up and fight each other instead. In the recent primary, only 30% of the eligible voters voted in our 34th district. Urge candidates and officials, especially Senators Murray and Cantwell, to take no money from wealthy corporate interests. Elect people that will stand up to corporate power and rein it in.

The other thing we can do is boycott the big boys by doing business more and more at the local level. The possibilities are changing rapidly. Food and energy are fast becoming sectors that we can supply at the local level. Forego major purchases that fill corporate coffers. Invest locally, start a business.

We can slow the runaway climate train, but we have to regain control of our government first, and we have to humbly accept our nature and avoid triggering the darker aspects of it. All the while, we should be building resilience locally.

Comments?  
terry@vashonloop.com

## Adopt A Cat Day!

**Vashon Island Pet Protectors**  
**Saturdays 11:30-2:30**  
Our VIPP Shelter is open for adoptions every Saturday.  
Visit our website [www.vipp.org](http://www.vipp.org) for Directions and to view the Cats and Dogs available for adoption.  
Or give us a call 206-389-1085

# Cherrywood Station

Cherrywood Station is a husband-and-wife folk duo whose soulful harmonies revive great tunes from America’s past with a touch of original magic. Gus and Camille Reeves, both prolific songwriters, feel a responsibility in carrying the torch of this musical legacy, but not without their own contribution! Whether singing original love songs, traditional gospel, or acoustic covers from the Motown era, their string, keys and voices will take you on a heartfelt journey through American music.

Friday, August 17th, 8:00pm  
Cherrywood Station  
The Red Bicycle Bistro & Sushi. All-ages ’til 11pm, 21+



after that. Free cover!

# VCA Shows and Events

**Seussical The Musical**  
Oh the places you’ll go!  
Come see Cat in the Hat, Jojo, Horton, Maizie, Gertrude, Sour Kangaroo and the whole Who family in this culmination of a two-week theatre summer camp. Fun for the whole family.  
Thursday, August 23, 7 pm  
Kay White Theater  
\$5 Tickets



processes, handmade sculptural jewelry, and lathe-turned wooden vases and bowls

**Group Show Continuing (continuing to Aug. 26th )**

Ceramic Artists Group Show : curated by Jon-Eric Schafer and Lin Holley

Over 30 Vashon ceramic artists. Including : Annie Hancock, Kiya Badding, Sonja Bergström, Vicki Browne, Mary L Buss ,Cory Winn, April Dalinis, David Blad, Lisa deFaccio, Gary English, Karen Fevold, Lin Holley, Mary Hosick , Liz Lewis, Gale Lurie, Stephanie Marotta, Abraham McBride, Eric Nelson, Jane Neubauer, Mary Rose O’Reilley, Irene Otis, Diane Pirlot, Jane Piston, Steve Roache, Cathy Sarkowsky, Jon-Eric Schafer, Sharon Munger, Marla Smith, Rozanne Thayer, Barbara Wells, Hazel Wilding

**All Ages Blank Canvas Dance Party**  
A safe and fun way to express yourself. Wear something white (shirt, pants, shoes, a tie, etc) and we’ll supply the markers, non-toxic paint, and brushes.



Become a human canvas as you make new friends and groove to DJ Whitmore’s funkiest tunes.  
All ages  
Friday, August 17th  
6-9pm on the VCA patio  
Free Admission

COMMUNITY OF BURNING MAN - photographs taken at Burning Man, the yearly gathering in Nevada’s Black Rock Desert. The images celebrate the people, artwork and community that make Burning Man an extraordinary event. (Dedicated to Burning Man’s founder, Larry Harvey (1948-2018)

Gordon Quinlan: THE HUMAN FACE DIVINE - graphic drawings, photography and oils created to reveal the depth of human character and emotion. Quinlan, 77, said he has taken art classes for a number of years but only fully committed to his art last year.

Heidi Anderson: CERAMICS & DRAWINGS BY HEIDI ANDERSON - large ceramic sculptures and graphite pencil drawings explore personal narratives that connect with Vashon and nature.

John Lucas and Susan Lynch: TERRITORIAL BEHAVIOR: REAL & IMAGINED FEARS paintings, drawings and poetry that express how we may see ourselves apart from the animal kingdom our predator nature shows something else.

Kristen Reitz-Green: BIG - The exploration of scale, creating paintings of real subject matter that upon looking closely seem very abstract but given distance, each reveals the more realistic image.

Marcia McKinzie: PAINTINGS BY MARCIA MCKINZIE - watercolor batik paintings and pastel impasto paintings that share the artist’s vision of beauty and connection with others.

**Shows Continuing Individual Show (continuing to Aug. 19th)**

Connie Conroy: TRANSPARENT JAPANESE TEA HOUSE - a full-sized transparent Japanese Tea House created by suspending photographic transparencies with images of a traditional tea house plus transparencies representing tea utensils as placed in a tea ceremony

**Group Show (continuing to Aug. 19th)**

Vashon Makerspace, curated by Neil Wiesblott: VASHON MAKERSPACE a place where islanders can create, learn and share their art, will be represented with a large multi-discipline installation including an 8-foot wood chair, a 1200-pound cement chair, alternative photographic

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Alisara Martin: LOW TIDE LOCAL - screen prints and drawings inspired by the little dramas of everyday life, surrounded by Vashon’s natural beauty.

Apple Cox: WHIMSEY AND COURAGE - paintings, limited edition prints and cards that use traditional and contemporary media to produce unique whimsical art.

Brette Flora: A VIBRANT PALLET - small paintings and mixed media work showing the creative mind of the artist who is a member of Vibrant Pallet, an organization that serves adults with developmental, mental and physical disabilities through a program that focuses on learning about and creating visual arts.

Dewain Gauntlett: THE PEOPLE, ART AND

Sat. August 18 : 2pm - 4pm  
SCREEN PRINT PARTY: PRINT YOUR OWN MINI POSTER w/ Alisara Martin

Screen print your own Vashon Summer Arts Fest mini poster! Choose from several Vashon-themed designs and print your own souvenir of the arts fest. Alisara holds an MFA in Printmedia from Cranbrook Academy of Art and has 12 years of experience teaching art to kids and adults, most recently with Harbor School, Vashon Artists in Schools, VISD’s Family Link and VCA.

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# Fresh - Vashon Farmers Market Music

The Vashon Island Growers Association offers locally grown produce at the Saturday Market, in the heart of Vashon’s town. At the Saturday Market, you’ll find about 30 to 50 vendors of food and arts and crafts, along with live music. At the market, you can buy Island grown organic produce, meats, even wines, bread and cheese...and special gifts for your loved ones.

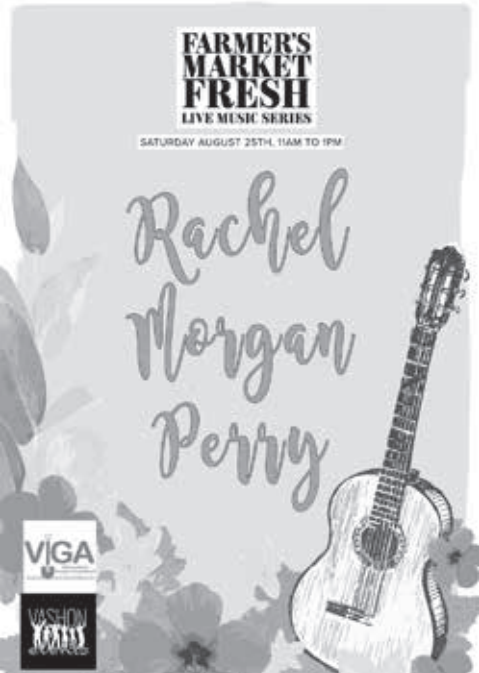
Vashon Events is happy to be a part of bringing music to the Vashon Saturday Farmers Market. The music is almost always from 11am until 1pm, in the northwest corner of the Village Green. We’d like to thank Nan Wilson at Manage Ad Music for generously sponsoring the music again this year!

On Saturday, August 18th, we bring you Kristin Chambers!

Kristin Chambers is a versatile, prolific, and original songwriter, singer and recording artist. She creates a stylistic atmosphere that evokes the soulful melancholy of blues, the hopeful intellect of thoughtful pop, sinuous vocals with a hint of country accent and tunes that simmer with a modern woman’s full-spectrum emotional life. Delivered with a lot of heart.

On Saturday, August 25th, we bring you Rachel Morgan Perry!

Sugary sweet vocals, infectious pop melodies, and contagiously positive songs, could only describe 24 year old songwriter and performer Rachel Morgan Perry. Performing at venues all over the country, Rachel has shared the stage alongside national acts such as



Teddy Gentry of Alabama, Chris Sligh of American Idol, and country music Opry performers such as Smithfield and Drew Baldridge.

This past year, Rachel released a full length self titled album featuring her unique sound branded as “sweet country.” Rachel’s record was produced by AGMA’s 2013 producer of the year, Donna King. “I really feel like the organic collaboration and musical understanding Donna and I have between one another can only be put as spiritual. My goal for this record was to make something that felt like magic- and I feel like we did just that,” says Rachel.

# Summer Dance Party w/ The Van Redeker Band



Come dance with the Van Redeker Band on Friday, August 24th, 7 PM at a special Summer Dance Party. The band is preparing brand new batch of groove-infused numbers especially for this bash.

Known for their energetic performance style, lush vocal harmonies and non-stop boogie – the group will present a set honed over years of playing island dance events. You can expect to hear classics by The Beatles, The Rolling Stones, Bonnie Raitt, Eric Clapton and our own Daryl Redeker.

Van Redeker Band shows have become community events, with the dancing spilling out onto the street. Daryl, Sara, Sam and Dodd invite you to join them for an evening of summer fun.

Beer & wine will be served. Tickets are only \$5, with half the proceeds going directly to the Vashon Land Trust.

The Van Redeker Band Dance Party Friday, August 24, 7 PM  
Land Trust Building  
\$5 (half the proceeds going to the Land Trust)

# Subconscious Population

Subconscious Population...a band that everyone knows and is a huge part of Island history when it comes to music. If you think that maybe, just maybe... on a quiet summer night, sitting on your porch perhaps...you might have heard wisps of “Jah Lee Kali”, “Funkified” or “One in a Million” floating through the air...you just might have.

Yes, one of the island’s most mysterious and captivating bands ever is back at it and having a blast blazing through their classic songs, as well as creating their own spin on some very cool covers. Like Pink Floyd’s “Wish You Were Here”...or Jimi’s “All Along The Watchtower”. These boys are having some fun and if you’re lucky, you’ll hear some of that from your porch, if the wind carries it just right. Now it’s time we call them out for one of their captivating magical mystery shows...

Friday, August 24th, 8:30pm  
Subconscious Population  
The Red Bicycle Bistro & Sushi  
All-ages ’til 11pm, 21+ after that  
Free cover!



## Concerts in the Park

Continued from Page 1

is exhilarating and most certainly compels the audience to get up and dance. With intoxicating genre-bending music and lyrical depth, Trolls Cottage has withstood the test of time. Nearly twenty years after their inception, Trolls Cottage returns to the Island for their first public show on Vashon in four years.

Fast forward to 1998 where Trolls Cottage was dubbed the name after a small cottage, deep in the woods on the island, where the group rehearsed. In the coming years they would be playing to capacity crowds at live music clubs and festivals in Washington State and beginning to extend their reach across the West Coast. And then there were the notorious house parties on Vashon and up in Bellingham...legendary you might say.

Bring the family! There’s plenty of grass and natural berms to spread out those

picnic blankets and enjoy some wonderful music on a warm summer night. Families can come relax, let the kids play on the playground and enjoy the entertainment at these summer events.

Concerts in the Park are presented by the Vashon Park District and John L. Scott Vashon. The concert series is curated by Vashon Events. We’d also like to thank Vashon Center for the Arts, our in-kind sponsor for Concerts in the Park as our backup venue in case of bad weather! A big thank you to Kevin Hoffberg and Angela Gist for this insurance plan! If you’ve never experienced the warmth of community at the cool nights of summer concerts in the park, you’re in for a special treat.

Please remember that there are no dogs allowed at Ober Park. Alcohol and smoking are also not permitted.



**www.VashonEvents.com**

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PANDORA'S BOX

WOW! Do we have some cool new beds and toys!

Unique one of a kind fun things. Of course, I'm out of all the regular usual grooming tools and leashes. Can't quite get it right.

Bo's Pick of the Week: Grateful to be back after a week in exile. He did, in fact, miss everyone.



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