Vol. 18, #15

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July 29, 2021

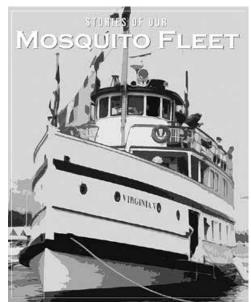
Island Historian Presents Talk on Mosquito Fleet

Island historian Jean Findlay will provide unique insight and information about Puget Sound's historical steamboats during the Vashon Heritage Museum's next monthly Museum Talk series "Stories of Our Mosquito Fleets," taking place at 7:00 pm, on Thursday, August 12, on Zoom, for free.

Findlay, a retired elementary school teacher, is a member of the museum's Collections Committee and has long been interested in the history of the Mosquito Fleet that served the Puget Sound during the 1800s and early 1900s. She co-authored the book Mosquito Fleet of Puget Sound in 2008 with Robin Paterson.

The Vashon Heritage Museum's monthly Museum Talks aim to showcase accessible, relevant, and informative presentations from local historians, experts, and community members.

To register for the talk, visit www. vashonheritagemuseum.org



Featuring Vashon Island historian JEAN FINDLAY
THURSDAY AUGUST 12 @ 7 PM

VASHON HERITAGE





The Road to Resilience

Same Old Same Old

This is a reprint of a column I wrote in 2015, as an update to a column I wrote in 2012. I'm publishing it again as the message is exactly the same with the caveat that the worst has so far proven to be true. We have been making strides in reusing/recycling and starting to stem the flow of plastic but that will do little to mitigate the climate crisis.

"In January of 2012, I wrote a summary in this column of the decision at the Durban UN Climate Conference to kick the can down the road with a promise to produce a binding agreement at the 2015 conference that would take affect in 2020. Previous to Durban, in Copenhagen, the world agreed that global warming must be limited to 2 degrees Celsius [Now 1½ degrees].

Now that we are within a week or two of the opening of that 2015 UN Climate Conference in Paris, what has occurred in the interim? Short answer? Absolutely nothing.

What I stated in that column in 2012 still holds true: The approach to climate change by industrialized countries has been, 'How can we address climate change without endangering economic growth?' Years of study by our best minds have not produced a solution. Many have concluded that it is the growth economy itself that is at the root of climate change. The fact is, we don't want our growth economy to change and we don't want climate change that will jeopardize it.

I went on to say that: [I]n Asia, monkeys are easily caught by putting a fruit in a tethered jar that is sized so that, when the monkey grabs the fruit, he is unable to get his hand out of the jar. As it happens, very few monkeys will abandon the fruit even as they see their captor coming to take them. My

By Terry Sullivan,

basis for hope lies in the premise that we haven't seen our captors yet and that we will be smart enough to drop the fruit soon enough to avoid getting caught. The growth economy is our fruit in the jar. If we don't drop it, we're done for.

Well, we have gotten a glimpse of our future, but we still won't drop the fruit. What we have gotten from various developed countries leading up to the Paris conference is a lot of mealy-mouthed promises of voluntary reductions that fall far short of what is needed to stay within 2 degrees C. No binding agreement. Not even a hint of reductions that come close to what is needed. And we know from the past that what we promise is usually well short of what we will actually accomplish.

It is the same wealthy special interests who are impoverishing the rest of us who are hell-bent on leading us into a climate catastrophe. To be fair, we are all to blame to some extent for loving our energy-binging lifestyle.

Signs of hope lie in the same uprising of populist outrage that is manifesting in the Bernie Sanders campaign. People are beginning to show that they refuse to put up with the wealthy minority jeopardizing our future. In the same way, any progress in controlling our emissions and limiting climate change will have to come from us. The industry-sanctioned climate talks are unlikely to produce anything without an unprecedented show of protest across the world.

'If we meet our carbon reduction targets, we will buy only a 50/50 chance of staying within 2 degrees C, and climate changes so far are proving to be worse than predicted. If we wait until 2020, as we are currently intending, to start reducing emissions [now a year later than that], all countries will have to then reduce emissions at a rate of 10%/year. When the Soviet Union collapsed, *Continued on Page 6*

2021 Vashon Island Concerts in the Park

The Vashon Park District and Vashon Events have announced the lineup for the annual Summer Concerts in the Park. The extremely popular and free outdoor concert series will begin on Thursday, August 5th and run through Thursday, August 26th. All concerts will start at 7:30pm and are held in Ober Park on Vashon Island. This year, enjoy live music performances from four local bands performing against one of Vashon's most beautiful outdoor backdrops.

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 four summer events.

The Concerts in the Park series is presented by the Vashon Park District and curated by Vashon Events.

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

Thursday, August 5th, 7:30-9pm The Confessions (R&B, Soul)

The Confessions are a versatile R&B group with a throwback sound fronted



by Camille Reeves. Gleaning from gospel, early rock 'n' roll, and sounds of the Motown era, most songs are orginal tunes that are fresh, yet familiar. The foundation of the band is rhythm section, which includes Chris O'Brien on keyboard, Gavin Kovite on bass, and Brian Dougher on drums. The Confessions also feature a horn section including Barry Cooper on trumpet, Greg McElroy on tenor sax, and Charlie Kipp on baritone sax. Bring your dancin' shoes and get ready to cut a rug!

Thursday, August 12th, 7:30-9pm Saint Ophelia (Alt Folk-Rock)

Saint Ophelia is a five-piece ensemble fronted by vocalist/guitarist Rebekah Kuzma, singer songwriter Joe Panzetta, and pedal steel magician Dan Tyack. With a killer rhythm section of Wesley Peterson



on drums and Chuck Keller on bass, their original songs run the gamut from groovy, rocking, and spacious. Saint Ophelia is currently recording their second album with producer Martin Feveyear, and crowdfunding to help pay for production and distribution costs. Visit saintophelia. com to listen to their first album, watch videos of live performances, and to help them launch album number two!

Thursday, August 19th, 7:30-9pm Poultry In Motion (Folk-Country)

Poultry in Motion, in a collection of molting personalities that could hardly be more diverse, do in fact share one common goal – passing a good time together. Best described as a drinking club with a music problem, they bring their diverse



backgrounds together under cover of music and merriment with no musical theme other than stimulating dancers. Put on your dancing shoes and prepare for anything from country to Motown, rockabilly to Zydeco, rock-n-roll to folk-n-rock, Cajun to swamp pop, plus original compositions that may take origin from any one of the roosters in the band.

Thursday, August 26th, 7:30-9pm One More Mile (Blues)

One More Mile is a blues group fronted by "The Principal" Jason Lollar on vocalslead guitar and "Lonesome" Mike Nichols on vocals-harmonica. It is a musical brotherhood going back decades. This partnership of tone wizardry is dedicated to rocking the joint in the old school way –



by playing inspired original grooves and classic blues, funk, and rock and roll covers in the vein of James Cotton, Albert Collins, Little Walter, and The Meters. Rounding out the band are keyboardist -vocalist Tony Mann, bassist-vocalist Chuck Keller, and drummer-vocalist Wesley Peterson.

The Vashon Loop, p. 2 July 29°21

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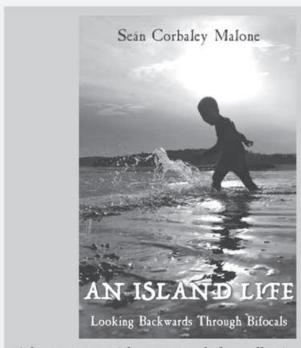


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www.vashonweather.com **Local Rain Totals** Temperature hi/low Wind Speed & Direction **Barometric Pressure Weather forecasts**

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It's a great time to get back in the Loop. ads@vashonloop.com Or call 206-925-3837



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The Vashon Loop

206-463-9148

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

Original art, comics, cartoons: **Ed Frohning**

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

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

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Make a date with Vashon! www.VashonCalendar.com

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

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Get in The Loop

Submissions to the Loop

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

Can't stop drinking and want help?



ALCOHOLICS ANONYMOUS

Online Meetings: SeattleAA.org AA Phone: 206-587-2838 Local Vashon Contact: 206-849-1980

Compost the Loop

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



Lodging Shopping Food & Drink Things to Do

Visit the Vashon Chamber on line at www.VashonChamber.com

Get In The Loop

Send in your Art, **Event, Meeting Music or Show** information or Article and get included in The Vashon Loop. Send To: Editor@

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Next Edition of The Loop **Comes out** Thursday August 12

> Deadline for the next edition of *The Loop* is

Saturday, August 7

No puede dejar de beber Alcohol?



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Welcome

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

FOR ORCAS AND FOR ISLANDERS PLEASE REPORT LOCAL WHALE SIGHTINGS ASAP TO Vashon Hydrophone Project Orca Annie Stateler and Mark Sears Vashonorcas@aol.com ort Vashon-Maury Island Whale Research tings NOT Disclosed to Whale Watch Boats vashonorcas.org

We Survived - Now What?

"Let's Talk about Living and Dying". Sunday, August 1, 1 to 2:30 on Zoom.

Mental health status during COVID-19 has been negatively impacted for many people around the world. In fact, nearly four times as many people reported symptoms of anxiety or depression in January 2021 than reported in January through June 2019.

There are many logical reasons for this. On the one hand, measures to help slow the spread of COVID-19, such as social distancing, closing or restricting business operations, and distance learning have set up a perfect storm of circumstances that can affect a person's mental health.

Whether your symptoms are caused by the infection, the pandemic as a whole, the loss of a loved one due to COVID-19, or something else entirely, you aren't alone in your struggles. Let's take a closer look at some COVID-19 mental health statistics.

As the U.S. vaccination rate increases and COVID-19 rates decrease, the question on everyone's mind is "When will things go back to normal?" Secondarily, a majority of people follow that question with "Why am I so nervous about returning to normal?"

The human body is a complex system, much of which runs without our direct guidance. One part of this system is your fight or flight response: the natural alarm system that your body has to protect you from possible danger, like from fires, hurricanes, or bear attacks.

Over time, your body's alarm system learns more about what types of danger exists in the world and how to protect you from those dangers. What happens, then, when your body has been taught to be scared of something that is no longer inherently dangerous?

Join Susan Pitiger and Jane Neubauer to discuss Living Well post pandemic. Losses we have had, lessons we have learned, challenges and opportunities.

Join us on Zoom Sunday, August 1 @ 1 to 2:30

Call Susan Pitiger 206 818 4232 or Jane Neubauer 206 799 3190

Email Jane @ janeneubauer@janeonvashon.com to sign up and receive readings for the session.

A Quarterly Presentation from Vashon Honoring Choices and The Vashon Conversation

Health Insurance Sign-Up

Saturday, July 31st, 2021

Saturday, August 14th, 2021

Noon - 2:45pm at Vashon Library (outside under a tent)

Your eligibility might have changed from last year because of loss of job or reduced hours. Now is the time to get health insurance if you passed up the opportunity earlier. Check it out. It's FREE!!!

This is for health insurance that will begin the following month.

You can also apply for:

ORCA LIFT: Metro reduced fare program

FOOD STAMPS

se habla español

Saturdays not convenient??

Call or email Miguel Urquiza

206-477-6965 or 206-491-3761

miguel.urquiza@kingcounty.gov

Vashon Care Network Offers 2021 Scholarships

The Vashon Care Network (VCN), in partnership with the Vashon Senior Center, is offering five full scholarships to cover the cost of training to become a Home Care Aide (HCA) certified by the State of Washington. The Senior Center received an award from the Veterans, Seniors, and Human Services Levy (VSHSL) to fund the scholarships.

The training provides a strong educational and skills foundation for caregivers and a base for further careers in the health care field. The certification is essential in meeting the care needs of low-income families and seniors who qualify for statefunded caregiving assistance. The Department of Social and Health Services (DSHS), which pays for in-home care for individuals who qualify, requires that certification. On Vashon, there is a shortage of qualified HCAs. This means that even if a low-income family qualifies for assistance for a loved one at home, they may have a hard time finding a qualified caregiver. Our intent is to increase the pool of certified HCA caregivers who can care for Vashon patients, seniors and families in their homes.

Applications and guidelines are available at https://www. vashoncarenetwork.org/. Applications will be accepted through August 30 and selection completed by September 30.



17311 Vashon Hwy Sw

We Come to Praise Thee Not to Bury You

By Seán Malone and John Sweetman

To the Loop:

We come to praise thee, not to bury you. Almost every two weeks since Steven published "Bean-Hole-Beans" in March of 2015, John and I fought and worried about what we were going to offer to the Loop next. Steven never responded to my queries and we never knew until the proof appeared on Wednesday evening whether he was going to print our story or not.

"Well what should we write about this week? " I asked John. "How about how we kids learned to cuss and what it cost us when a grownup heard it?" John replied. But we'll have to edit things carefully. After all, the Loop is a family publication! Why don't you look up the deadline for this issue?

And so I opened the email from Steven, the publisher, shortly followed by a stream of mature adult cursing.

John responded, "Well that story beginning was fast! but you can't use THOSE words in a story about how we kids learned to cuss! And besides your first cuss words turned out to be in Gaelic!"

NO, I JUST LEARNED THAT THIS WAS TO BE THE LAST ISSUE OF THE "LOOP"!!!

"What? That's just not.. right!" .. Followed by another stream of adult style cussing into the air on the deck above Quartermaster. Only this time, it was John's cursing in Norwegian.

After venting a bit with the sad news, John recounts how we began with the "Loop."

We both took a writing class from Eric Horsting through the old Allied Arts (Blue Heron) across from the Old Fuller Store.

Eric turned out to be a gentle and inspiring teacher who was able to turn our rowdy behavior and obvious lack of writing talent into something far better



than we could have done on our own. We began to work our lessons together at an early stage. Soon Eric made a suggestion to get some stories published and he recommended the Loop as a venue.

We think the Loop had changed from its' earlier manifestation as 'The Ticket' and already had a few writers doing semiweekly columns.

The Loop, although small, was basically highly regarded even at that time and enjoyed a modest local readership.

We thought it made us try to be better writers as there were other columns created before us that were carefully crafted and tuned to local readership interests, and accordingly well read. We hoped to arise to those standards. Steven encouraged us to do so and Eric Horsting, long after the writing classes were no more, offered occasional advice and encouragement. As another side effect of our writing for the Loop, the regular obligations kept both of us modestly busy and out of troublemaking potential for a decade.

We surely are sad to see such a labor of dedication and love of craft be dissolved.

Cannot someone step forward to continue the paper and keep us out of

It would be a useful service to the community!

"Chasing Imperfections", Group Photography Show

At the Vashon Senior Center the Photo Club's new exhibit is exploring the theme "Chasing Imperfections: The Wabi-Sabi of Photography".

Wabi-Sabi photography is more than just rots and rust. It is the esthetics of appreciating images natural or cultured, simple or complex, mundane or sublime, when they are reflecting either rustic beauty, or uniqueness and authenticity, or the passage of time, echoing the sentiment that things and events are imperfect, impermanent, and incomplete.

The Photo Club welcomes members of all skill levels. Visit our site https:// photoclubvsc.blogspot.com for more information, or email us at photoclubvsc@ gmail.com. Please call the Center at 206-463-5173 for viewing schedules.

Meet and Greet on August 6, 6-9pm. Participating photographers are Mike Dillmann, Linda Fox, Scott Gaul, Bob Hallowell, Dennis Hess, Lorra Hoffman, Heidi McWatters, Peter Milovsoroff , Keith Prior, Karlista Rickerson, Jeff Twersky and Wade Yip.

"Chasing Imperfections" Photo Club VSC Show Receptions Vashon Senior Center Friday August 6th, 6pm-9pm



Deadline for the next edition of The Loop is

Saturday, August 7

Spiritual Smart Algek

By Mary Tuel

Lordy Mercy!

When I began writing this column nineteen years ago, I wished to write about the spiritual side of the spiritual smart aleck; that is, my faith (Christian) and my church (Episcopal). I knew that Vashon has a lot of churches, but also a lot of agnostics and atheists who would be more likely to read the Loop than some of the churchgoers.

I was afraid I might get some hostility from anti-religion people, but by that time, I figured that if I was going to be a Christian, I was not going to apologize for it. If anyone was offended by my Christian writings, they never told me.

My adult conversion began in my mid-30s, a time of life during which many people discover a more thoughtful and perhaps spiritual angle to their lives. Some come to a faith or practice for the first time. Some delve deeper into the faith that has been part of them since childhood. Some find new life in a faith from which they had walked away. Some become Baha'i, or Buddhist, or Hindu, or Muslim. Some think they would rather be a secular humanist, thanks. Some dig in and say it's all a crock.

My attitude after all these years is, "Whatever floats your boat."

That would not fly in the Baptist Church in which I was raised. We were supposed to get out there and save souls so they could spend eternity in heaven, and every soul we missed would burn in the fires of hell.

As a child I wondered, what about all the people who were born before Christianity? Were they all sizzling

It is good to remember that Jesus was not a Christian. He was a Jew, probably a member of the Pharisees, a large sect of Judaism in those days. The Pharisees he denounced were leaders who did not act like true people of faith. They were in it for the money and power.

Sound familiar?

After the American Revolution England was so mad at the former American colonies that they would not allow a Church of England bishop come over to ordain priests in the American church, but the Church of Scotland obliged, and once priests were ordained here, they could ordain others because they were part of the Apostolic

Succession?

To the best of my understanding the Apostolic Succession means that you have hands laid on you by someone



who had hands laid on them, who had hands laid on them, and so on, in an unbroken chain of laying on of hands that goes back to Jesus' Apostles, who did the original laying on of hands in first century Palestine.

You are now asking, "Who kept track?" Good question, and I do not have an answer. Those of you who are learned Christian theologians could explain Apostolic Succession more accurately.

In the 1970s when women began to demand to be ordained as priests in the Anglican and Episcopal churches, it was the belief of many in the church that when the Apostolic Succession reached a woman, it dropped dead: "Okay, missy, maybe you have been blessed by this ancient rite, but you cannot pass it on to anyone else because you have the wrong

To which women priests said, "Hah."

Women continue, in all things, not just religion, to struggle to get men's feet off our necks. It never ends.

Well, anyway, I felt called and I became an Episcopalian around 1986. I love the liturgy, the music, the expectation that you will use the brain God gave you, the Book of Common Prayer, and the Episcopalians. And singing in the choir, which we all hope will happen again someday.

That initial rush of conversion calmed down long ago, and life has smacked me around some, but having a firm faith has been, well, everything. How do you get a firm faith? Same way you get to Carnegie Hall: practice, practice, practice.

Then there are lame Bible jokes:

Q: What kind of car does God have? A: A Plymouth. He drove Adam and Eve out of the garden in a Fury.

Q: What kind of car did the Apostles have? A: A Honda. The Apostles were all in one Accord.

I will give you a little time to recover from your groans.

Over the years I have been a lot more smart aleck than spiritual in this column. Whatever you believe, or do not believe, I hope the column has given you some smiles and laughs and even some comfort. After all, what's a spiritual smart aleck for?

My mother told me many times What in the heck is the Apostolic when she thought I was being sassy, "Nobody likes a smart aleck.

She was wrong. People love smart

Vashon Loop Seeks New Publisher

Would you like to keep the Vashon Loop in print? The Vashon Loop is seeking a new publisher. The current publisher, Steven Allen is looking to move on and will no longer be publishing the Vashon Loop after the issue out August 12th.

Mr. Allen is currently working in Seattle for KIRO radio 97.3, 710 ESPN and 770 KTTH. He also takes care of several transmitter sites on Vashon as

well as Voice of Vashon. The Vashon Loop has been a labor of Love for several years. With a 5 day a week commute off Island he no longer has time to publish

> If your interested please email: editor@vashonloop.com

Skills in Indesign, Photoshop and Quickbooks are what it takes to publish the loop.

Island Life Heroes

By Peter Ray pgray@vashonloop.com

I, I will be king And you, you will be queen Though nothing will drive them away

> We can beat them just for one day Heroes- David Bowie

I will admit that I have felt a slight twinge every time a new ad campaign has come out featuring Simone Biles as of late. It wasn't that she did anything bad or untoward in any of them, it was just the sense that she was being oversold, and perhaps ill-advised, to her own detriment. It just seemed that, even though she had already made a monster name for herself in the world of sports and gymnastics, that she might be adding ever more layers of pressure on herself to perform in a sport where that pressure is already there in abundance. It isn't that that pressure doesn't exist elsewhere in high end competitive sports- it does. That is the nature of competitive sports. But with gymnastics, as in diving, figure skating, English equestrian competition and others, you are not competing against a clock or an accumulation of numbers on a scoreboard. You are instead performing to achieve the highest ranking you can gain from a panel of judges who assign a calculated, but still somewhat arbitrary, opinion of your performance in the form of a numerical score.

In the realm of judged events, a couple personal examples come to mind. Long ago, a person I used to recognize as my sister was a regular participant in English horse riding events. These generally consisted of courses in a ring with jumps and obstacles and a panel of judges that would watch over the proceedings. On any number of occasions, said former sibling would trot and leap about the ring on horseback and many times make it through without the unfortunate knocking down of jump rails or the missing of or balking at obstacles on the part of the horse. It would then be noted that other riders who had done the same course with less perfection and more infractions would somehow wind up with a ribbon or award hardware whilst the person formerly known as my family member would receive lesser or no awards for her efforts. It would then be noted that perhaps the winner had been at the cocktail party the night before with the judges. I can't recall how that conclusion came about, other than there always seemed to be an over-familiarity between the judges and the winners.

On the other hand, there was a time when our high school team traveled to an away swim meet. At this meet there were both swimming and diving events. We did have a diver with a reputation in the league as being someone with fairly exceptional talent on the one meter board. His name was Robert Brill, but his nickname was Boonie. Prior to each dive, the divers were announced by there last names, along with the dive they were performing and its degree of

difficulty. For some reason, our diver's name got turned around, and he was announced for the first couple dives as Boonie. When the scores for his first couple attempts came in lower than he usually got, our coach went over to the announcer and corrected the name problem. The diver now announced as Brill began getting higher scores. This seemed rather bizarre, but he continued to get the scores he was used to now that the judges were seeing him as the Brill diver they were expecting, instead of this apparent doofus named Boonie of whom they had no prior knowledge.

And so it is that even though I have nothing but respect for the athleticism exhibited in the realm of judged events, I am always skeptical of the outcome anywhere that opinions of performances are the sole arbiter of competitive outcomes, as opposed to stopwatch times or scoreboard scores. In returning to the recent events surrounding Ms. Biles, I can only imagine the pressures that led to her withdrawal from the gymnastics team competition. She has her sponsors that she has to satisfy. She has the reputation of being the invincible exemplar of perfection to live up to. And she has the voice in her head that keeps reminding her about all the responsibilities of being the best of the best. No pressure there, at least that's how it has always seemed, until now. As we watch humans doing amazing things that few of us are capable of or even inclined toward doing, it is always important to remember that even in mythology or fantasy, the super heroes across time have things like an exposed heel or a green rock of some obscure element that are things that bring the mighty down to a basic human level. It is in part why we cheer- at least a littlewhen Tom Brady is intercepted, or Mark Cavendish is denied a victory at the end of a bunch cycling sprint. It shows the rest of us that they are also human.

Being brought down to human level, or simply back to reality, in sport can be a debilitating experience. I know, because to some degree I have been there. There was a time when I was a pretty good swimmer. I had "dominated" the 100 yard backstroke in the New England prep school league. I had held the record for three years, won the New England championships for those same three years, and then a year later into college I was a second slower than that triumphant year before. I lasted another half year as a sophomore, and then one day I told my coach that I just couldn't even go into the pool. I was depressed all the time, but walking even near the pool and smelling the chlorine in the air made all my body systems shut down, and so I quit. It took me ten years to even get in a pool again. In many ways I felt completely lost, probably because I was. The sport that had always been my friend was now my arch nemesis. My body had seemingly failed me in ways that it had never done so before. And I was denied what I had always believed, or was led to believe-that one will always get better. I can't say that I refocused and found a new outlet for life and expression because I didn't really know what else to do. I did however try other things, and I guess have been doing that ever since. I guess that is why I am always a bit jealous when I see somebody that knows what they are doing and where they are going to go, and doing it.

I believe I have mentioned here recently that I have been contemplating things in light of having existed for fifty years beyond commencing life after high school. The problem with hindsight is that you can now see a much more defined roadmap of where you have been, as well as where one might have otherwise gone. The alternate life and the parallel universe are dangerous contemplations at this point, and mostly useless since one generally wakes up in the same bed you did the day before, regardless of whatever path not taken one decides to ruminate upon. I could blame swimming for ruining my life. I could blame the fact that my mother was denied the opportunity to train with a famous Canadian swim coach, and therefore her imagined missed opportunity at swimming fame, as the reason she chose swimming for me so that I would be something of a surrogate for her and her lost dreams and ambitions. All or part of that might at least be partly true, but it's kind of pointless to fret over that now.

As it is, I haven't been in a pool or otherwise swimming now for almost two years. I have been attempting to ride my bike both inside and out and on and off now for the duration of that time with mixed results at best. I don't like being fat and out of shape and am striving to correct all of that, but given the choice of finishing a video project or writing or wandering the yard with a still camera versus going out and beating myself up in some form of exercise, it always seems that the exercise loses out in the end. As I have lately been along on most of Wendy's long distance swims as a support kayaker, I have had time as I drifted along, and counting the minutes till the next feed, to contemplate the state of sport, and one thing that keeps coming up is a comparison to an art project I remember being described by a professor I had in college in a class he called the philosophy of art. I can't remember now if this was a hypothetical work, or if it was an actual piece. As he described it, there was some guy sitting in the back of a car being driven along a highway- again, I can't recall which one- it doesn't really matter. And actually, he wasn't just a guy- he was an "artist". His work of art consisted of him moving to one side of the car in the back seat and taking a breath out the window, holding that breath as he moved across to the other side of the car and then exhaling. In many ways, that's how I'm now perceiving athletic activities. It is all about breathing here and exhaling there and moving from one place to another with very little effect on the human condition in general. I know, I know- there are all the health benefits and all from being active, but in the end, it is just breathing in and breathing out and moving from here to there. And so, since it's late now, I think I'm just going to go get a beer and sit in the back yard and watch the clouds go by, and not

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forget to breathe.

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Mimi and Bebe Need a Home



Mimi



Bebe

Hi, I'm Mimi, and I'll do the talking for both Bebe and me because I'm more of an extrovert. We're sisters who came to the shelter after our person died suddenly. If you adopt me, you'll know that I'm around because I like to be the center of attention and ask to be petted. Bebe has a wonderful soft coat, and she rolls over on her back to get more pets. You'll know she's around, too, when she fires up that big purr box of hers!

Bebe and I get along fine but don't have to be adopted together. We're looking for a quiet indoor home with adults or a family with older kids who would be gentle with us. Will you help to heal our broken hearts?

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By Marj Watkins

A Passel of Potato Salads

In England, not celebrated for great cuisine, we were served a simple potato salad consisting of pieces of cooked potato and mayonnaise. In Germany, the potato "salad" arrived at our table piping hot and doused with bacon drippings and vinegar. In France, nothing so plebian as a potato salad ever appeared on a restaurant menu, nor is there a potato salad in either of my French cookbooks. The potato salad my mother used to make was Scandavian. (Her stepmother was Danish; her parents spoke no English. As a child of four, I thought they were still learning our language as was I. Grandpa Jorgen Peder Jansen said "lillie" for "little" for instance, and "trat" for "tired".)

Here is my version of a Scandinavian potato salad. Let me remind you that potatoes are members of the nightshade family. If left sitting in the sushine at your picnic, they quickly revert to their poisonous form and can cause a nasty case

of food poisoning. I'd serve the cooler, in the shade, and remember to close the cover after taking dishing up everyone's portion. Actually, potato salad is better as a potluck contribution or for dinner at home on a warm evening.

Scandinavian Potato Salad

Serves 6

5 Russet potatoes, boiled in salted water 3 green onions, sliced

1/3 to 1/2 cup sweet pickle relish or finely diced sweet gherkins

2 ribs celery, diced
1/2 cup mayonnaise
vinegar to taste
salt to taste
1/4 cup minced parsley
3 hard boiled eggs

Garnish:

parsley sprigs or dark green leafy lettuce leaves

As soon as the potatoes are tender, drain them. In a mixing bowl, combine the relish, mayonnaise, onions, celery, and a splash of vinegar. Stir. Peel and dice the potatoes. Slice the eggs. Select out and reserve the most perfect slices to be part of the garnish. Chop the end parts of the eggs and chop them and the imperfect or broken slices. Add these to the bowl with the relish, etc. Stir and pour over the potatoes. Fold in. Decant into a serving bowl. Round the top, leaving an indented perimeter. Into this grove lace the parsley sprigs or a garland of lettue leaf tops. Arrange the perfect egg slices atop the salad. Sprinkle with paprika.

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Sabrina Needs a Home

I have a beautiful black fur coat. Did you know that in some cultures, black cats are symbols of good luck and prosperity? I'm shy and sensitive, and when I feel safe, I appreciate being petted. I'm looking for a quiet indoor home with people who will be patient while I learn to love them.

Here's another fun fact for you -August 8 is International Cat Day. I sure would like to celebrate it in a new home. Let's try our luck together!



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Road to Resilience

Continued from Page 1

they had a 5% reduction. Ten per cent is unheard of. Even if we could do it, it is unlikely that China and India could. We can't wait until 2020 to begin cutting back.

What worries me is that a recent poll showed that a majority of Americans rate climate change as a minor worry.

In 1906, William James wrote an essay, 'The Moral Equivalent of War,' in which he said that since war was the only thing that fully engaged the human spirit, a pacifist needed to find the moral equivalent to satisfy that need constructively. He didn't foresee the situation we are in now. What is required here is an effort that is the moral equivalent of war. We are fighting for our existence and we can't let the economy or our individual lives, much less our comforts and conveniences, stand in the way of what must be done. Jimmy

Carter used James' phrase to characterize what was needed to face this problem thirty years ago. We then voted him out of office in favor of Reagan's 'Morning in America.' We would be far better off today if we had started to transition then, and we definitely can't afford not to act now. We can get our governments to move that 2020 date up if, as after Pearl Harbor, we have the courage and the will to do what needs to be done."

That was six years ago. Every year is critical. Our tendencies so far are concerning, to say the least. Next UN Climate Conference will be in Glasgow this November.

Comments? terry@vashonloop.com

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Planet-Wases



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

Aries (March 20-April 19)

Amidst much change, the most dependable element of your astrology will be Chiron in your birth sign. This is the best news astrology has had to offer for you in a long time. Once you are through with the "crisis" level of Chiron, you will find it makes the most dependable handle on reality.

When you think of Chiron, think of a factor that compels you to come to terms with your inherent humanity. It's also the factor that gives you the power to heal yourself, the willingness to do so, and which teaches you how to help others. It is a tremendous gift – and a special responsibility – to have this placement in your sign at this time in history.

Said another way, Chiron represents your meeting with who you are, on a level deeper than you've ever encountered. No other factor, not Saturn, not Uranus, not Pluto – can take you this deep with so much awareness. That is the whole point: Chiron is the teacher of essential self-awareness.

If you have Aries Sun or rising, Chiron is focusing your attention on your core self-expression, and your sense of self (which means existence). There is often a crisis associated with this: an identity crisis, a relationship dilemma based on that, or some wider existential crisis. This is always something that comes to the surface when Chiron arrives. That something — whatever it is — is trying to get your attention. As you direct your concentration toward it, you will develop and change, and those growth experiences

will shift your relationships.

Taurus (April 19-May 20)

Our society is deep into what I consider a maturity crisis. Poet Robert Bly describes the Western world and the United States in particular as the "sibling society" — a culture without adults, and populated by competitive kids. Your calling is to be the adult in any situation: to be committed, self-regulated, and seeking your authority from within.

The 10th, which is the focus of your astrology well into the next decade and beyond, is also the house where authority can be imposed on someone from the outside. It is for this reason that 10th house transits need to be handled carefully, with much attention paid to the maturity level of the person involved, as well as their relationship to external power, in whatever form it may come.

Many have noticed the tendency of people to rely on external structure, rules, schedules, guidelines and philosophies to be able to interrelate with the world in a consistent way. You are someone who has always had a strong calling to do this independently, though you may have been more or less successful at doing so. Now, the responsibility is on you to be the president of your own republic, the chief officer of your own corporation, and the final authority in your life.

Gemini (May 20-June 21)

Gemini is a sign about people, much more than about things or activities. It is the first human sign. If we look

Open Air Aerial Festival

oin us for an afternoon of drama and delight at our annual Open Air Outdoor Aerial Festival! Open Space is proud to present the only aerial festival featuring internationally touring artists, local aerialists, and students from Vashon's own UMO School of Physical Arts. Choreographed aerial spectacles will enchant as you relax and bask in the breezy summer vibes. Blue skies and natural wonder offer an idyllic setting to see our agile acrobats fly through the air-these impressive, ethereal acts are all the more magical in the sparkling sunlight of summer. It's the perfect way to spend a summer day. Bring family, friends, a blanket and a picnic basket to share while you ooh and ahhh to choreographed aerial spectacles.

Don't miss this unique, magical event proudly offered by Open Space for the Vashon community.

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Open Space for Arts & Community Saturday, August 7th 4-6pm

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Next Edition of *The Loop* Comes out Thursday August 12

Deadline for the next edition of *The Loop* is

Saturday, August 7

at the solar chart, we can find many exciting ideas about why people are so meaningful to you (see the section on Aries, below). Ultimately your spiritual path is about faith in humanity. This is a lot more challenging than believing in God. Humanity gives us lots of reasons not to believe in it, which is where the faith element comes in. Spirituality is about faith and not belief. This is the challenge. For you, spirituality is also about having a vision of something that others may not be able to see, and that may not yet exist.

Society is being reorganized under our feet right now. This is being done on the basis of terrifying people into complying and conforming. The fact that this is being done to "protect us" should not impress anyone; there could be no other excuse that could possibly go past people without raising their suspicions. The overwhelming tendency is to adapt. My favorite quote in the Declaration of Independence is this: "Mankind are more disposed to suffer, while evils are sufferable, than to right themselves by abolishing the forms to which they are accustomed."

Visions for self, for life and humanity are not usually handed to people like those imaginary golden tablets whereon the Book of Mormon was allegedly written. There is nothing automatic about leadership. Learning, and teaching, are both a long process of trial and error. Yet you are about to have help — a lot of help. One message of this set of placements is that you will learn through teaching; you will learn leadership by taking leadership.

Cancer (June 21-July 22)

A person is a different person when they have no private thoughts, particularly if their thoughts are hacked. It is one thing if this happens naturally, as dreams are often shared among friends, messages received by multiple people, and thoughts transported without devices. Breaking and entering is another story.

We are different people when we believe that there's nothing that cannot be known by others, nor any sense of inner space or an inner sanctum. This obviates the concept of intimacy, and of the inner being. To lack these things is to lack the freedom of who you are. That is because if who you are is subject to the review and judgment of others, you will very likely shape your life and your thoughts knowing that your most intimate regions are being broadcast, evaluated, bought, sold and traded. This is what Marshall McLuhan meant when he predicted a future that would include "the user as content," and in this case, "user's most private data as a corporate commodity."

While we make a grand fuss about boundaries in our society, we rarely apply that to issues such as the trading of private data, and the social pressure to accept this as a fact of life. What I am urging you to be cautious of under the ever-mounting influence of Aquarius is the imposition of what "everyone else" thinks and what is right for you. What I will urge you to guard in this reading — particularly with Pluto on its way into Aquarius — is the very place where "you" meets "everyone else." This is the place where your freedom, and indeed your life, is the most vulnerable.

Leo (July 22-Aug. 23)

We must never forget that the drive to belong is one of the most urgent, pressing needs that humans have. For most people, to be accepted even in some meek way is tantamount to having oxygen, whether it is true or not. This has deep roots in family, which is tribe, where not being accepted meant being left on a rock ledge or at the doorstep of an orphanage.

To belong is one of the most powerful drives, conscious or unconscious, that humans experience, and it has been turned into a weapon. It is imperative that you pay attention to anything you might do because anyone else is doing it. To see this,

you will have to do some peering into your own invisible environment and notice when this is true. Right now a lot of people are doing self-destructive things on the grounds that it's expected of them. This is innocently described as "peer pressure," which is blamed for all kinds of early-life mishaps. Adults fall for it too, though this is rarely acknowledged.

With Saturn involved, that pressure will come in the form of some authoritarian group concept or mindset. With Pluto involved, it is more likely to come in the form of a threat to your life or the collective life (which we are already witnessing, on a far smaller scale than is possible.)

I suggest you apply the concept of the expectations of others to every facet of your existence, including what you accept as true. History has told us many times that the thing most people believe is true is least likely to be so. Everyone believes it, most of the time, because everyone believes it. Under digital conditions this is thought to be irrefutable proof (it worked well in earlier times as well, though it's ridiculous now).

Virgo (Aug. 23-Sep. 22)

For a long time, you have lived in a world of ambiguity and ambivalence. By that I mean that the sharp distinctions between opposites that in past times defined your awareness have melted into something else: perhaps uncertainty, perhaps a more circumspect view of life, perhaps the ability to take in and honor more points of view than you did in the past.

It is possible that you attributed this to the effects of maturity. Most people mellow as they grow older. Perhaps you attributed the change, if you noticed it, to a world where distinctions are being blurred — between true and false, fact and opinion, real and virtual, liberal and conservative, good and evil — as are differences between sexes, genders and sexual orientations, between self and other, and many other human qualities that used to have sharp contrasts.

Much of this has the mark of the digital environment, which blurs and flattens existence and makes the once-clear lines more difficult to see. Understanding the digital environment will be a crucial factor in determining who succeeds and survives the Aquarian Era, which is the time of full-digital conditions (ever increasing, in ways that only a science fiction author could have imagined). The primary questions of the Aquarian Era are: who can keep their humanity intact when dealing primarily with robots, and who can preserve their humanity in the face of ever-increasing pressure to become transhuman?

Libra (Sep. 22-Oct. 23)

In my growing-longer experience as an astrologer, the main reason people do not allow themselves to be free is the 8th house, and now you have Uranus there, turning this into a sexual, social and relational experiment. It is also a financial experiment. My strong suggestion to you under this transit is that you have your own money. This way, your money is not based on whether someone in a sexual relationship approves of your values, your desires or your behavior. Those things are for you and you alone to decide.

Under the combined transit of Saturn in your 5th place and Uranus in your 8th place, you want to limit your potential losses and lean mostly toward conservative investments. If you have money to invest, I would suggest a two-thirds safer or cash position, and one-third speculative or riskier investments. This is a time when you could make significant money by investing, though whenever that is true, you could take a loss. So I am suggesting hedging your bets, and yet gambling enough on something interesting such that you can actually get a result that was worth the effort.

There are many images in the astrology; both Uranus and Aquarius

describe groups. Keep that in mind, ultimately finances are a group activity. However, that said, you must make your own decisions based on your very best research, knowledge, experience and abilities.

Scorpio (Oct. 23-Nov. 22)

It is your deepest instinct to remain an individual, living on your own evolutionary terms. Nobody defines your life and your purpose for you. If they do, that condition does not last long. Notice when other people try to do this to you. Make it your business to be yourself, in every situation, and to live your life on your terms. This is one of the most important focal points of existence on our planet. It is the purpose of consciousness itself.

There is a pseudo spirituality going around that basically says the only way you count, the only way you are actually a person, is to merge with the collective. This is not going to work for you. It never has, and it never will.

To the extent that the marketing and terror tactics are getting to you, the result is more likely to be conflict than total conformity. For many, conflict is a way of life. We are often born into it. It's the only thing many people know; and for some, the only thing that makes them feel alive. They know nothing else. You do. You know there is a better way. You know what a waste of time and energy conflict is, and you know this: you are here for a purpose, with limited time to achieve it.

Sagittarius (Nov. 22-Dec. 22)

It is usually impossible to see these environmental influences for what they are, making it equally difficult to see how we become like our environments far more than we influence them. But Saturn's presence is here to make you aware — and to urge you to become aware before the arrival of Pluto in March 2023.

To sum it up in one word, the greatest risk to your peace of mind and your ability to experience the truth of the world within and around you is thinking algorithmically. This includes any time you define a thought process and stick to it without constant nonstop review; any time you set expectations that are not flexible; or any time you develop ideation that you cannot easily revise. This includes concepts of who you are and who you are not. This is not the time to be declaring yourself anything, particularly if the result is to get you admission to a group or class of society. Those are the times to pay attention.

The challenge is about noticing the way you think: the underlying methods, assumptions, patterns and pre-formed concepts that lead you to come to the observations and conclusions that you do. This is a real exercise in self-awareness, and an investment in your future. Right now you have help, in the form of Saturn in Aquarius, which is here to teach you about these things. Saturn is "the revealer of what is so." It is essential that you do so. It is essential that you see the systemic ways wherein your thought process is prone to errors.

Capricorn (Dec. 22-Jan. 20)

During this time, it would seem that some external force has shaped your life, and your destiny. There's a convincing case to be made for that, based on the current events of the world. It certainly seems like something external to us all. However, since long before 2020, there have been powerful internal forces shaping your consciousness, and the whole terrain of your life.

Collaborating with them, influenced by them, you have been rearranged from the inside out.

I suggest you weigh and balance the "change from within" perspective with "change was imposed on me" as you conduct your review of these years of your life. Where you end up in that discussion

any astrological factor, and in truth, it's the central question of astrology. Are these aspects happening to me, or within me? Is my chart this thing out in space, or is it within my psyche?

The essential difference is whether

will determine your future as strongly as

you're ultimately responding to your inner authority or an external authority. By inner authority, I mean your inner teacher, who is you.

Aquarius (Jan. 20-Feb. 19)

Your inner healing adventure, which may have been more than a little chaotic and unpredictable, culminated with the Saturn-Pluto conjunction of Jan. 12, 2020. While the work represented by that transit (and other events in Capricorn) is not over, you have reached the tipping point.

The inner pressure leading up to this point was at times unbearable. You may have, in the past few years, experienced some form of inner violence and also violence directed at you.

Yet the purpose, or at least the effect, has been to push you toward a breakthrough, and you are close to that point.

There is a medical metaphor I've used a few times, which you may have experienced. Sometimes someone gets a shard of metal or glass embedded in their skin. For whatever reason, it's impossible to get out, or cutting it out is not appealing. So the skin heals over the foreign object. But the body gradually pushes it to the surface, and finally one day it breaks the skin. It might hurt a bit, but not the way it did when it went in.

This is a little like what's happening to you, as planets move from your 12th solar house into your sign. Yet you're not exactly rejecting these planets; you are embodying them in a larger way. They are moving from the embedded and concealed realm of the 12th into the more open and visible realm of the 1st (your Sun sign or ascendant).

This is going to keep happening over and over during the next four years: first in a process with Saturn; then with Jupiter; and then with Pluto..

Pisces (Feb. 19-March 20)

It's much easier to live as a whole and integWith Neptune in your sign, it's impressive that you have such a realistic perspective on life. Though you would be wise to keep testing that out. Under the influence of Neptune, the original foggy mirror, it's difficult to evaluate.

Neptune is one source of all the bubble thinking of our society. This planet is about belief rather than about factual validation. That leads to all kinds of problems in a world where people are running dishonest agendas, which come at us from a thousand directions.

Your challenge is staying honest with yourself, which means focusing the project. The modes of self-deception, in the style of Neptune, can be so sly that you must be vigilant and, most likely, have the help of someone older and wiser.

Neptune has been in Pisces for a while, and I've never quite focused its message this way. But we are watching important facets of society dissolve before our eyes. The human level of this, the on-the-ground, work-a-day level of this, is about people fooling themselves. You need some spiritual insurance against that, and fortunately you have it.

Read Eric Francis daily at www. PlanetWaves.net

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