



VASHON

# THE LOOP

Vol. 7, #12

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

June 11, 2010

## Caulk the Rock WISEnergy Fair

Is your house drafty and cold? Are you spending too much on energy bills? Want to reduce your energy consumption and help the environment?

Plan to attend the Wisenergy Fair, June 19, 10am to 3pm, in the Vashon Island Physical Therapy parking lot, next to the Farmers Market. With over 25 participants and exhibitors where you will discover some of the best green services and products the Island has to offer. Learn how neighbors, community non-profits and county departments are working together to make our island a healthier place to live. You will have an opportunity to:

Meet weatherization contractors who will explain an energy audit and give advice on how to create a healthy, comfortable and energy efficient home;

Talk to electricians, plumbing and heating contractors that will show the latest technology available to reduce energy and water consumption.

Speak with a county official who will direct you to the appropriate departments for information on green building

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## The Father of All Shows Offers Fun for the Whole Family



*Steve Lipke and Steffon Moody are just two of the characters bringing fun to the whole family.*

It's time to celebrate all the Dads, Fathers, and the Papas among us.

Bring the whole family down and treat dad on his special day for an entertaining evening of fun, clowns, music, comedy, dance, spoken-word, and a few surprises, as Islewilde presents "The Father of All Shows", an all-ages variety spectacle, to be held on Father's Day, Sunday, June 20th, 7:00-9:00pm, at the Red Bicycle Bistro and Sushi Lounge.

The evening's festivities will be hosted by spoken-word performer Seanjohn

Walsh, and will feature performers from both the Vashon community and greater Seattle area. Local clowns David Godsey and Katherine Daves will perform and guitarist Rob Strausser will be joined by violinist/vocalist Iris Spring. Stage clown Steve Lipke will transcend his own act for all to experience. Musicians Andre Sapp and Noah Dolan, and their band 'Glib', will join the fun. Albert Einstein's alter ego, Patrick McManus, is scheduled to appear, as well as poets Hans Nelsen and Paul Gasoi. The ethereal music

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## Concerts in the Park return!



*Rumor Has It, kicks off the season, Thursday, June 17.*

**By Janice Randall**

You'll know summer is really here when everyone shows up at Ober Park with their lawn chairs, kids and picnics Thursday evenings from 7 to 9 p.m., to hear free live music. An Island tradition, this year's Summer Concert Series, sponsored by Vashon Park District, Vashon Allied Arts, and Giraffe brings concert-goers one of the best series yet.

Be prepared to dance when the Island's string band rock 'super group' Rumor Has It, kicks off the season, Thursday, June 17. Founded by guitarist/vocalist Roger Taylor, the 8-member group was first heard at last year's Strawberry Festival, and they've

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## Newcomers to Vashon



*Newcomers to Vashon-Maury: adult male Transient T74 and small calf in East Passage. T74's sliced-up dorsal fin is among the most distinctive we have seen. A catastrophic oil spill in Puget Sound could obliterate our killer whales. Call Orca Annie at 463-9041 if you see whales. Photo © Mark Sears, 5/25/10.*

## Only On Vashon

Seventh in a series

There's a popular refrain heard in most resort towns. It's used by many locals whenever they are asked when they plan to get something done. For example, the car washed, a haircut, dental work, a job, a life, stuff like that.

The refrain goes something like this:

Mañana.

This is especially true in sport resort towns like Vail, where I spent a few years, and Margaritaville places like Key West, where I also lived. There's a reason alternative types live in these towns and it's not for the money.

So I cut some slack to those afflicted with the mañana syndrome here on Vashon. While not technically a resort town, we certainly live in an unusual

place and, well, maybe moseying on down to the beach with the dog might not be a bad idea. Work can wait, right?

And wait it does, for the disheveled young man I hired to help me for the summer. He was due at 1 pm his first day and showed up at 2, looking as if he'd been thru the washing machine without any soap or water.

I should have seen this coming when he'd produced a four-page resume of 24 one-month jobs dating back to his dishonorable discharge from the Army. But who was I to judge? Would it hurt to give the kid a break? It's kind of a crappy job anyway, being that it's a job picking up dog crap.

So I hired him, even after he lifted a

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**By Peter Bond**

## 20th Annual Garden Tour

**By Janice Randall**

Experience a Vashon Island weekend and Vashon Allied Arts' 20th Annual Garden Tour, 10 a.m. to 5 p.m., Saturday, June 26 and Sunday, June 27. Tour tickets, \$25 per person, are valid both days.

This year the owners of five artful gardens have graciously opened their garden gates for the public. Each offers divergent approaches and different topography-from the deeply shaded park-like setting of five distinct garden rooms to a garden with exotic foliage, texture and bold contrasts of color, a sunny serene hillside garden with meditation path and a 10-acre garden with a myriad of perennials and trees. Several gardens will feature live music and garden art may be found in all five. There will also be a garden market and perennial plant sale, with sweet deals for your garden.

Tickets include informational seminars. Attend Sylvia Matlock's seminar on Planting Roofs and Living Walls 10 a.m. to 11 a.m., Saturday and Sunday at DIG Floral and Garden, or hear Greg Rabourn, regular contributor to KUOW's "Weekday" program, talk about native plants at Blue Heron Art Center Saturday, 1 p.m. to 2 p.m. Live music in the gardens include Steve Amsden, Mark Wells, Leslie McMichael and Will Van Spronsen. Many artists, including: Mike Urban, Dean Hanmer, Barbara Wells, Robert Fairfax, Steve Zartman and a host of others will bring garden art to the gardens. In addition a plant sale will at one of the gardens will offer a little inspiration for your own garden and the Garden Market offers shopping opportunities for all the gardeners in your life.

Avid gardeners will want to attend 'Garden Connoisseurs,' 1 to 4



p.m., Friday, June 25, where a limited size group can learn garden tips and enjoy light refreshments at two premiere Island gardens. Tickets are \$45 per person, or \$60 per person including weekend Garden Tour ticket.

Vashon artists embellished planter boxes as special silent auction items, available for silent bids throughout the weekend. Garden Tour sponsors include Puget Sound Energy, Thriftway, John L. Scott. LS Cedar Inc, Island Lumber and Home Center, JR Crawford and DIG.

For information, reservations or tickets for Garden Tour, please call the Blue Heron 463.5131, visit [www.VashonAlliedArts.org](http://www.VashonAlliedArts.org) or go to [brownpapertickets.com](http://brownpapertickets.com). Many Island businesses are also selling tickets. All proceeds benefit Vashon Allied Arts.



# 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.

### Island Audubon Field Trips

Island Audubon Field Trips  
Saturday: June 12, July 10  
8-10 am  
Meet at Park & Ride at Ober Park  
You don't have to be a member or an experienced birder to participate and no reservations are necessary -- just come down to Ober Park at 8:00 o'clock and join us for a fun visit to hot birding spots around the Island.  
Each bird walk is led by highly experienced birders. Recently, over 39 species were seen in the two-hour visit to KVI Beach and Tramp Harbor.

### Upcoming parenting event

Upcoming parenting event by Vashon Youth & Family Services.  
Evening workshop takes place on June 24th from 6:30-8:30 at the Playspace-9820 SW Gorsuch Rd. 'From Partners to Parents' is for couples with children up to four, or expecting children and will explore the joys and challenges of adding a new family member. Topics will include transitions, expectations and managing conflict and stress.  
Suggested Donation is \$10.  
Childcare is available for a small fee for both classes with 48 hour pre-registration.  
Contact Daniel Macca at 463-5511 or [dmacca@vyfs.org](mailto:dmacca@vyfs.org) for more information  
Visit our website [www.vyfs.org](http://www.vyfs.org) for all upcoming events and announcements.

### Caregivers Support Group

"Vashon Community Care Center hosts a monthly Caregivers Support Group meeting. The group meets on the second Thursday of every month at 7pm.  
This group is geared toward family or friend caregivers, rather than paid caregivers. Call Julea for details, or with questions: 567-6142."

### The Vashon Loop

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PO Box 253, Vashon, WA 98070  
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### FREE Permaculture Event

Edible Perennial Native Berry Garden at the Skater Park. With permaculture expert Emet Degirmenci  
This community event will bring knowledge and skill sharing about setting up a perennial edible permaculture food forest. Perennial plants which live 3-5 years and require less for maintenance. There are about 60 native berry species in the Pacific Northwest. Some of them are finding Vashon home. At this informative hands on workshop you'll be learning how plants and trees including shrubs work together in a guild. Please join us and bring your youth and kids as well as friends and neighbors!  
Please also bring your garden gloves to make your hands dirty and your music skill/ instrument to celebrate our work and your picnic baskets at the end.  
**What:** Establishing a small size edible perennial food forest  
**When:** June 12th, 2010 -for wet or dry weather  
**Where:** Skater Park, Burton  
**Time:** 2-5pm  
Handouts, healthy drinks and snacks will be provided.  
Contact: Emet Degirmenci on 206-463 0729 or  
[e-mail at koru.ora@gmail.com](mailto:koru.ora@gmail.com)

### Community Drumming Circle moves outdoors!

Friday, June 11, 7 PM, Village Green  
Everyone is welcome! All ages. Every 2nd Friday  
Please bring frame drums and rhythm instruments. Donations are welcome. Vashon Drum Circle is offered by Woman's Way Red Lodge, a non-profit dedicated to enlivening the sacred feminine in our communities.

### Compost the Loop

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

### Zen Jam for the Solstice

A Zen Jam for the Solstice begins at 6 p.m. on Sunday, June 20th at the Puget Sound Zen Center, 20406 Chautauqua Beach Rd. Members of Vashon's Resonance ensemble will join chanting and percussion to create spontaneous music for the celebration. Bring the focus of your attention to the present unfolding moment and celebrate the end of the longest day of the year. Join in the chanting, or sit and immerse yourself in sound. This event is a fundraiser for the Puget Sound Zen Center, with a suggested donation of \$10, kids free. Call for more information: 206-567-4065.

Deadline for the next edition of *The Loop* is  
**Friday, June 18**

## When Do Doctors Know When to Say When

I am well aware of how hard the doctors on Vashon Island work to try to keep us all healthy. I commend them on their efforts—they are all friendly and caring individuals.  
I do, however, have a gripe that I am addressing to no specific individual, but if nothing else to make me feel better, and to hopefully help others in the future. My husband, Bruce Watson, had been for the past year working with a clinic here on the island to figure out what was wrong with him, his back and stomach pains, which were connected, had reached a level of concern.

For almost a year he had sought help here on the island to try to find out what the problem was, being given various tests, an ultra sound, and pills for Giardia, etc., but there was never any relief. The pain he endured was enough for him to seek pain meds—which they refused when he asked for them.  
As his wife, I called several times to have him referred to a specialist, perhaps a gastroenterologist, Bruce himself asked to be referred for another colonoscopy. After several calls without results (often not even a call back) I called to arrange an appointment for a gastroenterologist in Seattle, but they were booked out six weeks by then, and our time was limited.

Since Bruce was laid off from his job during this whole process, time was running out with the insurance we had, and the attention was needed immediately. On the last day of our insurance I took Bruce to the emergency room in Seattle where he had his first CT scan and was immediately diagnosed with Pancreatic Cancer, which is inoperable because the tumor had grown enough and was wrapped around the celiac artery. We were devastated to say the least. Needless to say, Cobra was sought immediately following that.  
My point is that after finding this out we did a lot of research, several of us, and found that pancreatic cancer is very hard to diagnose, it doesn't show up in blood samples or various other testing. BUT, the only symptom that we could find in various pieces of literature was a constant



### Vashon's Yellow Pages on line. Find it on

[www.VashonPages.com](http://www.VashonPages.com)

Kronos, Polouse Winery, Pandora's Box, Northwest Sport, Frame of Mind, Country Store, LS Cedar, The Little House, Vashon Business Info  
[www.VashonPages.com](http://www.VashonPages.com)

pain in the upper back and stomach—at the same time. It should never have been treated as two different things. Medical books and other specialists showed us that the two pains were a significant symptom of this type of cancer.  
We are now at the Cancer Treatment Center of America in Phoenix where he will undergo chemotherapy and several weeks of radiation. So, you may ask, why do I tell you all this? It's because a patient should not have to go in and out of a doctor's office for almost a year without an answer to a very serious problem. A doctor should know when to say, "I don't know what's wrong," and send him, or her, somewhere else.  
It's easy to keep trying various forms of treatment and tests, but apparently it isn't so easy to say, "I Don't Know."  
Judi Blaze-Watson

# CAULK THE ROCK

SAVE ENERGY  
SAVE MONEY  
HEALTHY HOMES

## ENERGY FAIR

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# H HOME TEAM R E A L T Y

## Troy and Marie and Mike talk Mortgage Mess

**Troy:** Hey Mike, thanks for taking the time to talk to us about the ongoing mortgage mess. In spite of all the press and programs with catchy acronyms, it seems like a lot of people are still struggling to make their mortgage payments.

**Mike:** That's true. But a lot of the struggling is because people don't know which options are out there, or which one might work best for them.

**Marie:** And that's where you come in, right?

**Mike:** I hope so. Over the years I've helped several friends "pro bono" with loan modifications. Now, I'd like to help others in my community who need help understanding their options and navigating through the process. I've recently been involved in a lot of short sale and Bank REO transactions.

**Troy:** Maybe we should explain what those terms mean. A short sale is a situation where the homeowner owes more money on the house than it is worth, and the lender agrees to allow the seller to accept less than the loan balance. "Bank REO" stands for "Bank Real Estate Owned" and refers to properties that the bank foreclosed on and now owns.

**Mike:** That's right. Needless to say, it's kind of depressing dealing with the aftermath of people losing their homes. I'd much rather help people save their homes before it gets to that point.

**Marie:** What are the options for people who really want to stay in their homes?

**Mike:** If someone can qualify to refinance, have equity in their home and would be comfortable with a slightly lower payment, that might be the best option. If that's not the case, they might want to pursue a loan modification. One problem with loan modifications is the banks don't want to help you unless you are already behind on your payments. Another is that you still have to prove that you can qualify for the reduced payment. The good news is that you can qualify for a modification when you can't refinance.

**Troy:** And if neither of those work?

**Mike:** Selling can be a good option when you can't refinance, or modify your loan, but you don't want to be foreclosed on. A short sale might work. People just need to do a thorough analysis of their situation so they can make an educated decision and start on the right course.

**Marie:** How do you help with that?

**Mike:** In about 10 minutes I can tell most people whether they should attempt to get their loan modified, and what their chances are. I do a quick review of their credit, their income, what their current payments are and what they can afford. We talk about their short and long term goals and figure out how much equity they have to see what their best option is.

**Troy:** It's great that you are offering this service. What spurred you to do this, and what's your take on what's going on right now?

**Mike:** It kills me that the banks are not working with people to save their homes when the taxpayers are subsidizing them. Why is it the billionaires just get richer and the rest of us are doing all of the suffering? That's something I'd be curious to know more about. Like I said, I've been helping some of my friends deal with this, and I'd like to reach out to help other people in our community as well.

**Marie:** Thanks for stepping up to help. We'll let people know that if they want a free, confidential, no obligation consultation they can call you at 206.271.3219.

### Great Location ~ Great Price

Open Sunday, June 13th  
from 1:00 to 3:00.  
Or call for a private showing!

**Only \$339,000**  
9228 SW 156th St

Lovingly restored home on a shy level acre is perfect for downsizing or vacationing. House features Cherry Creek leaded windows, a fully remodeled kitchen, new roof and a spacious sunny deck. Great location, too- three minutes from ferry. Listing #55798



### Location, location, location!

**Only \$299,000** 10426 SW 238th St In Burton

Views of both the Outer and Inner Harbor as well as Mt. Rainier make this cute house a great investment. Sunny lot with mature fruit trees, great neighborhood.

Listing #55699



## Perfect Waterfront Home, complete with a dock

Open Sunday, June 20th from 1:00 to 3:00. Or call for a private showing!

Here is your perfect waterfront home, complete with a dock for waterskiing, boating, and swimming. Enjoy picturesque views of the Inner Harbor from the huge multi level deck. Five bedrooms - 2 on the main floor - and a large living room all take advantage of the view and provide lots of space for enjoying life. The lush yard features beautiful landscaping, and the location on a charming dead end lane in a great little neighborhood can't be beat for friendliness and convenience.

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# Kids compete in State Outdoor Rifle Championship



When you think of Olympic sports you may not think of target rifle shooting first, but some kids on Vashon do. Local kids were in Wenatchee the weekend of May 7th – 9th competing in several classes at the State Outdoor Rifle Championship. Our newest shooter at this event, Corinne Blair (7th grade), took home a bronze medal for “D” class competitors and exceeded the goal of averaging 40 points per bullseye (50 is perfect). She had a beautiful score of 500 out of 600 possible points for her prone only match shot at 50 yards on Saturday. At the next level up, we had Grayson Gale (7th grade), competing all three days. He learned a lot that weekend and came away with a win in his division in the 3 position match which takes hours to complete and requires a strong attention span. He and Corinne also won their division in the “Buddy Match” on Sunday which pairs up various shooters and their scores are combined to compete for a fun award. Finally, our strongest Junior Vashon rifle shooter, Marisca Mozeleski (Junior), competed well in all events over the weekend. She got 4th in the “A” class air rifle on Friday evening. That was off to a good start. But Saturday she really stepped

up her game and got 2nd place in the “A” class “3 position” match. Her West Seattle teammate, Tim Mar won the overall “3 position” match at the Masters level. On Sunday, Marisca decided she had one more chance to medal in her class and she really gave it her all. She won the “A” class prone match that day. This includes taking 80 shots in sets of 20 at distances of 50 yards and 100 yards. Just imagine having a target the size of a small paper plate at the end of a football field and trying to hit the dead center of it from the other end of the field without the benefit of a scope on the rifle. Just the bare eye guided by what are called “open sites”. She hit 21 bullseyes out of the 80 shots. In the first set of 20 shots (for a possible 200 points) – she scored 191. So, after all of that you would think she would be tired. But she returned home to work on the final requirements for reaching Distinguished Expert ranking. She achieved that on Monday, May 17th at the Vashon Sportsmen’s club, her family cheered her when she returned home with that quest completed. They know how hard she has worked for this. Along a similar path is Grayson Gale, who achieved his Expert rating recently and is progressing along in his efforts to reach Distinguished Expert. To say that these achievements are challenging is an understatement. These kids are putting in significant focus and time in their sport and have good chances at college scholarships if they keep up the work. Congratulations Marisca, Grayson and Corinne. You make Vashon proud.



## Robinson Furniture

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See us at the WisEnergy Fair June 19

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Island Life

vii- 12

by Peter Ray

Time

...And then one day you find, ten years have got behind you,

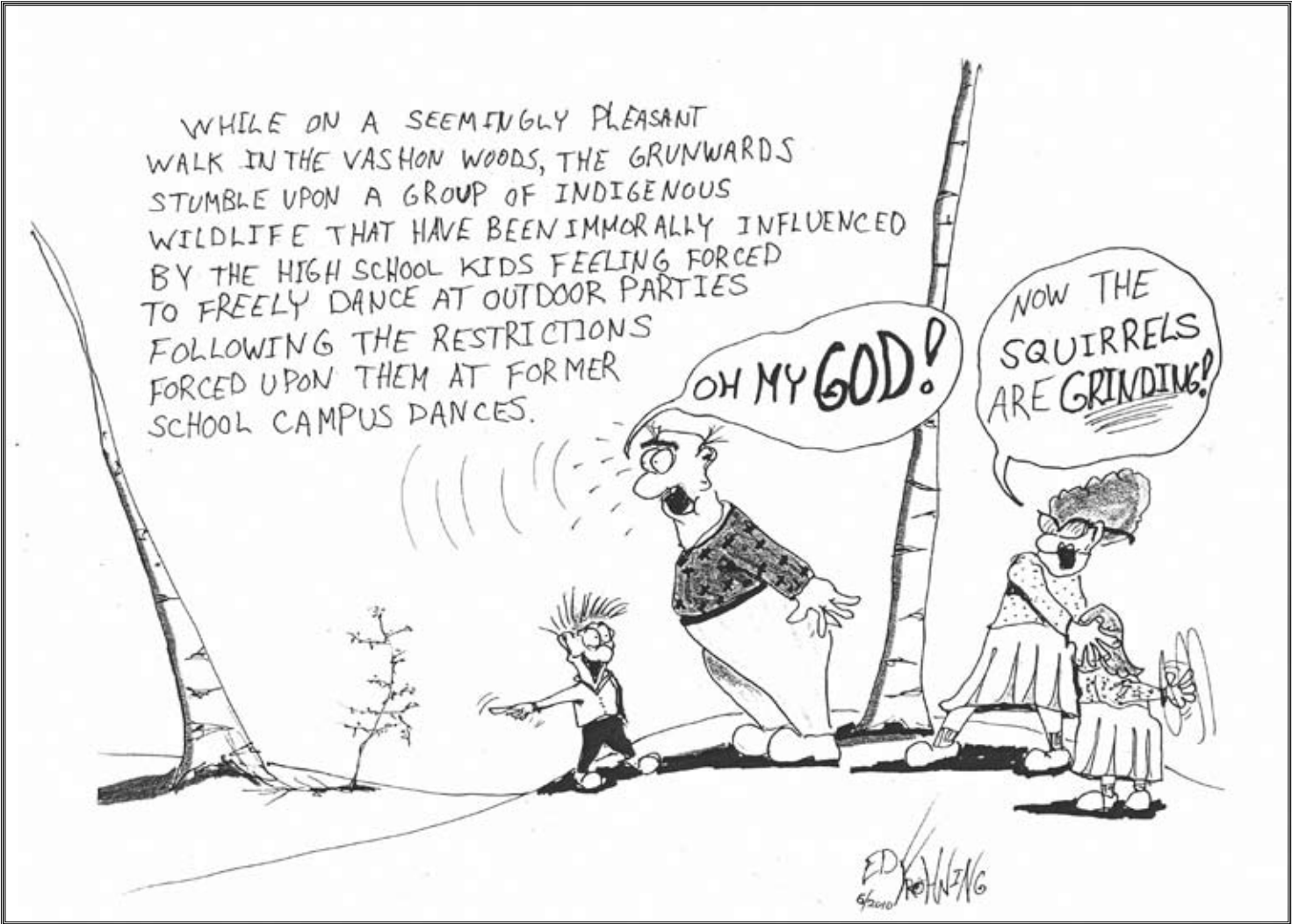
No one told you when to run, you missed the starting gun...

Pink Floyd

These lyrics have been on play/repeat in the soundtrack of my life these days, for a number of reasons- I will side step the obvious. Most recently, a friend request came in from one of those social networking things from a drinking buddy I hadn't heard from since a visit with him in the Windy City where I was nearly arrested for an open container on the anniversary of this country's birth in 1976. As it happened, we had traveled to a large open air rock concert at Watkin's Glen raceway three years earlier (the Dead, the Band and the Allman Brothers, if you must know) and along with (or in spite of) drinking mass quantities, I do remember that Dark Side of the Moon was playing on the tapedeck in the van as we drove in and out of the concert site. Somewhere in that fog I also recall stopping to help a stalled VW van with a jump start. The fog of beer and a lack of car smarts both contributed to my not realizing that our vehicle's twelve volt battery was a bad match for their six-volter. A distinct image of a shower of sparks cascading from the cable contact still fills a spot for me in that historical vignette. By the time of our bicentennial beerfest three years on, both Rob and Bill had heard the career starter's gun. Some how I missed it and in some ways, it feels like I'm still looking for the starting line.

Another reason that this particular song refuses to eject from the CD player (as opposed to the cassette deck or 8 track) is that the passage of time has revealed certain truths that hadn't been quite as apparent as before. The problem, the rub, the fly in the ointment, the ants at the picnic in all of this is that troublesome equation: time is money. The bold assumption here is that if you put in the time, if you run the race, that the happy path, career rainbow will end with the leprechaun and the pot o' gold. No, you don't get to keep the leprechaun, and some are finding that the gold was an illusion as well. Standing in the other camp or planet or parallel universe are those who chose to not run the race to win, but rather to prove to oneself that the distance could be run, and run well. In that case, what is the right thing to expect from one's efforts, if anything, and where does one go from there?

I have been on multiple paths of past lives as of late. I have been traveling back in time through books and newspapers and photos and film as well as through the spoken word of oral history. I have been across the country on a train and stagecoach trek, and I have been on a scaffold for three months in the Vashon Theatre- sort of. What I have found is mostly an affirmation of two quotable quotes. One would be that those who fail to know history are condemned to repeat it, while the other is the John Lennonism about life being what happens while we're busy making other plans. In the first case of an awareness of present and past, one need only look to the Gulf of Mexico. We are being told that this a disaster without precedent. In terms of scale, that may unfortunately be the case. But if one were to Google the Montara Oil Blowout, one would find that this very same scenario of bungling runaway mayhem played out for three months in the Timor Sea northwest of Australia just last August. Why are we not hearing of that? In reading a discussion of politics in the 1830's, it was upsetting to see that many of the self-same questions being debated then are pretty much the same as the general issues we continue to hear about today, with apparently little or no progress in our understanding or resolution of them in evidence as of yet. In browsing the pages of Olde Vashon's Island News-Record, one learns that the Ferry Advisory Committee was haggling over many of the



### Caulk the Rock

*Continued from Page 1*

- Learn about energy efficiency financing options
- Talk to a LEED building designer about green and sustainable remodels and new construction;
- Discover more about green building products
- Listen to talks by professionals and watch Do-It-Yourself projects including sealing a duct and how to assemble a drip irrigation systems.
- Check out work by local Artists using recycled materials
- Play mini-golf on our recycled materials obstacle course

**Speaker Schedule**

**10:30, Michael Laurie**  
Save energy and water inside your home

**11:15, Kris Pedrin**  
“What can a homeowner do about indoor air quality and heating system efficiency?”

**12:00, Pathway Construction**  
Green Renovations

**12:45, Greg Kruse**  
House as a Whole System

**1:30, Howard Stenn**  
Drip Irrigation

**2:15, Deborah Reilly**  
Healthy Homes

same issues in 1950 that we still are dithering over today. In this light, one could view the movie Groundhog Day more as a cautionary parable for all time, instead of just a comic vehicle for Bill Murray.

As far as the wisdom of Lennon's observation goes, it feels as though it might be a form of absolution from my missing that starting gun somewhere back there. I didn't really want to run THAT race anyway. A few years back I grabbed the nearest available scrap of paper and scribbled this on it: Life is not a rat race, it is a relay race. As I dig deeper into history, the urgency of the possibilities of that passing thought gains strength and momentum by the day. Perhaps what we need to do is to veer off the track and out of the stadium and the race, and look for runners- not racers- down the road who are willing to take the baton further than where we can see, rather than running in circles for a gold-plated bauble on a string.

# Sporty's

EST. 1994

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On Friday, June 18, Vashon's own championship drag racing team Wagons of Steel will be having a best of five match race against the Canadian Wagons of Steel North team. Weather permitting, the race will be at Bremerton Raceway. The Canadians will be racing in their 1967 Dodge Polara, which was originally purchased from Vashon. Wagons of Steel is putting the finishing touches on their 1970 Chrysler Town & Country. Both of these mighty wagons are powered by 440 cubic inch big block engines and built strictly for drag racing. Come on out and see some great action on the quarter mile! For more information contact Chris at 206 463 5017 or gaffo@wagonsofsteel.com.



# Cultural Status Quo

by Rochelle Gravance

NAFC Master Level Certified

IYCA Level 2 Conditioning Specialist

Physique Transformation Specialist

Habitsforming.com

Habitsforming@yahoo.com



be mobile joints. Being in the seated position for long periods of time with our arms outstretched in front of us tends to immobilize those two areas. When this happens and because the lumbar spine lies between these two areas, the low back is forced to accommodate more mobility with movement than it can sustain. The result: chronic low back pain incidences.

Most non-traumatic low back pain can be reversed with proper attention placed on the soft tissue connections of the pelvis and upper torso region. Once the thoracic spine and pelvis are moving freely again, the lower back can return to proper anatomical functionality. This can be accomplished with a well designed stretching, mobility, muscle activation and strength training regimen.

To receive more information on the flexibility, muscle activation and strength training exercises that have been used successfully to reverse the incidences of problematic low back and knee pain, go to [www.KneePainWorkout.com](http://www.KneePainWorkout.com). This site contains a free instructional video with specific exercises that you can follow along with to help battle chronic low back and knee pain. Be sure to comply with your doctor's orders and check with your physician before attempting any new exercise program.

Questions and comments can be made at [www.LoseTheKneePain.com](http://www.LoseTheKneePain.com) in the comments section.

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# We've Got a Lot of Kids Gracie

by Kevin Pottinger

Even though our five-year old daughter Gracie is a twin, we often refer to her as the youngest of our four kids, because she was born roughly ten minutes after her twin brother Alec. And because time concepts are not yet firmly rooted for most of our kids, ten minutes might be equal, or possibly much longer than two years, so we all refer to Grace as the youngest in our family, but only a few of us know for certain that we're kidding.

Gracie loves French fries and tartar sauce, meatballs, chocolate milk, ballet at the Blue Heron, her friends Leah and Isabella and her Barbie School buddies Lila, Frankie and Freja, and sometimes her twin brother Alec.

Gracie does not like chicken except Chicken Parmesan, pickles, sleeping in her clothes, or sometimes her twin brother Alec.

Girls develop much faster than boys, and once I learned that a couple years ago, it answered a lot of questions I had growing up. Gracie's the mouthpiece of the outfit, Alec's ambassador: she's Alec's interactive interpretive center, a chirpy and enthusiastic tour guide to her twin brother's inner thoughts and moods. All Alec needs to do is grunt or supply a one-word response a direct question, and Grace provides the subtext and fills in the play-by-play.

If Alec gets in trouble, Gracie's quick to point out that she's not guilty of Alec's transgressions, and she upbraids her brother to repent and stray no further, pulling us aside conspiratorially to fill in the back-story in a hushed voice, offering detailed theories of why her brother lacks sufficient sense to stay out of trouble.

Gracie is for the most part quite sure of herself. She knows what she knows, and right is right and wrong is wrong. She has the finely tuned sense of justice that all the youngest kids in families have, experienced litigators in the Court of Mom for fair play against stronger and smarter older siblings. When she runs, she plants her feet firmly and seemingly without question on solid ground.

Gracie gets sleepy earlier in the evening than her brothers and sister, and when she gets sleepy, she gets pretty grumpy, leading to Wagnerian scenes in the bathroom at tooth-brushing time, when her brothers and sister are jostling for mirror time and spit-space at the sink.

Just as often at bedtime I'll find her curled up in an overstuffed chair like a plump glazed doughnut with her trusted thumb in her mouth and her blond hair strewn all over the cushion, already sound asleep. I'll have to carry her upstairs, limp and still snoring, and pull her pajamas over her head and thread her lifeless arms and legs into the sleeves and bottoms of her pajamas. Gracie will wake up crying in the morning if she finds she's slept the night in her clothes.

Several ancestors on my side of the family were singers of varied renown, and I harbor a secret hunch that Gracie has inherited her great-grandmother's or grandfather's singing voice, and if volume is an indication of ability, she surely has. Her frustrated scream can startle an offending sibling off of a chair, leaving them crumpled in a fetal position on the floor, or her self-pitying wail can pierce the hardest heart one can muster.

All of our kids are my favorites, and I love each one of them the best. When I get home from work, all the kids tackle me,

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talking over each other; it's Gracie who sits with me while I take off my coat and put away my backpack, telling me how much she missed me, and weaving long, intricate and completely unprompted stories of her day and inquiring politely about what we might have planned for the evening, and if a handful of peanuts for her would be possible at this time.

I have to confess that after the first few sentences I can't really concentrate on what she's saying. I nod and say uh-huh at what I imagine to be apropos places. After a long workday and the commute back home, the hypnotic rhythm of Gracie's slightly husky little-girl voice brings me home, from my world, back into our world.

# New Classes Starting: Eating To Quiet Inflammation.

By Kathy Abascal

Inflammation is a big factor in all chronic conditions including hypertension, arthritis, and diabetes. Excess abdominal fat is another inflammatory condition that takes a significant toll on your health. Fortunately, diet can effectively and easily reduce inflammation and the problems it causes. In this class you learn why some foods quiet inflammation while others increase it. Eating to quiet inflammation provides significant benefits that include a relatively effortless weight loss (if needed), improved sleep, and the disappearance of annoying aches & pains.

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There are also classes beginning in Burien, West Seattle, Seattle, and online. For information on these classes go to [ToQuietInflammation.com](http://ToQuietInflammation.com) or email us at [info@toquietinflammation.com](mailto:info@toquietinflammation.com)







# Planet Waves

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



**Aries (March 20-April 19)**  
Are you ready for the changes that are emerging in your life? Maybe not. But probably so. I suggest you think of this as an experiment in becoming. Stretch into the new territory of Self. Remember how, just a few months ago, you were so eager to do this; what an urgent necessity it was, though that was driven by an external factor. Now the impulse is coming from within you, and there's no denying this. The translation you're experiencing is a little like going from fantasy to reality. We've all had this experience: what is hot and yummy in the imagination has a different quality when we manifest it in 3D. And as with erotic experimentation, it's worth experimenting consciously, trying again, and giving yourself a chance to grow into the manifestation of your desires. We both know it will be worth it.

**Taurus (April 19-May 20)**  
There are three key symbols that I associate with Taurus. One is that the horns of the bull represent the dilemma of your existence: the odd dualism that you live with, despite being so determined to be one unified person. Then those horns morph into the crescent Moon, representing the shared rulership of your sign by this body, and the many cycles of experience you go through; this, too, seems to contradict the stampeding nature ascribed to your sign. Finally there is the esoteric interpretation: that your conscious mind exists wrapped around a hot, churning core. Your personality is basically a response to your attempt to manage, or relate to, this molten lava at the center of your psyche. I suggest you stop trying to manage this, or control the uncontrollable tectonic movements that flow through your life. Instead, you are free to tap in and set some of that energy free.

**Gemini (May 20-June 21)**  
So much is available now, you may have no clue how to embrace the possibilities. I suggest you begin with a goal; a single goal. Of the many profound transits now affecting your solar chart, the one thing that is the most distinct is your ability to focus on an objective. This is something new, something that has never quite happened to you: a new gift. I recognize that there are many crucial items on your agenda, all of them seeming to demand energy. Yet I am speaking of something on a higher order of reality, which is your ability to work your mind in a new way, take ownership of that skill, and then seeing where this leaves you. Focus on your highest priority; your single most meaningful and heartfelt desire. I think you'll learn something that will provide an approach to everything else on your agenda.

**Cancer (June 21-July 22)**  
You are so intimately related to what you achieve and your concept of accomplishment that your whole sense of identity is based on this. I know you have many humble goals, such as eating well every day, and taking care of your family and your immediate environment. Now other objectives are calling you: plans and ideas greater than you've ever considered. I suggest you tune into this and notice that your drive is coming from the inside -- not as a lurch toward something outside yourself. In other words, your desire is to project something you are becoming into the world, rather than reaching for something you are not. This is a far more effective way to achieve your desires, because it's based on a feeling of completion from the beginning. On the deepest level of learning, this is the skill you are now acquiring.

**Leo (July 22-Aug. 23)**  
Finally, your self-critical nature is outdoing its use. It's about time. Among the very few things that hold you back is the way you tend to not only judge yourself, but to obsess over those judgments, and now that quality, so unbecoming of your true nature, is rapidly giving way to something that feels new, but which is as old as the

galaxy itself. The question is really about what you recognize and identify with, as a conscious choice. This is the piece that seems to be coming in the strongest: that you have a choice in who you are, how you feel about who you are, and how you express who you are. And right now you have quite an amazing option in front of you, one you may have never thought could possibly exist, and it looks a little like walking through the door to enlightenment and total awareness in one casual stride.

**Virgo (Aug. 23-Sep. 22)**  
You may not have any idea just how innovative your commitments can be. While some Virgos will be seeking a total detonation of all standing agreements -- and may well be correct in seeking that -- I would propose that what the environment and your moment of growth call for is a reinvention of the whole concept of commitment. Under that idea, obligation would become passion. Need would become desire. Freedom would become the room to choose, and options to choose from. Relating to someone would be an experience reserved for your full self, not something you bring a fragment of yourself into. You would not enter any relationship with a feeling of compromise, but rather a sensation of expansion and embrace. You would choose to relate to the people who recognize your authentic being, and who say yes to your existence. It's time you did as well.

**Libra (Sep. 22-Oct. 23)**  
You seem, at least, not to have your whole life be run by your petty anxieties. And those worries would usually have you worried that you might never break free of them -- though now this seems ridiculous. You have no choice but to rise to the level of the challenges that are calling you; to meet the world with the energy it's offering you, and to call yourself fully present in your relationships. As you evolve into this as a way of life, you may wonder once or twice where those cranky old fears went, though I propose you will forget them entirely soon enough. Your more authentic state of being is to project yourself fully and fearlessly into your environment and commit fully to everything that you encounter. How can you do that? By being fully devoted to yourself, and letting all good things grow from there.

**Scorpio (Oct. 23-Nov. 22)**  
I suggest you be thankful that you have such a full life. I suggest you be grateful that you have so much to do. What you also have is the opportunity to simplify your existence without giving up the feeling, or the truth, of being fully in the flow. The most mundane aspects of your world are coming under the revolutionary spotlight. Don't worry about whether you have the energy to make these changes; trust that the changes themselves will energize your life, liberate the places you're holding back creativity and help you pulse life force through your entire being. As this happens, you will notice that there are things in your existence that need to change; the old structure simply cannot withstand the energy that is pouring through you. There is likely to be an exchange involved: give up some of what does not work for a lot of what does. Do that once and you'll want to do it again.

**Sagittarius (Nov. 22-Dec. 22)**  
Well, it turns out that there is an artist in the Bible: a master artisan by the name of Bezalel. He instantly reminded me of Chiron because his primary task was to create a temple -- the Tabernacle -- and because he had many students and apprentices. Another Chirotic quality of Bezalel was that he was a master of many arts: engraving, wood carving, metal crafting and stonework. His skills and responsibilities also included the holy oils, incense and vestments. And his name means 'under the protection of God'. So, this is a good example. He was a working artist; he had a lot on his hands, many people



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he was responsible for, and he was a teacher of his crafts. So, we have, at least, one example of what your current astrology looks like from our society's oldest book.

**Capricorn (Dec. 22-Jan. 20)**  
Among many other developments in recent days, Saturn has returned to direct motion in Virgo, and is heading for Libra. There, it will make its third and final contact with the highly sensitive angle of your chart that addresses your role in the world, your level of responsibility and your reputation. They are all related, and you can be confident that that's the best possible setup. You want your reputation to be based on your valid contributions and your identity to be based on the level of commitment you have to your own life and the world -- a commitment, I might add, that's based on a sense of beauty and justice. You are here not so much to fix the world but to embody the beauty of a world that is whole and balanced. You are not here to take on the burdens of life, but to lead yourself and others away from unnecessary ones. I assure you: you're one of the strong and the trusted.

**Aquarius (Jan. 20-Feb. 19)**  
In the window of Blue Studio, I inscribed the adage, We don't see things as they are. We see them as we are. Our minds are the filter through which we perceive reality. Everything we see is totally, completely and entirely biased by the filter known as our mind. Right now your mind is undergoing the most thorough modernization that you've ever experienced. And as a result, so, too, is the world: and the truth is, it's not just your perception that's changing. Your environment is changing too, yet you now have the mental apparatus to perceive this evolution for what it is. There appears to be a deeply passionate influence coming in from the outside, someone you may care about deeply and in a highly specific way. Yes, you are receiving their expression of who they are -- but it takes one to know one.

**Pisces (Feb. 19-March 20)**  
The choice is indeed yours, and this is what you need to keep reminding yourself: in your thoughts, and in your actions. You remind yourself by choosing, and then choosing again. Every decision you make stems from what you think you are, how you feel about yourself and what you allow yourself to believe is possible. Your 'worth' is beyond question. Your contribution to the world is potentially enormous, if you will grant yourself the privilege of feeling that potential and then, from day to day and hour to hour, expressing it tangibly. As you believe, so shall you achieve, though the best way to get belief onboard is to experience how influential it is. After a while you will look back with the most incredulous sense of disbelief about how you could have ever, for a moment, doubted yourself.

Read Eric Francis daily at PlanetWaves.net.



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# Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

## So Near, and Yet...

by Rick Tuel

Everything was buried under mounds of snow this morning. Oatus started right up but the Family Dog had to be pushed and shoved all over the place before he finally got going and that didn't last for long. About two miles down the road, the Dog started sputtering and losing power. I pulled off and tore into the engine room. The carburetor was icing up and when Oatus returned, we pulled the spark plugs and found them badly fouled. A quick clean-up and we were on the road again, as far as Arctic (a very chilly place), where Oatus stalled out. There wasn't enough juice in the 12-volt battery to kick him over again.

Arctic consists of a gas station (sort of) which seems to be perpetually closed. The tiny parking lot consists of one slush-filled pothole with numerous ruts thrown in for ambiance. I got behind Oatus with

the Family Dog and shoved and pushed and grunted and strained, with no visible effect. Soon, however, we were joined by two fellows driving by in a telephone truck who loaned us the use of their backs. With this combined help, we finally got that Oatusonofabitch clattering and smoking again.

By that time, the Family Dog's plugs were fouled and the carburetor was icing up again. I ripped out the heat baffle, taped up the carburetor with insulation tape, adjusted the points, cleaned the plugs, and got the hell out of there. It appears this journey is going to be a blood and guts battle right up to the very last.

Off into the driving snow once again - we're a pretty band of harassed refugees. At last we emerged from the wilds and ran into Interstate 5, which we have been dreading for some time now. Unfortunately it's the only way into Seattle, and we are not too keen on piloting pokey, disintegrating old Oatus in swift waters.

We made a last gas stop thirty miles south of our destination and made a detour off the Interstate and onto Highway 99. Chris is expecting that undersized piston to blow at any time and doesn't want to be stuck in rush hour traffic when it does.

However, we did pay a price for this decision. As we chugged into Federal Way, we were captured again, this time by the Washington State Patrol, and taken to one of their temples of money-changing to be held for ransom. It appears that they don't like our brakes or steering any better than the California Copgoblins. They, at least, have an acceptable solution. All we have to do is pay them \$30 and everything will be hunky-dory again.



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By Kathy Abascal

## Plants Are Amazing

From a human perspective, culinary herbs and spices, the ones we humans have used since time out of mind to spice up our cooking, are among the most amazing plants known. One of the most amazing of all is turmeric (*Curcuma longa*). This little grub-like root is about to be recognized as a strong medicine by conventional medicine. In fact, one scientist recently suggested that the plant should be renamed *curecuma* because of its ability to cure so many health issues.

Turmeric is best known as a yellow powder used in Indian cooking where it is a central ingredient in virtually all curries. When added to an alkaline solution (slaked lime), turmeric turns red and is called kumkum or bindi which is used more ritually. In India, where turmeric is used daily, the incidence of Alzheimer's is about one-fifth of what we see in North America.

Turmeric has been used as a medicine for thousands of years. In Ayurveda, turmeric is used for respiratory issues (asthma and seasonal allergies), liver disorders, anorexia, rheumatism, diabetic wounds, colds, coughs, and sinusitis. In Chinese medicine it is used to treat illnesses that cause abdominal pain. In ancient Hindi medicine, it was used to treat sprains and swelling.

There are over 2600 studies on turmeric, most of which look only at turmeric's best known constituent, curcumin. However, recent studies show that other compounds in turmeric are also beneficial. Turmeric is antioxidant, anti-inflammatory, and antimicrobial. It prevents cancer, protects the liver, prevents blood clots, prevents cardiovascular accidents (e.g., heart attacks), and is anti-arthritic. Biochemists report that curcumin affects a huge number of molecular targets and prevents multi-drug resistance from developing, inhibits tumor formation and angiogenesis (the creation of new blood vessels for cancer growths). It slows the response to mutations that lead to malignant growth and metastasis

of human cancers, and it quiets the production of inflammatory mediators.

In animals, curcumin prevents toxins from inducing cancers of the colon, duodenum, esophagus, stomach, liver, breast, leukemia, mouth, and prostate. It also prevented cancers from forming in animals genetically predisposed to developing tumors. Finally, it enhanced the ability of various chemotherapy drugs to stop cancer growth.

Human studies are equally positive. In rheumatoid arthritis, curcumin provided as much pain relief and anti-inflammatory action as the drug phenylbutazone. Post-surgery, curcumin enhanced the anti-inflammatory effect of phenylbutazone. In various skin disorders (such as superficial basal cell cancer and genital warts), topical use of turmeric tincture or ointment provided "remarkable" symptomatic relief that in many cases lasted for months after the treatment stopped. It was stellar at preventing itching; it also reduced pain and odor. It appears to be very helpful in patients with psoriasis.

In 7 days, curcumin reduced cholesterol levels by 12% while increasing HDL (good) cholesterol 29% in healthy adults. In patients with atherosclerosis, it quickly reduced LDL and increased HDL. Turmeric improves gallbladder contractions and is believed to reduce the risk of gallstone formation. It is a strong anti-inflammatory, and improved symptoms in patients with Crohn's disease. Finally, preliminary studies show a benefit in cancer patients as

*Continued on Page 9*

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# What’s Your Take ... On the BP Oil Spill?

By Peter Bond

If there is one good thing to come out of the horrendous situation in the gulf it’s that (at least for awhile) the relentless shrill cry from the right to “Drill Baby Drill” has ebbed. For cryin’ out loud they could bottle that cry and use it to torture, which is something else much of the right favors. My favorite political cartoon about the spill had four frames: Drill Baby Drill (pic of gushing well), Spill Baby Spill (pic of leak), Kill Baby Kill (pic of dead oil rig workers), and Fill Baby Fill! (pic of smiling clueless American drone filling up his SUV). I haven’t been a great recycler or much of a greenie lately, but I’m about ready to surrender my membership card in the overconsumption club and start riding a bike more often.

But that’s just my opinion...What’s yours?



Sheila – Seattle

I don’t even drive but I’m sad for the planet.



Dan – West Seattle

It’s ridiculous how these corporations continue to get away with this stuff. After this controversy and the cleanup it will be business as usual soon enough.



Patrick - Burton

I think it sucks and it’s going to screw us up for the next 50 years.



Melodie – Vashon

It feels like a dead calm in our country right now, like we’re all resigned to this kind of catastrophe happening again and again.

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## Island Drummers and Dancers: Wanna Get in a Jam?



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Prefer experienced performers with West African and/or Congolese sensibilities. Although we’re not playing ethnically specific rhythms, having some “traditional” African chops makes jamming a whole lot more fun and sound much better! Percussionists, balafon and kora soloists, vocalists, and others with similar instruments are also welcome.

Since we’re mainly about the musicality of the jam, we’ll meet several times during June and July to grow our “playlist” and see how we all chill.

Please e-mail me with a phone number and best call-times.

Thanks!

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## Don’t Forget the Birds

### Grosbeaks

by Ed Swan



All through May reports of Evening Grosbeaks coming to feeders and passing through came in on email and by phone call. These brightly colored large finches wander widely and erratically in search of food. Their habitat preference spreads widely across just about any kind of forested area, liking both mixed coniferous-deciduous forest and coniferous forest especially.

In the Puget lowlands, natural foods of the Evening Grosbeak include the winged seeds of Big Leaf Maple, conifer seeds, Pacific Madrone seeds and infestations of insects, especially the spruce budworm. They opportunistically add to their diet black oil sunflower seeds found at bird feeders. A flock of grosbeaks can quickly clean out a feeder.

A significant food source, rather than a forest microhabitat, determines the particular site and overall area for nesting of Evening Grosbeaks. They notoriously appear common in some years, following a good seed crop or insect outbreak and turn up in small numbers or not at all the next. Vashon sightings for the Evening Grosbeaks concentrate greatly in the migration periods of May and September. No breeding records exist. They nest in King County and quite possibly on Vashon as well. Please watch for their continued presence from June through August to see if a pair sticks around, a nest seems active or adults show up feeding young so that we may document breeding for Vashon.

Evening Grosbeak males have beautiful gold bellies and shoulders with brilliant black and white wings and back. The head appears dark with a yellow eye stripe and thick, large beak (hence the name “grosbeak”). Females look a drabber gray with black and white wings.

Both compare closely in size to the bright orange, black and white Black-headed Grosbeak common at feeders throughout the summer here. The Evening Grosbeak also has a diagnostic sharp piercing one note call/whistle usually heard while flying by overhead.

Migration reached its peak recently with fewer reports of new birds coming in. One interesting species recently consisted of a live MacGillivray’s Warbler near Judd Creek and a dead one brought in by a cat. While most birders keep a “life list,” this cat has a pretty spectacular “death” list including a Virginia Rail. Besides hoping to get breeding evidence on the Evening Grosbeak, several other species need nesting documentation for Vashon. Mike Feinstein on Luanna Beach Road may have a line on one of these, the Spotted Sandpiper. He has seen a pair in appropriate habitat past mid-May when they seem to disappear from the Island. Hopefully we’ll find their nest. If you have a question about Vashon birds or a photo or sighting to share, call me at 463-7976 or email at edswan@centurytel.net.

I’m also available as a guide for finding birds around the Island and the Puget Sound region. June presents a great time to learn all of the warbler and flycatcher songs of the Puget Sound area right here on the Island. Late July and August are very good for learning about shorebirds and gulls. Off-Island a trip up to Mt. Rainier in July and August could find a ptarmigan as well as other mountain birds. If you have birding friends or relatives coming, give me a call or visit my website at [www.theswancompany.com](http://www.theswancompany.com) to find out more.

## Plants Are Amazing

Continued from Page 8

well. At present, there are some 12 ongoing studies of how turmeric may benefit people suffering from a variety of cancers, Alzheimer’s, and ulcerative colitis.

What makes turmeric even more remarkable, is that it is very, very safe. No toxic effect was seen in people taking up to 10 grams of turmeric a day, a very high dose. So, how should you use turmeric? The best way is probably to make a habit of cooking with it. It has an earthy, slightly bitter taste. It is wonderful with cauliflower, scrambled eggs and egg salad, and a pinch can be added to most stews and sauces. As mentioned, it is a classic in curries but it is also an ingredient used in deviled eggs and good mustards. Fresh turmeric is much more flavorful than the dried powder but is only available that way occasionally. You can also get dried sliced turmeric at the Roasterie and

grind it in a coffee grinder just before use. Because it has not been as exposed to air this also tastes better than the dried powder.

Then, if you have skin issues, need extra liver support, have poor digestion or digestive issues, have arthritis, are worried about cancer, or have respiratory issues, you can also take turmeric as a supplement. Organic turmeric is available in both capsules and tinctures. We do not know the optimum dose of turmeric. It turns out that curcumin, the component used in most studies, is not absorbed well. As a result, most on-going studies are using doses of 1-8 grams of turmeric a day.

However, such high doses may not be necessary. It turns out that another well known spice, black pepper, dramatically enhances the absorption of curcumin -- by a whopping 2000%. Of course, curries not only contain turmeric, they also include black pepper. Traditional wisdom -- and its knowledge of plants -- is simply amazing.



# Positively Speaking

## “YA HO!!”

By Deborah H. Anderson

It's a funny thing about writing. Solitary, insular, wandering through a thousand various thoughts to see which one will be selected.

Show not tell, the mantra of every writer, never made any sense to me because in the end if you are showing you are doing really good telling. Hmmm...

Writing is an art. Publishing, editing, anything having to do with the dissemination of writing is business, but reading and writing are art. If you think about what sells, you've lost a little bit of your writer's soul. Writing is about saying something.

Then there are the peculiar challenges of writing on, for, or about this Island. It's a closed system. That means you have to belong. If you don't belong you are put into the population that doesn't belong called 'outsiders' but then you have your tag so you can belong. A closed system is like a caste system. BUT we are a growing living bunch so even this very closed system incrementally adjusts its borders and edges and slowly morphs into something else.

Stopping to take a thought 'breath', I look out the window of my second story loftish office and a class of kayakers is sitting about a hundred yards off my shore. Let's see There's twelve of them: orange, yellow, purple deep forest green bright sky blue. A lead white kayak paddles strongly. A red and white and gray first aid catamaran follows. The boaters trying to emulate the strong smooth strokes of the lead. In an instant they are gone and the water is once more shades of steel blue with glints of pink and sandy ground beginning to show as the tide moves out.

That's the interior life of the writer. My mind wanders to that joke on our beach about some haymakers who pulled up to this high bank community and asked to use someone's bathroom. I've always been prepared to answer 'yes', because on this island we accommodate each other's needs that way.

The writing life changed for everyone Memorial Day weekend. Ron, Will, Deirdre, Pat, Hester and Carol knocked it



out of the ballpark for readers and writers everywhere. Twenty-four writers came together to talk about it ...writing. It was a feast of the hearts. Bravo, thank you.

I've put myself down a lot for being a writer. It's like praying. You never really know while you're doing it if anything is happening. Then there are moments when you get to see how the waters of life have been influenced by such small acts of faith as putting words on paper and sending them out. Such was Memorial Day weekend. From the Prairie Home Companion knock off on Friday night through the panels Saturday, open mike on Saturday night, more panels, more readings, the 'banquet' at the Hardware store, the session on book arts... it was extraordinary.

I thought the week previous had reached the pinnacle of hope when I attended the Healthy Vashon gathering by the Network at the VYFS Playspace Tuesday night. Here were all these people wanting to make Vashon the Healthiest place possible.

But ReadOn , WriteOn, VashOn capped it. Together, Social Services and the Arts blended together open us up to new ways of being the best we can be as we live out lives.

It reminds me of the old Indian tale of how the sky was raised. Everyone took a stick and their particular piece of sky that was too low to the ground and pushed it up yelling together as they did YA HO!!

Never closed again. Ever open hearts. Working together. Sharing together. YA HO!!

Love  
Deborah



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Clinton Fearon

June 12, at 9:30pm  
Blue Monster & Hi-Fi Reset

June 18, at 9:30pm  
Handful of Lovin'

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# Island Epicure



By Marj Watkins

## The Ultimate Stir-Fry

The best of all possible stir-fry dishes meets these criteria: Contains assorted vegetables and a high-protein source, looks beautiful, and tastes great. If it's quick to prepare as well as cook you've got the ultimate stir-fry.

For vegetables, I like to choose colorful ones. Color tends to indicate nutrition and flavor, freshness, and pleasure to the eye of the beholder.

Some combinations that combine a range of nutrients and do all the things mentioned just now. The thickening gives the dish an attractive glaze and makes sure the liquid gets eaten.

### BEEF STIR-FRY

#### 4 servings

12 ounces (0.75 lb) thin-sliced beef or bison, cut in small strips

Flour for dredging

Salt and pepper to taste

3 Tablespoons olive or canola oil, divided

3 to 4 garlic cloves, minced

4 slices gingerroot, minced

1 (5-ounce) package Spinach

4 to 6 green onions, cut in 1 ½ inch lengths, tops separate

or 1 small yellow onion wedge-cut in ¼-inch wide strips

1 red bell pepper, cut in strips

2 or 3 ribs celery, optional

1 cup beef broth

Thickening:

1 Tablespoon cornstarch

¼ cup cold water

Prepare everything but the thickening.

First, the beef: Dredge it well in flour.

I like to use half barley flour and half cornstarch, but any mild-tasting flour will do. Press the flour in, both sides of the beef strips. Heat 2 Tablespoons of the oil in your widest skillet, or in two skillets using 1 Tablespoon oil in each. Brown the beef strips on each side, adding more oil if needed. Remove meat and reserve. Wipe out the pans.

Second, the vegetables: Mince the garlic let it breathe while you cut up the rest of the vegetables.

Glaze the skillet/s with the remaining tablespoon of oil and heat them. Stir-fry the rest of the vegetables, reserving the green onion tops, about 5 minutes.

Add the broth. Bring to a low boil. Cover and cook 5 minutes. Scoop the vegetables into a bowl. Add the broth to the pan. Increase the heat under it. Let it come to a boil. Combine the cornstarch and water in a small cup. Slowly add it to the boiling broth while stirring. When it thickens and clears, add back the meat and vegetables. Stir. Add green onion tops. Cook until heated through. Stir again. Transfer to serving bowl.

Serve with steamed rice of your choice. We like brown rice goldened with a few pinches of turmeric.

Nutritip: Turmeric is good for your memory. Brown rice has a better cadmium-zinc balance than white rice, plus B vitamins.

No actual frying required for this dish. A wide skillet cooks the ingredients quickly and evenly.

### GARLIC SHRIMP

#### 4 servings

1 ½ cups chicken broth or clam liqueur

½ pound large shrimp, cooked and shelled

6 cups nappa cabbage cut in 1 ½ inch



squares (never mind if they aren't all perfectly square)

4 to 6 fat garlic cloves, minced, about 2 Tablespoons

1 long carrot, whittled to thin strips, or julienne\*

1 green bell pepper cut in shrimp-size strips

4 green onions cut in 1 ½ inch lengths, tops separate

Thickening

1 Tablespoon cornstarch or Mochiko rice starch

¼ cup cold water

Heat the broth or clam liqueur. Add everything but the shrimp and thickening. Bring to a low boil. Cook 5 minutes. Add thickening. Stir-cook until the broth thickens and clears. Add shrimp and green onion tops. Cook about 3 minutes more, just until the shrimp are heated along with the rest of the ingredients.

\*Julienne carrots in a food process or if you have no mandolin. Cut them in about 1 ½-inch lengths and stack them horizontally in the feeder tube. Process. Yields thin sticks. This is faster and easier than whittling thin strips.

Any left-over stir fry serves as the basis for a delicious noodle dish or light soup. This is Cordon Bleu type cooking. All quantities depend on what's on hand, and what seems right to the cook.

### SOUP OF THE STIR-FRY

Thai rice noodles, or any leftover cooked pasta

Chicken stock or beef broth

Leftover Stir fry

Small handful cilantro or parsley

½ cup thin bamboo shoots, optional

Soy sauce to taste

Soak the rice noodles if using in hot water for 15 minutes.

Combine all ingredients. Bring to boiling.

Test noodles for doneness. Enjoy!

### VEGAN STIR-FRY

#### 4 servings

2 Tablespoons canola oil

1 small head broccoli, florets cut off, stems reserved for later soup

1 sweet onion cut in bite-size pieces

½ cup thinly sliced carrot

½ cup thinly sliced celery

1 yellow bell pepper cut in bite-size pieces

1/3 cup raw peanuts, almonds, or cashews

Broth:

2 cups water

1 Tablespoon soy sauce, or to taste

1 teaspoon coconut sugar

## Ray Aspiri Named Grand Marshal

Long time islander Ray Aspiri was named this year's Strawberry Festival Grand Marshal by the Vashon-Maury Island Chamber of Commerce. Assisting Ray with his duties will be his wife Edith.

The Aspiris have been on Vashon since moving here in 1965 and have raised six children on Vashon. Ray and Edith have supported many island causes including the Vashon Community Care, Vashon Community Scholarship Foundation and the St. John Vianney Scholarship Fund to name a few.

Grand Marshal duties include riding in a convertible during the festival grand parade and making appearances at other festival events.

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## Islewilde Father of all Shows

Continued from Page 1

of Tribal Voices plus the zany savant Kathryn Zbryk, and many more unique performers will make this an evening to be remembered by the entire family for many Father's Days to come.

The requested donation for this Islewilde benefit is twenty dollars per adult. Children under eighteen, accompanied by an adult, are free! Unaccompanied minors are five dollars a person. Islewilde will celebrate its eighteenth anniversary this year from August 20-22nd, bringing creative puppetry, artistry, pageantry, and music to the Vashon Island community since 1992.

## Only on Vashon

Continued from Page 1

bottle of liquor (a customer had brought as a tip) from my desk and only half-jokingly asked if he could have it.

"Well, no," I'd said, "but after work maybe a beer?"

"Nah, only drink the hard stuff." He'd replied.

Still, the first abbreviated day seemed to go okay, and just when I was thinking maybe he'd last for a few days or weeks he asked for the next day off.

That would be day two of his workweek.

Seems his friend had a newly acquired AK-47 and he wanted to go "mess around" with it. And could he have an advance?

Peter@Vashonloop.com

## Three Islanders Run For Unofficial Mayor

Three Islanders have announced that they are running for Vashon's unofficial mayor.

Jake Jacobovitch, a former president of the Vashon-Maury Island Community Council and a former school board member, will support co-curricular activities at Vashon public schools. "These programs are extremely important to our de-veloping youth in our schools as attested to by the fact that more than two-thirds of our students choose to participate".

Thea Jones, a 30-year resident of Vashon, is running for mayor to support Guide Dogs for the Blind. Thea is hoping to raise awareness of the nonprofit group that trains guide dogs on Vashon.

Bridget Lehet, a former co-owner of Fireside Hearth Shoppe in Burton, hopes to support two efforts. The Island's After School Adventures program and the Vashon Island Parkinson's Support Group. Bridgets has a daughter with Parkinson and is a member of a recently formed support group on Vashon. Lehet said in here statement "I would consider it an honor to serve the people of our beautiful Island and support our nonprofit organizations that benefit so many,".

Look for donation cans to start showing up around town where you can cast your vote with your dollars.

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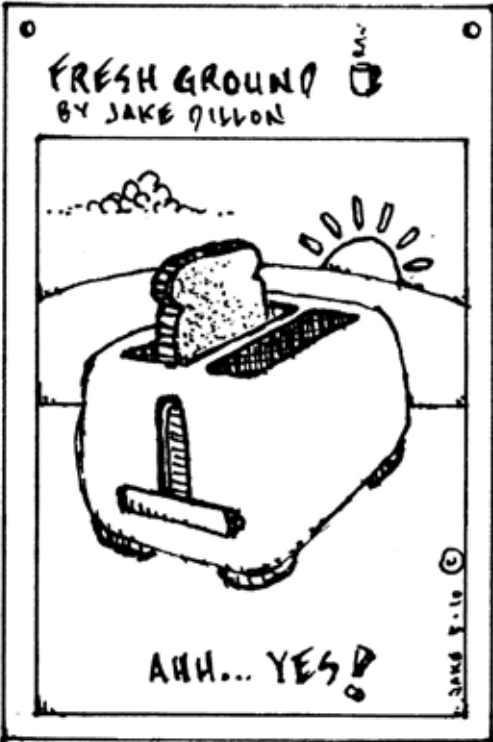
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# Loopy Laffs

Q: How many brewers does it take to change a light bulb?  
A: One-third less than for a regular bulb.  
Q: How many boring people does it take to change a light bulb?  
A: One.  
Q: How many gorillas does it take to screw in a light bulb?  
A: Only one, but it takes a truckload of light bulbs!  
Q: How many thought police does it take to screw in a light bulb?  
A: None.... There never was any light bulb, don't you remember?

If you had bought \$1000.00 of Nortel stock one year ago, it would now be worth \$49.00. With Enron, you would have \$16.50 of the original \$1,000.00. With Worldcom, you would have less than \$5.00 left. But if you had bought \$1,000.00 worth of Miller LITE (the beer, not the stock) one year ago, drank all the beer, then turned in the cans for the 5 cent deposit, you would have \$107.08. Based on the above, my current investment advice is to drink heavily and recycle. This is my new retirement program, I call it my 401Keg program.



"Daddy, Daddy, can I have another glass of water please?"  
"But I've given you 10 glasses of water already!"  
"Yes, but the bedroom is still on fire!"

"Vegetables are a must on a diet. I suggest carrot cake, zucchini bread, and pumpkin pie." --Jim Davis (American Actor. 1915-1981)

My computer had a virus so I got my grandmother to type in her recipe for chicken soup.

If you don't like my driving, don't call anyone. Just take another road. That's why the highway department made so many of them.

A very dirty little boy came in from playing in the yard and asked his mother, "Who am I?"  
Ready to play the game she said, "I don't know! Who are you?"  
"WOW!" cried the child. "Mrs. Johnson was right! She said I was so dirty, my own mother wouldn't recognize me!"



Idiot Sightings:  
I live in a semi-rural area. We recently had a new neighbor call the local township administrative office to request the removal of the Deer Crossing sign on our road. The reason: "too many deer were being hit by cars" and he didn't want them to cross there anymore. My daughter went to a local Taco Bell and ordered a taco. She asked the person behind the counter for "minimal lettuce." He said he was sorry, but they only had iceberg.  
The stoplight on the corner buzzes when it's safe to cross the street. I was crossing with an intellectually challenged co-worker of mine when she asked if I knew what the buzzer was for. I explained that it signals blind people when the light is red. Appalled, she responded, "What on earth are blind people doing driving?!"

## Moose Lake



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by Jeff Hawley



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Performing June 11-13

Vashon's The Diggers



The Diggers (Islanders Camille Coldeen, Nick Simmons and David and Danny Salonen) will perform in a kind of double bill with the Wine Tasting.

The Diggers are on to be a regular feature of the Second Friday celebration because they've been such a hit each time they're played at Luna, so look for them regularly in this monthly slot.

The group began as a busking project, making its haphazard, impromptu debut at the Farmers' Market one Saturday morning in the late spring of 2009.

Friday, June 11 at 7:30pm.  
At Cafe Luna 9924 SW Bank RD.  
[www.cafelunavashon.com](http://www.cafelunavashon.com)

Dave Peck Trio



A native of the Pacific Northwest Dave Peck is known for his thoughtful, introspective style and rich harmonic coloring. His award winning CD's (Trio, Solo, 3 and 1, Out of Seattle and Good Road) are featured on terrestrial, satellite and internet jazz radio. He has been on Marian McPartland's Piano Jazz, PRI Jazz After Hours and NPR Jazz Alive. His collaboration with saxophonist Bud Shank includes Tales of the Pilot Bud Shank plays the music of David Peck, Live at Jazz Alley, Tomorrow's Rainbow and The Lost Cathedral.

Friday, June 11 at 8pm. At the Blue Heron, 19704 Vashon Hwy. [www.vashonalliedarts.org](http://www.vashonalliedarts.org)

Hi-Fi Reset & Blue Monster



Every few years, a band bursts onto the music scene with a new sound that blazes a unique musical path, while paying homage to their influences. Hi-Fi Reset is that band. Forming in June of 2009, the group's style has covered genres ranging from Funk, Afro-beat, Latin, Hard-Rock, Pop and Acid- Jazz. It's this diverse, yet inclusive attitude that has been gaining the attention of fans all over Western Washington. Based in Seattle, they're been branching out to the East Side, the Olympic peninsula and Tacoma area. They've been able to thaw the "Seattle Freeze" and get people to boogie down on the dance floor! If your a fan of high energy funky music and wished there was more around, Hi-Fi Reset is here for you.....

Blue Monster is Nigel Browne on drums, Ken Jacobsen on guitar, J.P. Ouellette on bass, Brittain Barber on tenor/ soprano sax. BM has been striking fear into the hearts of citizens across the Sound, with sudden appearances at various locations in Seattle and Vashon Island. If you haven't

Clinton Fearon & The Boogie Brown Band



Clinton Fearon is counted among Jamaica's most talented musicians by peers and professionals in the Reggae music industry. His infectious bass riffs have always led the way, whether he is playing bass, guitar or percussion, singing lead vocals or providing background harmonies.

When Fearon relocated to Seattle in 1989 he co-founded The Defenders. He wrote the lyrics and sang lead vocals on The Defenders' EP "Chant Down Babylon/ Rock YourBones." In 1990 Fearon released his first compilation of original tunes "Feel The Spirit," and the first pressing sold out in less than one month. In 1993 Fearon formed his own group, the Boogie Brown Band. The debut album was a collection of 13 original songs entitled "Disturb the Devil". A second CD, "Mystic Whisper" was released in early 1997. Fearon and the Boogie Brown Band released their third album, a double CD entitled "What a System" in June of 1999 on the Kool Yu Foot label. Mixed by renowned JA engineer, Scientist, "What A System" has received international critical acclaim and has secured and maintained Top Charting positions since then.

Friday, June 11 at 9:30pm at the Red Bike, 17618 Vashon Hwy.  
[www.redbicyclebistro.com](http://www.redbicyclebistro.com)

Steve and Kristi Nebel



Steve and Kristi Nebel are returning to Luna with their socially-concerned folk/ folk-rock sound on tour to promote their latest CD, "Raven Speaks," a collection of their original songs combined with poems by Pacific Northwest poet Duane Niatum.

Saturday, June 12 at 7:30pm. At Cafe Luna 9924 SW Bank RD.  
[www.cafelunavashon.com](http://www.cafelunavashon.com)



seen them, you will recognize them by the pulsating, terrifying low end ,wicked, dirty mids and and wailing highs, all on top of a mind-warping groove. They have been called "a psyche-funk throwdown", "funky as @%\$". and " a mortal threat to all that is good and true". This is an all-ages show until 11pm, 21+ after that. Free cover!

At Red Bicycle Bistro & Sushi, 17618 Vashon Hwy, Vashon Island 206-463-5959  
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Handful Of Luvin'



At first, it's easy to mistake Handful of Luvin' for just another set of passé ex-college jam band rockers in the Dave Matthew's Band tradition, but a second look reveals a quirkier and more rewarding aesthetic. A rock quartet featuring a rocking classically trained violinist, Handful refers to their music as "fiddle driven roots rock," and their cheerful blend of folk-rock, reggae and world rhythms, plus secondhand baroque and Celtic influences with catchy pop hooks, strongly recalls the vintage sound of Actual Tigers, the madness of Flogging Molly, and the moodier, more experimental side of Wilco.

The band 'Handful of Luvin' originally began in the spring of 2002 when front man David John & Andrew Joslyn {fiddler} met at Western Washington University in Bellingham, Washington. At the time David John was promoting his own second self-produced solo album 'Blue Room,' and had a considerable fan following in Seattle and Bellingham. Andrew on the other hand was a classically trained musician who had decided to pursue freer styles of fiddle playing such as Scots Irish, Blues, Gypsy, and also rock fiddle. When the two met, and began playing with each other, Andrew's fiddle complimented David's unique guitar work and soulful vocals perfectly. In the fall of 2003 they began performing together & immediately realized the potential of their sound, and quickly set about forming a band.

Moving to Seattle in 2005, David

John(vocals and guitar) and Andrew Joslyn (violin/viola) fleshed out the Handful with bass guitarist Patrick Files, and drummer Michael Knight. Patrick's own background with funk, rock, and thrash metal brought a whole new dimension of musical variety into the band, whereas Pat's friend Mike Knight {drummer} was recruited as the final member into the band. Originally Mike was apart of the indie-jam rock band 'Carraway' and produced several recordings with them. Within Handful Mike is able to use his extensive expertise with the drums & percussion. His uncanny attention to detail keeps the band on point.

Working with Carol Tingstad (Tingstad & Rumbel, David Lanz, Gypsy Soul), Handful has shared the stage with a number of iconic groups such as: Phish, The Proclaimers, Carbon Leaf, Young Dubliners, Brett Dennen, and more.

Aside from Handful of Luvin', violinist Andrew Joslyn performs with Seattle Hip Hop artist Macklemore, and the Passenger String Quartet. Michael Knight performs outside of Handful with the Barzuk signed indie punk band "Blunt Mechanic", as well as teaches at the renowned Paul Green School of Rock (Seattle.) Patrick Files performs with the Mobius Jones Everlasting Blues Band outside of performing with Handful. All-ages 'til 11pm, 21+ after that. ONLY \$7 cover!

Friday, June 18 at 9:30pm at the Red Bike, 17618 Vashon Hwy.  
[www.redbicyclebistro.com](http://www.redbicyclebistro.com)

CARGO JAM



Car/go Jam is an eclectic group of island musicians playing blues, funk and jazz flavored rock, a conglomeration of styles synthesized by who we are. And when playing our music, we really get lost in the creativity of the moment. We're a wildly eclectic & lovable bunch of guys who will change your mango into a passion fruit.

Car/go Jam plays mostly original compositions along with a sprinkling of John Mayer, Eric Clapton and B.B. King covers. With two guitars and a sax working together, their dueling harmonies provide a plethora of musical inspiration and tempos that make you want to tap your foot and say "Yeah!" Their experiences cover a broad spectrum of musical tastes and backgrounds. All-ages 'til 11pm, 21+ after that. Free cover!

Saturday, June 19 at 9pm at the Red Bike, 17618 Vashon Hwy.  
[www.redbicyclebistro.com](http://www.redbicyclebistro.com)



Robin Hood Now Playing June 11 - 17

For show times and info check [www.vashontheater.com](http://www.vashontheater.com)

Deadline for the next edition of *The Loop* is **Friday, June 18**

Find it on [www.vashonpages.com](http://www.vashonpages.com)  
**Vashon Business Information**



ENCORE!  
SPRING SERIES



Jeffrey Cohan, flute and George Shangrow, harpsichord and piano.

The 2010 ENCORE! SPRING SERIES on Vashon Island with the Cohan-Shangrow Duo (Jeffrey Cohan, flute and George Shangrow, harpsichord and piano) will present three Tuesday evening performances featuring baroque and Northwest composers at Vashon United Methodist Church. A Gala Bach Bash on June 15 will feature Johann Sebastian

Bach's incomparable sonatas for flute and harpsichord. Candlelight Baroque on June 22 will present contrasting works by Handel, Vivaldi, Bach and sons and others performed with the requisite breadth of feeling and ornamentation galore. And finally Northwest Fireworks on June 29 will feature the jazzy, ultra-virtuoso music by Northwest composers Huntley Beyer and Robert Kechley for flute and piano.

All three Tuesday performances begin at 8 PM at Vashon United Methodist Church at 17928 Vashon Highway SW on Vashon Island.

Admission will be \$20 and \$15 for seniors and students, with Series Passes available for \$50, and \$40 for students and seniors. Youth 18 and under are always free. For further information and tickets please see [www.brownpapertickets.com/event/113783](http://www.brownpapertickets.com/event/113783) or call (206) 463-9804. Tickets will also be available at the door.

Angela Reed



Explosive and elegant, Angela Reed, a longtime Luna favorite, sings and writes an eclectically-influenced blend of music. This Seattle-based songstress is a fine lyricist, a melodic soul, a personal performer, and a beautiful example of artistry at work. Judy Collins said of her singing, "Angela Reed has the voice of an earth angel-sweet and vibrant and memorable. A rare singer who will fly far."

Her sound fits comfortably nestled between such rock, pop and folk veterans as Sheryl Crow, Joni Mitchell, Marc Cohn, and younger, energetic acts like Brandi Carlile and Guster.

She's very close to completing a new CD, to be called "Waltz Me Awake," and you can listen to her music at her site, [www.angelareed.com](http://www.angelareed.com).

Friday, June 18 at 7:30pm.  
At Cafe Luna 9924 SW Bank RD.  
[www.cafelunavashon.com](http://www.cafelunavashon.com)

Ronnda Cadle



As a solo guitar instrumentalist, Ronnda Cadle is known for the melodic hooks she coaxes from her guitar. With over 20 years experience playing her original compositions before live audiences across the U.S., this musician from Camano Island has developed a devoted fan base.

Ronnda's style fuses heartfelt emotional content with masterful guitar work. She perfected her craft while listening to guitarists whom she considers her greatest mentors - Nancy Wilson of Heart, Caroline Aiken, and Emily Saliers of Indigo Girls. Ronnda says, "I wouldn't be the player I am today if it were not for these strong and amazing women. I hope to bring my own voice to the generations of women musicians to follow."

Cadle is in the process of recording her third release with former Windham Hill founder and producer William Ackerman at his Imaginary Road Studios in Vermont

Saturday, June 19 at 7:30pm.  
At Cafe Luna 9924 SW Bank RD.  
[www.cafelunavashon.com](http://www.cafelunavashon.com)

Concerts in the Park return!

Continued from Page 1

made beautiful music together ever since. Taylor wanted a string band that specialized in both dance music and great harmonies, so he invited some of his favorite Island players to join the fun: Paul Colwell, mandolin/vocals; Sarah Perlman, fiddle; Steve Amsden, guitar/banjo/vocals; Kevin Almeida, bass/vocals; Larry Lawson, flute/vocals; Todd Zimberg, drums; and guest vocalist Gen Amsden.

"We play a variety from Motown and folk rock to bluegrass and rock and roll, Celtic-flavored and Celtic-African music," says Taylor. "It's an amazing collective." The group meets once a week and constantly works on new material. They're available for private and corporate events; contact Taylor at [drumdoc@aol.com](mailto:drumdoc@aol.com).

On June 24, hear Bay Area songstress Teresa Tudury when she brings all-original tunes, bluesy guitar work and sultry voice and sense of humor to Ober Park. From her San Francisco roots to the Greek Islands to New York and LA, Tudury generates a loyal following and rave reviews. Described as a cross between Bette Midler and Bonnie Raitt, Tudury performed in San Francisco

nightclubs by age 15, and then moved to Los Angeles where she played music, wrote comedy and acted on stage and screen.

"Teresa's is a presence worth discovering, a simmering Mother Lode of singing, songwriting, acting and madcap comedy talent," said The Hollywood Reporter.

Tudury has recorded and/or performed with legendary musicians such as Leonard Cohen, Rickie Lee Jones, Lyle Lovett, Taj Mahal and more. Such Fine Things is her latest CD, and two earlier recordings, 1992 Teresa Tudury and 2002 River of Life, were recently re-released.

On June 24, hear Bay Area songstress Teresa Tudury when she brings all-original tunes, bluesy guitar work and sultry voice and sense of humor to Ober Park.



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PANDORA'S BOX

Well, January has arrived, we love it! Some more rain is just what I need to improve my general mood. Why is it that rain in tropical zones is not nearly as irritating as it is here? Probably has something to do with the shades of gray. Which begs the question...exactly how many shades of gray are there? Enter your answer with the most descriptive phrase or word for our NW gray and win a prize!



Cheryl's pick of the week:

My own entry: His face was a mottled gray like Grandma's old hammered pewter ewer.

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Piano/Flute duo  
performs

By Janice Randall

Enjoy a summer evening's concert when world-renowned musician, composer and recording artist Scott Cossu performs his world-influenced jazz, rhythm and blues piano music with the incredibly versatile flute player Ann Lindquist. Saturday, June 26, 8 pm at the Blue Heron

Classically trained, Cossu brings passion and more than 25 years of experience to stage. He has performed around the world in more than 1000 concerts, composed film scores and produced nearly a dozen albums.

Perhaps best known for his Windham Hill recordings (his 1987 She Describes Infinity reached #24 on the U.S. Billboard Top Contemporary Jazz Albums chart and his 1989 Switchback reached #12 on the Top New Age Albums chart) Cossu's music is not easily categorized. He can as easily play a boogie-woogie tune or bluesy jazz rift as a sweet melodic song. "Cossu is a gifted musician whose full-bodied chords and sweet improvisations can be rapturous or rambunctious," said Audio Magazine.

Flutist Ann Lindquist plays a varied repertoire including jazz, classical, folk, world-fusion and improvisation. Her considerable talent on concert, alto, bass and contra-bass flute has been heard at many festivals, including the Oregon Country Fair, Bumbershoot and Seattle Folk Life. She has performed at the Washington State Governor's Mansion and Capital Building and venues in Alaska, Oregon, Hawaii and more. She has even played atop pyramids in Mexico and Ayers Rock in Australia.

Lindquist holds a Fellowship



Scott Cossu and flute player Ann Lindquist perform, Saturday, June 26. 8pm at the Blue Heron.

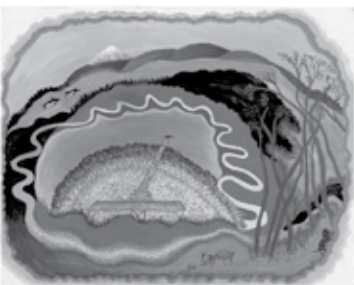
from the Institute for Music Centered Therapies. She also completed a year of study and research on Sacred Cross-Cultural Healing Music at the Open Ear Center in Bainbridge. Lindquist co-founded and directed the Olympia Flute Choir for seven years and has played in chamber orchestras, classical, jazz and world music ensembles. Ann's debut album as a composer, Rain Largo, was released in 2008.

Tickets are \$13/\$15 and available at Blue Heron, Heron's Nest, Books by the Way and

[www.brownpapertickets.com](http://www.brownpapertickets.com).

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





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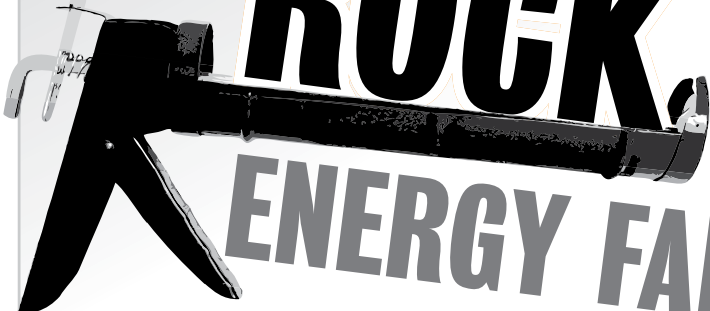
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