



THE VASHON LOOP

Vol. 7, #13

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

June 25, 2010

Simply Pure

By Peter Bond



The husband-wife team of Kevin Gonzalez and Stephanie Morris have opened a wonderful new Vegan juice bar on Bank road in downtown Vashon. Open daily and offering sandwiches, salads, soups, and real smoothies, the business is located in a stand- alone building just across from Café Luna.

I'm not a restaurant critic type (some of you might even chuckle at the thought of me attentively listening to an urban waiter recite the daily specials). But I do know a good smoothie, and I know what feels right, and these two have created a very warm and friendly space.

Friends of the two who'd made the journey from Southern California, where the Gonzalez's are from, staffed both times I have visited the cafe. Obviously well regarded, these two can fill a room with love and quality fare, and that's a combo that spells success.

Stephanie emphasized to me that they hope to create a niche market here, where they are the only juice bar. The Loop sincerely wishes them luck in their endeavor. We encourage the support of the community. Bring the kids!

Dancing on the Village Green

Free World Music and Dance Series



The Riptide Ramblers Kick off the dancing July 5th at the Village Green

There will be a series of six free world music concerts with participatory dancing taking place on Mondays throughout the months of July and August. These evenings are sponsored and produced by the Vashon Folkdancers and Vashon Park District and held at the Village Green*. Everyone is invited--dancers and listeners alike. Families are welcome. No partners or experience necessary to participate in the dancing. Dance instruction will be provided.

July 5 - Riptide Ramblers

This three generation, Vashon-based

family band started 10 years ago. Over time, the band has evolved as more family members became available. At present their repertoire includes traditional Cajun French music, Zydeco, Country, Rockabilly, and miscellaneous folk material. With drums, bass, guitar, fiddle, accordion and assorted rhythm instruments, their high-energy music is particularly conducive to dancing, besides being entertaining to listen to. The Salonen Family will be joined by Mark Graham and Karen England.

www.RiptideRamblers.com

Continued on Page 11

Market Buck Match is Back!

The Vashon Island Growers Association (VIGA) will again match, up to \$10, EBT token purchases at the Farmers Market this year. This program, started last year as a part of the new Debit/Credit/EBT project, increases the purchasing power of our food stamp customers. It is a critical part of our efforts to make fresh, nutritious, local food more accessible to our community.

Through a 2009 grant from the Washington State Farmers Market Association, Vashon was one of 20 Farmers Markets selected to pilot the wireless technology project, enabling shoppers to use their debit, credit or EBT card at the market. Funded by the Local Farms/Healthy Kids initiative signed into law in March of 2008, the purpose of the project was to increase access to fresh fruits and vegetables and quality meat and dairy for all Washington residents and to increase the use of food stamp benefits at farmers markets.

And it worked! In 2009, the first year of the project, statewide EBT sales increased 320% over 2008 sales: EBT food sales at Farmers Market were \$345,027 in 2009, and \$142,765 in 2008. Through the project, 17 additional farmers markets were certified to accept food stamp benefits, a 60.7% increase. This was the largest increase of certified Farmers Markets in Washington since EBT implementation in 1999.

Continued on Page 10



July Fourth Fireworks

The Hardware Store Restaurant and friends have joined forces again this year to provide fireworks over Quartermaster Harbor. This maintains a Vashon tradition that Tom Stewart kept going until he moved off the Island.

Islanders gather along the Quartermaster waterfront and Jensen point to enjoy the show. The fireworks typically start around 10pm

Oklahoma!



When it comes to Drama Dock's "Oklahoma!" ...the old saying "the show must go on" truly resonates.

In the Vashon arts community, Libbie Anthony is a household name. The long time director and entertainer in her own right, has brought to stage such hit shows as 'The Sound of Music', 'Annie' and 'Oliver'. This year's production of "Oklahoma" was in the home stretch of rehearsals when Anthony experienced health problems that kept her from returning to the production.

Thankfully, theater professional Phil Dunn was already involved with the production in a featured role and overseeing set construction. He seamlessly stepped in to complete the directing job and bring Anthony's vision to the stage. Vashon High School theater instructor, Stephen Floyd has also come to the rescue to assist Dunn and over-see the technical

direction of the show. Backing them up is faithful Stage Manager, Jim Roy and the hard-working Producer, Gaye Detzer.

Anthony is on the road to recovery but no doubt will be content to know it took 3 men plus one woman to replace her! Says Dunn, Taking on the job of bringing this show to completion has been both terrifying and exhilarating! My goal at this point is to smooth the transitions between scenes, keep the cast's energy level strong and appropriate to this great classic." Dunn first performed in "Oklahoma!" as a teen, singing and dancing in the chorus. Now he has come full circle and says "it's been great to return to those memories and make some new ones."

Based on the stage play 'Green Grow the Lilacs' Rodger and Hammersteins 'Oklahoma!' was a smash hit when it first

Continued on Page 10

Only On Vashon

Eighth in a series

By Peter Bond

I've always been a pickup truck guy, and long ago I learned that meant you're the go-to man when a friend needs something, well, picked up. For a brief period in my 20s I had a bumper sticker on one of my vehicles that read, "Yes, this is my pickup, NO I will not help you move." But that backfired; as friends took it as a joke and it simply reminded them they had a move coming up.

"Dude, can you help me move?" they'd say after reading the sticker.

"Oh vey" a girlfriend at the time would reply. Then we'd help whomever move.

These days I find myself offering to help perhaps more than I should, but I have this thing about giving back to the universe, even if it means getting caught in some sticky situations.

Like the one I found myself in one rainy day in May.

An artist friend of mine, on a limited budget, needed a few things moved from her ex's place. She was near tears when she called. So off I went

I arrived to find a large moving truck being loaded by more traditional-looking burly and tattooed movers. Inside the house there were loud voices coming from the second floor, recognizable as my friend and her soon-to-be ex. They were arguing over who-gets-what. Specifically it sounded like a custody battle over a bird.

I hesitated at the bottom of the stairs, where I noticed a large black birdcage with what appeared to be a parakeet laying on the seed-covered bottom, with his

Continued on Page 8

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.

VIGA Screens Documentary “Fresh”

VIGA is going to screen the new documentary “Fresh” at the Vashon Theatre, June 27 at 1:30 pm.

This is an inspiring film that tells personal stories of how people are trying to fix our nation’s broken food system. It is very much in the spirit of why VIGA exists and why our island’s farmers continue in their labor of love, bringing fresh, healthy, organic food to our market and their farm stands.

FRESH celebrates the farmers, thinkers and business people across America who are re-inventing our food system. Forging healthier, sustainable alternatives, they offer a practical vision of our food and our planet’s future. FRESH addresses an ethos that has been sweeping the nation and is a call to action America has been waiting for.

Admission is by donation which will benefit the Vashon Farmers Market EBT Matching Market Bucks Program.

With our program, we match up to \$10 of each EBT transaction at the Market Booth.

Raw Food Vegan Potluck

Next great and beautiful Living food Vegan potluck, next Saturday, June 26 at Linda’s home- 22705 Deppmann, 5-7, 206 963-1058

“ Internal cleanliness creates external beauty.” From Eating for Beauty by David Wolfe

If you would like to help or host with an upcoming Raw

Correction

Editor Note: Last issue we incorrectly stated that unofficial mayor candidate Bridget Lehet’s daughter had Parkinson’s disease. This was incorrect. Bridget’s father has Parkinson’s disease. We are reprinting her letter here.

I would like to thank you for the opportunity to announce my running for unofficial mayor of Vashon. I would like to run on a split platform of two issues I feel need great attention and demand great change.

First as a mother of a ten year old Chautauquah student I am concerned about my daughters education, especially in the area of the arts. I am disturbed that the music and visual arts departments could be hit horribly with budget cuts and recognize the limitations of the school system to offer any outdoor activities. Therefore I would like to support the After School Adventures program for kids now forming here on Vashon.

Secondly as a daughter of a victim of Parkinson’s disease and who’s husbands Grandmother also succumbed to this debilitating disease I would like to raise awareness and support for local Parkinson’s sufferers. I am currently the coordinator for the Vashon Island Parkinson’s support group.

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I have been an Island resident for over ten years and my husbands family moved here in 1977. As a team my husband and I ran Fireside Hearth Shoppe in Burton. We did allot of educational and pro-bono work to help people heat their homes in a safe and less expensive fashion while protecting the environment from air pollution and over consumption of fuel.

My childhood was spent growing up in Wisconsin in a loving family close to grandparents who helped shape my life. After leaving home I flew for Alaska Airlines for 15 years as a first class flight attendant until moving to the Island and marrying my husband of nearly 3 years. We now have 3 daughters and 1 gran-daughter.

I would consider it an honor to serve the people of our beautiful Island and especially to support our non profit organizations who benefit so many, and thank you for the opportunity.

Sincerely Bridget Lehet



Father, Son start computer Tech Support Service



Roger Fulton and Ben Fulton have been independently providing computer and other technical services to Vashon Islanders for years. Father and son are now teaming together to launch a new business, Personal Tech Aid.

The new company called Personal Tech Aid offers many service from • Hardware/software recommendations and installation to Rebuild operating system and applications from scratch.

Although they will gladly help you with a one-time computer/technical need, they specialize in developing ongoing relationships with their clients. Most of their work is performed on-site. They get to know your personal/business computing and technical environment, in order to best meet your needs over time. One of their clients recently wrote, “Prior to Roger, I had three other personal tech assistants, and Roger is outstandingly the best. ... He gives me accurate information about when he will be available to work on a project and he is timely about the work. You will be lucky to have Roger for your personal tech aid!”

More information is on there website www.personaltechaid.com or call them at 206-463-0079

Jake 4 Mayor

Several parents of Island students asked me if I would consider running in the annual Vashon Island Unofficial Mayor Race so as to be able to raise money for the Vashon Island School District’s co-curricular program. With our austere economic times and the District facing a severe revenue shortfall for next year, many budget cuts are being duly considered. Reductions in all or elimination of some co-curricular activities is being discussed. Co-curricular programs include athletics, debate, band, math Olympiad, Japanese club, science club, outdoor club, chess club, knowledge bowl and much, much more. These school programs are important in the growth and development of our Island youth.

I said yes. Please visit my website www.jake4mayor.org/ to check out what this is all about. I am looking for your support in whatever fashion works for you. Your support can be in the form of money or volunteering or fundraising or whatever other great ideas you might suggest. I have always been an advocate and champion for the children of this community as they are our future and our hope for a better world. They welcome your help.

Thank you,
Jake Jacobovitch
P.O. Box 1624
Vashon Island, WA 98070
email: VashonOne@aol.com
website: Jake4Mayor.org
phone: 206.650.5253

Update for “Friends of Bruce Watson”

Bruce is back on the Island and stopped by the office last week to give us an update of what is going on in his life. He looks great with his Phoenix tan, but now he’s home and ready to start his treatment plan. He will have aggressive treatments here in the Seattle area for the next three months and then back to Cancer Treatment Center of America in Phoenix to evaluate how everything is going.

Bruce and Judi are very appreciative of all the good wishes and offers of help that their friends and colleagues have extended to them. This truly has been a difficult time for their family, but knowing they have our support has been very uplifting for them.

Please remember that Bruce would love to hear from you and welcomes contact from friends.

Bruce’s home address, phone and email are:

Bruce Watson and Judi Blaze, 15213 Vashon Hwy SW, Vashon, WA 98070.

Phone: 206-463-2319 Email: edt9@msn.com

As before, please feel free to forward this email to others who know Bruce and would like to know how he is doing. If you have any questions feel free to contact Susan Sears at (206) 463-6021

Bruce asked me to pass along one request. Knowing Bruce, you will probably not see it as all that unusual (for Bruce). Bruce has been given a spiritual task by his Sangha (the Buddhist equivalent of “church”). That task is to describe how to live each moment as if it were the last. More specifically, what ought one to do knowing that one has one year left to live. So the request is to email him one specific thing to do or avoid doing to make each day of the last year of life truly count.

Sincerely,
The Vashon office of ICF
Lars Mobrand, Greg Blair, Rick Paquette, Susan Sears, Grant Novak, Jason Volk

Vashon’s Yellow Pages on line.
Find it on
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

The Vashon Loop

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PO Box 253, Vashon, WA 98070
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Deadline for the next
edition of *The Loop* is
Friday, July 2



HOME TEAM

REALTY

Troy and Marie and Mike talk Mortgage Mess

Color us embarrassed. Two weeks ago we did an interview with Mike England, but we forgot to tell our readers who Mike England is! Mike is an experienced mortgage broker with Sound Mortgage, a local mortgage company. He lives here on the Island and works with people both on and off Island. He can be reached via email at mike.england@soundmortgage.com or by phone at 206-271-3219. Sorry about that! Call him if you need help understanding your options for a loan modification - here's a re-print of the interview.

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.

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Three Vashon Flag Finalists

The Vashon Flag Competition was a big success! We received and exhibited 41 different flag designs and roughly 325 Vashon residents voted on their favorites during the month of May. With each person voting for their top three, that meant we received nearly 1000 votes total!

There were a lot of good designs, and unfortunately that meant that the votes were spread out among many entries. No single design got anywhere near a majority. The most popular design got about 16% of the total vote, with the second place winner taking about 12%, and the third-ranked design taking about 10%. That means that the remaining 38 entries accounted for 62% of the votes cast. There was a bit of separation between 1-2-3 and 4-5-6, and more separation between 4-5-6 and the rest. Almost every entry received some votes, with a majority of the votes being cast for those that were first-through-eighth place. The scientists and mathematicians among you might recognize this as a truncated log-normal distribution, whatever that is.

The judges were not unanimous in their decision, even with direction from the public. So, the goofball who curated the exhibit took it upon himself to do as they would in politics....pick the three front-runners and have a run-off election.



FLAG B (Debra Paulsen):

Below are the three frontrunners, NOT shown in any particular order. PLEASE choose ONE, and let me know via email reply which of these three you would like to see as the “official Vashon flag.” We will rally around the winner and hail it as our island’s standard for as long as we allow it to remain unchallenged. We fully intend to mount a challenge in the future because this was a lot of fun.

Email voting will be open until July 1. Please vote only once.



FLAG C (Adria Pontious):

Also, none of these flags has a border FLAG A (Judy Kullman):(black, white, or red). Those are just the backgrounds where the pictures were taken.

Send your vote to twowallgallery@aol.com.

Editors Note: Flag photos have been converted to black and white for printing in the Loop. If you would like to see the full color photos go to www.vashonart.com



FLAG A (Judy Kullman):

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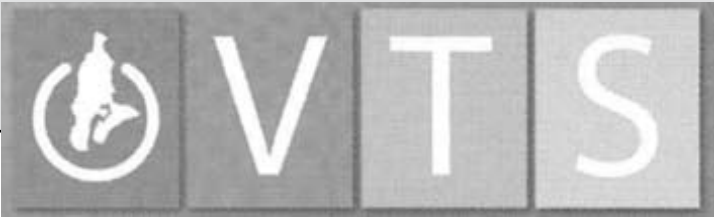
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find out more on the web

www.vashontechsupport.com

or drop us an email

contactus@vashontechsupport.com



Island Life- vol.iii-issue15

Oh say, can you see?

By Peter Ray

Editor Note: This article was written by Peter Ray in 2006

I am taking a break from watching the news as of late. This isn't because I'm sick of it, which I am. It's because there is something else that happens to fall in the time slots that normally occupy my mass media driven news gathering moments in the day. I do get bits of news from the web-based, ISP home pages-selected selections of important happenings from around the globe, carefully packaged-sometimes with pictures- for my, as well as others edification, or as Homer Simpson and our president might say- edumication. One can search the categories offered up on the sports page of one site and find such

spectator sport pastimes on the block, or at least close to it. And after all, we do need to be continually apprised and updated as to who has been traded to where for which multiple of a million, not to mention who on the hero list has been arrested for what anti-social behavior. And well, watching a bunch of guys in lycra and strange hats pedal mile after mile for days and days is just boring, not to mention down right exhausting. And we wouldn't want bundles and oodles of viewers just passing out from fatigue and boredom when they could be bouncing up and down giving high fives and butt pats (oooh) while consuming mass quantities- that would be just darned un-American.



From where I sit, stunned and amazed at the prowess and persistence of these athletes- in the truest sense- on two wheels, what I find amazingly appealing about le Tour is the spirit of cooperation exhibited by the riders. Yeah, there is the dark cloud of pharmacological enhancement that hangs over cycling, as it does over any sport. But to see three riders of three different nationalities

three-lettered acronyms as NFL, NHL, NBA, all of which represent sports that are not in season but hold a permanent place in the menu anyway. But it is all the way down at the bottom of the list in the “Other Sports” category where one can click and find a brief reference to the only sport and sporting event that really matters at the moment, and that of course is the Tour de France.

Obviously I am wrong in this regard, since the powers that watch the money meters wouldn't keep a permanent position for football or basketball or hockey, let alone NASCAR, if they weren't the most popular

and three competing sponsorships break away from the pack, or peloton, and ride in a rotation that distributes the work and the rest so that they all could wind up with a time advantage as well as a one-in-three shot at winning the stage- that to me is the true picture of what Sport is about. And while there is some talk of nationalities by the commentators during the race, we do not have the blaring of anthems and the raising of flags during each day's step up to the winner's podium, just the awarding of colors of jerseys and an international peck on both cheeks by two awards babes. They ride, they *Continued on Page 5*



Minglement

“Minglement at the Roasterie”

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www.tvicr.com

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Fireworks Safety on Vashon

By: Gabriel Felix of Vashon Fireworks Co and A/C George Brown of VIFR.

Fireworks season is upon us once again. The community of Vashon did a great job last year keeping safe during fireworks season with only one fireworks related incident. For the last five years Vashon’s fireworks related incident rate has been very low.

The low incident rates are common where fireworks are thoughtfully regulated by the government. Communities which have banned fireworks typically have much higher fire and injury rates due to the use of illegal products.

Last years incident was a small lawn fire. If you are going to be using fireworks on or near a lawn it is a really good idea to water the yard a couple of hours before you start discharging. If the fire danger is high, it’s a great idea to head to the beach. Half the fun is watching the neighbors show off their product.

Please be thoughtful about where you discharge fireworks, and try to keep them away from animals. As an alternative, quiet fireworks that have all the beauty, but very little noise are available on Vashon.

Be safe and always supervise your children when using fireworks. Read and understand the directions, and never let children play with fireworks alone.

Watch out for illegal fireworks that are commonly sold by unlicensed stands. 90% of all fireworks injuries are caused by illegal fireworks which include: firecrackers, rockets and 1.3g (professional display) fireworks. If the stand you buy from is licensed by WSDOT you can be sure that you are getting legal fireworks.

Be safe, and have a happy, beautiful 4th of July!

Island Life

Continued from Page 4

eat, they sleep, they ride- they are cyclists.

It is the lack of flag raising and anthem playing that spun me off on a tangent the other day which resulted in queries and thoughts about our own stars and stripes in cloth and tune. As it googled up, ‘The Star Spangled Banner’ was officially made the national anthem in 1931 after forty some attempts at bills and resolutions, even though the song itself- at least the words as set forth by the lawyer/poet Francis Scott Key, had been around since September 13, 1814. While one site claimed that the tune these words had been set to had obscure origins, other sites readily proclaimed that it was the music from an old English drinking song entitled ‘To Anacreon in Heaven’ that gave it its swing, and difficult to reach high note. This genesis gives an easy and obvious reason for having it sung before the previously mentioned sporting events, but who was this Anacreon fellow? One has to be eternally grateful to Mr. Google and his pals for first taking me to a site entitled simply ‘Anacreon’. What I found there was an electronic game that set forth as its premise that, for starters, each player would assume the role of a totalitarian ruler. This works, I thought, but it’s not really what I was looking for.

The question of the first stanza about whether or not the flag was still there was a valid one for Mr. Key as he waited to see if the American defenders at Fort McHenry had succumbed to the British attack, and perhaps it is just as valid today. If one were to ask me if I could still see the flag I grew up saluting in grade school and Cub Scouts, I would have to answer quite simply and frankly: no. That red, white and blue that now flies over fast food joints and car dealerships and corporate headquarters has nothing to do with the same one that flew behind that guy with the “S” on his chest as the announcer spoke of Superman’s ability to leap tall buildings in a single bound in his fight for “Truth, Justice and the American Way”, or with the Old



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VMICC Seeks Website Re Design

The Vashon-Maury Island Community Council (VMICC) is accepting proposals to design, develop and host the Organization’s web site (www.vmicc.org). This will be a concept to completion production. The purpose of this RFP is to provide a fair evaluation for all candidates and to provide the candidates with the evaluation criteria against which they will be judged.

The VMICC currently has a web presence that is outdated in the structure and presentation of content. The VMICC is an all-volunteer organization, the spirit of which is essential to a productive

collaboration with the chosen candidate for this project. The VMICC has allocated a maximum of \$3,000 for this project, which must encompass all design, production, and software acquisitions necessary for development and maintenance of the web site.

Any and all inquiries regarding this RFP should be emailed to the attention of Lee Ockinga, Chair of VMICC Outreach Committee. Lee’s email address is: lee@vashonisland.net

Download the RFP document here.
www.vmicc.org/newwebsite

Cultural Status Quo

by Rochelle Gravance

NAFC Master Level Certified

IYCA Level 2 Conditioning Specialist

Physique Transformation Specialist

Habitsforming.com

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the injury. We lose sight of the possibilities of what we can do and instead remain in the realm of what we can't.

If you sustained a physical injury of one sort or another, this doesn't necessarily mean you are completely, physically incapacitated. Instead, there is a process that must be followed to rehabilitate our physical and psychological states of being to achieve wellness again.

That process requires caring for the injured area while continuing to perform the activities that you can. This will provide a rich environment for the psyche to adapt to change and push its perceived boundaries while encouraging the development of former weaknesses.

The countrified way of explaining this scenario goes something like this: Just because your foot is broke don't mean your hands can't work. Or, maybe this is more applicable: If your toe hurts, practice your pushups and pull ups instead.

The short and long of this article is simply this:

Don't sell yourself short on your abilities regardless of your actual or perceived limitations. Continue to search and experiment with actions and opportunities to stretch your physical and emotional boundaries by attempting to gain increased wellness with every decision you make.

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Vashon Library July 2010 Programs

Libraries Closed for Independence Day

Sunday, July 04, 2010
All King County Library System's Libraries and Offices will be closed.

Baby and Me Story Time
Tuesdays, July 06, 13, 20, 27, 2010
9:40 AM
Newborn to 20 months with adult.
A 20 minute program of stories, songs, rhymes and bounces for babies and a caregiver.
Registration not required.

Toddler Story Time
Tuesdays, July 06, 13, 20, 27, 2010
10:40 AM
Ages 21 months to 3 years with adult.
Enjoy 20-minute program of stories and songs just right for toddlers.
Registration not required.

Preschool Story Time
Tuesday, July 06, 13, 20, 27, 2010
11:30 AM
Ages 3 to 5.
Join us for 30 minutes of stories, songs and fun!
Registration not required.

Reel Movie Fun
Wednesday, July 07, 2010
11:00 AM
Ages 4 and older.
Join us at the library for a showing of assorted, short, reel-to-reel children's film classics. Treats will be served!
Registration not required. Sponsored by Friends of the Vashon Library.

The Incredible Art of Bubble Magic
Monday, July 12, 2010
7:00 PM
Presented by Linda Severt's Juggletunes
Ages 3 and older.
Watch in wonder as this award-winning performer creates dancing caterpillars, merry-go-rounds and even square bubbles right before your eyes!
Program will be held next door to the library in the Ober Park performance room.
Registration not required.

Introduction to Microsoft Word 2007, Level 1
Tuesday, July 13, 2010
2:00 PM
Adults
Presented by Daphne Purpus
Learn basic word processing skills such as entering, selecting and erasing text. This class prepares students for taking the Microsoft Word Level 2 class. Prerequisite: basic computer skills. Preregistration is required, call 206-463-2069

Walk on the Wild Side: Invention Convention
Monday, July 19, 2010
10:00 AM (ages 5-7), 11:30am (ages 7-10)
Presented by Barbara Gustafson
Do you like to invent and build things? Join us for four classes of inventing, building, testing and refining models that fly, glide, float, roll and more. In today's program, learn about Newton's three laws of motion while building and testing a marble rollercoaster and assorted racers.
Sponsored by the Vashon Park District and KCLS. Registration required beginning Monday, July 5, 206.463.2069.

Walk on the Wild Side: Invention Convention
Wednesday, July 21, 2010
10:00 AM (ages 5-7), 11:30am (ages 7-10)
Presented by Barbara Gustafson
Do you like to invent and build things? Join us for four classes of inventing, building, testing and refining models that fly, glide, float, roll and more. In today's program, learn about bouyancy and experiment with boat design.
Sponsored by the Vashon Park District and KCLS. Registration required beginning Monday, July 5, 206.463.2069.

Opera Previews: Tristan and Isolde by Richard Wagner
Sunday, July 25, 2010
2:00 PM
Adults
Presented by Norm Hollingshead
Nearly 150 years after its premiere, Wagner's stunning, sensuous, transcendent monument to the most beautiful of dreams remains one of the most breathtaking and influential musical works of all time. Sweeping orchestrations, opulent harmonies, and a climax of cosmic joy await those who drink in Wagner's enchanted potion and surrender to opera's ultimate love story.Norm Hollingshead illustrates his commentary with musical excerpts from his own collection of recordings, many quite rare.
Sponsored by Friends of Vashon Library.

Walk on the Wild Side: Invention Convention
Monday, July 26, 2010
10:00 AM (ages 5-7), 11:30am (ages 7-11)
Presented by Barbara Gustafson
Do you like to invent and build things? Join us for four classes of inventing, building, testing and refining models that fly, glide, float, roll and more. In today's program, learn about torsion, tension, compression and basic building techniques while constructing bridges and towers.
Registration required beginning Monday, July 5, 206.463.2069. Sponsored by the Vashon Park Distric and KCLS.

Introduction to Microsoft Word 2007, Level 2
Tuesday, July 27, 2010
2:00 PM
Adults
Presented by Daphne Purpus
Learn how to select and format text, set margins, align paragraphs and use the cut and paste function. Prerequisite: Word Level 1 class or Basic understanding of Word and experience creating and saving documents. Preregistration is required, call 206-463-2069.

Walk on the Wild Side: Invention Convention
Wednesday, July 28, 2010
10:00 AM (ages 5-7), 11:30am (ages 7-10)
Presented by Barbara Gustafson
Do you like to invent and build things? Join us for four classes of inventing, building, testing and refining models that fly, glide, float, roll and more. In today's program, learn about the four forces of flight while designing and testing airplanes and parachutes.
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Planet Waves



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

Aries (March 20-April 19)

No excuses: this is your time to take territory in life, in your profession and within your own personality. There are almost always thoughts and ideas that interfere with this, and a lunar eclipse in your 10th solar house of career and ambition is clearing away parental emotional patterns, especially the fears of your mother and grandmother. The catch is that circumstances that depend on you remaining in the emotional role of child are going to get shaken up. Plan to have a series of events wherein you take back all the power you gave away as a kid, and the psychic patterns that keep you stuck in this mode. You cannot do this in theory. You can only do it through experience; that is, a direct confrontation with your insecurities. Ladies and gentlemen, start your engines.

Taurus (April 19-May 20)

To the extent you wish to be free, remember the role that religion plays in our society: which is to make people feel small, scared and confused. Whether you're a minister's daughter or were raised by communists, you've been influenced by the church's supposed values, which of course have nothing to do with anything except making sure you do what you're told. There is an emotional dimension to this, and a lunar eclipse in your sympathetic earth sign Capricorn will help you shed several layers of that material. If you encounter the feeling of 'I'm not sure what to believe', then you know you're in the right place. If you fear that your deepest desires or emotions would offend someone, you're in the right place. If you question any belief you've carried around for decades, you're right on time.

Gemini (May 20-June 21)

Few people admit the extent to which they are driven by their emotions. We like to think of ourselves as calm, rational and reasonable people, though anyone familiar with the most basic rules of logic knows that they are hardly ever followed. If your astrology means anything, you tend to fit this description. What you desire changes like the tides. You often feel you 'need' things that are not important to you. And you are driven by your sentiments more than befits someone with such an astute mind as you have. You're in the process of letting go of much of this stuff, and when you do, you will notice that you're no longer so easy to influence or control. You'll be willing to stand your ground in your relationships (and they will be more fun when you do).

Cancer (June 21-July 22)

Many factors this month point to the theme of cleaning house. Whatever this may mean spiritually, I suggest you start digging out closets and filling trash bags. Once you start, you'll feel so good you won't want to stop. The same process may be underway in your relationships: you no longer need to live your parents' notion of wholesome partnership. Usually, it was nothing of the kind, and the ideas they suffered were passed down from antiquity. One of the great challenges you face in this lifetime is modernizing your concept of what a 'secure' relationship is; which means facing up to the many ways that idea failed. Are you ready to take an original approach to the matter of love? Events this month will guide you steadily in that direction, and it begins two ideas: truth and trust.

Leo (July 22-Aug. 23)

Events this month will offer a portal into a dimension of your emotional life that is always a few shades off the visible spectrum. You don't need to dive into these feelings; rather, start by feeling your way around the edges, and getting a sense of the dimensions of the territory. You can enhance your understanding by giving words to what you notice, even when the sentiments involved are fearful or difficult to articulate. Your mission now is learning to be undaunted by your fears. Exceedingly few of them are valid. They simply run you in circles, and oddly, you often don't always know what they are. The veil between you and this inner realm is growing thin, and you need the information that's in there. Keeping it out in the open will make your life and your relationships easier.

Virgo (Aug. 23-Sep. 22)

Saturn leaves your sign this month, ending an unforgettable two-year era of your life. Yet the same theme repeatedly turns up in your charts, and I do mean going back at least seven years: you are confronted by people who are innovative, electric and alive, and they make you nervous. You worry about your stability; you judge yourself as frail in contrast to the seeming might of others. Here is one way to consider the issue: In your relationships, you tend to put yourself in the position to respond or react, rather than a co-creative role. You think others call the shots, which is only true if you abandon a dialog. Make a list of what you refuse to talk about and you'll see where your power goes -- and where you can claim it back.

Libra (Sep. 22-Oct. 23)

Saturn returns to your sign this month, arriving for a two-year journey. You may read predictions that treat this like the embodiment of all that can go wrong or set a limit. Let's go back to traditional astrology. Saturn is the exalted ruler of Libra: it has a potent and core-level relationship to your sign. The experience of Saturn is about aligning yourself within the physical world, defining your purpose in a clear way and coming into your full strength and freedom as an adult. If there's a catch, it's about your relationship to what I will call 'appearances'. It would help if you made a promise to yourself that you will drop your persona, facade or attempt to play a role, and instead present yourself as you are. This may be challenging at first, but you will eventually love how much it saves you in needless energy and useless complication.

Scorpio (Oct. 23-Nov. 22)

Despite the cynicism unfairly pinned to descriptions of your sign, you're deeply sentimental and have a strong connection to the person you were when you were a child. Now, that particular angle of your horoscope is coming into focus. I suggest you do three things on this occasion: look at every goal you have today and ask yourself how long you've had it for, and whether it's still valid. Check whether you're still adjusting your life to meet the expectations of your mother. Then, one last thing: as a child you had some idealistic visions for yourself; you had glorious plans and bold confidence about them. Where did they go? If you get everyone else's fears and expectations out of the way, you may decide that they are every bit as meaningful today as they were when you were little.

Sagittarius (Nov. 22-Dec. 22)

You are in rare form, and you don't have to stop. The ideas you've been having recently will provide creative fuel for the next year. You may feel like there are times when you're running your creative engines too hot. You will cool down soon enough, which will help you orient your ambitious creative goals on the longer territory you will need to cross to make them real. Your charts say you're having a series of breakthroughs. Then you take what you learn and accomplish, slow down the process and then, using a different kind of creativity, develop things to the next stage and bring them back into the world. Remember, this is all about focusing an experiment based on discoveries you're making now. You have no reason to doubt and every reason to affirm that you are in a rare and brilliant zone.

Capricorn (Dec. 22-Jan. 20)

Abandon all the ideas of safety and security that your parents and grandparents drummed into your head. You're not betraying them; you are honoring them by going beyond their petty fears. Be aware of the extent to which those fears have influenced you -- and how much better you'll feel when you let them go. While those fears seemed to center on money, home, family and security, they have translated into your life as reluctance to express yourself boldly. If you want to feel safe, be resolutely yourself. If you want to feel like you belong on the planet, express your boldest thoughts, feelings and passions. The world will move over and make room for you. Where you fear judgment, you will encounter respect.

Aquarius (Jan. 20-Feb. 19)

For every truth you discover in yourself, there seems to be an equal and opposite potential. Yet it can grow tiresome never being able to make up your mind about which is the valid path. You're aware of this, at least: the opposites you perceive contain one another; you know they are part of the same thing. They are integral to one another. Your ruling planet Saturn is about to enter your 9th solar house, where you experiment with your ideas about life and formulate the plans that get you to the next place. Saturn's presence is about drawing from both sides of any seeming paradoxes, concepts or theories that you use as the basic fuel for living. Now you get to experience the strength, confidence and clarity that come when you integrate your seeming polarities.

Pisces (Feb. 19-March 20)

Focus on feeling good. If you reach the blue spot, keep moving. If you catch yourself feeling like you 'don't deserve' anything, focus on affirming your existence and remind yourself that you contribute far more than you take from the world. Indeed, you are a resource that is only available when you are feeling positive and strong, and this resource feeds you as well. Remember, there is nothing you need to do first in order to be enlightened. Well, nothing except to want peace of mind and abundance. In your particular chart setup, this involves remembering who you are all the time, and simply being that person. There is no game here; you are who you are, and as you experience this, the flow of life energy will increase and be available for whatever you choose. And those are the key words: you choose.

Read Eric Francis daily at www.PlanetWaves.net.

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Deadline for the next edition of *The Loop* is
Friday, July 2

Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

The Good Shepherd of Federal Way

by Rick Tuel

December 2, 1970 Wednesday

That last gas stop took the last of my pocket change, and Chris had only a few dollars left and his patience was completely gone. So, while he engaged our arresting officer in verbal skirmishes, I deployed to the rear and called up the reserves – our friend Lou, who was waiting for us in Seattle. Lou wasn't at home, but Rita said she would call him at work and have him rush out to the scene in time to purchase our freedom before the banks closed.

So, noticing that Chris and his opponent were now solidifying their new relationship with Visual Venom, I stepped outside into the stormy evening gloom and found that a small crowd had gathered around Oatus to watch him clatter and spew.

Oh, yeah! We don't dare shut him down while we're waiting. We'd never get him started again; then we really would be in a pickle. An officer had stationed himself at parade rest between the Spectacle and the Beholders while Jeri Ann rapped at the crowd about the injustices being heaped upon us. Her dog, Metoo, peed on the Copgoblin's boot. Before I even had time to be too concerned about this latest dilemma, a short, stocky older man appeared at my side with what looked like genuine concern in his eyes. He asked what in God's name was going on here, and suddenly I just broke.

"Well, we've been on the road for one month in that rig and by tonight we were hoping to be home free because we're dead broke and the truck's about to explode..."

He glanced at Oatus who had managed somehow to create a protective environment around himself with thick, billowing clouds of black smoke emitted during a spasm of backfires. The words tumbled out of me: "...so now this cop stops us, fines us and detains us and meanwhile the truck sits out here roaring away, using up gas and it's getting dark

and we don't have any clearance lights and..."

"Where are ya headed?" the man asked suddenly, noticing the failing light and the need for haste.

"2020 N.E. 135th Place." I knew that address as well as old "P.O. Box96, Lagunitas, California, 94938." It was home, even if I had never seen it, in this case.

"How much are they hittin' you up for?" he asked.

"At first they wanted \$30 but now they've knocked it down to \$20," I sighed, feeling better after my little tantrum.

"Haven't got it, eh?"

"No, but I just called the folks we're going to be staying with and they're going to drive out and pay it," I said.

"No need for that." He waved his hand at the money temple. "These damned people cause more trouble than they cure these days. You wait here."

I smiled and nodded. We were going to be here awhile and I was not particular about where I spent the waiting period, so, we would wait here.

I was contemplating how all this had ended so suddenly for us and with such apparent finality. It was stunning to me for it to be over just like that, all that effort and risk to life and limb in order to end up spending a night in a jail cell in Federal Way, Washington. Well, the Cosmic Significance of It All (i.e., none whatsoever) was beginning to get to me when the man I was supposed to be waiting for miraculously reappeared with our ransom in hand.

After escorting our dumbfounded selves out of the police station, our savior introduced himself as Al Shepard, a local resident with connections to the Federal Way newspaper right next door. He had gone there while I was waiting and either sold them a story about the hippie vagrants being subject to police extortion or else borrowed \$20 from their petty cash fund to bail us out. Possibly he had told the police he planned to file the story if they didn't turn us loose. Whatever it was, it worked. As he ushered us out into the early evening gloom, he explained that most people can do well in life and become useful citizens if they just have a chance. He also felt that if he gave us a break, chances are that we probably had one coming; if not, then perhaps we could pass the favor on to someone in our future who needed one.

Still dumbfounded but nonetheless grateful, we said our good-byes after I called Louis to tell him that we had been freed, but Rita said that he had just left to come rescue us. She couldn't tell us how to escape from Federal Way but said that we needed to head "north on Highway 5," and then take the 145th Street offramp to get to 135th Place.

Al the Good Shepherd stayed back a discreet distance from Oatus, motioning us out of the parking lot like he was freeing a cage of wild birds.



Leonard "Bill" Brown
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Continued from Page 1

little bird legs pointed straight up to the cosmos.

The bird was dead.
Or was it?

Oddly enough, I had helped another starving artist move a week earlier who had a stuffed crow in a cage that he used for his paintings.

So maybe this was yet another Vashon thing I needed to learn? People were just flat out into dead birds around here.

This argument disputed that though. There was some birdlove involved. The ex kept saying how the bird was the only thing that cared for him, and my friend kept screaming he didn't even want the damn thing at first.

I sheepishly started upstairs just as both of them gusted by me with arms full of clothes.

"Oh Hi Peter," my friend said.

"Hi Peter," the ex said.

"Um, Hi," I said, grabbing my friend's arm gently. She halted and we watched the ex march on past the cage out the door.

"I'm TAKING the bird," he yelled as he exited.

"No you're NOT," my friend shouted back.

Meanwhile the movers were now headed up the stairs, so we all made room for each other in a comical way,

"Yes I AM," we heard from outside.

I then quietly explained to my friend, nudging her towards the cage, that the bird was dead.

Without hesitation and with fire in her eyes, she continued down the stairs, stomped over to the cage, yanked the bird out, and as her ex re-entered the house she catapulted.

"You want the BIRD? Okay, you can HAVE the bird!"

And with that she did a windup and fastballed the bird right into his gut.

Ouch.

That had to hurt.

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What's Your Take ... On the War in Afghanistan?

By Peter Bond

Way off in the distance, trailing the oil spill and the tea party and even the weather these days in the news, rages a war many Americans pay little attention to. But there we fight, and what a horrific streak of casualties American soldiers and innocent civilians have had this past month. I'm getting frustrated with the situation and am starting to agree with Bill Maher - that sometimes our country is in a war just because, well, we have to be in SOME war SOMEWHERE don't we?

But that's just my opinion (and Bill's). ...What's yours?



Stuart - West Seattle
I don't think we should be there. We seem to be shortsighted here, not taking into account the history of the region.



Joy - Vashon
It must be a lucrative venture for us to be guarding all those poppy fields. I knew there HAD to be a real reason we were there.



Casey - Vashon
I think it's a stupid war and a terrible waste of money. My wife is a teacher and we need to have bake sales to fund activities.



Earl - Lynnwood
I voted for Obama to get us out of there. But we've just added yet another country where our flag is planted.

Don't Forget the Birds Green-winged Teal

by Ed Swan



Vashon Audubon's monthly field trip June 12 nicely provided the topic for the bird column for this issue of the Loop. While leading the trip to Mukai Pond in the Island Center Forest, Alan Huggins nailed down our first confirmed breeding record for Green-winged Teal. Observers noted a pair in May as well and then on June 12th, a male came out briefly and a female emerged trailing eight young.

Green-winged Teal might be found on saltwater or freshwater around Vashon for much of the year. Like Mallards and shoveler, they dabble in shallow wetlands and ponds. On saltwater, tidal mudflats provide its main habitat. Usually they show up on freshwater at Fisher's Pond in the third week or so of August. In the dried mud and heat, they could be mistaken for young of the year Mallards without a second look. Sometimes the first sighting comes at Fern Cove where Shinglemill Creek meets Colvos Passage. The teal remain through fall and winter to early May, mostly seen at the pond/marsh at KVI Beach or on Fisher's Pond. Sometimes they hang out with the Mallards and wigeon at the mudflat at Ellisport or visit Quartermaster Harbor.

This year, birders noted them late into May at both Mukai and Fisher's Ponds. When they nest, they do so on freshwater, preferring ponds or wetlands with shrubs and trees in which to hide the nest. Mukai Pond serves as a very good example of such habitat. They breed rarely in Western Washington, so the Vashon record gives us a good reason to celebrate protecting Island wetlands.

These ducks look very small, being only slightly more than half the size of a Mallard. The female looks like a miniature Mallard female but with a green rather



than purple wing patch. Males appear with a mostly slatish body and a white vertical bar just aft of the neck. The head, especially when struck by full sunlight, reflects a brilliant, beautiful cinnamon with a green patch through the middle.

The weather seems to be depressing bird activity, or at least people getting out seeing the birds. One other very good sighting over the last couple weeks came in from Mike Feinstein who found a Whimbrel along the beach just north of Pt. Robinson on June 11. Randy Smith saw two Harlequin Ducks offshore his place on the northwest corner of Vashon June 14 and I noticed a Brandt's Cormorant still visiting the north end dock June 12, very late for both species. 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 to find out more.



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Positively Speaking

“Kindness and Love and Truth”

By Deborah H. Anderson

“I want to wear my honey shirt” the 2-½ year old said to his mother. Honey shirt. Honey shirt she thought to herself. “Oh! You want to wear your t-shirt!!” she realized. “Yes” he replied confident that he had been heard and understood.

The last three years have been heaven on earth for me workwise. You see while others dream of things that will make their world better or fame or prestige, the things that rock my world are adventure and kindness. When I am with kind people, I am at peace. Kindness is not a life without boundaries. I’m not referring to the glory days of tie-dye and listless drifting so many experienced. I’m talking about people who enjoy being alive on their insides and are comfortable with the joy of receiving love.

The families I’ve served in the last three years personify that. And their children, their joyful children fill my life with stories like the association above: honey and tea at bedtime translates to a honey shirt in the morning. Gentle, humorous, malapropisms.

Because I love kindness the learning curve has been about conflict and being in relationship with people who are needy inside and feel anxious. It’s been about being kind to others knowing they might not be kind back. And the greatest challenge of all, dealing with people who are really ticked off and annoyed at kind people.

How does one speak one’s truth if it is not the truth someone else is experiencing? I called a distant relative a few weeks ago to congratulate them on a personal blessing they had received. I have always loved this person since the day I met them, but there was sorrow in their heart and any kindness I expressed was thrown back in my face and some hurtful action taken towards me.

You’ve been there right? It’s hard to know what to do. If the person isn’t close the kind of person who likes limits set, it’s near impossible. Sure enough, before I could finish introducing myself, the door was slammed shut.

When I turned forty oh so many years ago, I kind of hit my limit. To all those who



were close to me and taking advantage of my kindness, I said, “You must be kind to me back”. Wow... that increased the learning curve.

The Island was the perfect petri dish for this kind of school of real knowledge acquisition. For a person like me who felt invisible, it’s been a blessing to move onto an Island of strong doers moving at the speed of light. There are times I’ve also been completely shocked by the curmudgeon effect. But as the old saying goes. ‘They have their feelings and I have mine.’”

Ultimately, I found the way to be kind and speak my truth was to understand where the other person is/was in their growth and development.

Someday I know my distant relative is going to need me badly. And I will gladly be there. The years of love I have kept in my heart will come pouring out towards them and be received. That healing and maturation will come.

Now, my little friend regularly refers to his t-shirt, and while I’m wistful it is no longer his honey shirt, I’m willing to let it be a memory that brings a smile. I will give him permission to get older.

See, in our rural paradise here, what we really grow is each other. If we strive to be kind, speak our truth and let each other grow, our harvest will be plentiful.

And now I’m going to go have a cup of honey chamomile tea and think of all my friends I’ve seen mature and think of my own journey and think of some new kindness to do for them. Because the third thing I love after adventure and kindness is growth.

Love
Deborah



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Oklahoma!

Continued from Page 1

graced the Broadway stage in 1943 and went on to run for 2,212 performances.

In addition to the team of Directors, this production brings together the talents of Marita Ericksen (Music Director), and Kathy Bonner (Choreographer). Drama Dock is collaborating with Blue Heron Dance Studio for the ballet number in Oklahoma!. Other dances will be lively foot stompin’ fun.

The cast of 40 includes the talents of islanders popular with Drama Dock audiences. David Katz, leads the cast as good humored cowboy Curly. Zoey Rice is a spirited Laurey with Kristina Turner as her feisty Aunt Eller. David Hackett is featured as love-sick cowboy Will Parker in pursuit of flirty Ado Annie played by Lissie Nichols. Randy Martinez plays against type taking on the part of baddie Jud Frye. In addition to wrapping up directing duties and designing the set, Phil Dunn is keeping a smile on everyone’s face with his entertaining role, Ali Hakeem. Kirk Beeler rounds out the leads as the stern Mr. Carnes.

The full cast includes Drama Dock newcomers plus a plethora of talented islanders who have demonstrated their talents in previous island productions. The cast includes: Kate & Anne Atwell,

Bud & Sheila Blakely, Alexis Carlton, Kaitlyn Davies, Sue DeNies, Laurie & Will Hennessey, Ellie & Isaac Shepherd-Hughes, Richard Kasden, Max Lopuszynski, Luther Martinez, Tim McTighe, Anne & Mable Moses, Joan Newcomb, Keanu Roush, Claudia & Stella Gross Shrader, Annie Strandberg, Jordi & Roman Marguez-Twisdale, and Calen Winn. Featured dancers include Alexis Carlton, Barbara Gustafson, Amorita Juarez , Camille Kappelmann, Mag Sayre, Trudy Soriano, Jarrod Swenson and March Twisdale.

Adding to the show will be a remarkable group of local musicians including Paul Swenson, Steve Amsden, Jean Richstad, Dick Gordon, Randy Bruce, Melanie Taitano, Dan Brown, Josie Veatch, Sarah Church, Joanne Kicinski, and George Heidorn. A full orchestra was gathered to record the “Dream” ballet sequence and some of the musicians will be featured on stage as a country band.

Drama Dock presents: Rogers and Hammerstein’s Oklahoma!

Thurs.-Sundays July 8-18, Adults \$15, Students/Seniors \$10. Special pricing for Thursday performances Adults \$10/ Students & Seniors \$5. Tickets available at Vashon Book Shop, Books By the Way and www.brownpapertickets.com

Market Buck Match

Continued from Page 10

Here on Vashon, we experienced similar results on a smaller scale. In the first year of the project, EBT sales were \$1,613. (Total debit/credit/EBT sales were \$19,910.) The average token purchase was \$24.00. Matching the first \$10 of EBT token purchases with Market Bucks increased customers’ purchasing power substantially. Our EBT customers were consistently surprised and delighted by the program and the generosity of the community.

In 2009, the Market Buck Match program was funded by a Green Seed Grant from Sustainable Vashon, and individual donations. In total, \$600 was raised, and all the Market Bucks were distributed and redeemed. Our goal for 2010 is \$1000.00, and we have raised

\$200 so far. Sustainable Vashon has offered to match the first \$300 in contributions. Here’s how you can contribute:

1. Come to see the new film, FRESH, at the Vashon Theater on Sunday, June 27 at 1:30 PM. Admission is by donation and proceeds beyond expenses will go to the Market Buck Match program.

2. Send a check to VIGA, P.O. Box 2894, Vashon, WA 98070, and write Market Buck Match in the memo line.

3. Or, come by the Market, see what we’re doing, and make your donation there.

This project, run on a shoestring by volunteers, is making a difference to shoppers and farmers alike, putting local dollars to work in service of healthy food and healthy families



By Marj Watkins

QUICK SALADS AND MAIN DISHES

Hurried day, too-full days, or lazy days call for ideas for quick, satisfying meals. Yet we want to give our families, and ourselves, healthy foods. Here are some ideas that work for us.

It's conventional to serve the salad first, but chez Watkins we prefer the European method of serving the salad as an entremet between the main dish and the dessert, if any. A salad cleanses the palate and prepares it for the sweet successor. But a fruit salad often is our dessert. Later in the evening, we might have some sliced fresh fruit and yogurt or spray-on whipped cream, or slice and microwave a banana or two and top the slices with whipped cream or yogurt.

Three vegetables or fruits constitute an eye-pleasing, complete, and infinitely varied salad, quickly assembled. Vary quantities to fit the size of your family and number guests. Here are some ideas. Play with them.

Quickly construct your own variations on the three-ingredient theme. Lay down a base of chopped or torn greens or lettuce mixture and top it with vegetables, fruits, and/or pickles of some sort, or dried fruit. Try pickled garlic, pickled herring, sliced sweet gherkins, or tiny pickled onions with sliced or diced ripe tomatoes. Try dill beans or pickled sliced beets . Enhance a platter of diced apples or pears on lettuce with seedless grapes or halved pitted cherries, diced pineapple, sliced almonds, toasted sunflower seeds or mandarin orange slices.

Wash and dry the lettuce or other greens, then assemble the next two ingredients.

SALADS of THREE

Washed, dried, stemmed spinach; halved or sliced strawberries, thinly sliced red onion.

Bib lettuce, sliced fresh or canned peaches, blueberries or dried cranberries

Shredded romaine lettuce, sliced red ripe tomatoes sprinkled with a little sugar or Splenda®, diced red onion

Torn red lettuce, diced apple (dip in salt water prevent browning), thin-sliced celery, walnut halves or pieces

Torn or cut up green lettuce, or red lettuce, diced pear (wash, don't peel), Gorgonzola or Blue Cheese crumbles

Lettuce mix from produce section, thin sliced sweet onion or green onion, sliced black olives

Chard leaves, cut or torn, diced apple, diced orange

Shredded cabbage, shredded carrot, and pineapple bits.

PRACTICALLY INSTANT PEANUT SAUCE

Makes about 1 1/2 cups

Combine in food processor or blender:

1 cup hot water or liquid from blanching vegetables plus

1 teaspoon chicken granules

Handful coconut shreds

1 Tablespoon lemon or lime juice

1/ 1 Tablespoon dried onion flakes

1/4 to 1/2 teaspoon red curry paste, or 1 teaspoon curry powder

1/2 teaspoon garlic powder, or 1 sliced garlic clove

1/2 cup 100% pure creamy peanut

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Process until ingredients are well blended. Taste and add little more curry powder or paste to suit your taste.

Thinned and extend with additional broth, coconut milk, vegetable cooking liquid, or hot water if desired.

Serve steamed or boiled vegetables, potato chunks, and sliced or quartered boiled egg or fried tofu cubes, or over steamed rice or vegetables or cubed whole-grain toast.

Vegetarian
FAST SPAGHETTI SAUCE
4 servings
2 Tablespoons canola or light olive oil

1 sweet onion, halves and cut pole-to-pole in ¼-inch slices

2 teaspoon Italian herbs

1 cup frozen edamame or green lima beans or canned or precooked kidney beans

1 green bell pepper, seeded and sliced in 1/3 inch strips,

2 garlic cloves, sliced or minced, optional

1 jar Newman's Spaghetti Sauce, or 1 can Hunts

½ to 1 teaspoon cinnamon

Black olives, optional

Grated cheese

Thaw frozen beans by putting them in a glass measuring cup and pouring boiling or very hot water over them.

Prepare the vegetables.

Heat oil in a large skillet or wok. Add onion. Sprinkle with Italian herbs Stir fry until glossy and semi-transparent. Add beans. Add green pepper and garlic. Stir fry 5 minutes. Add the spaghetti sauce. Bring to boiling. Reduce heat. Simmer until thawed beans are tender or canned beans heated through. Stir in olives if using.

Serve over cooked, drained pasta you've tossed with a tablespoon of extra virgin olive oil. Pass the grated cheese.

P.S. Look for our booth at the Strawberry Festival. We'd love to have you visit

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Dancing on the Village Green

Continued from Page 1

July 12 - Mary Sherhart & Balkan Cabaret

Balkan Cabaret formed in May of 2001 when Mary Sherhart, Balkan vocalist, started working with the Balkan dance orchestra Nishava. They had a common desire to revisit and perform old Balkan standards heard in cafes, many from over 50 years ago. They are a group of dedicated artists who have spent many years both in the Balkans and here in the U.S., learning the music, songs and dances from the Balkans. For the past few years they have been touring to Bosniak communities throughout the U.S. A few years ago members of the group were flown to New York City to play for Mark Morris' opening night celebration at the Brooklyn Academy of Music (BAM). www.balkancabaret.com www.marysherhart.com

July 19 - Pangeo

One of the most respected Greek ensembles in the US. led by multi-instrumentalist Christos Govetas, Pangéo is a four member musical group based in Seattle. With a taste for old-style dance music they are equally at home playing ballads from the mountains of Epiros in Greece, or lively tunes from the Bulgarian, Yugoslavian and Albanian border areas or Roma dances from the Gypsy quarters in Macedonia. The instrumentation includes clarinet, accordion, guitar, percussion, voices and bouzouki – offering a sound that transports you to another world! Green Man Review calls their work, "some of the finest Greek music that you'll ever have the pleasure to hear, bar none." www.pangeomusic.com

August 9 - Piedmont Blues

Phil Wiggins was born in Washington, D.C. and spent his childhood summers at his grandmother's home in Alabama, where he listened to old-time hymns sung in church in the traditional call-and-response style. He was attracted to the blues harp as a young man and began his musical career with some of D.C.'s leading blues artists. For many years he was part of the Cephas & Wiggins harmonica-guitar duo. He will be performing here with Orville Johnson. Phil also serves as director of Centrum's annual Blues week held in Port Townsend. www.philwiggins.com

August 16 - Duvo Ensemble

On tour here from their native Hungary, this four piece string band is made up of three fiddlers, upright bass and vocalist. They play a vast repertoire from all ethnic groups of the Carpathian basin, play a wide range of traditional instruments and

are active in the tanz haus movement in Hungary. They have released nine major recordings, have won several prestigious awards and actively tour as musicians and teachers at concerts and music and dance camps throughout Europe and the US. On Vashon, they will be joined by two dancers, who will perform and teach dances. www.duvo.hu/english

September 11 - Bosnian Blues

The emotive and culturally complex rhythms of Bosnia and Hercegovina will be performed by four accomplished Bosnian musicians who played together in Sarajevo as young people, and then reunited years later in Seattle. All four musicians fled their war-torn country in the mid-1990s. The quartet plays sevdah that is also known as Bosnian blues. Sevdah is the traditional music genre of urban town centers of old Bosnia and Hercegovina, where merchants from many cultures mingled to create a vibrant city life. Sevdah's rich melodies and poetic text reflect all these influences.

OPEN MIC: This year we will continue our new program within our Monday night Music Series. Cosponsored with Vashon High School Literature Journal it is an evening based on Vashon High School's Open Mic program, and will take place the last Monday of July and August. These evenings will be organized by Danny and David Salonen who will select performers for each program. If you want to perform on any of these evenings please contact: David Salonen: dsalonen@gmail.com, 920-8890 or Danny Salonen: dsalonen2@yahoo.com, 963-6165

*Please note, the program on September 11th will take place on Saturday night at VHS Theatre. All other programs will take place Monday nights at the Village Green.

Attendees are encouraged to bring their own lawn chairs or blankets for seating.

Sponsors: Vashon Folkdancers and Vashon Park District

Funding from the Vashon Park District, 4Culture and Matt Bergman make this series possible.

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Friday, June 25 *Live music with Ken Jacobsen*

Garden Tour weekend, June 26 and June 27 -
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Friday, July 2 - First Friday with Artist of the Month Randy Kirk - wall hangings rendered from recycled metals. *Live music, wine tasting with Ron Irvine.*

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Loopy Laffs

A very religious man lived right next door to an atheist. While the religious one prayed day in, day out, and was constantly on his knees in communion with his Lord, the atheist never even looked twice at a church.

However, the atheist's life was good, he had a well-paying job and a beautiful wife, and his children were healthy and good-natured, whereas the pious man's job was strenuous and his wages were low, his wife was cheating on him and his kids wouldn't give him the time of the day.

So one day, deep in prayer as usual, he raised his eyes towards heaven and asked: "Oh God, I honor you every day, I ask your advice for every problem and confess to you my every sin. Yet my neighbor, who doesn't even believe in you and certainly never prays, seems blessed with every happiness, while I go poor and suffer many an indignity. Why is this?" And a great voice was heard from above ...

"BECAUSE HE DOESN'T BOTHER ME ALL THE TIME."

Some guy bought a new fridge for his house. To get rid of his old fridge, he put it in his front yard and hung a sign on it saying "Free to good home, You want it you take it".

For three days the fridge sat there without even one person looking twice at it. He eventually decided that people were too suspicious of this deal, it looked to good to be true, so he changed the sign to read "Fridge for sale \$50." The next day someone stole it.

The day I started my construction job, I was in the office filling out an employee form when I came to the section that asked: Single____, Married____, Divorced____. I marked Single.

Glancing at the man next to me, who was also filling out his form, I noticed he hadn't marked any of the blanks. Instead he had written, 'Yes, in that order.'

"Woman's Poem"

He didn't like the casserole
And he didn't like my cake.
He said my biscuits were too hard...
Not like his mother used to make.
I didn't perk the coffee right
He didn't like the stew,
I didn't mend his socks
The way his mother used to do.
I pondered for an answer,
I was looking for a clue.
Then I turned around and smacked him...
Like his mother used to do.

"Doctor, I think I'm losing my hearing."
"What are the symptoms?"
"It's on FOX show about a little yellow family, but what has that got to do with my problem."

A doctor examined a man, took the wife aside, and said, "I don't like the looks of your husband at all."
"Me neither doc." said the wife. "But he's a good provider and really good with the kids."

After the birth of their child, an Episcopal priest, wearing his clerical collar, visited his wife in the hospital.

He greeted her with a hug and a kiss, and gave her another hug and kiss when he left. Later, the wife's roommate commented, "Your pastor is sure friendlier than mine."



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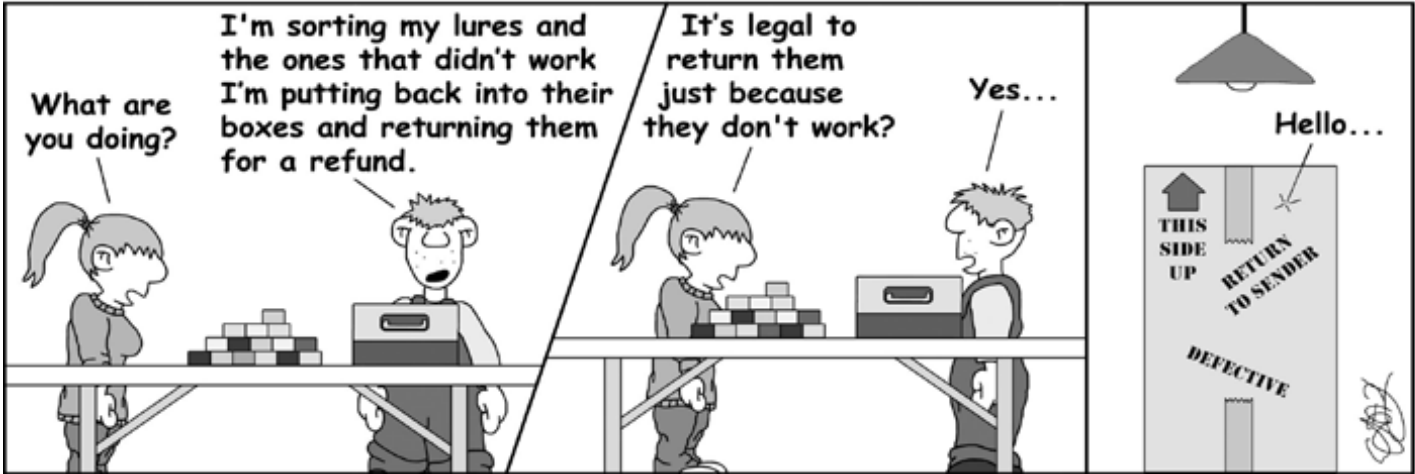
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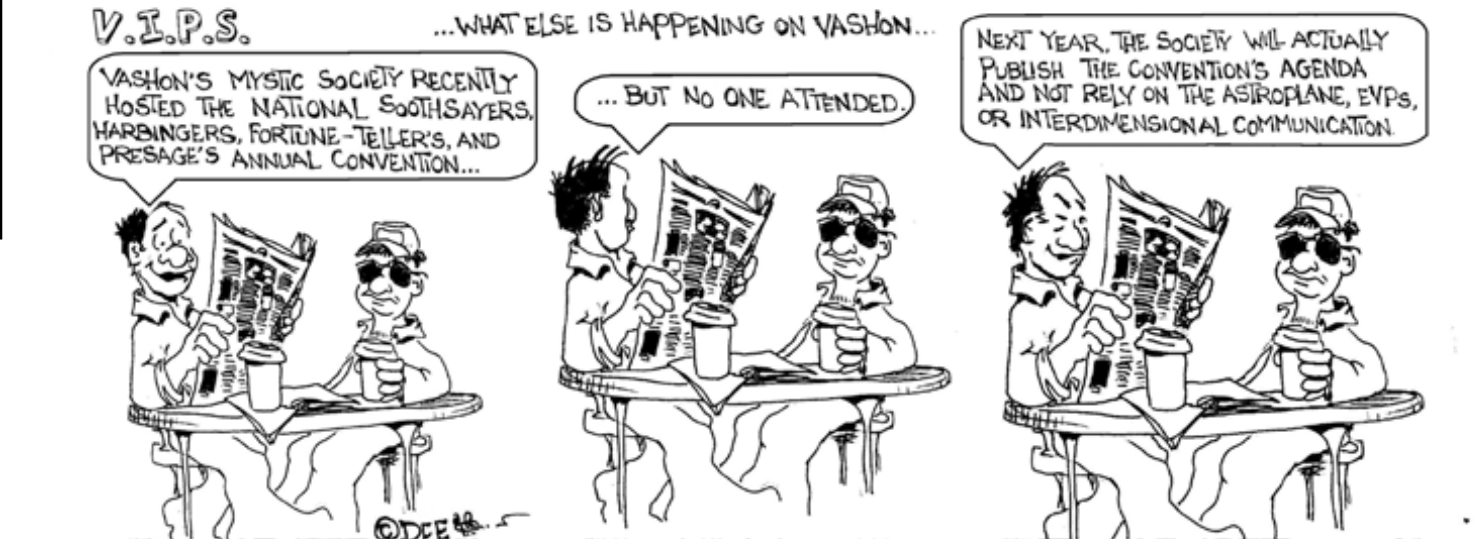
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Performing June 25 - 26
Town Rill, Porch Blues
and Secular Spirituals



Friday, June 25, 7:30pm. At Cafe Luna. Blues singer and songwriter Town Rill makes his third trip to Vashon, appearing at Luna for a solo show. Since his last visit two years ago, a joint concert with folk singer Anna Laube, he has continued to evolve his unique sound.

Correo Aereo



Friday, June 25, 8pm. At the Red Bicycle. Correo Aereo (Air Mail) is an award winning multi-instrumental and vocal Latin/World Music Trio performing traditional and original music of Latin America; primarily of Venezuela, Mexico and Argentina.

Mary Win, Poppy-
Classical-Folk



Saturday, June 26, 7:30pm. At Cafe Luna. Here's what Mary has to say about herself and her instrument: "1969... a little guitar is born in Japan. 1989... a little girl is born in Burma. 2008... guitar and girl meet in Lynnwood, Washington never to imagine life without each other again.

Scott Cossu

Saturday, June 26, 8pm. At the Blue Heron. Musician, composer and recording artist Scott Cossu serves up a delicious evening of eclectic music with piano and flute. He will be joined by flutist, Ann Lindquist. Cossu's meaty background in jazz and rhythm and blues, combined with years of classical training.



Waterlogged & Roam

Saturday, June 26, 9pm. At the Red Bicycle. Waterlogged is a collective spirit anchored in driving rock and roll-come hear for yourself! You'll hear unique rocking song medley combinations that you will not hear any place else or that anybody would try. ROAM: From various incarnations as neighbors & roommates in West Seattle during the 1990's, these four friends/ musicians known as the band ROAM gelled and molded into who they are now - one cohesive unit. Now together they ROAM through venues and varieties of musical genres and are always doing something groov-a-liciously crazy and interesting.



Encore! Spring
Series



The final concert in this series takes place Tuesday, June 29. he 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. The Tuesday performance begins 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 or call (206) 463-9804. Tickets will also be available at the door.

Eric Apoe and Danny Godinez
First Friday Art Walk

Seattle songwriter Eric Apoe started in the music business as a drummer for Cajun fiddler Doug Kershaw, with whom he toured the U.S., Canada, and Europe. Later signed as a staff writer for Warner-Chappell, his music was championed by Tom Dowd and John Hammond Sr. In Seattle, Apoe has released five CD's with his band, They. The third, "Radioation," is culled from live radio appearances on KEXP and NPR's KUOW. His previous release, "Dream Asylum," includes four songs co-produced by Soundgarden/Pearl Jam drummer Matt Cameron. A solo version of his song, "The Bag" was released on a compilation to benefit Northwest Harvest. The fourth CD, "Book Of Puzzles" features some of the band members finest recorded performances as well as several guest performers. Irish piper Tom Creegan on "Times of Trouble, and Mickey Raphael playing harmonica and echo harp on "Old Part Of Town". Noted violist Joanna Hood, arranged strings for the jazz ballad, "Brokenhearted Blackbird", and celebrated songwriter and lifetime friend, Ron Davies sings a duet co-write on the last track, "Stranger in Your Own Hometown".

A staple of Seattle's underground, his music encompasses rock, jazz, folk, classical, and world traditions. With poetic force and humorous paradox, Apoe is a Leonard Cohen for the Age of Unreality. Danny Godinez has been creating quite a stir with his unique guitar



wizadry experience into an unforgettable one man show. He is a phenomenal talent with the acoustic guitar, weaving a wide of array of eclectic genres of music.

He has been compared to Al Dimeola, Tim Reynolds, and Keller Williams. He currently plays as a member of Michael Shrieve's(Santana) band "Spellbinder". He has enjoyed success in Europe and Alaska, and is currently working on his debut solo effort. He has played shows with such luminaries including Robben Ford, ZZ Top, Kenny Wayne Shepherd, Rodrigo y Gabriela, and others. He is also an accomplished teacher and tennis enthusiast. "Danny Godinez plays guitar the just the way I like it; with fire and beauty, grace and melody, intensity and passion." - Michael Shrieve (Santana) "Danny Godinez is definitely a guitarist not to be missed! He blew my mind at the Showbox." - Chris Sheridan, KMTT 103.7 "...opened for Kenny Wayne Shepherd and stunned the audience." - Adam Zacks, House of Blues Promotions All-ages 'til 11pm, 21+ after that. Free cover! At Red Bicycle Bistro & Sushi, 17618 Vashon Hwy, Vashon Island 206-463-5959 www.redbicyclebistro.com



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Traveler's
Reflections,
Jeanne Robinson



Islander and Luna regular Jeanne Robinson returns to the Cafe with an eclectic collection of images from her travels around the world, including the one above which you might or might not guess was taken in India. Friday, July 2, 6pm At Cafe Luna 9924 SW Bank Road, Phone: 206-463-0777 www.cafelunavashon.com

Deadline for the next
edition of *The Loop* is
Friday, July 2

Garden Tour and Concert this weekend!

Garden Tour weekend and summer have finally arrived, both highly anticipated Northwest events! Pick up Tour tickets Saturday and Sunday at the Blue Heron for \$25 per person which gives you cart blanche to stroll five beautiful Island gardens, hear free seminars and live music shop for garden art and more. Garden Tour is one of those Island events guaranteed to leave you inspired and refreshed, maybe even

ready to go home and take a different view of your own garden. Saturday evening after Garden Tour, pianist Scott Cossu and flutist, Ann Lindquist will play original jazz and blues, 8 pm, at the Blue Heron. Tickets for the concert are \$13/\$15 and include complimentary appetizers and wine. What better way to end the day? Go to VashonAlliedArts.org for more information or call 463.5131 for tickets.

Sounds on the Sound Summer Concerts

Free shows for the public brought to you by Vashon Park District, Vashon Island Music Festival and Rez 1 Productions Live music June 26th and August 28th at Lisabeula Park aquatheater on Vashon's beautiful west side.

Music from 1:00 till dusk both dates ,all styles of music are featured and with the stage backed up to the beach it has been called "Vashon's version of the gorge amphitheater" . From grandparents to grandchildren and everyone in between it is just a fun filled music experience for the whole of humanity, come feel the magic at sounds on the sound.

LINE UP: Lisabeula - June 26
song and legend
kelsey alina



allison shirk
john browne
curly harmon
old dockton
turner down
foundry fire
murgatroyd
blue monster

Hejira American/Egyptian fusion



If you haven't heard this outstanding duo in their past Luna appearances, you are really missing something, and here's your chance to take them in, American Don Baragiano on guitar and Egyptian Ashraf Hakim on cello creating a fusion of Middle Eastern ¼-tone scales and rhythms in their fiery compositions.

One of their fans, Dr. Rubina' Mahsud at Seattle University, captures the pair well: "You & Ashraf are so innovative! I noticed the body language between you as you played. You were reading each other's mind and were developing new musical ideas, spontaneously. While entertaining the audience you two were having a musical conversation of the mind. As a team you are phenomenal music innovators. I wish you great success!"

And they're having plenty of it, with many concerts around the country, including a special Make Music New York gig in Astoria, New York City this past June 21st, an event that had hundreds of groups playing all around the city. Saturday, July 3, 7:30pm
At Cafe Luna
9924 SW Bank Road,
Phone: 206-463-0777
www.cafelunavashon.com

Publish The Quest

Publish The Quest is excited about performing again at the Red Bike, the venue that is quickly becoming one of their favorites. The Quest is music and words tied and twisted together to make people move and think at the same time.. the Quest is life; bringing people together to share happiness and pain alike.. We have heard 'World Blues' as a term used to categorize this group, and I have heard 'Other' as well.. Publish The Quest, is a combination of Blues, Rock, Ska, World Pop of some kind and something else mixed and then decolonized. Dance music melodies and powerful lyrics.. thumping bass, and stout snare shots coupled with sassy horns and some wicked guitar lines.

The sound is so different and original, it's something you need to experience live to appreciate it the most. This will most definitely be the type of show that fills the dance floor with bodies. For



those of you that want to take the vibe home with you, PTQ will have copies of their CD available for purchase at this show, so pick one up before they are all gone! All-ages 'til 11pm, 21+ after that. \$8 cover
At Red Bicycle Bistro & Sushi,
17618 Vashon Hwy, Vashon Island
206-463-5959
www.redbicyclebistro.com

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Vashon Business Information

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www.vashonloop.com.



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PANDORA'S BOX

Well, finally....we are anxiously awaiting the arrival of Buddy, the new store cat. Hopefully he will work in. He's certainly adorable. He's of mixed ancestry and has an attitude. Kind of a cross between Horus and Andy!



Cheryl's pick of the week:
New natural Bison treats!!!! We've got tripe sticks, tripe bones and Bison weenies. Yummy.

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Teaching for the love of music

Blue Heron Gallery features Three Artists

By Janice Radall

July at the Blue Heron Gallery offers three different mediums by three exceptional women artists; photographer Shelley Hanna, sculptor Deby Harvey and oil painter Tove Pisarelle.

Photographer Shelley Hanna says she finds joy in documenting every-day moments. Hanna worked in Seattle's film and video industry before moving to the Island seven years ago. Now the mother of a five year old, Hanna returned to photography-mostly color-using a Panasonic DSCR or Leica (when using film). Hanna's work ranges from abstract to people to recognizable objects. "It's about 'showing up' for life," she adds. This will be her first gallery exhibition.

Seattle native Tove Pisarelle paints contemporary oil landscapes on birch panel or canvas. Pisarelle's land, water and sky paintings provide an ethereal, atmospheric visage of landscape without evidence of humans. Painting purely

from her imagination, Pisarelle says she loves the sensuality and color she can achieve with oils.

Seattle artist Deby Harvey built copper water features in landscaping design and became intrigued with manipulating copper into sculptural forms. Now she creates mixed media forged copper sculptures with copper tube wire, semi precious stones and natural elements such as birds' nests and lichen. Vertical copper spirals entwining leaf and pod shapes, 18 in. to 2 ft. long, will be suspended from the Gallery ceiling. Designed for indoor use, sculptures may also be displayed outdoors.

Join the artists for the opening 6 to 9 p.m., Friday, July 2, at the Blue Heron Gallery with live music by percussionist Fletcher Andrews, pianist Jack Barbash and upright bass player Steve Meyer.



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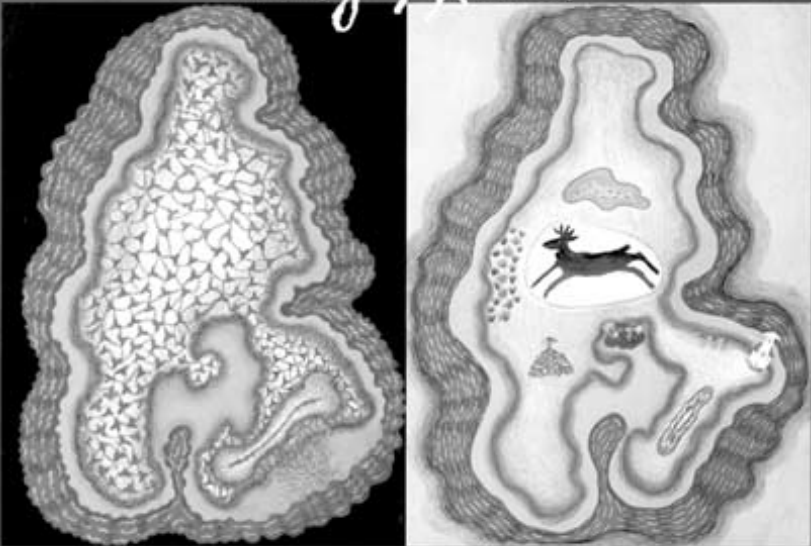
By Peter Bond



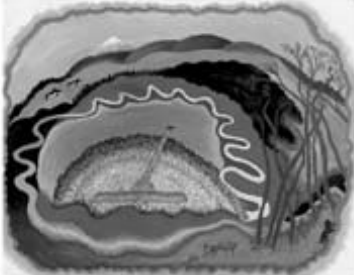

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now or on the web at
www.annledashapiro.com**

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Saturday
& Sunday
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26 - 27
Vashon Allied Arts

Friday Pre-Tour Event Garden Connoisseurs

Friday, June 25
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Limited tickets available

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Saturday and Sunday, 10-11 am at DIG
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TICKETS: 463.5131 OR
Blue Heron, Heron's Nest, Kathy's Corner, Giraffe, DIG,
Minglement, Country Store & Gardens, brownpapertickets.com
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