

THE LOOP

Vol. 7, #7

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

April 2, 2010

No Fooling ~Wise Guys

Amsden and Almeida perform

Double Bill at Blue Heron Saturday, April 3rd



*VAA New Works Series brings two Island musical luminaries, Steve Amsden and Kevin Almeida, to stage with all original work to the Blue Heron, Saturday, April 3, 7:30 pm. Tickets for the show, \$12/\$14, are available now at Heron's Nest, Books by the Way, Blue Heron and brownpapertickets.com. Or call 463.5131 to purchase by phone. **Story page 14***

Only on Vashon

By Peter Bond

There are 11,233 roosters on Vashon Island. This according to the poultry census just completed. Maybe a more appropriate name for us would be Rooster Island.

I'm kidding of course. There's no way to tell how many of the doodlers there are, but this number seems as good a guess as any, being slightly more than one rooster per resident. Sure, you can go miles without hearing a single rooster. But then

you'll come across a spread with thirty or forty of the little devils. With several hen harems to match. Most of these rooster boosters live on my street. (Kidding again - two roosters have a hard time living together without killing each other - forty would be a bloodbath - but they still all live on my street)

This makes me a recent expert on roosters so first thing I'd like to dispel is the myth of the charming cock-a-
Continued on Page 4

Sound Food Catering
and Events Presents:

Wise Cracks

Starring Jan Barrett

Saturday, April 3rd
show starts at 7:00pm



SHE'S BACK - National headlining comedian, Jan Barrett, started her comedy career on Vashon Island over 20 years ago. She has toured all over the United States opening for Jerry Seinfeld, Dana Carvey, Louie Anderson and other national stars and toured with the Chippendale Dancers. Jan's comedic voice and clever writing made her an Emmy Award winning comic.

The show also features NW comic Renée Perrault After a long

career in retail, Renée has been performing Stand-Up Comedy for the last 3 years. Playing at various NW venues she appeals to all ages talking about aging and the challenges of using a cell phone..

Ticket price of \$21.00 includes appetizers. Tickets on sale at Vashon Book Shop. Call 206-718-0126 or see www.soundfoodcateringandevents.com for more info.

Show contains some adult content, 21 and over please.



Vashon Idol & Rubber Boot Fashion Show

Do not miss this much-anticipated all-ages event! The Vashon Idol & Rubber Boot Fashion show will be an event you won't soon forget! Come on out and show off your "high-fashion" wellies and see the one-of-a-kind art boots created by Island artists. Our three discerning judges will pick the winning art boots that will be auctioned off to support BARC (Burton Adventure Recreation Center). April 9th at 8pm at The Red Bicycle

What about you singers? Who will get the title of Vashon Idol?? A professional Karaoke machine with 4,000 songs assures that all will be able to belt it out with the best of them. If you are a ham, this is your night!

We are thrilled to announce a mystery "Fashion-ista" to hostess the evening! Who is she? You will just have to show up to find out!

All proceeds will go toward a \$5,000 matching grant for the BARC, as they make a big push toward the next phase of building. That's potentially \$10,000! By the way, a big thank you to Allison Shirk who was able to bring in this \$5,000 grant for BARC!

So mark your calendar for this fun and frolicsome community event! To enter the contest(s) or for more information, please contact Shelley Dillon at 463-3256 or freshground@comcast.net. All-ages show 'til 11pm. Donations accepted! 8pm-11pm. See you there!

April Meetings will shape Vashon

Two important meetings will be held this month that will impact how we travel and have access to resources on Vashon Maury Island. April 9th marks the Dockton Seawall CAG Meeting. April 15th the Vashon Library will host an open house to show design concepts for the new Library and hear comments.

The Dockton Seawall meeting April 7th at Court House Square starts at 7pm. Islanders are encouraged to attend and help shape the future of this much used link between Vashon and Maury Island. The roadway along the tramp harbor water front could change radically. Options include closing the roadway and making it a walking trail to preserving the current two lane structure.

King County and consultants will present preliminary study findings and presentation materials in preparation for a public open house scheduled for April 22nd at McMurray Middle School. The purpose of the April 7th meeting is to

Continued on Page 4

EnJoy Productions announces a Loud World Premier!

EnJoy Productions (aka Martha Enson and Kevin Joyce) premier their latest theatrical production, The New Loud Americans, 8 pm, April 9, 10 at the Blue Heron, as part of Vashon Allied Arts New Works Series. Celebrating a 20 year connection with



Vashon Allied Arts; Joyce and Enson are founding members of UMO and many early UMO pieces premiered at the Blue Heron.

Continued on Page 15

Get in The Loop



Submissions to the Loop

Do you have an event or Public Service Announcement? If it's for profit, please send a contribution to help offset our printing costs. PO Box 253. Email questions or submissions to Marie Browne, editor of the *Loop*, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.

An Easter Message from The Church of Jesus Christ of Latter-day Saints

In this modern world we live in, it is so easy to become distracted by the hustle & bustle of our busy lives. It is easy to lose sight of who we are, why we are really here, and where we are truly going.

I am reminded of a statement by the current Prophet, President Thomas S. Monson and his counselors:

“At this Easter season of hope and renewal we testify of the glorious reality of the atonement and resurrection of the Lord Jesus Christ. The empty tomb brought comforting assurance and provided the answer to the question of Job, “If a man die, shall he live again?” (Job 14:14).

Because of the Savior's resurrection we will overcome death and become the beneficiaries of His mercy and grace. In a world of trouble and uncertainty, His peace fills our hearts and eases our minds. Jesus is in very deed “the way, the truth, and the life” (John 14:6).

We give our sure witness that Jesus is the Christ. Though He was crucified, He rose triumphant from the tomb to our everlasting blessing and benefit. To each member of

the human family He stands as our Advocate, our Savior, and our Friend. “

May we all take a moment this Easter season to reflect on the life of the Savior, and the selfless act of Atonement he performed in our behalf. When we lose a loved one, may we all find comfort knowing that we will see them again, that we all will be resurrected, and that we all have a chance at Eternal Life. May the peace this message brings find place in your heart is my prayer. In the name of Jesus Christ, amen.

Sunday Easter Service/Broadcast & Pot Luck, 9330 SW 204th Service/Broadcast 9 AM – 11 AM &/or 1 PM – 3 PM

Lunch Pot Luck: 11 AM – 12:30 PM

This is a General Conference Easter Sunday Broadcast from Salt Lake City, UT.

Gene Kuhns, Jr.
1st Counselor, Vashon Branch Presidency
The Church of Jesus Christ of Latter-day Saints

Waterlily Workshops presents LICENSE2PARENT: LEARNER's PERMIT

A pregnancy through 3 months parenting class will be offered April 17th and 24th from 2-5 PM at the VYFS Playspace. The class will focus on the three E's of parenting: Engaging with your child, Extending their experience and Encouraging their development. The topics will include sleep issues, tantrums and

tears, discipline and making the switch to parenthood. Babies are welcome. This class is for first time parents. It is a two part class.

The cost is \$75 for non members and \$60 for members with discounts available for limited income participants.

License2Parent : Regular Endorsement for parents of children ages 4months through 11 years will be offered. May 15th and 22nd.

License2Parent : Special Endorsement for parents of siblings, special needs children, or teenagers will be held June 19th and 26th.

The focus, topics and cost are the same for all workshops. The classes are lead by Deborah Anderson MA , teacher, parent , and grandmother.

Thank You Vashon!

The members and staff of the Senior Center wish to thank The Spice Route and the Vashon community for their ongoing support.

On March 23, 2010 The Spice Route Restaurant hosted a fund raiser for the Senior Center. Fifty percent of all sales (that's all sales, not just profit) made that day were donated directly to the Center. Many Center members, and their friends enjoyed a delicious meal at the Spice Route that day. This is just one of many examples of what a great, supportive community Vashon truly is. There is always someone willing to lend a hand where there is a need, and as a small nonprofit on Vashon, we are grateful.

Rick Morton Memorial service

An overflow crowd celebrated the life of longtime Vashon resident Rick Morton at a beautiful memorial service at VFW Hall Saturday, March 20. And as if choreographed by heaven the day itself blossomed into a gorgeous early spring afternoon, allowing the event to spill onto the lush grounds, a happenstance Rick would have reveled in, so fond was he of the beauty of our island.

Rick was killed in a helicopter crash in Arizona on February 14, which also claimed the lives of the Tom Stewart family. The Loop recently featured his story as a

The Vashon-Maury Island Green Party

You can visit at vashongreen.org, meets on the second Tuesday of every month. This time you'll find us at Joy Goldstein's home, relaxing in her living room while we discuss the future of our island and our planet. If you're interested in progressive politics or a sustainable lifestyle, you're welcome to drop by!

TIME: Tuesday, April 13th, from 7:00 to 9:00 PM.

PLACE: 10329 SW Bank Road, one third of a mile west from U.S. Bank

If you need directions, want to carpool, or have any other questions, please call or email:

Spencer Campbell, Acting Secretary, (206) 795-7767, Lacertilian@gmail.com

VIPP Fundraising Plant Sale 2010

Saturday 24th April from 9 am to 1 pm
at the Land Trust Building on Bank Road.

With spring coming, when you are in your garden, please consider dividing, potting and (if possible) labeling your plants for donating to our Plant Sale.

Donate: Annuals, perennials, bulbs, vegetables, trees, bushes, seeds and natives as well as books (but please, no magazines) are all very appreciated. (Please no lilies or hemerocallis since they are from the liliaceae family and they are highly poisonous to cats.)

The drop off for plant donations is Friday April 23rd from 3 pm to 6 pm at the Land Trust building.

For info. call Emma Newby (206) 463-0979 or Terri Campman (206) 463-6410 if you need pots.

April 2 '10

gentle reminder to the media and public that our friend and neighbor, often overshadowed by his larger-than-life boss, was much loved and appreciated on Vashon.

A full military honor guard accompanied the playing of taps on traditional bagpipes and many memories were shared as one after another of Rick's dear friends and family made it to the podium to fill the hall with laughter and tears. Some of Rick's canine friends were also welcomed, even to the refreshments.

That's the way Rick would have wanted it.

Caregivers Support

Vashon Community Care's Caregivers Support Group will host Robyn Stover, MSW, on Thursday, April 8. Robyn will inform us about Medicare Part B and long term care insurance.

We will meet at 2pm, instead of our usual evening time. The public is welcome to attend: please call Julea at 567-6142 for details

Lenten Workshop at Camp Burton

The Lenten Workshop “The Essential Jesus : Savior, Redeemer, Friend” will be held at Camp Burton on Saturday April 3, 2010 from 9:30 - 3:30. The cost is \$15 which includes lunch on site. The workshop will be lead by the Rev Deborah H. Anderson. It will include instruction, journaling, prayer walks, and small group discussion. Register by calling 206.853.2388

Easter schedule for the Episcopal Church of the Holy Spirit

April 2, Good Friday: 7:15 pm Ecumenical service at Vashon Lutheran Church

April 3, Holy Saturday: 8 pm Ecumenical service, the Great Vigil of Easter at Episcopal Church of the Holy Spirit

April 4, Easter Sunday: 7:45 am and 10:15 am Eucharist of the Resurrection

Compost the Loop

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

Deadline for the next edition of *The Loop* is
Friday, April 9.

The Vashon Loop

Writers: Kathy Abascal, Deborah Anderson, Marie Browne, MEarth, Eric Francis, Troy Kindred, Melissa McCann, Orca Annie, Kevin Pottinger, Rex Morris, Ed Swan, Mary Litchfield Tuel, Marj Watkins.

Original art, comics, cartoons: DeeBee, Ed Frohning, Rick Tuel, Jeff Hawley, Alex Soriano. Steve Krueger
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PO Box 253, Vashon, WA 98070
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Don't miss an issue. Really.
We are in our 7th year of publication and still not bankrupt! (Yet) Wow!

PUBLIC NOTICE

King County Department of Natural Resources, Solid Waste Division has applied to Public Health – Seattle & King County for reissuance of the solid waste handling facility permit for the Vashon Closed Landfill. Information concerning the landfill and the permit reissuance application is available at [www.kingcounty.gov/health/Vashon Closed Landfill](http://www.kingcounty.gov/health/Vashon%20Closed%20Landfill) or by appointment by calling (206) 263-8518.

Written public comments about the permit may be submitted no later than May 3, 2010 to:

Public Health – Seattle & King County
Environmental Health Services Division
Attn: Ed Davis
401 Fifth Avenue, Suite 1100
Seattle, WA 98104-1818
Fax (206) 296-0189



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Knee Pain

by Rochelle Gravance
NAFC Master Level Certified
IYCA Level 2 Conditioning
Specialist
Physique Transformation Specialist
Habitsforming.com
Habitsforming@yahoo.com



The thought of living your life with chronic, limiting knee pain can be just as debilitating as the pain itself. The idea that you may be forced to eliminate certain activities from your life is frankly too much to bear. Unfortunately, most people that suffer from knee pain don't realize that options exist other than surgery or drugs. Fortunately, you're not one of them.

THE TOP FIVE REASONS FOR KNEE PAIN

AGE- As we get older we tend to be less active and begin to lose muscle, tendon and ligament strength which places more pressure on the joint causing pain.

OBESITY- Weight gain and inactivity go hand in hand and are a recipe for knee pain. Getting the weight off will reduce the stress, wear and tear on your knees.

GENDER- Knee pain can often be a bit biased. Women will sometimes suffer more from knee pain due to various factors including, but not limited to, imbalances in muscle surrounding the joints as well as the angle of the upper leg bone as it descends from the hip.

HEREDITY- If knee pain runs in the family, it's possible you may be next in line. Proper exercise is crucial to keep you pain free.

INJURY OR OVERUSE- Taking a hit to, banging or twisting the knee are common reasons for knee pain. What may not be understood is that knee pain can be caused by improper, overuse movements. Fortunately, this

is one of the easiest causes of knee pain to conquer.

After examining this list, I'll bet you can find one or more reasons for your knee pain. Have faith because hope is on the way. Recent research has suggested that being overweight and inactive produce the majority of knee pain symptoms. If you are at the age where you and your friends are all complaining of knee pain, you can help prevent it by taking the following steps:
Lose weight: One study found that people who are overweight with knee osteoarthritis decreased disability after reducing their weight by just 5 percent over a period of 120 days. For some, that can be as little as 10 pounds.

Exercise more: Strong evidence supports exercise, such as strength training, for knee osteoarthritis. A recent study showed that exercise reduced knee pain and helped participants move around more easily. The benefits of exercise were similar to those from non-steroidal anti-inflammatory drugs (NSAIDs).

Don't take knee pain sitting down. Check out these two sites for further information on what you can do about knee pain:

www.LoseTheKneePain.com or
www.KneePainWorkout.com

Do Not Miss

Vashon Allied Arts



NEWWORKS
2010
enJOY
PRODUCTIONS

FRI & SAT
April 9 - 10
8 pm
BLUE HERON
ART CENTER



Tickets:
\$12/\$14
at Heron's Nest
Books by the Way
Blue Heron &
brownpapertickets.com
By phone: 463.5131

VashonAlliedArts.org

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4
CULTURE
KING COUNTY LOGGING TAX

Don't Forget the Birds

Nesting Season Already Moving Along

by Ed Swan

At the beginning of April, when bird watchers yet see only a few of the birds that return from the south each year to breed on Vashon, many of the year-round birds have mates, nests a-building or even young. Nesting season on the Island actually stretches from February through July.

The main February and March action comes from the members of the owl family. Barred Owl and Great Horned Owl young start being noticed from mid to late April. The means that eggs for these species hatch in early to mid March. Breeding and nest building occurs in January and February. Sarah Driggs heard Northern Saw-whet Owls on her property along Cedarhurst in early March bringing hope that some pairs still breed on the Island. These little owls sometimes utilize nest boxes, either purpose built for them with designs found on-line or boxes intended for Northern Flicker. Some saw-whets formerly used some nest boxes on Maury Island and might again elsewhere.

Anna's Hummingbird provides the other very early nester. They sometimes nest in February with young coming along in March before the Rufous Hummingbird arrives in large numbers. The first Anna's nesting record in the state comes from nearby Tacoma. They moved up from California in the 1970's and 1980's and not only stay year-round now in good numbers near marine waterfront but nest at the same time that they do in California.

The resident songbirds such as robins, Dark-eyed Juncos, Song Sparrows, Black-capped and Chestnut-backed Chickadees, Bewick's and Winter Wrens, Hutton's Vireos and Brown Creepers burst into song in mid to late February. Many, like the Dark-eyed Junco, start building their nests in March. In mid-March I noted a junco gathering nesting material in the McMurray Middle School parking lot. Emma Amiad also reported several preparing about that time. Several, notably robins, juncos and Song Sparrows regularly try for two perhaps even three broods from March through July. Being resident year-round gives them the added advantage of extra time for more than one brood or starting over if the first fails.

The big wave of neotropical birds, the warblers, vireos, flycatchers and grosbeaks don't arrive in numbers until April and mid-May. They get one chance to establish a territory, find a mate and nest and be done by mid-July. Bird song gets quieter after the Fourth of July as first these birds focus on feeding young and then by mid to late July begin their fall migration. Rufous Hummingbirds disappear for the most part in August and many of those still seen represent migrants from further north passing through.

This year I hope to revise my book the Birds of Vashon Island and Gene Hunn plans a revision of his classic



Birding in Seattle and King County. Nesting records provide one of the most important indicators of the health of species in the area. As the nesting season progresses, both of us would appreciate notice of birds gathering nest material or mating, active nests found and nests with successful hatches and fledging of young. Please contact me at 463-7976 or edswan@centurytel.net with breeding bird information for the Island.

Spring arrivals and interesting sightings in March include these on March 21 a Turkey Vulture and the first pugetensis sub-species White-crowned Sparrows by Ron Simons at Pt. Robinson. Also, there or nearby, Joy Nelsen saw the first Violet-green Swallows on March 18 and Orange-crowned Warblers March 21. If you have returning species to report or a question about local birds please use the contact information above.

I'm also available as a guide for finding birds around the Island and the Puget Sound region. The coming months through mid-spring provide the best birding of the year with winter waterfowl being joined by returning breeding birds in April and May. At a recent trip up to the Skagit, we had great, close-up views of 7-10,000 Snow Geese and a couple of hundred Trumpeter Swans. This is still possible until early April. Visit my website at www.theswancompany.com to find out more.

Only on Vashon

Continued from Page 1

doodle-do at dawn. Oh they make a sound at dawn all right, and at six AM, seven AM, eight AM etc. But the sound is more akin to a belching rendition of the opening line of the banana boat song. All day long the roosters on my block shuffle around burping Day-O, Day-O.

Uh-huh. Daylight come and me wanna go back to bed.

Obviously I'm not the only islander hoping to thin the flocks. On bulletin boards all over town are desperate pleas for somebody, anybody! to come get a rooster. Okay so most of these posts simply say

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463-0587

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vashon
womens health
center

206 463-2777

17407 vashon hwy sw
(just south of Giraffe)

www.vashonwomenshealth.org

FREE ROOSTER, but still. It's not hard to read between the lines.

Recently somebody abandoned one of the birds on the stoop of Casa Bonita restaurant, where it perched patiently until somebody tried to pick it up. Then off across the street it sprinted, where it hung out for a few days in a parking lot.

Why did the rooster cross the road? To avoid becoming the Taco Combo plate.

One of my non-rooster-owning neighbors, a petite German woman with a thick accent who admits to Alektorophobia (the fear of chickens), recently ran into my yard screaming about de big Cock that was in her house. For a moment several mischievous thoughts crossed my mind until I saw that, sure enough, a humongous... um ... Cock ... was indeed doing a sort of virility dance on her lawn.

After shooing it away my curiosity had me googling the origin of the slang word. Yep, it's directly related to the rooster, but not for the reason I'd thought. I'd assumed it was a connection to being cock-sure, or males flaunting testosterone in one way or another. But the origin is as simple as texture. The necks of roosters resemble in several ways

the human male appendage. But you knew that right?

Now I don't want to be accused here of being the city guy in town that can't handle the charm of farm animals. On the contrary, take a look at my bedroom and you'll assume farm animals live there. I LOVE farm animals, especially the kind I can eat.

But I also love to sleep and that just ain't happening these days.

April Meetings will shape Vashon

Continued from Page 4

receive feedback from CAG members and the VMICC board and members on presentation materials, as well as the findings themselves.

The Vashon Library invites you to see the design concepts created by KCLS' architects. Representatives from KCLS will be present to hear your comments and answer questions. KCLS staff and the architect are working with the Vashon Parks District Board to create a memorable and welcoming library and park experience for all. Your suggestions will be important to both organizations.

Thursday, April 15, 6-7:30pm
Vashon Parks District
17130 Vashon Highway SW

Deadline for the next edition of The Loop is

Friday, April 9.

Open House: Vashon Library Expansion

You are invited to see the design concepts created by KCLS' architects. Representatives from KCLS will be present to hear your comments and answer questions. KCLS staff and the architect are working with the Vashon Parks District Board to create a memorable and welcoming library and park experience for all. Your suggestions will be important to both organizations.

Thursday, April 15, 6-7:30pm
Vashon Parks District

17130 Vashon Highway SW

Vashon Library April Programs

Tax Help for Low Income People
Thursday, April 1, 11am to 1pm
Professional tax preparer, Hilary Emmer, will help those with incomes of \$25,000 or less, prepare their 2009 tax forms. It's all free and no appointment necessary.

Great Books Discussion Group
Monday, April 5, 7pm
The Great Books Discussion Group meets on the first Monday of the month. The selection this month is "Six Characters in Search of an Author" by Luigi Pirandello. Visitors are welcome. Our only requirement to participate is that you have read the material under discussion.

Toddler Story Times
Tuesday, April 6, 13, 20, 27
10:40am
Ages 21 months to 3 years with adult.

Enjoy a 20-minute program of stories and songs just right for toddlers.

Registration not required.
Preschool Story Times
Tuesday, April 6, 13, 20, 27
11:30am
Ages 3-5.
Join us for 30 minutes of stories, songs and fun!

Registration not required.
Baby and Me Story Times
Wednesday, April 7, 14, 21
10am
Newborn to 20 months with adult.

A 20 minute program of stories, songs, rhymes and bounces for babies and a caregiver.

Registration not required.
ESL
Wednesday, April 7, 14, 28
6-7:30pm
Come to Vashon Library for weekly lessons in speaking English as a Second Language. Child care can be provided. You must request it one week in advance, by speaking to the teacher or calling the library, 463-2069. FREE!

Registration is not required.
LateNight @the Library,
Saturday, April 17, 6pm-10pm
Have a psychic reading with Morgan. Bead a bracelet with Mary Ann. Limber up with Dance Dance Revolution, play Super Smash Brothers Brawl or Outdoor Challenge on our new Wii, and join the strummers at Guitar Hero open

play. Enjoy the Vashon Library Cyber Café and surf the web or play a game. Refreshments! Door prizes! Security will be provided.

For students entering grades 6-12. Sponsored by Friends of the Vashon Library.

Dia de los Niños/ Dia de los Libros: Children's Day/ Book Day, Wednesday, April 21, 5-7:30pm

Please join us at the Vashon Library for a fun-filled celebration of El Dia de Los Ninos/El Dia de los Libros. Our celebration includes a chance to make your own ribbon bookmark, enjoy party platters of Mexican food, a piñata in the park, and special guests Nuestro Canto performing "The Legends of Mexico" at 6:30pm

"Leyendas de México- Legends of Mexico" is an original bilingual performance with masks, movement and dance, songs and music. Nuestro Canto has gathered legends from all over Mexico and has composed music especially for them. All ages welcome! No registration required. Sponsored by KCLS and the Friends of the Vashon Library

Opera Preview with Norm Hollingshead
Sunday, April 25, 2pm
Veteran lecturer, Norm Hollingshead, presents a preview of "The Tender Land", an opera with music by Aaron Copland and libretto by Horace Everett, a pseudonym for Erik Johns. The opera tells of a farm family in the Midwest of the United States. Copland was inspired to write this opera after viewing the Depression-era photographs of Walker Evans and reading James Agee's "Let Us Now Praise Famous Men". This opera will be performed by the Vashon Opera Company and only on the island.

OBAMA'S HEALTH CARE PLAN WILL LEAD TO ARMAGEDDON, COMMUNISTIC OPPRESSION & ALL OF US IN AMERICA TO BE FORCEFULLY STRAPPED INTO DENTIST CHAIRS WITH MIEIEVAL DEVICES. I AM NOT CLOSE MINDED & SARAH PALIN SHOULD LEAD THE FREE WORLD CUZ I THINK SHE'S CUTE!

WHO INVITED THIS NOTCASE?

IT APPEARS HE HAS ARRIVED AT THE....

...WRONG TEA PARTY.

ED FROYNING 4/2010

Vashon Delivery Offers

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All Island Restaurants

Introductory surcharge/fee of 25% on total bill
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Vashondelivery@aol.com

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<input type="checkbox"/>	Media Mogul	\$20,000

Yes! I love being in The Loop! Enclosed is my check for a year's subscription.

I will pick up my own paper at one of the fine establishments that distribute it

Send this form to:
The Vashon Loop
PO Box 253
Vashon, WA 98070

Thank you for your support of independent media on Vashon Island, West Seattle, and points beyond.
Marie and Troy

Deadline for the next edition of *The Loop* is

Friday, April 9.



Getting B Vitamins

By Kathy Abascal

Today I would like to address a bit of misinformation that is being circulated on the island grapevine: (1) Those who follow my anti-inflammatory eating plan risk becoming deficient in vitamin B because they are not eating enough grains. (2) Vitamin B deficiency is a common problem among my students. These statements are wrong, and I feel it is important to set the record straight on my eating plan and the vitamin B complex.

First, of course, my eating plan does not remove grains from the diet of those who wish to eat grains. It definitely limits the amount of refined grain in the diet but this is good from the stand point of vitamin B: Refining removes vitamin B from grains; that is why, for instance, people living on white rice developed beri-beri, a disease caused by a lack of B1. Of course, refined flour today is usually “enriched” with vitamin B but the enrichment process still leaves you with less than what the original whole grain would have provided. While the relative proportion of whole grains is fixed, the eating plan allows people to eat as much whole grains as they choose.

Second, humans can survive quite well without any grains at all provided they eat a healthy diet. Our hunter/gatherer ancestors would not have consumed much grain at all. Before humans developed agriculture, grain plants did not hold their seeds tightly on the plant. Instead, many plants evolved shattering techniques that caused the seeds to fly off the plant to disperse them far away from the parent plant. As humans began to collect and plant seeds, they selected plants whose seeds were easier to gather. Compare a picture of the seed head of wild corn (teocinte) with today’s corn. Our corn holds its kernels tightly on the cob; in fact, they often sprout on the cob itself. Teocinte does not have a “corn cob” as we know it. So, hunter/gatherers survived well with little grain in their diet.

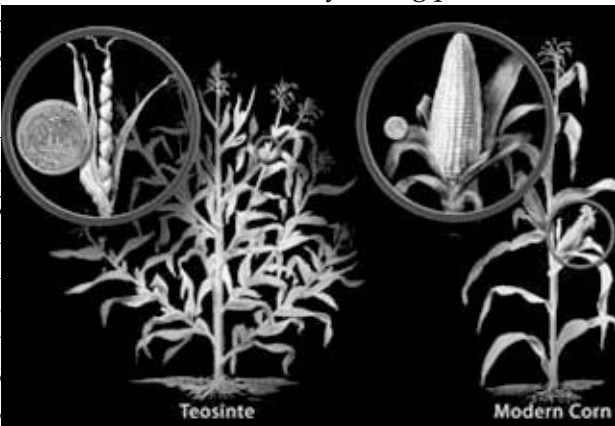
That is because so many other foods besides grains provide us with B vitamins: Meats, fish, poultry, eggs, beans, nuts, and leafy greens are all excellent sources of B vitamins. They

are equal, and in some cases, superior to grains in terms of B vitamins.

Our ancient ancestors also did well because they did not indulge in many activities that deplete B vitamins: Eating simple sugars and refined grains, exposure to toxins, drinking caffeinated beverages, and taking a wide variety of drugs. They did no doubt experience stress and stress also depletes our B stores. Today, many people live on refined grains and simple sugars and do not eat the fish, nuts, seeds, and leafy greens that quite amply provide us with B vitamins. Today, many people are under a great deal of emotional and economic stress. Thus, it is the modern diet and life style that is most likely to cause a deficiency in vitamin B in the Western world.

It is simply nonsense to frighten people off a healthy diet by asserting that a diet rich in fish, eggs, nuts, seeds, poultry, leafy green vegetables and/or fruit will cause a vitamin deficiency. While people may choose to eat whole grains -- and people on my anti-inflammatory plan do eat whole grains such as quinoa and brown rice -- many choose not to eat much in the way of grains. We instead prefer seeds, nuts, eggs, fish, and greens. Foregoing grains makes it easier to maintain a better balance of omega-6:3 fats because of the omega-6 fats in many grains.

Even those who shun grains will get ample amounts of the B vitamins on my eating plan because:



A cup of lentils or green peas has as much B1 as a cup of brown rice. A half cup of spinach or six spears of asparagus provides more B2 than a slice of whole wheat bread. Three ounces of salmon or chicken provide more B3 than a cup of cereal or pasta. (Non-meat eaters get an equivalent amount from lentils and nuts.) You get twice as much B5 from a half cup of broccoli than from a slice of whole wheat bread. An avocado provides ten times as much as a slice of whole wheat bread. A medium banana has as much B6 as a cup of cereal. A half cup of garbanzo beans, spinach or asparagus provides at least twice as much folate as a cup of rice or a slice of bread. A cup of cauliflower provides as much biotin as whole wheat bread; three ounces of salmon or an avocado provides vastly more. The only reliable sources of B12 are animal foods; grains do not provide that vitamin, which fortunately takes many years to deplete. Choline is



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another important nutrient often included in considering the B complex: A large egg provides as much choline as a cup of wheat germ.

To become B deficient, even sub-clinically, you must instead eat lots of simple sugars, refined grains, alcohol and certain chemicals while under large amounts of physical

and/or mental stress. People on the anti-inflammatory diet do not eat those foods and work on reducing physical stress by providing the body with the nutrients they need. Given the prevalence of B vitamins in whole foods, there is simply no way to eat healthfully yet build toward a deficiency.

A Vashon Island Business Directory On-Line find it on

www.VashonPages.com

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.

New 5-week series: Thursdays beginning April 8, 7:00 – 8:30 PM.
Back on Track (5 week series, repeat students only) Mondays beginning April 5, 7:00-8:30 PM
Support Breakfasts (past & present students only) Wednesday March 25 7:00-7:45 PM (\$8.00)
Advance registration at the Roasterie/Minglement and prepayment is required.

There are also classes beginning in Burien, West Seattle, Seattle, and online. For information on these classes go to ToQuietInflammation.com





Planet Waves



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

Aries (March 20-April 19)

In the film *Waking Life*, the lead character finds himself in a lucid dream, from which he keeps waking up, into another dream. Each awakening arrives with a transformation, and with a new level of awareness, but he still cannot seem to actually come to full consciousness. Along the way he encounters many interesting people and continuously seeks out new knowledge, but a mystery persists, which is the mystery of what it means to be awake. There are some psychological theories consistent with his experience, defining consciousness itself as a trance. In these days of your life, I would propose that the measure of how awake you are is indicated by what you create. True enough, not everyone is the 'creative type' and we're generally motivated to consume energy rather than to offer ourselves to the world in a sincere and daring way: which underscores my point.

Taurus (April 19-May 20)

Your mission seems to be assembling the scattered parts of yourself. That might look like guiding your life toward one goal, which will help, though that's more of an external way to consider the issue. Viewed from an interior perspective, the question involves fear, in particular, the fear of not knowing who you are. I know this one is going around. I know people are developing strange coping mechanisms to deal with the uncertainty of self, though you might want to be on the lookout for two of the more common ones. The first is over-identifying with what you attach yourself to: that is, clinging. The second is by living in fantasy, or trying to. I suggest moving precisely the opposite direction: less emphasis on who or what you're attached to, and more emphasis on seeing possibilities in yourself and experimenting with them for the sake of gaining actual experience.

Gemini (May 20-June 21)

You may be astounded at the lack of compassion that some people display, though I suggest you not reply in kind. It's difficult enough to see and admit the truth of what human nature is capable of, though at the same time you need to figure out how to make your world warmer rather than colder. Warmer may include telling the truth as you perceive it, though be sure you direct your words carefully and don't draw blood if you can avoid it. It will be adequate if you perceive certain individuals for who and what they are; that may even provide some incentive for them to evolve a bit. Remember, that you're on a mission that involves being true to yourself and your own cause rather than correcting the ways of anyone else. Though it may seem to take forever, the best way to teach really is by example.

Cancer (June 21-July 22)

You're doing everything you can to let go of past emotional patterns, though some of them seem determined to hold onto you. Or: are you just seeing and experiencing those patterns for what they are? This is a little like doing a cleanse. You start the process and all this stuff comes up on the way out. You get to experience the gunk at full-strength before you let it go. Meanwhile something else is happening, which is that you're discovering how much turns on the thoughts you think, particularly about the goals that you have and that you act on. This level where concepts, ideas and objectives exist is where to focus your awareness during the next few days. You seem to be in the process of making a commitment to yourself about the direction of your life. This is the real

thing: be honest with yourself and let the momentum of truth carry you forward.

Leo (July 22-Aug. 23)

Your long-term vision may have nothing to do with what you're doing now; that is one potential. Or it may be a radical evolution of what you're doing now, so totally transformed that you might never have expected that one would have emerged from the other. This is nothing other than how ideas evolve; they are living things, and they go through a series of meta-morphs into each new form. Or is it you who is changing? That is a more accurate description; your ideas, in particular, your ideas about your life, are like an effigy that you model yourself after. I suggest you experiment with some highly specific ideas about what you want to happen -- the kind you think are too specific to apply to a future that has yet to manifest. Create a vision and describe it down to the subtle details, such as the weather and the pictures on the wall.

Virgo (Aug. 23-Sep. 22)

Peel back the layers of yourself, and reveal your truth to someone close to you. You seem to be doing this on the emotional level, experimenting with feeling all kinds of unusual or intense things in the presence of others. Now you can move to the mental level and put words to your feelings. At first you may feel extra vulnerable doing this, until you figure out that you can spring off of someone's energy, or use it as a psychic magnet, to draw out parts of yourself that you never imagined existed. This is an actual transformative process, though in the form of play. Your ideal play partner may or may not be your significant other; there may be more than one. I suggest you experiment with someone same sex, and opposite sex. You are exploring both sides of your brain.

Libra (Sep. 22-Oct. 23)

Your relationships have been full of surprises lately, but would you have them any other way? True, you have a stable side that loves when life is steady and predictable. Then there's the rest of your psyche, which thrives on uncertainty. There are some things you're hearing and experiencing which come across as pleasant and daring, and others which seem harsh and strange -- at first. All you need to remember is that another person's perception of you says more about them than it does about you. The interesting part is that you will learn something about your hidden nature. Some event a few days ago tipped you off that there was something to notice, and now the words to describe it are starting to formulate.

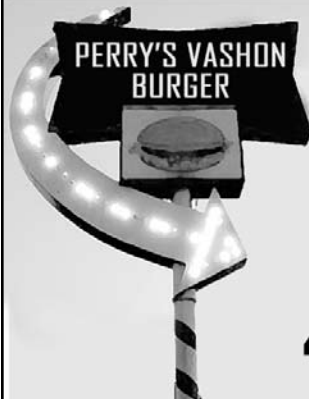
Scorpio (Oct. 23-Nov. 22)

You need to find the one mistake you keep making. It's the same one you forget that you keep making, so it may tend to slip away. When you rediscover what it is, I suggest you write it on the wall. Or better yet, immediately go through all your current plans, appointments, clients, lovers, dates and potential lovers and dates, and look for anyplace you see the least chance you might do it again. If you stop now and conduct a thorough investigation, you'll actually be able to avoid the next iteration of this particular mistake, and potentially break the cycle entirely. The issue is one of awareness, but it's also about making sure you know what your goals are and then making sure that every decision you make is in support of those goals. You've spent months reviewing your highest aspirations and making commitments to yourself; this is about honoring those promises.

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Sagittarius (Nov. 22-Dec. 22)

Remember, don't be a rebel for its own sake. Your values are more evolved than this, and you need to be cautious of the element of pride. Rebellion is a tool, and at times a weapon, that I suggest you use judiciously. Pride is dangerous when it's not mixed with a good helping of awareness. If you find yourself getting caught up in the chaos of another person's life, check in and see if you weren't using one of these two factors to excess. It would help if you remember that there are some things about society that make no sense, and that you cannot do anything about, except ignore them and live your life your way. As you may soon discover, doing your thing because it's what you want usually has far more influence on your environment than does trying to change the external world.

Capricorn (Dec. 22-Jan. 20)

People do things for their own reasons. If you listen to them you may not get the idea that they're good reasons, or that the person is being honest about their motives; but that's a basic part of encountering the thought process of others. I suggest resisting the temptation to see anyone, including yourself, as a victim of circumstance, or a victim of the influences of another person. Nobody is under anyone's thrall; credit yourself and others with the intelligence to make their own decisions. It's true that those around you seem particularly mysterious right now. Hold the space for that mystery and invest your energy dipping into your own inner core; you'll find plenty there to nourish your soul, and remind yourself that you do quite well independent of the desires and motives of others.

Aquarius (Jan. 20-Feb. 19)

If you're becoming aware of the

darker angels in your nature, you don't need to worry that this is who you actually are. Awareness is the key to being free of them, rather than enslaved by them. All darkness operates through luring us into unconsciousness, and light is the light of awareness. One of the seeming paradoxes of becoming aware is acknowledging all this stuff we don't like, or don't want to look at, or don't believe is true. Note that much of it is the result of damage done to us in the past, rather than who we inherently are. Fortunately, patterns created by past events are no match for the underlying strength and truth of your being. If the thing that stands between you and the pain of this material is awareness, it's not awareness of the passive kind, but more accurately a quality of maneuvering your mind with skill and precision, particularly when you find yourself in the dark.

Pisces (Feb. 19-March 20)

You've been locked into a particular emotional pattern for a long time, and you're starting to become aware of this fact. You will be even more aware of it when you suddenly discover yourself free of this pattern one day and you wonder how it is that it had such a grip on you. The reason is that you believed in it; or perhaps that you still do. I suggest you invest some energy looking into the power of belief, which is one of the elements that creates the shape and tenor of the reality we see. While it seems difficult to change our beliefs, it's even more difficult for us to have an experience that violates our beliefs; in practice it's easier to change the belief first and have the new experience second. In case you're wondering whether you're capable of this, or whether certain things are possible in the world, I assure you that you have all the evidence you need.

Read Eric Francis daily at PlanetWaves.net.

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Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

We Add a Crew Member

by Rick Tuel

Our story: Rick and Chris have finally arrived in Crescent City with Oatus, their 1946 Dodge flatbed truck, and after many mechanical failures, Oatus finally runs afoul of the law:

November 22, 1970, Monday - All right! It's Monday! Everybody back to work!

I took the Port brake cylinder back to Harvey the Honer who said it would be ready by 13:30; then I made it into town for groceries.

On the way back I picked up a hitch-hiker soaking in the rain. Two hitchers, really. She had a little wisp of a dog named "Metoo" with her. Her name was Jeri Drake, and she was headed for Canada.

Back at the truck with everything hanging up over the stove to dry, we discovered that she was in no particular hurry, so we decided to travel together.

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A benevolent fund has been opened for Rick Tuel at Chase Bank. He is no longer working for Water District #19 due to health issues. Our community can donate funds to help Rick deal with his mounting medical expenses. People can contact Rick at Box 238, Vashon. Folks can also purchase a CD of Rick and his wife Mary in a trio at the website www.threedampduck.com.

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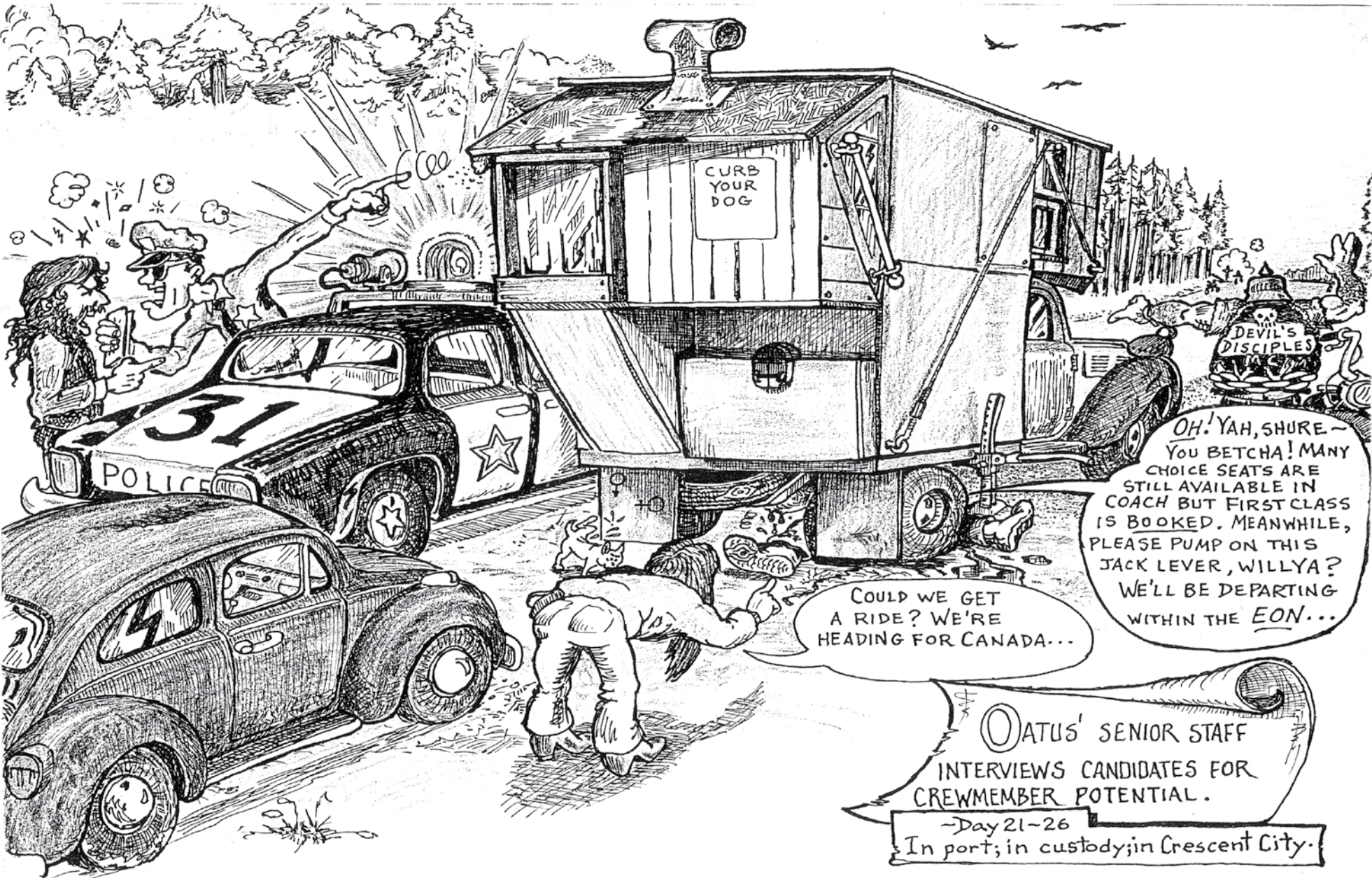
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What’s Your Take? ... on the health care reform bill?

Whew! I’m exhausted over that health care marathon, aren’t you? It’s a good thing I have health insurance because I need some tranquilizers. Oh wait. I don’t have health insurance, seeing as how I had to cancel mine after it reached nearly \$600 a month! While still in my forties. Yikes! That’s Cobra for you.

So I probably don’t need to tell

By Peter Bond

you my opinion on the landmark bill Obama just signed. How about yours? I polled some locals to get a feel for the debate on the island, and it turned out there wasn’t much of a debate. It was nearly unanimous. Where’s the guy that often sits at the Roasterie wearing an NRA hat and spewing loud anti-Socialist views when you need him?



Ben Scott Killian, Benjamisms.com – For me it’s a huge deal because I get to go back on my parent’s plan – I’m 22 and have had a very hard time finding affordable insurance.



Pat Casey, Retired teacher – I’m very happy with the news and expect to see my premiums go down. I also hope this means more people have access to the great health care that I am lucky to have.



Maryam Steffan, Retired - I was hoping for a single payer system but I’m very happy this is done and now Obama is looking like a statesman again.



AnnaLisa Lafayette, owner of Good Merchandise – I think it’s great, maybe it will mean some of the homeless in our town can get some help they very much need.

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To Be a Middle-Schooler

By Margaret Heffelfinger

There is such a resonate blast of kinetic energy emanating from the building, it could almost be mistaken for an electric power substation. But it is a place even more highly charged. It’s McMurray Middle School. And when you open the front doors, the sense of it all envelops you. This is the wonderful glory of youth on a regular fussy, messy, musky, creative, confused and brilliant day.

It’s a hard job, when you think about it, to be a middle-schooler. It’s a time of growth and discovery and uncertainty.

We send our kids into this place to learn math or science, and eat a good lunch, perhaps not fully considering all that their day entails--the drama, the hi-jinks and the peaks and valleys of blood sugar. Add to the hormone factor, the flu factor and the fiscal reality of smaller operating budgets, staff cuts and supply shortages. One might tend to wonder, does educating get done? The answer is yes. Not only do these kids learn, as it turns out, they repeatedly excel.

It’s the result of constant “reviewing, assessing, “tweaking” then revamping and assessing” in accordance with national and state research and “best practices” in successful middle schools. This process has proven to be highly positive and beneficial for the students at McMurray.

Several of the programs grew directly out of a book study instigated by the entire Middle School staff and shepherded by principal Greg Allison, counselor Carolyn Zike, and a team of teachers.

Allison notes one excellent example of the initiative is the student-led conferences, which take place during March. Began three years ago, they require the preparation of a portfolio by every student. Then the student leads a conference, which includes a presentation, to their parents. The portfolio includes test scores, report cards, WASL tests and a selection of the student’s own work, from essays to projects to even short music recitals.

“It’s much more than a collection of work and scores,” says Allison. “It’s a review of ‘academic and personal smart goals’ that kids set for themselves with guidance from

advisors. While putting together their conference materials, they are also guided through a process of self-reflection and identification of their learning style. It even opens up career pathways. This year’s 8th graders will be making their third presentation and we’ve seen a leap in their confidence each year.”

Allison said attendance by parents is always well over 90%, and feedback is positive, making it a success for everyone. Another successful initiative is Challenge Day, which takes place the first week of school. This program grew out of a statewide anti-bullying agenda several years ago. Challenge Day enables each multi-grade homeroom to develop its own “community” and set a positive tone for the year. The agenda is followed throughout the year with once a week extended homeroom periods when discussions and community building continue. According to student surveys, reports of bullying are down more than 50% in the last 5 years. And McMurray is meeting its goal of providing a safe and good environment to learn and thrive.

Additional best practice programs include the Science Fair, Family and Student Online Access, and this year, a new workshop model for teaching literacy.

So, it turns out all that high energy at McMurray isn’t coming just from the kids. The school is a hub of high expectation met with high success. A place where a lot gets accomplished in the course of the day. And if your kids weren’t busy texting their friends, that’s what they’d tell you.

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Positively Speaking



“Soft Eyes”

A new teacher in an urban setting, he stands in the hall with the principal. A group of kids dash by. He makes a derogatory remark based on a stereotype. The principal says, “If you’re going to work here, you’re going to have to have soft eyes.... You’re going to have to see the whole picture.”

The Whole Picture. How impossible is that?! I mean look at us. We’re artists and retailers, educators and day labourers, nurses and middle management number crunchers, entrepreneurs and shift workers, winners and also rans. The definition of our work presses us into molds that inadvertently shape every level of response. The level of consciousness it takes to rise to ‘soft eyes’ seems a hill too high to climb. We live diametrically opposed lives.

Part of the Picture. It doesn’t get us to ‘soft eyes’ or does it? What that principal was talking about was seeing the back story in everyone’s life. I call it seeing the heart of of each person. Seeing even part of the back story helps. It keeps us from seeing people as useful. It keeps you from making the two second diss. You know...you meet someone and things are clicking and then suddenly they say something and it’s a total right off. Or you are stuck in a situation and at first you think this or that person will be useful and then discover they’re not, so off with their heads and a turn of your back to the next person. It’s technological living. It’s our worst

curse and our greatest opportunity for experiencing transformation.

I was applying for a job. It was a community center of sorts. The first question I was asked? “If you had to fire someone how would you do it?”

“First I would make sure we didn’t get to that spot.” Loud Buzzer Sound. Wrong answer. I knew it was the wrong answer before I spoke. They wanted to know if I could run a tight ship and handle difficult personnel issues. They didn’t ask that. I gave the ‘soft eyes’ answer. First you build community. People are not a procedure. Every person is a story.

This month I’m launching a broad based educational services organization. It offers these programs called “Waterlily Workshops”. Water lilies are rooted in water. They grow from a different starting point. We get to The Whole Picture by understanding from a new starting point.

The workshops cross the line between sacred and secular back and forth, forth and back. Some are faith based and some are not. You get to The Whole Picture when you stop pigeon-holing.

They’re for parents, and pastors, and personal growth. Always , while developing , I had to cease to ask, ‘what sells’ and start to think ‘what serves’. My favorite part.

It’s very exciting to see it come together. I love people and the next few years will be full of opportunities to support people who want to be encouraged.

The name of the organization is LGC . Learning, Growing, Celebrating. Learning what you didn’t know you knew. Growing from a new starting point. Celebrating transformation. That’s the LGC you’ve been seeing down by my name for the last year. LGC. And the Waterlily up top of course.

It’s possible to live a nuts and bolts life, or a life with a very narrow cultural definition. But what’s the point of that? The most substantial journey is new every morning, a tad uncomfortable and joyously triumphant. Because if we’re going to live together, we’re going to have to see The Whole Picture.

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Island Epicure



By Marj Watkins

A Feast of Salmon

We're especially blessed here in Puget Sound country with fresh wild salmon almost the year around. Right now coho and kings show up in the seafood markets. Kings are reddest, most flavorful of fish, and the coho and sockeye vie for second place. They sell for a bit less, too. I bought a 2-pound side of coho at an affordable \$6 a pound. It gave us six servings with a bit leftover for a salmon salad for two the next day.

Here's what we had for dinner, with a cousin from Oregon and his wife and son: Salmon baked with dill and lemon, carrots and peas cooked with ginger and chicken broth, baked red potatoes with butter, a tossed salad and choice of dressings, and for dessert strawberries with whipped cream.

SALMON WITH DILL AND LEMON

6 servings

Preheat oven to 350 degrees

1 Tablespoon Olive or canola oil

1 (about 2 pounds) salmon fillet

1 ½ teaspoons dill weed

Salt and pepper

1 lemon, sliced

Garnish, optional:

Curly kale or parsley

Tomato rose

Line a baking sheet with foil. Oil the diagonal strip the salmon will rest on. Lay the salmon fillet atop the oiled strip. Sprinkle it with dill, salt and pepper. Arrange the lemon slices along its length. Bake about 15 minutes, until the thickest part of the salmon is opaque. Serve on the baking sheet. The foil makes a beautiful background to the colorful fish. Garnish if desired.

Tomato rose: Peel a tomato or two. Chop the innards for the Salada Mixta which follows. Arrange the peelings in a flat spiral to resemble roses. Place among the kale or parsley.

Wild salmon gives you Omega 3 fats plus about 400 I.U. of Vitamin D per serving. You don't get those in farmed salmon. Vitamin D, food scientists now tell us, can help ward off cancer and lessen pain perception as well as cooperate with calcium for healthy bones. Add some magnesium-rich food to the menu, along with Vitamin A to make the Vitamin D more usable, and to strengthen your

bones so they're less apt to break if you take a tumble. Some doctors advise an intake of 1,000 to 2,000 I.U. of Vitamin D a day for the sake of our skeletons, and to make us less susceptible to colds, flu, and pneumonia.

GINGER CARROTS & PEAS

6 servings

3 long carrot

1 ½ cups frozen peas

½ cup water

1 Tablespoon butter

1 teaspoon chicken granules

4 slices fresh ginger root, minced

Salt or more chicken crumbles, to

taste

Cook the carrots covered, in the water, butter, and chicken granules, until tender. Add the peas. Cook 4 to 5 minutes more, until the peas don't taste raw anymore, but are still bright green.

Both the carrots and the berries gave us Vitamin A. We could have made the menu even healthier by putting yogurt on either the potatoes or the strawberries, and wound up the meal with nuts to munch on while we sat around the table visiting. They provide a good magnesium source.

SALATA MIXTA

7 cups washed, dried, torn red and/or dark green lettuce or 7 cups mixed salad greens

2 Roma or plum tomatoes, diced

2 slices red onion, chopped

Sliced olives

3 cloves pickled garlic (from oriental

store), sliced

1/3 cup diced yellow bell pepper

1 ripe avocado, peeled and diced,

optional

Salad dressing of choice: vinaigrette, ranch, mayo, or green goddess

STRAWBERRIES &

WHIPPED CREAM:

Remove leaf clusters from berries. Slice berries into a serving bowl or into individual dessert dishes. Drizzle with honey. Gently mix. Let marinate while you eat the main meal. Spray-on whipped cream, applied by each diner to his or her liking, is fun. Hand whipped real whipping cream, flavored with vanilla, tastes even better, and you can control the sugar content, using Splenda® if desired, or better yet, sweetening to taste with honey.

To a pint of whipping cream, whipped, whip in a teaspoon of vanilla, and sweetening to your liking. That makes a big bowl of whipped cream, but trust me—they will eat it all up, especially if any teenage boys are present at the table. If there are, you might do well to supply some gingersnaps or other crisp cookies to go with the strawberries and whipped cream.

The raw vegetables in the salad and the strawberries give you valuable enzymes as well as antioxidant vitamins and minerals.



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Drama Dock Presents: The Revenge of the Dinosaur Lady

Middle age is hard -- whether you're an aging movie star or a divorced, single mom. The mom in question in Drama Dock's production of Mary Humphrey Baldrige's comedy, *The Revenge of the Dinosaur Lady*, directed by Elizabeth Ripley, April 16th through 25th at the Vashon High School Theatre, doesn't know whether to laugh or cry. Meet Evelyn Buckles Brown, played by theatre veteran Antonia Greene, in the middle of her mid-life's biggest crisis: the return "home" of her handsome ex-husband (Chris Ott). Just when she thinks she might have things sort of under control, characters in her trashy romance novel come to life, including a handsome brigand (David Hackett), and her teenage daughter (Meme Garcia) stays out past curfew with a clown on roller skates (Kenese Parker)! Be prepared for swordplay, farce, and more than one surprise appearance! (Hint: one of the surprise appearances is played by Jill Bulow.)

Don't miss this chance to laugh, sigh, and celebrate our all-too human desire for romance and a happy ending. Exclusive to Vashon Island, Playwright Mary Humphrey Baldrige will appear at a pre-show discussion before the premiere on Friday, April 16 from 5:15 to 7:15 pm at Sound Foods. There is no charge for this event and all are welcome. Tickets \$15 for general admission, \$10 for seniors and students, are available at Vashon Bookshop, Books by the Way or brownpapertickets.com. The *Revenge of the Dinosaur Lady*, Vashon High School Theater, April 16 through April 25. Showtimes: Fri & Sat 7:30 pm, Sun 4:00 pm, Saturday, April 24 at 2:00 pm.



Island Birding Guide

Tours to the best Vashon and Puget Sound bird spots
Species Identification

How to Attract Birds
To Your Yard

Ed Swan

Deadline for the next
edition of *The Loop* is
Friday, April 9.

Continued on Page 11
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Loopy Laffs

**Real Headline:
Man Found Dead in Lake
Was a Lonely Drifter**

I don't know why Cupid was chosen to represent Valentine's Day. When I think about romance, the last thing on my mind is a short, chubby toddler coming at me with a weapon.

One Liners

Find out what you don't do well and don't do it.
Actions speak louder than words but not so often.
Being normal is driving me crazy.
Life is short—make fun of it.
The more things change, the more they stay insane.
It's too bad that stupidity isn't painful.

Vacationing in Alaska, I couldn't help but notice all the warnings about bears posted in campgrounds, visitors' centers and rest areas advising people not to feed the bears, how to avoid bears, what to do if a bear sees you, what to do if a bear attacks, and so on. My favorite, however, was a hand-lettered sign on the door of a small gas station in a remote area. It said: Warning! If you are being chased by a bear, don't come in here!

A patient at the dental office where I work stopped by my desk to pay her bill. She began rummaging through her purse, as so many patients do when they have a check to write. "Do you need a pen?" I asked, offering her mine. "Yes, thank you," she replied. She took it, put it in her handbag, and proceeded to pay in cash.

If your mind goes blank, don't forget to turn off the sound.
~ Red Green

Other people's tattoos are like other people's children: Only you can see how bad they are.

The teacher, during an English lesson, asked her students: "Now tell me, what do you call a person who keeps on talking when people are no longer interested?" Little Johnny, in the back row, raised his hand. "Yes, Johnny," said the teacher. "A teacher?"



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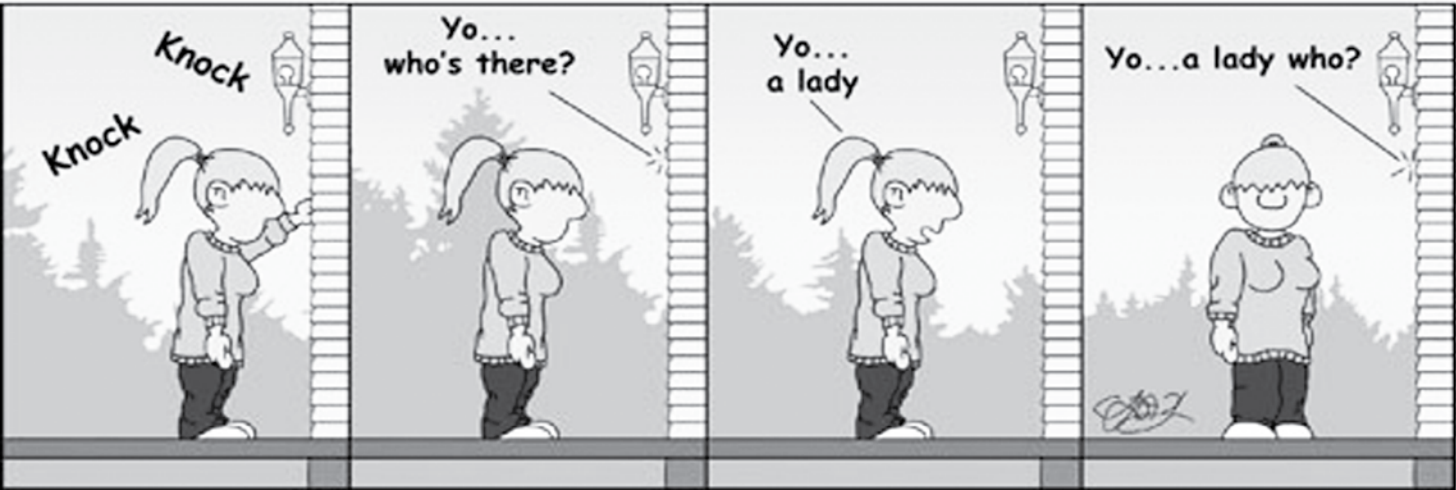


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Moose Lake



V.I.P.S.

We Interrupt the comix strip in progress to bring you a science exploration moment!

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UH-OH, GREENHOUSE GAS...

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— A CAP AND WASH TAX —

This concludes today's science exploration moment. We return to the comix strip in progress...

LOGJAM



BY Jeff Hawley

LOGJAM

MUST YOU ALWAYS FOLLOW ME AROUND?!

HAVE A HEART! THE POOR L'I'L GUY CAN'T HELP WHERE HE'S GROWING

by Jeff Hawley

ENCOURAGEMENT -- A ROOKIE MISTAKE

Loop Arts

A Night of Incredible Music with PICOSO

By popular demand, The Red Bicycle Bistro & Sushi is bringing back a popular Cuban-influenced dance music band to the Island for the third time in the last year in a half. Picoso will be performing at the Bike this Friday night and you better put on your dancing shoes!

With one foot in the Son Montuno of Eastern Cuba and one foot in the fertile Jazz-Groove scene of Seattle, Picoso satisfies the demanding music aficionado, gives the groove-junky his rhythm fix and keeps the people dancing all at the same time.

By fusing the rhythms of Cuba and Puerto Rico with the unique musical personalities of its band members, Picoso writes a few new lines in the ongoing story of Afro-Cuban music.

Started on the streets of Seattle, Picoso radiates raw energy at shows.



Their original music innovates while remaining rooted in the fundamental extemporaneous groove and feeling of The Cachao Descarga Sessions. While many of Picoso's songs could be described as Salsa, Son or Cha cha, the power and spontaneity of Picoso's live performances cannot possibly be encapsulated in those three words.

If it's anything like their last show at the Red Bicycle, it will be a packed house, so the Red Bicycle staff recommends getting there early to reserve a spot on the dance floor.

This is an all-ages show, April 2nd at 9:30pm until 11pm, 21+ after that. Cover is only \$5 and well worth it.

Amsden and Almeida perform Double Bill at Blue Heron

VAA New Works Series brings two Island musical luminaries, Steve Amsden and Kevin Almeida, to stage with all original work to the Blue Heron, Saturday, April 3, 7:30 pm. Each has enlisted a host of musical friends to weave in and out throughout the evening including guitarists: Daryl Redeker; Luke McQuillin; Tom Bean; and Steve Stusser. Additional musicians will include: Randy Bruce, fiddle and piano; Wally Bell, cittern; Doug

years, Amsden says former Islander Bob Woodman inspired him to carry on the long time Island tradition of hosting a weekly community jam at his house every Monday at 7 pm.

Kevin Almeida characterizes his sound as 'smoky, California music,' introspective, personal tunes about love and relationships; other pieces are 'full-on rock.' Performing all original tunes Almeida, fundamentally a bass player, has played upright bass since 4th grade. He studied with Nat Gangursky for three years and soon took up a Fender fretless-electric bass to play with the school jazz band.

He grew up in Southern California's San Fernando Valley and



Ringer, bass; Roger Taylor, back up vocals and percussion; Geoff Johns, percussion; Greg Parrot, bass; Sarah Perlman, violin; Mary Austin, flute; and Paul Colwell, mandolin. Amsden's daughter Genevieve and son Vincent (both guitarists) will join him on a classic three-part harmony piece.

Vashon resident since 1983, guitarist/songwriter Amsden is currently recording a dozen new songs in as many genres, the result of a recent month-long, cross-country trip. "I wrote a lot of those songs on the train, lyrics came first and then the music; that's opposite from the way I usually work," he says. Tunes range in style from ska and slow blues to tongue-in-cheek country love songs and rock and roll.

Influenced by Bob Dylan and Bruce Springstein since his teen



was influenced by the groove and rhythms of Crosby, Stills, Nash and Young, America, Jackson Browne, Steely Dan, Dooby Brothers and Little Feat. Today he plays acoustic-electric and upright basses and acoustic guitar.

Tickets for the show, \$12/\$14, are available now at Heron's Nest, Books by the Way, Blue Heron and brownpapertickets.com. Or call 463.5131 to purchase by phone.

Deadline for the next edition of *The Loop* is **Friday, April 9.**



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Wine Tasting and Music at Cafe Luna

Café Luna will have a kind of double bill starting at 6 p.m. Friday, April 9, with the monthly Second Friday Wine Tasting hosted by Vashon Winery's Ron Irvine overlapping with music from the Island group The Diggers, starting at 7:30 p.m.

Irvine offers wines from around the world, and he urges Islanders to start their Friday nights with the wine tasting experience he provides at the Café, in a friendly, intimate setting.

He offers five wines for \$8, and the tasting happens at the tasters own pace. Tasters can taste the wines in any order that they choose, and are given a tasting sheet with information and tasting notes about all of the wines

The Diggers (Islanders Camille Coldeen, Nick Simmons and Glen Rukwid) began as a busking project, making its haphazard, impromptu debut at the Farmers' Market one Saturday morning in the late Spring of 2009, says Camille.

The group's namesake is a historical English political group of agrarian, egalitarian communists who were active in 1649.

Their idea was that if all the common people of England banded together to form small, self-sustaining communities based on ecologically integrated farming practices, the oppressive ruling class would either have to join them or starve. Being non-violent led to their almost immediate downfall, since they were trounced by the enthusiastically violent Cavaliers.

The members of Vashon's Diggers are not only musicians but also farmers, activists, autodidacts and enthusiasts.

"Through the fun we have with our music," Coldeen said, "we experience a sense of creative and cultural solidarity within our own community. We encourage heckling, commentary and sing-a-longs."



Singer/songwriter Tamara Lewis will perform what she calls her "passionate folk" music at 7:30 p.m. Saturday, April 10, at Café Luna.

Lewis is a singer who drops the filters that we live with every day and stands alone in her songs. She writes primarily in a contemporary folk style with country and blues influences. Her voice is comforting, clear, powerful and guileless. As a performer, Tamara is both engaging and incandescent and unquestionably leaves a mark on the audience from opening note to last.

She has been most influenced by Alison Kraus, Patsy Cline and Nanci Griffith. Tamara's incisive poetry and pure sound have been described as "passionate folk."

Jennifer Layton from Indie-music.com says about Lewis, "Her voice is flawless, crystalline and heavenly; she could sing the directions off a box of Pop Tarts and I'd download it."

Tamara's songwriting is inspired by conversations with friends, her 20-year career as a psychotherapist and from a surprisingly rich source: her survival of over a decade-long serious illness, which turns out to resonate deeply with many listeners who have also struggled over long periods of time.

She mines these deep shafts and writes bravely and beautifully about life's painful truths and delivers them with heartrending vulnerability. Then she brings listeners back to safety with songs that are deeply comforting or delightfully clever and with a stage presence that is witty and charming.

To learn more about Tamara or to hear song clips, visit her website at www.tlewismusic.com. She may be reached at: 206-328-4799.



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EnJoy Productions announces a Loud World Premier!

Continued from Page 1

The NLA show features the inimitable George and Eunice Blundt, aka the New Loud Americans, in a membership meeting of the NLA. Their mission is To Preserve Americans' Right to Volume, a lofty goal, especially in these volume-repressed times. Much hilarity and provocation ensues.

NLA has been in development for nearly 10 years. George and Eunice were born in an informal Cabaret at Teatro Zinzanni. EnJoy developed an earlier version of the show in 2005, and then created Loud Yoga (loudyoga.com) as the first public expression of the NLA's "critical public service." At the height of the financial crisis, the Backbone Campaign enlisted George and Eunice to lead a viral campaign to promote its sensible citizen solution to economic woes (Google you tube George and Eunice Loud for a preview).

Now it's time to bring George and Eunice out--into the public eye, to create a new form of public expression, a crazed social fad, a movement to revitalize the public imagination. Long Live the NLA!!

Co-producer Charlotte Tiencken says, "Kevin and Martha have created brand new material for these two funny, confused human beings set in a political satire that makes fun of literally everyone. There will also be some audience interaction." In addition to the live

show, EnJoy has launched an online interactive presence on Facebook and Twitter.

Tickets, \$12/\$14, are available now at brownpapertickets.com or purchase by phone at 206.463.5131. Tickets are also available on Vashon at Blue Heron Art Center, Books by the Way and Heron's Nest. Due to mature content, NLA is appropriate for ages 13 and older. Read more at VashonAlliedArts.org.

Church of Great Rain Returns

Church of Great Rain is back at Open Space for Arts and Community on Sunday, April 11th with a Spectacular Springtime Show for These Taxing Times. The doors open at 3:30 PM and the show starts at 4 PM. Admission is \$5 for adults and kids are free! This music, comedy, variety show has become the sweetheart of the island after its Valentine's Day Special. Tell your friends you'll see them at Church!



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