



THE LOOP

Vol. 7, #8

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

April 16, 2010



See Story on page 6

Drama Dock Has US Premiere

All Drama Dock and Theater Fans alike are invited to attend the US Premiere of Mary Humphrey Baldrige's *The Revenge of the Dinosaur Lady*. Be sure not to miss premiere Opening Night Friday, April 16.

Drama Dock is delighted to be able to premiere this show. A timely, hilarious, new drama. Evelyn Buckles Brown, middle-aged playwright, is in the midst of writing a trashy gothic romance novel and facing her own mid-life crisis. While preparing her bodice ripper for publication she encounters a number of distractions. The reappearance of her handsome ex-husband, an actor past his prime and her wayward teenage daughter breaking curfew to hang out with her

Continued on Page 4

Vashon Rotary Fights Polio



Mary Carhart at National Immunization Day in Ethiopia.

Vashon Rotary continues the fight to eradicate polio with a fundraising event Friday, April 30 and Saturday May, 1 at Vashon Thriftway. Vashon Rotarians have arranged for an iron lung to be at Vashon High School on April 30, so the Interact Club (Rotary sponsored high school group) can raise funds from the student body. Interact students will push the iron lung up Vashon Highway on Friday morning around 7:30am to Thriftway.



The iron lung will be at Thriftway for two days, Friday, April 30 and Saturday, May 1 from 8am to 6pm. Donations can be made directly into the iron lung, and at the Thriftway check-out stand with a care card. Donations can also be made to the Vashon Island Rotary Foundation, a 501(c)(3) non-profit corporation. Donations made to the VIRF are tax deductible.

Continued on Page 5

Visqueen on Vashon



One of Seattle's hottest rock 'n roll bands, Visqueen, spent the month of March touring, selling out Neumos in Seattle, and playing South by Southwest in Austin, TX.

On April 23rd, they'll be at the Red Bicycle right here on Vashon.

"This is going to be a great show," said islander Fred Strong, who is co-producing the event along with Rob Bordner. "Not only is this an all-ages show, but two high school bands will open." Opening acts are Skyler Ford & Buffalo Thunder and Mad Dog Wolzcko with Julia Hanowell & Kiki Means.

"How great is that?" Bordner adds. "High school students who are passionate about their music

Continued on Page 15

Chamber needs Volunteers

Vashon Chamber of Commerce is Currently building their volunteer staff for 2010. We need vibrant Vashon volunteers, young and old: those that are eager to share their knowledge of Vashon's colorful history, direct visitors and Islanders to activities, shops and Island adventures, as well as assist the chamber with the tasks at hand that keep Vashon merchants, home-based businesses and Island Service thriving within our community.

Continued on Page 4

Island Wide Recycling and Wastemobile visit

Start collecting your old appliances, computers, electronics, and scrap metal and even car batteries! April 24th kicks off three weeks of recycling events being held on Vashon.

Not your normal recycling event. The Island Wide free recycling event at the old McFeeds Building, Vashon Hwy and Cemetery Rd, has already been holding some early recycle events.

Items accepted are: All Appliances, Refrigerators, Any Scrap Metal, Metal Furniture, Monitors and TVs, All Electronics, Computers, Stereos, Car Batteries, Light or Heavy Machinery, Electric Motors, Used Toner or Ink Cartridges, Circuit Boards. ALL FREE! Local Island businesses can participate in this event.

There will be additional days prior to the 24th for businesses & residents to drop off things, Wednesday April 21st and Friday April 23rd from 3-5 pm. April 24th you can drop off your recycling from 9:30am to 3:30pm.

Brought to you by the VMICC Outreach and Sustainable Practices Committees, in partnership with Tru-Recycle & E-Cycle Washington. For more information call 206-463-7277

The Wastemobile travels to many communities to provide household hazardous waste disposal services for King County residents. The



Wastemobile accepts a wide variety of materials.

The pilot project to accept business waste from conditionally exempt small quantity generators (SQG) has been extended throughout 2010. Amounts and types of business waste are restricted.

For more details and to find out if you qualify as an SQG, contact the business waste line at 206-263-8899 or see the website for more details, www.lhwmp.org/home/BHW/sqg.aspx.

Local Hazardous waste can be disposed of April 30, to Sunday, May 2, Hours 10am to 5pm. At 17001 107th Ave SW, Vashon. (107th Ave spans between Bank and Cove Road).

No latex paint accepted. There is a limit of 50 gallons total liquid hazardous waste per residential customer per day at all Wastemobile events. No more than 30 gallons of gasoline will be accepted. No containers over five gallons in size will be accepted.

Continued on Page 11

Only On Vashon

By Peter Bond

Third in a series

When I moved here recently and came to work for this paper my intention was not to write a column about the quirky characters and events of an eccentric little island, a la Northern Exposure. The idea seemed passé, done to death. Even if my leanings toward the genre would have been more Stephen King than Thomas Kincaid.

But then I actually started living here, and frankly the wealth of material is mind-blowing. For God's sake this amazing place is the gift that keeps on giving! Consider this week, when I was in the middle of writing a bizarre tale (that you'll now have to wait until next issue to read) when I received an email. A wonderfully zany only-on-Vashon letter to the Editor, a local woman's

heartfelt thanks to the community for putting up with her dog. I don't have room to print the entire thing but, as it is an open letter to the community, I will post a shortened version here.

Dear South End Neighbors,

Thank you for all the recent calls about my dog, Hank.

I understand his straying through the ferry dock traffic has caused much concern over his safety.

It didn't used to be like this. He is an awesome dog who is friendly and very well loved. Which makes it harder for folks to deal with, seeing him trot around in danger like that. Especially today, he got

Continued on Page 4

Get in The Loop

Submissions to the Loop

Spring Gala Auction at the Co-operative Preschool!

Rep. Sharon Nelson, and Joe Fitzgibbon, to hold Vashon meet-and-greet

Ah Spring... the birds are singing, the flowers are blooming... and it's time for the Co-op Auction! Join in the spring celebration on April 17th, at 6:00pm at the VFW hall. With fabulous food, amazing auction items, and hilarious entertainment - this auction, as always, will be great fun!

The Vashon Maury Co-operative Preschool is the oldest preschool on our island. We are an island institution, with a history of many many great families and teachers who have nurtured and loved our programs. The pre-school is unique in that it offers parent education classes, is run by a parent board, and parents spend time in the classroom. We are also one of the rare preschools offering scholarships.

For this Spring Gala Auction, our branches will be budding with fabulous items to bid on. Many accomplished island artists have generously donated their works. From a house party with Ian Moore, a ski trip in Big white, wine tasting in Walla Walla, or an outdoor adventure in a rustic elegant lodge in Idaho to massages, jewelry, or homemade jams to a Pam Ingalls painting and a Don Cole painting - this auction will have it all!

Spring has sprung! Come celebrate with the co-op!

Children blossom at the co-op!

Deadline for the next edition of *The Loop* is **Friday, April 23.**

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

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, Peter Bond.

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Paid advertisements in The Vashon Loop in no way express the opinions of the publisher, editor, or staff. We reserve the right to edit or not even print stuff. Deal with it. Come eat at the Q...again and again!

Published every two weeks or so by Paradise Valley Press

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Don't miss an issue. Really. We are in our 7th year of publication and still not bankrupt! (Yet) Wow!

VASHON – Rep. Sharon Nelson (D-Maury Island) and her former legislative assistant and chair of the Burien Planning Commission, Joe Fitzgibbon, welcome all Islanders to attend a meet-and-greet on Sunday, April 18 at the Vashon Maury Island Land Trust, 10014 SW Bank Road, at 2 PM.

Rep. Nelson is a candidate for state Senate in the 34th District, for the seat being vacated by Sen. Joe McDermott as he runs for the Metropolitan King County Council. Fitzgibbon is a candidate for Nelson's 34th District, Position 2 seat in the state House.

Nelson has represented Vashon and Maury Islands, West Seattle, Burien, and North Highline in the House since being appointed in 2007. During that time, she has continued the fight to protect the Maury Island Aquatic Reserve from an environmentally devastating gravel mine and barge loading facility, has worked to preserve ferry service and secure funding for the construction of new ferries, and has organized fellow progressive legislators into the Blue/Green Alliance to push for legislation to help working families and protect the environment.

Fitzgibbon served as Nelson's legislative assistant from 2007 until the end of this year's regular legislative session. He chairs the Burien Planning Commission and has worked to enact protections for Burien's marine shorelines and to expand funding for bicycle and pedestrian infrastructure in underserved neighborhoods in Burien. He is endorsed by eight state legislators, including Nelson, environmental champion Rep. Dave Upthegrove (D-Des Moines), ferry caucus leader Christine Rolfes (D-Bainbridge), and nurse and labor advocate Rep. Tami Green (D-Lakewood).

All are welcome to attend and get to know the candidates and hear about their agendas, priorities, and how they will continue to work on behalf of Vashon in the Legislature.

Cedarsong Nature School Open House

Cedarsong Nature School Forest Kindergarten/Outdoor Preschool OPEN HOUSE, Sat. April 24, 1-3pm, at the school site: 12069 SW 208th. Come see what all the buzz is about and why the children are so passionate about their school! Meet the teachers and last year's families and get all your questions answered about how we manage an outdoor preschool regardless of the weather! www.cedarsongnatureschool.org. Cedarsong is a 501c3 non-profit and financial assistance is always available.

BIRDS + BEES + YOUR KIDS

Are you wondering when you should start talking to your kids about the birds and the bees? Are you unsure of what to say and how to say it? Do you have to have these conversations with your kids? Come find out the answers to these and many other questions on May 12th at 6:30pm at the Vashon Playspace. Join us for a lively and engaging lecture with parent and sexual health educator Amy Lang, MA.

Amy's lecture Birds + Bees + YOUR Kids - It's time to start talking! is for parents of elementary school age children and older. This interactive talk helps parents understand the need to start the conversations early and continue them throughout childhood and adolescence. Parents learn what works for kids, have time to talk about their own experiences and values, and learn about teen sexual behavior in an open and candid atmosphere.

Through her business, Birds + Bees + Kids, LLC, Amy Lang, MA helps parents talk to their children of any age about sex, love and relationships. She has a 16-year history as a Sexual Health Educator, a Masters in Applied Behavioral Science and loves to help people learn about this vital part of parenting.

For more information visit www.birdsandbeesandkids.com or call 206-661-2245 or VYFS.org.

Brought to you by Vashon Youth & Family Services through support of the Boeing Charitable Trust.

Island Birding Guide

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

How to Attract Birds To Your Yard

Ed Swan
(206) 463-7976

Find it on www.vashonpages.com

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 Island Closed Landfill. This is a requirement of the solid waste regulations under WAC 173-351-730 (4). Permit Reissuance Information concerning the landfill and the permit reissuance application is available at: www.kingcounty.gov/healthservices/health/ehs/VashonLandfill or by appointment by calling (206) 263-8518. A copy of the Vashon Island Closed Landfill 2008 Groundwater Data Evaluation Report is available for public review at the Vashon Library; 17210 Vashon Hwy SW
Phone: 206-463-2069
www.kcls.org/vashon/**

Written public comments about the permit may be submitted no later than May 31, 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
Electronic mail: ed.davis@kingcounty.gov
Subject: Application for Vashon permit reissuance

Vashon Delivery Company
Commercial Light Delivery all-Island
206-551-2592 – VashonDelivery@aol.com

Restaurants/Pizza
Medical/Pharmacy
Senior Needs
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Licensed, Bondable, Insured, Great Rates
Dependable - Longtime Local Islanders!

Rock the Village Green

Calling all youth musicians! We are looking for bands to play on the 'Youth stage', in the village green, over the Strawberry Festival weekend. This is a fantastic opportunity to showcase your band's talent in front of a large audience and promote your music.

Vashon Youth Council and Vashon Youth & Family Services have teamed up to co-sponsor a stage at the Strawberry Festival, where our entire community can support healthy youth activities.

Tryouts for the stage will take place in May. If you are a band or solo artist, contact Amy at the Youth Council Office 206.463.7350 or by email amy.vyc@gmail.com in order to sign up for an audition. More information can be found on the web at vashonyouthcouncil.org or VYFS.org.



HOME TEAM REALTY

Troy and Marie Have New Deals

Wow! Dare we say it? Spring is really here, and real estate activity is ticking up just enough to get interesting. There are currently 81 houses on the market, ranging from under \$200K (fixers, of course) to just under \$5 million. Something for everyone! Nineteen houses are under contract, either under inspection or waiting for financing approval. That financing part can be quite difficult, partly because bank appraisals have become very conservative. If the bank appraisal is lower than the agreed on purchase price, then the bank will not want to make a loan. They've turned 180 degrees from the old days of "fog a mirror, get a loan on anything." Even though Vashon does not have the foreclosure problem found in other parts of the country, we do have some distressed properties that are being sold at a deep discount. Those sales are driving down "average" sales prices, so when the appraiser is looking for comparables, he is likely to find some unusually low sales – which may result in a low appraisal. That's the bad news. The good news is that things are moving a bit, and there is a feeling of cautious optimism in the air. Or maybe it's just pollen.

Great Location ~ Great Price

Only \$339,000

9228 SW 156th St

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



Listing #55798



Location, location, location!

10426 SW 238th St In Burton

Only \$309,000

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

Listing #55699



This Deal is Sold!!....

This spacious single level condo is just perfect. Bright and quiet end unit with a small private yard and a deck is tucked away in a peaceful residential area within a short easy walk to town. Two bedrooms and two baths plus a fireplace, vaulted ceilings, and lots of windows make it bright and inviting. Great opportunity to buy in a neighborhood with little turnover. Take advantage of the buyer's market!



17318 100th Ln SW #2-B



(206) 463-LIST (5478)
www.yourhtr.com

Visit us a www.yourHTR.com. To see more listings Or call Troy and Marie at 206.463.LIST (5478). We would love to help you with your real estate needs.

Lunavision with
host
Peter Ray

Join Peter and fellow Islanders for a discussion after the showing of “Hybrid,” a documentary about Milford Beeghly, a radical farmer in the 1930’s who pioneered the process of genetically enhanced crops.

This documentary is an astonishing portrait of one man’s obsessive vision with plants. The film balances the science of farming with the sad neglect of Milford’s family. The director, Monteith McCollum, Beeghly’s grandson, uses actual 16 mm footage from the 1930’s, animated sequences and interview footage with Milford himself (who is larger than life) from his final years.

The result is a quirky, poetic opus that says as much about the pragmatic spiritual values and emotional inhibitions of the American hinterland as it does about that archetypal Midwesterner, Milford Beeghly.

“This is a visually unusual film because I was searching for ways to express my grandfather’s feeling for the land and his passion for the corn plant,” says McCollum. “The corn and land ultimately became characters in a story that is as much about the secret lives of families as it is about the mysteries of corn hybridization.” “

Hybrid” has won a number of international film festival awards, including the Grand Jury Award for best feature at the Slamdance International Film Festival and an Independent Spirit Award.

At Cafe Luna, Thursday, April 22, at 7pm
www.cafelunavashon.com

Chamber

Continued from Page 1

Our new location in the “hub of downtown Vashon promises to be an active gathering place. In addition to the new Visitor Center, we will be offering meeting and conference space for the community groups, an active resource center for Islanders, and professional center for business activity

If you would like a fun-filled volunteer opportunity, give us a call right away! 206-463-6217

Drama Dock

Continued from Page 1

boyfriend, a clown on roller skates. In the midst of this chaos, characters from Evelyn’s novel come to life, including the dashing swashbuckling leading man. This comedy, with serious undertones, will be enjoyed by anyone with a desire for romance and a happy ending...with more than a few bumps along the way.

The show is directed by Elizabeth Ripley and stars Antonia Greene as Evelyn. Other cast members include: Chris Ott, David Hackett, Jill Bulow, Meme Garcia and Kenese Parker.

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.

The show runs April 16-25 at Vashon High School Theater. Show Times: Thursday, Friday and Saturday @7:30pm. Saturday Matinee 4/24 @ 2:00pm and Sundays @ 4:00pm

Tickets \$15 for general admission, \$10 for seniors and students, are available at Vashon Bookshop, Books by the Way or brownpapertickets.com. www.dramadock.org

Dale Swanson

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Vashon Island Pet Protectors
Fundraising Plant Sale

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.
www.vipp.org

Vashon Island Day Spa
463-0587

Now Booking~ Half Day Package for \$135.00!

That’s 3 1/2 hours so clear
your afternoon.

90 minute full body massage,
your choice of spa mani/pedi/
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micro current facial.

Plus tea & spa snacks



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Walk in Teen Clinics from 1-5



206 463-2777

17407 vashon hwy sw
(just south of Giraffe)

www.vashonwomenshealth.org

Only on Vashon

Continued from Page 1

away from the kids with his leash on and a car ran over the leash almost pulling the dog under the car. It was my last straw and thank you for the call. I understand fully why my neighbors are outraged. Here is Hank’s story.

He is a rescue dog. He came from a litter of 12 puppies born 12 days before Christmas, from that notorious meth house where a man was murdered. This was the murdered man’s dog who sired the litter, what a mess. Hank was dropped off as a “gift” by one of my husband’s clients, for my son’s third birthday, We weren’t sure we could take him on, but it’s been a year and now my kids are hopelessly devoted to him, so am I. Now my husband, here is my problem. It really pisses me off, considering it was his client that brought the dog.

My husband is of old school and has said to me “The sexual mutilation of your best friend does not say I love you”, refusing to let me fix the dog, and we cannot afford to fence the yard. So I was too scared to stand up to him and just take Hank in. Finally, it has caused me to choose the dog over my husband. Meanwhile, Hank is growing up and I opened a new business, leaving for work when I would have been out walking him. Add to this a recent car accident, with a new head injury, I’ve been slower about things than usual. My kids and I walk Hank three times a day and he

is well fed, he sleeps in doors in my daughter’s room and I think my kids are doing a wonderful job with Hank. However, sometimes like last week, spring break, our schedule changes and it throws us all off and the dog sneaks out. I’m sorry. I’m on it. I’m finally standing up to my husband and having the dog fixed. We love Hank very much and promise to do our best to attend to his needs and if this happens to be too much for us, we are not too proud to find him a loving home with a family, he gets lonely without us all.

I just wanna say thank you to the people who have driven him to Fair Isle and also returned him to me at my business and for all the phone calls. I really am listening and we have responded immediately at every turn.

We just couldn’t figure out what was going on, where he was going, what times of day and what kept happening to his tags & id. We suspect our youngest son has had something to do with pulling his collars off like that. We have replaced them several times. We will also be having Hank tagged with a chip and properly licensed, he’s had his shots and he’s very healthy I just needed some help with it all. Please feel free to call on me with your concerns, like I said, I’m on it.

K.

Email me at
Peter@vashonloop.com

BECOMING A HEALER

Beginning or Advanced
Glen Bishop, or Many Feathers, from Australia is coming to Vashon to give a workshop on BECOMING a HEALER, and a SELF DEVOPMENT workshop. Glen spent time here two years ago and felt the energy of the people on the island and always wanted to come back and share his ancient healing wisdom.

In this workshop, Becoming a Healer, your skills will be developed to take others on inner guided journeys, understanding your personal totem, and the healing process with plants and stone. This class provides the tools for the healer.

Many Feathers offers these workshops May 1 & 2, and the 15 & 16, with one or two day options—a full day is from 9:30 a.m. to 4:30 with coffee, tea and lunch provided. A half day runs from 9:30 to 1. Private healings and readings available.

Self Development Workshop
Provides new skills on dealing with your life journey. Create awareness and success; achieve balance, peace and happiness in all areas of your life. Using ancient healing wisdom and teachings, become one with nature, connect with your spirit guide and spirit helpers. Create a large medicine wheel.

These workshops will run April 25, May 9, 23rd.

The cost is by donation. Glen, who has a large following in Australia, believes people will get out of it what they want, and will give what they want. A percentage of proceeds go to a local charity.

Both workshops will be help in the former Old & Funqui building at 17311 Vashon Highway. Call Judi Blaze at 206-300-2392 to book a space.

Law Offices of

Jon W. Knudson

Parker Plaza * P.O. Box 229

Bankruptcy -- Family Law

463-6711

Deadline for the next edition of *The Loop* is

Friday, April 23.

Support The Loop!

If you enjoy reading The Loop, please consider supporting us with a subscription. We gotta make a living or it just isn't fun!

Level	Amount
Paper girl or boy	\$10
Proofreader	\$20
Cub Reporter	\$30
Foreign Correspondent	\$40
Inbedded Photojournalist	\$50
Asst. Ass Ed	\$100
Editor in Chief Bottlewasher	\$250
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



Are Your Joints Talking To Each Other?

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



Yes, the joints and also the muscles and tendons have a form of communication. Whether or not they speak directly to one another may be a bit of a gray area. I would suspect that as wonderfully complex as the body/mind system is, most likely they do communicate with each other on some level. One thing we do know is the joints, muscles and tendons communicate with the big boss...the brain.

Via the central nervous system, the brain plans the strategy for movement. Messages are sent from the brain to the joints, muscles and tendons to perform a task or movement. The joints, muscles and tendons perform the movement and report back to the brain the details of the movement. The brain then decides if the way the task was carried out was efficient and productive.

If the movement was carried out in a sound, efficient and productive manner with a no to low risk factor, then the task can be repeated again. As the body and brain continue to work synergistically and get comfortable with reproducing a certain movement pattern, the pattern begins to move from the conscious mind to the unconscious mind.

However, if the movement was a struggle or challenging, the brain begins a strategic process of determining better ways to perform the movement based on the information received back from the muscles, joints and tendons. With continued practice and communication, eventually the pattern or task is worked out in the most advantageous way for all parties involved.

This form of body-mind communication is known as proprioception. One way to think about proprioception can be defined

as one's own awareness of the relative position of each body part to the others. This information is important to understand because your body, particularly your joints, need to be placed in the most inherent, safe and productive position to carry out any movement pattern.

Since we, as a society, have become more and more sedentary and look toward exercise as a way of "making up" for our lack of daily movement, we tend to become stuck in certain exercise routines and movements. Usually these are the exercises and movements we know and feel comfortable performing. As a by product, one of the most crucial elements we leave out of our attempts to create movement through regimented exercise is proprioception. Leaving this element out of your training places your joints and connective tissue at a higher risk for injury.

To strengthen the joint's, muscle's and tendon's ability to react and position themselves in a safe operating position, one needs to add proprioceptive work into their workout regimens. This can be done is several ways. One of the easiest is to exercise in bare feet. Barefoot training allows the joints and connective tissue to be stimulated to respond to movement without the restriction of foot wear. This will allow for more enhanced joint positioning.

Another helpful stimulus is performing single leg exercises, preferably in bare feet. When performed correctly, single leg exercises will stimulate the entire body's joint and muscle system to respond and position themselves in the most inherent, advantageous position.

Proprioception training is a necessary and crucial element to include in your workout regimen to promote healthy joints and reduce the risk of joint overtaxing which

eventually leads to joint injury.
Concerned About Your Joints?
Contact Habitsforming Fit Camp today and enroll for half off the first month's membership.
Consider this your joint insurance policy.
Limited to the first 7 to respond to this ad.
Space is limited. Offer ends 4/19/10

Polio

Continued from Page 5

Vashon Rotarians have a personal connection to the fight to end polio. Keith Putnam, Charon Scott-Goldman, John Gardiner, Ande Thollander, Whit and Mary Carhart have all volunteered as participants in a National Immunization Day in Ethiopia.

The goal of Rotary International's Polio Plus program, launched in 1985, is to eradicate polio worldwide. Since then, Rotary has contributed more than \$900 million and has helped to immunize over 2 billion children. Great progress has been made, and the incidence of polio worldwide has been reduced by more than 99 percent. Polio is now endemic to only four countries -- India, Nigeria, Pakistan, and Afghanistan -- but other countries remain at risk from cases "imported" from the endemic nations, which is why it is so important to finish the job now. Rotary's effort is bolstered by a funding arrangement with the Bill & Melinda Gates Foundation, in which Rotary clubs are working to raise \$200 million to match a \$355 million challenge grant from the Gates Foundation. All of the resulting \$555 million will be used to support crucial polio immunization activities in polio-affected countries. Rotary has raised over \$115M so far, and our local event is part of this effort. For more information on Rotary's End Polio Now campaign, please visit www.rotary.org/EndPolio

The Vashon Loop, p. 6

A Feast of Art in the Month of May!

by Liz Lewis

This spring’s Vashon Island Art Studio Tour will be a “feast” of art, with 29 participating studios presenting painting, pottery, garden art, wood, glass, jewelry, prints, photographs, and more! That’s 29 art shows, open for two weekends, May 1-2 and 8-9, 10am-5pm. It’s free and it’s fun, and a great opportunity to add to your art collection, or select a meaningful gift to celebrate a wedding, graduation or Mothers’ Day!

As always, Sharon Munger (of Barnworks, #6), has designed an easy to follow route for the Art Studio Tour, using know-how from her years as a UPS driver. Start at any studio and follow the numbers designated on the Studio Tour map which is easy to find online at www.VashonIslandArtStudioTour.com and at most island businesses.

Visiting the studios is a treat almost as sweet as seeing the art! The artists are happy to talk about their work and processes (among other things!). Some will be doing demonstrations. Here are just a few tempting tidbits from this spring’s “spread”:

Visitors to B. D. Wood Construction (studio#9), will be delighted by Brad Davis’ rich and complex tables, constructed from wood that he logged, lumbered and air-dried 35 years ago. “I try to be a passive conduit in the process, letting the wood tell me what to do.” The grain of the wood is suggestive, and Brad’s skill lies in making choices that compliment and contrast, as he develops the shape of the table, the proportion, and the tapered legs. Brad will also have affordable breadboards, and “different” coat racks.

At Fiddle Home Farm (studio#10 on the map), Emily Pruiksma and Shane Jewell are living their art. Beeswax from their hives is used in their candle production. Taper candles are hand dipped, sometimes 30 times, into the beeswax, which is heated over their wood stove. “This part of the process is very meditative,” says Emily. The candles are decorated with flowers from the garden, completing the cycle of warmth, beauty and light. There will be ongoing demonstrations of Ukranian egg decorating, a beeswax



resist technique.

The Reimnitz Studio (#18) opens its doors for the first time for Art Tour, offering “One Family’s Art”, including the work of Ilse and Hartmut and their son Gunter, longtime favorites at Barnworks. The new studio is set in a large open field with a view of lovely Raab’s Lagoon down Kingsbury Road on Maury. The open space is an ideal backdrop for Gunter’s steel northwest animal sculptures. And, visitors will be entranced by the peaceful spaciousness and light of the new studio. Ilse’s lively dogwood watercolor graces the cover of the



Spring Art Tour brochure.

At the historic Beall greenhouse property, in a bright studio in what used to be the greenhouse packing plant, is Island Artistry – Tile and Stone, (studio #24). A ceramic tile contractor for the last 31 years, David Blad is now actively pursuing an interest in clay that includes hand painted murals, such as his poignant “Moon Over Olga’s”. For the Art Tour, he will also have a selection of tiles of birds and fish.

And, right next door to David, Magrath Sculpture (#25) will be open for Art Tour as well. Michael Magrath is a skilled figure sculptor, who boasts numerous impressive public art pieces in the Seattle area, most recently, the “Medal of Honor” Memorial at the U of WA. He teaches sculpture at Gage Academy, and is now offering classes to the Vashon community.

Of course, there is much, much more! Hope to see you there!



Deadline for the next edition of *The Loop* is **Friday, April 23.**



Espresso

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Saturday 7:00am - 3:00pm
Sunday 8:00am - 2:00pm

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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 or email us at info@toquietinflammation.com





Planet Waves



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

Aries (March 20-April 19)

The point is not to be different for its own sake, but rather to recognize that you are a distinct entity, and that is the truth of who you are. Acknowledging this can send plenty of people into a tailspin; for you, ignoring the simple fact that you're different, that you have something to say and that you have an agenda for your life, are much likelier to cause you to lose your grip on the road. The confusing part is that you don't necessarily feel like one person all the time; you have so many personas and facets of yourself that you may not be sure which one is true. What is true, initially, is what these facets of self have in common. Beneath the surface level of experience, there is one solid core of existence that you are being invited to tap into right now.

Taurus (April 19-May 20)

You seem to be running to catch up with some part of yourself that you feel is leaving you behind. The image is of a split between an aspect of your mental focus and the movement of 'who you really are'. The split is an illusion; you are being contrast between who you were in the past and who you are today. By who you were, I mean your state of mind, your mental outlook on life and your sense of identity in the past. Who did you think you were, and when did you decide you were someone different? If you pay attention over the next few weeks, you will be taken through a kind of museum of past self-concepts. Note that this has little to do with who you are today, except for the fact that each of those in turn led to where you are now.

Gemini (May 20-June 21)

Your imagination may be running away from you, which is fine if you're thinking beautiful thoughts or solving problems. It's a little more difficult if you have anxiety irritating your mind, or if you're feeling obsessive in any way. Yet any fear or mental duress you now experience are being offered to you as examples for discovering the nature of those feelings. Here is a synopsis: Gemini has a reputation for being this fleeting, quick-changing kind of archetype. Beneath that layer is a slow-vibrating, high-density layer that can be extremely stubborn. Stubborn can be useful, but it can also translate to stuck. The thing we tend to get stuck on are ideas about how life is supposed to be; you have a few of those that you don't need, and a few old but good ones that you would benefit from remembering.

Cancer (June 21-July 22)

Some people are more cooperative than others. Some people you know are more open to the fact that you're a trailblazer than others. Some are uncooperative because you seem to them like the person who is having all the fun, or who has nothing holding you back. None of this matters. What does matter is that there are people around you who indeed support you; who offer their friendship in deep and substantial ways; who are looking out for your interests. What matters

is that you focus on expressing what is truly individualistic and unique about you, and making sure you never forget what that is. Life is not a popularity contest. If it is any kind of a contest, it's about who can facilitate the most authentic cooperation, which includes supporting authentic cooperation.

Leo (July 22-Aug. 23)

The world has exceedingly few relationship models where both parties profit from a shared arrangement, and many examples of where one party steals from or takes advantage of the other (or a third party, such as kids in the Philippines). For the past few years, you've been getting a complex tour of how relationships work and how they do not work; of what factors constitute fairness; of how to make decisions that benefit more than just one party. You're way ahead of the game here; most people have no idea of what, to you, is a common sense concept. This means you'll be doing some educating of the people around you, particularly new people that you meet. To them it may seem like you're proposing that they can walk on water. Explain that it's more like breathing air -- which for most is enough of a challenge to keep them busy.

Virgo (Aug. 23-Sep. 22)

One of the things you wrestle with is having fixed concepts where you need flexible ones. Part of why this is true is because you have extremely flexible concepts where you need some more tangible ones. I cannot tell you what should be what, but I can suggest looking at where you hold firm principles and questioning whether you can use some additional flex, and looking at where you have moving boundaries or work-in-progress theories and asking if you need to get clear with yourself. The potentially confusing bit is that all these concepts fit into the 'who am I really?' line of thought, and you may not have distinguished the different shades of that concept. Your charts suggest at least this much: you are carrying around some outdated beliefs; those beliefs are based on outdated values; and those values actually belong to someone else.

Libra (Sep. 22-Oct. 23)

For the next couple of months, some of the pressure you've been feeling lightens up: pressure to deal with the past; to address the problems given to you by your parents; to live up to your potential. What you've just been through amounts to a practice round of self-actualization. What you experience between now and early June appears to be a reflection process about what you do with impulses to change, no matter what their source. You might start to make distinctions: does change mean grow, or alter your life course, or react, or respond? When is the influence internal, when is it external, and when do the two match up? Pay attention to this last one. You're going to need your own ideas about how and why you want to grow, to



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match with a lot of information and influence coming from what seem to be external sources.

Scorpio (Oct. 23-Nov. 22)

You are making progress in a relationship, though you need to give someone close to you several more opportunities to see things from another point of view. Basically, so far as I can tell, they are involved in an elimination process, deciding what is true on the basis of what they determine is not true. This involves trying on some of the possibilities, and that involves being indecisive. However, you may find that they are committed to different possibilities at different times in ways that seem pretty conclusive. I suggest you assess the situation and see what agreements you require in the long run; size up whether you're being confronted with things that prove themselves to be deal-breakers. Also, I suggest you set a limit: for example, if someone hasn't figured their stuff out by the next equinox, that's too long for you. Be specific with yourself.

Sagittarius (Nov. 22-Dec. 22)

Paul Simon said that food is the bottom line for everyone. This appears to be true for you now. If you live in the United States or the UK, you can be sure that you live in a culture with a lot of food issues, such as: is the food actually food? Is it nourishing? Is it contaminated? What's in there and why? I recommend taking a couple of weeks of focusing on noticing your dietary habits; your eating habits; on reading the ingredients on every package; and in closely studying what your mother taught you about food. Take up the issue of 'comfort food' and see if you can discern why you need it, and it's actual effect on your mood. See if you can find food substituting for other things in your life. I know this is a lot to consider, but that alone makes an interesting meditation. Food is indeed the bottom line.

Capricorn (Dec. 22-Jan. 20)

Is there any way to live in a balanced way in our society? Closer to home, is there any way to live a balanced life when you're under as much pressure to grow as you are now? Here is what I suggest, for the time being: investigate who and what throws you off-balance. Be honest about this. The person may not be present -- it may just be their ideas that skew your reality. Your charts

have shifted significantly from where they were even last week, and some new factors have entered the picture. The simplest way to say this is that vital influences that were acting behind the scenes are now much more obvious and accessible. Your 'subconscious' is suddenly available; emotional dimensions that generally lurk out of reach are right where you can notice and do something about them.

Aquarius (Jan. 20-Feb. 19)

Several influences are summoning you to be more flexible than you're accustomed to. You are accustomed to the kind of flexibility where you can consider any idea, as an abstraction. Think of this as a symbol. What would it mean to make the symbol into an actuality? In other words, what does the symbol stand for, and what do you feel compelled to do as a result of that actuality? Consider that in the process of determining who you are, noticing that you are the thoughts that you think is a vital step along the way to freedom. You need precision here, which is the precision of honesty. Tell yourself the truth about everything you tend to question or consider in an abstract way. I know we live in a time when 'there is no truth' but there is absolutely, certainly your personal truth -- and you need to know it.

Pisces (Feb. 19-March 20)

You're about to make some radical decisions about money, which have everything to do with your sense of self-worth. At this particular phase of your life, you have a better sense of who you are than you've ever had before. You've met the preliminary requirement for the next step, which is to focus that knowledge into a value that obviates everything that, by logic, must no longer be true. I suggest you use a scientific method more than a philosophical one. If something is true for you today, then it is so on the basis that it invalidates what was true yesterday. The thought of the hour is that you have no room for conflicting belief systems, and indeed exceedingly little room for belief systems at all. What you need is knowledge, and at the moment, much of that knowledge involves being extremely clear about how much your ideas, your time and your labor are worth.

Read Eric Francis daily at PlanetWaves.net.

Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

Still in Crescent City (almost to Smith River, actually) by Rick Tuel

The story so far: It is November, 1970. Our intrepid heroes, Rick and Chris, are hippies and Vietnam veterans, so everyone is angry at them. They have been stuck on the side of Highway 101 just north of Crescent City for...well, read on:

November 27, 1970, Friday

For one whole week we have sat here trying to accomplish what would have normally taken about a day or so. Every time the rain lets up we dash outside to try to get something done, but before we can actually get it on, it starts pouring again. It's like we're being watched or something.

On Wednesday, the weather actually broke for most of the day which was a much needed truce. I got up into the bunks and stripped them, throwing soaked blankets, mattresses and rugs up onto the roof to dry out. I tried to get the casement window open on my side but the moisture had swollen it shut and all I ended up doing was to break the glass in my efforts to get it raised. The rest of the day was spent making repairs; in the midst of these, it started raining again and I had to go topside and dump the bedding back down through the hatch. What a wreck. The truck looks like a hurricane hit it.

At 16:00, Tiger Whitehurst, Mother President of the Devil's Disciples, Crescent City Chapter, Planet Earth and Company, came by and invited us to dinner. Chris and Jeri Ann partook of the honor while I stayed aboard to stand Quarterdeck watch in their absence.


The Disciples (a local outlaw motorcycle club) offered us Thanksgiving dinner if we were still around on Thursday, which we were, but we didn't make it. Friday found us almost finished with our labors. We got the brake lights working and then tried to take up the play in the brake pedal by adjusting the plunger into the master cylinder.

Naturally, it broke off so away I went, fuming, to try and locate another one. Out of luck! I may as well try to locate a Brontosaurus.

I did manage to get the thing welded, though. After another stop to take on stores, it was back to the ship.

November 28, 1970, Saturday - I awoke at 06:30 and couldn't believe I wasn't dreaming. The morning sky

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was bright blue with not a cloud to be seen. The sun peeked over the mountains at 07:30 and soon the whole world was bright and steaming.

Well, we just danced through the remainder of our tasks and at 11:00, with everything secured for travel, Oatus and Family Dog hit the road again.

Just so we wouldn't forget this place, however, one last trip was laid on us. About five miles down the road, all the lug nuts came off the Port tire forward which would have proved disastrous had we not pulled over to the side of the road to let the tailgaters by when it happened. As it was, we lost the threads on the bolts, but 15 minutes' work with the thread cutter put us back on the road again.


The loosening of the bolts appeared to be deliberate. Somebody actually stopped by while we were out and loosened up all the lug nuts on the Port side wheels - the rear duals included. Once we realized what had been done, we made a thorough check of all tires just to be sure. For all the animosities people showed us while we were here, it seems odd that someone actually tried to sabotage our departure. I'd hate to think it was the police. Whoever it was, it sure ranks as the dirtiest, most cowardly stunt I've seen in a long time.

But finally, after 27 days of constant struggle, Oatus and Family Dog cleared the borders of the troublesome state of California. God help us if it takes us this long to get through Oregon.

Help Out Rick Tuel

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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Two events celebrate National Poetry month

By Janice Randall

Author/actress/dancer Mary Lou Sanelli will perform **The Immigrant's Table-a Literary Feast** at the Blue Heron, Saturday, April 24, 7:30 pm. The multi-media event is one of two Vashon Allied Arts weekend events for April's National Poetry Month. Sunday, April 25, 2 pm, VAA New Works Series brings high profile Island writers to stage with Haiku Comes in from the Rain.

Sanelli, A trained dancer and performer, her book by the same name offers a delightful combination of recipes for both food and life inspired by her upbringing as a first generation Italian immigrant growing up in New York City's lower east side.

She confesses to having felt out of place on the West Coast. "As an east-coast transplant," she writes in her book's introduction, "I imitated the laid-back (a description I detest) dress and manners of my new friends. I tried to lower my voice when I spoke. To wave my hands around less."

Washington poet Madeline DeFrees says of Sanelli's book, "No fast-food substitutes here, as the poet recreates a culture in which food preparation is a cherished ritual. Sanelli's clear-eyed, yet loving, awareness of family members' foibles, including her own, provides the



Northwest Author of Immigrant's Table-a Literary Feast, Mary Lou Sanelli performs.

reader with a menu that nourishes both body and spirit, a gourmet treat for the imagination."

Haiku comes in from the Rain, brain child of Ann Spiers, Kajira Wyn Berry and Hita Von Mende, evolved from the Hiway Haiku project, three Burma Shave-like signs that adorn Vashon Highway near the north end ferry dock. Island writer Kajira Wyn Berry sets out a new set of three signs she has calligraphed, each sign offering one line of the three that comprise a Japanese haiku poem, generally written by an Island poet.

Berry and others (as performers) and Island poet Ann Spiers (as producer) along with Hiway Haiku co-founder Hita von Mende aim to bring haiku to stage in vibrant forms as readers present various haiku aloud while Berry calligraphs them on a screen. Some poems will come from two haiku workshops presented the previous day, April 24, by Berry and Michael Dylan Welch (call Blue Heron to register). Spiers says some performers will present haiku as choral readings, perhaps even music, along with engaging themes and humor. The show will end with a quick auction of some Hiway Haiku classics on weathered placards.

Tickets for The Immigrant's Table and Haiku comes in from the Rain are available now at Blue Heron, Heron's Nest and Books by the Way, \$10 VAA members, seniors, students/\$12 general. Call 463.4131 to reserve by phone.



Hiway Haiku comes to stage with Ann Spiers, Hita Von Mende and Kajira Wyn Berry with a host of Island writers (photo by Janice Randall)

We've Got a Lot of Kids Thumbing Their Curly Proboscises

by Kevin Pottinger

I learned two new things last week.

The first: what a fine-toothed comb really looks like, and second, that we're all in this together. I already knew the second one, but I was rather forcefully reminded that on an island, no family is an island; we discovered that we had been smote with a plague of head lice.

All our kids cried hot, hearty tears in turn when we found the scuttling, light-shy lice and their tiny brown eggs clenched to the kid's hair, late one night when they were brushing their teeth before bed. My wife Maria and I couldn't do much at that hour, so we tried convincing the kids that live, blood-sucking insects hatching on their heads weren't so awfully bad after all, and packed them off to bed. As they tossed and turned we drew up plans for an elaborate two-pronged attack that we would mount at dawn.

We were lucky; we were saved the disgrace of having our hard-working, heroic school nurse actually find bugs brazenly crawling all over our kid's heads. How awkward it could have been if the nurse actually discovered head lice while she was checking our kid's heads for head lice, flipping through their hair, perhaps absent-mindedly, with a stick.

Maybe she would have found the lice if they had built giant, thrumming hives like wasps. Even though organized squads of lice out for a casual stroll, thumbing their curly proboscises at us, were plainly visible to Maria and me, at least we were saved the embarrassment of a quick hand-written note from the nurse letting us know that our kids were infested with head lice.

I had to go to work in the morning, and that was a rotten shame that I will still feel bad about until late spring/early summer. Maria gunned our green minivan uptown and grabbed several lice kits in cheerful colors with enthusiastic claims of utter effectiveness plastered all over the packages, and some timely words of encouragement from our pharmacist.

She opened a bottle of some ultimately useless, but fine-smelling goo that we were to smother the lice with, according to the package. The inappropriately light-hearted instructions, apparently written by some form of sociopath, said to coat each hair and cover the cute little bugs completely with the goo, then put on a shower cap and wait an hour. They may have said to face east. When we were finally rid of rid of the plague of nits, we were to place burnt offerings on an altar.

After an hour where the kids pointed fingers at one another in their dumb shower caps, Maria got to work with the fine-toothed lice

comb to painstakingly glean the dead (or just resting) lice and the tiny whitish-brown specks from each strand of hair. Maria spent the entire day working over all four kid's heads, examining each strand of hair with a magnifying glass and pulling it through the fine-toothed comb. When I returned home, she was seeing teeny-tiny nits everywhere: on TV, in her coffee, behind her eyelids.

The following day I had to go to work again, which was another, separate filthy shame. Maria washed all the kid's clothes and all the pillows and comforters and sheets, and vacuumed all the furniture and the seats in both cars. I took the extraordinary step of formally thanking Maria for her service to our family, with supper at the grownup table and a couple hours of free-time on Sunday afternoon.

There are a number of outlandish home treatments well-intentioned nit-pickers have devised to get rid of head lice, as well as several purportedly safe and effective pharmaceutical remedies. All could be said to be equally effective, if the directions are followed explicitly and the protocol includes several careful wet-combings with a lice comb over a couple weeks time, with hot-water washing and hot-air drying of all the bedding and clothing and towels the kids might have used within a couple days of the discovery of live lice. The thinking is that it wouldn't necessarily matter if one used Permethrin or pancake syrup on the lice, if the repeated wet-combing and washing of bedding and clothing physically removes all the active lice and nits.

We're all in this together, and with head lice, even more so; our kids got head lice from your kids, and our kids probably gave head lice to someone else's kids, maybe even to you. And to all the families who've been smote with a plague of lice: let's do this the right way once, and keep our kids from passing around the same bugs over and over.

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What's your take?on the Tea Party Movement?

By Peter Bond



Elaine Kurney - Artist

I think the Tea Party is BS. Case in point is Sarah Palin.



Lyle Harris - Non Profit Developer. Hopefully they peak soon but while siphoning off funds from the Republicans, making their candidates even weaker than they are right now



Jay Becker - Community Consulting. There have been many of these types of organizations over the years, and they never amount to much. This party is a waste of time. Any civilized society needs to pay taxes, for the most obvious reasons such as roads and schools.



Enoch Tobin- Artist/Semster

I wonder if they knew what tea bagging meant before they named themselves.

Positively Speaking



By Deborah H. Anderson

“Night Shift”

There is a universal truth in the first world working community. If you have had a fitful night’s sleep, fifteen minutes before the alarm is scheduled to go off you will find the most comfortable position you have ever discovered in your life and fall into a deep sleep.

Ah! The first power nap of the day. The rest of the day becomes a struggle to think, serve, execute, and compensate for those three to five hours you spent looking up at the ceiling, out the window and over at the clock while rearranging the bedclothes and pillows.

If you’re losing sleep in the middle of the night let me throw you a lifeline. Research says 85% of the stuff you worried about while you were tossing and turning never comes to actuality. True dat. It’s just a waste of time. So rest your weary head.

I used to spend nights so filled with fear I couldn’t even cry. Then when the fear subsided the endless mental process of rethinking things and making plans A, B, C, and D revolved in my brain like a hamster on a wire wheel. I was exhausted lying flat in bed. I never could figure out what my last thought was before sleep overcame me. Did it put me at peace enough to drift off? If it did, I wanted to reclaim it. Then I would realize it was just the appearance of daylight that singled the end of the wrestling match.

Two things ended the battle of awake vs. asleep. First I made a covenant with myself to say, “You

can’t change anything or make anything happen in the middle of the night”.

Secondly, I agreed with myself when I felt myself waking up I would not open my eyes. I could think all I wanted but I could not open my eyes. At least I would catch some dozing minutes I designed instead of just hours of wasted alertness.

Mind you in between I tried reading, singing, counting my blessings. I’m not a nighttime eater so I never found myself in the kitchen, but the bathroom had some good magazines.

And, as a writer, there were those nights when I would awaken with an idea that needed to be written down. Those moments were followed by quickly dropping off into a satisfied sleep.

The agreement with myself began to take effect. Of course, me being me, there was faith stuff involved, some God stuff and then a 1 ½ year working swing shift and then three weeks in dull on night crew during my grocery retail period helped to destroy whatever vague rhythm there was to sleep.

But mostly I had made a decision not to give into sleepless nights anymore.

There’s a lot of weight on all our shoulders now whether life is going well or in the drain. There is always something to worry about. Let it go. There are times to keep your eyes closed and ignore the urge to examine the worse case scenario. Anyway, more creative solutions come when you are asleep. Better you should intuit them at breakfast the next morning.


It’s bedtime. I don’t worry at night anymore. I can tell you it gives me more energy to be positive about challenges and obstacles in the morning.

Toddling off now. Sweet Dreams. Rest easy.

Love
Deborah

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The Spotlights

April 23, at 8pm
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Island Epicure



By Marj Watkins

Book Review:

"Gluten Free Girl"

by Shauna James Ahern

Newsweek described Vashon Island author Shauna James Ahern's first book, "Gluten Free Girl" published by John Wiley & Sons in the US and Canada, as "A delightful memoir of learning to eat superbly while remaining gluten-free." Her book has inspired me to broaden my cooking repertoire to include more kinds of gluten free grains than I even knew about before, and to experience some delicious flavors new to me. I'm working my way now through Bob's Mill specialty flours from Thriftway, starting with sorghum, teff, and quinoa.

Shauna's book tells the story of her journey from junk food junkie to a gluten-free gourmet cook. That journey began with a diagnosis of celiac disease. Celiac's victims often go undiagnosed for decades, undergoing hosts of futile tests, before finding out that the gluten-rife diet they've consumed all their lives makes them literally sick and tired.

Wheat has the most gluten, and wheat alone can make bread rise well. Most gluten-sensitive people notice wheat's effects first, and the health benefits from giving it up. If their gluten-sensitivity has progressed to celiac disease, they remain sick, depressed, and chronically fatigued. It's immensely challenging to ferret out the last, least smidgen of gluten. Spelt, triticale, and emmer, have lots of gluten. Barley and rye, contains less, and in oats milled in the same machinery that processes wheat grains can contain a smidgen. It's sneaked into processed foods of all kinds under many aliases: food starch, hydrolyzed vegetable protein, malt, dextrins, maltodextrins, and "natural flavors."

Shauna says that in Europe, laws require food packages to confess gluten's presence, but the USA has no law requiring food processors to announce that their products contain gluten. In Italy, children get tested for gluten allergy before they can enter first grade. Up to 12 % of the population of Italy tests allergic to it—pretty hard on a population that bases so much of it's diet on pastas and pizzas! I doubt the percentage is much lower, if at all, in America. Among my direct descendents, the percentage is 40%. It must be genetic.

In my own experience, just giving up wheat ended frequent migraines, diarrheas, and sinus infections. For years I ate no bread, nor anything made with wheat. Several years ago a book titled "Gluten Free Gourmet" came out, followed by More from the Gluten Free Gourmet, both by Bette Hagman. The set did benefit people with celiac disease. It's

recipes, based on refined starches like rice flour, potato starch, and tapioca flour didn't fit my conception of "gourmet", nor of healthful eating.

Shauna James Ahern's recipes feature whole grains, high in proteins, minerals, B vitamins, and flavor. She includes only a little pure starch, but lots of creativity. Look for Chocolate Banana Bread, and a crusty, sliceable sorghum bread, and salads made with quinoa and with millet. Reading her book is like enjoying a chat with a good friend. She writes entertainingly, and dishes out loads of valuable information. I give "Gluten Free Girl" five stars.

Inspired by Shauna's book, and her talk at the recent Food Summit, I created this waffle recipe. Put a little more liquid in it and you can make sorghum and teff pancakes, crepes, or blintzes.

SORGUM & TEFF WAFFLES

Makes 2 waffles (2 to 4 servings)

½ cup sorghum flour

¼ cup teff flour

1 teaspoon baking flour

¼ cup salt or to taste

2/3 cup soy, almond, or rice milk

1 egg, beaten

1 Tablespoon olive or canola oil

Cooking oil spray

Sift dry ingredients into mixing bowl. In a small bowl, beat egg, milk, and oil. Stir into dry ingredients. Let stand 30 minutes so flours can soak up moisture. If too thick add a spoonful or two more milk.

Spray oil on cold waffle iron. Heat it until a drop of water sprinkled on it goes "sssst" and bounces.

Spoon batter onto hot waffler. Cook according to waffler maker's directions. (If using Belgian waffler, bake 3 minutes, turn, and bake 2 minutes more. If waffle does not easily come out, bake a minute or two longer. Eat with vanilla or fruit yogurt, and sliced strawberries or raisins, or with butter and jam of your choice.

Margaret McKinstry gave me this quinoa Quickbread recipe. It has a pleasant texture and is neither too moist nor too dry. You'll enjoy its flavor as shortcake with a little honey added to preserve and sweeten it.

Margaret McKinstry's Gluten Free, Dairy Free

QUINOA, MILLET & ALMOND QUICKBREAD

Preheat oven to 350 degrees

Sift:

1 cup quinoa flour

1 cup millet flour or brown rice flour

¾ cup almond meal

¾ cup oat bran or quinoa flakes

2 heaping teaspoons baking powder

½ teaspoon soda

Combine and stir in:

1 cup soy milk or almond milk

1 Tablespoon lemon juice

frozen apple concentrate to taste

3 Tablespoons canola oil

½ to 1 teaspoon salt

Oil a baking pan and preheat it 5 to 6 minutes.

Transfer batter to pan. Bake 45 minutes.

Shortcake variation: Oil tablespoon-size measuring spoon. Measure and drizzle and stir into batter: 2 Tablespoons honey. Bake as above.



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Recycling

Continued from Page 1

Proper handling and transportation of hazardous waste can reduce the chance of accidental spills.

For your safety and the safety of the Hazardous Waste Program staff, please:

- Don't mix products.
- Keep products in original containers.
- Label products not in original containers.
- Secure products so they won't tip over and/or leak.
- Store products away from the passenger compartment of your vehicle and keep them separate from items you wish to keep.
- Stay in your vehicle during unloading.

May 8th King County will be holding a recycling event at The Harbor School New this year: mattress, styrofoam block and packing peanuts collection! Materials accepted at this event are:

Appliances, Refrigerators/Freezers.

Construction/Demolition Debris, Asphalt, Brick, Concrete, Porcelain, Wood.

Electronic Equipment, Cell

Phones, Circuit Boards, Computer Monitors, TVs.

Furniture, Mattresses. Landscaping/Landclearing, Brush/Woody Waste, Rock.

Metal, Plastic, Packing Peanuts and Polystyrene.

Tires, Passenger/Truck/Motorcycle Tires

In addition to this Recycling Collection Event, many items may be disposed or recycled at other locations throughout King County.

More information about recycling on Vashon can be found at www.vashonrecycle.com

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I hate cliches. They're not my cup of tea.
I've still got it, but nobody wants to see it.
The best defense against logic is stupidity.
I have an inferiority complex, it's just not a very good one.
Failure is not just an option – it's bundled with your software.
Don't be so concerned with your rights that you forget your manners.

At New York's Kennedy airport today, an individual later discovered to be a public school teacher was arrested trying to board a flight while in possession of a ruler, a protractor, a set square, a slide rule, and a calculator.
At a morning press conference, the U.S. attorney general said he believes the man is a member of the notorious **Al-Gebra** movement.
He is being charged by the FBI with carrying weapons of math instruction.

A string walks into a bar with a few friends and orders a beer. The bartender says, "I'm sorry, but we don't serve strings here."
The string goes back to his table. He ties himself in a loop and messes up the top of his hair. He walks back up to the bar and orders a beer.
The bartender squints at him and says, "Hey, aren't you a string?"
The string says, "Nope, I'm a frayed knot."
The newlyweds got up at different times one Sunday morning. After a while they met up in the kitchen. The new bride told her husband, "Sweetheart, if you'll make the toast and pour the juice, breakfast will be ready."
"Great! What are we having for breakfast?" he asked.
"Toast and juice," replied the bride.

A man went to see his eye doctor, who told him he had a case of myopera and would have to wear contract lenses. That's a lot better than his friend, who had had a cadillac removed. Still, when he worked at his computer, he would have to watch out for harbor tunnel syndrome. He worried that his authoritis of the joints might be a signal of Old Timer's disease and fretted that a genital heart defect was causing trouble with his duodemon.



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"ABUNDANT HOPE ALL-YE WHO ENTER HERE!" WHAT A NICE WELCOMING SENTIMENT.

SPELL CHECK! SPELL CHECK! "ABANDON HOPE ALL-YE WHO ENTER HERE!" HOW MANY TIMES DO I HAVE TO TELL YOU TO SPELL CHECK!

LOGJAM



BY Jeff Hawley

LOGJAM

LET'S SEE - A DASH OF PHOTONS, A CUP OF TACHYONS, SOME ANTI-MATTER, AND A PACKET OF TWINNED EINSTEIN-ROSEN-PODOLSKY PARTICLES! YUM!

THERE! TRY MY LATEST MIRACLE OF SOLAR-POWERED NUTRITION!

MUNCH MUNCH MUNCH

WHAT HAVE YOU GOT AGAINST HIGH-FRUCTOSE CORN SYRUP?

by Jeff Hawley

Youth Chorus launches Pinafore Pirates

By Janice Randall



From top: Annika McFarlin, Jack Nelson, Salena Bira, Ellie Hughes
Photo by Janice Randall

Vashon Island Youth Chorus, an ambitious group of 19 young musical theatre students from ages 6 to 13, bring their version of Gilbert and Sullivan's HMS Pinafore to the Blue Heron stage Friday and Sat, April 16, 17,7:30 pm, and Sunday, April 18, 4 pm.

Written by English playwright, Malcolm Sircom, Pinafore Pirates spoofs favorite characters from G&S shows including The Mikado, HMS Pinafore, Pirates of Penzance, Princess Ida, Iolanthe and more.

The plot echoes The Magnificent Seven, when Daisy (daughter of Buttercup played by Salena Biro) seeks help to thwart a band of outrageous female pirates, who have taken her lover hostage. With help from Iolanthe, the Fairy Queen (Tessa Paw) and Princess Ida (Ellie Hughes) call on The Mikado (Isaac Hughes) The Sorcerer (Ethan Davis) The Duke of Plaza-Toro (Valencia Crawford) Admiral Sir Joseph Porter (Annika McFarlin) and Major-General Stanley (Hannah Fellbaum) to save the day. A host of pirates, islanders and fairies keep the action lively.

Director Marita Ericksen says the students themselves chose the show. "They love that it's female pirates kidnapping a boy," says Ericksen with a laugh. "These kids are here because they want to sing, act and dance; they know what to do and they do it!" Libbie Anthony, director for many Gilbert and Sullivan shows, consulted with Ericksen and cast 'on all things Gilbert and Sullivan.' Student director Max Lopuszynski also assisted with the production, along with a host of parents.

'Pirate' offers creative choreography, costumes and many speaking parts plus more than a dozen upbeat, humorous songs. Each scene opens with Vaudeville-style vocal acts performed by older and home schooled students, who committed to extra rehearsal time.

Bring the whole family to this all ages show and see what our youthful Island thespians have to offer! Tickets, \$7/\$9 are available at Books by the Way, Heron's Nest, Blue Heron and by phone at 463.5131. VAA Family programming is sponsored by Vashon Thriftway and WSAC.

The Spotlights at The Red Bicycle



Saturday, April 17th, at 9pm. The Red Bicycle presents an evening with a long-time Island band, The Spotlights. These guys have performed for years on the Island in this band and many other bands before that, so many people will enjoy the great dancing atmosphere that they create. The group is composed of special guest guitarist Jerry Todo, Scotty Johnson on lead guitar and vocals, John Lund on guitar and lead vocals, Matt Eggleston on bass, Loren Sinner on piano and Danny Cadman on drums.

This group has been an island institution for years, entertaining dancing crowds with a great mix of rock, blues, and oldies. This is an all-ages show 'til 11pm, 21+ after that. There will be no cover charge for this show.

www.redbicyclebistro.com

Marilyn Kay and Company Plays Cafe Luna



North Kitsap's Marilyn Kay and Company is making waves in the Puget Sound with their unique and exciting mix of original compositions, traditional bluegrass and country classics, and they are a Luna favorite.

Marilyn Kay and Company is an exciting band featuring outstanding vocal harmonies and exceptional instrumentation. However, what makes this group unique is their repertoire of original compositions and the ability to unite tradition with modern sensibilities and an innovative approach to acoustic music. Islander Rochelle Munger has been performing with her "off-island gang" for over a year and her impeccable timing and smoking hot banjo licks are always sure to excite.

At Cafe Luna, 9924 SW Bank Road, Saturday, April 17, at 7:30pm

Eagle Eye Proofreading and Editing

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Claudia Schmidt In Concert at Sound Food



Get a rare treat Friday, April 16, when nationally renowned signer songwriter Claudia Schmidt performs at Sound Food in a dinner concert exclusive.

Schmidt is booked into the local establishment as part of a national tour, but with a local twist. Limited seating in the intimate venue gives Islanders a chance to enjoy a meal and music with one of America's favorites.

At Sound Food Catering, 20312 Vashon Highway SW. Friday, April 16. Doors open at 6:30pm and 7:30pm concert start time. Dinner will be available starting at 6:30pm, not included in ticket price.

Limited tickets at \$10 for the concert only are available at Sound Foods and Books-By-The-Way, with dinner reservations and tickets available by calling 206-718-0126.



Put on those dancin' shoes again when SOUL NITE returns to the Vashon Theatre at the end of the month! Curator Peter Lucas showcases rare performance footage from James Brown, Joe Tex, Etta James, Otis Redding, Sam & Dave, Stevie Wonder and many others. Beverages will be on hand, and of course clapping, singing and dancing in the aisles is encouraged. Don't miss this special, one-night-only celebration!

Friday, April 30 only!

Deadline for the next edition of *The Loop* is
Friday, April 23.

Laura Love and Orville Johnson play Blue Heron

By Janice Randall



Laura Love and Orville Johnson

Singer/songwriter/bassist Laura Love marks the release of her 11th CD, *The Sweeter the Juice*, with a rare concert at the Blue Heron Art Center, Saturday, May 1, 8 pm. Her Vashon concert will be a soulful collaboration with master of country blues guitar and dobro, Orville Johnson.

Love, who performed most recently for VAA's Women Rock the Rock concert at Camp Burton, is well known for her soaring vocals, funk bass and vastly divergent musical tastes. She has written and covered a wide range of styles including funk, blues, R&B, jazz, gospel, folk, country and bluegrass since she began recording and touring in the early 1990s.

Orville Johnson is nothing short of a one man band; a big guy with a big voice and a performing force to be reckoned with, Johnson is a recognized A-List dobro man, slide and picked country/blues guitarist and mandolin player.

Tickets, \$16/\$18 are available now for the Laura Love Duo-brownpapertickets.com, Books by the Way, Heron's Nest and at the Blue Heron or purchase by phone, 463.5131.

For more information go to
www.VashonAlliedArts.org.

Vashon Celtic Players and Knitters Too!

Celtic music players and knitters are invited to gather at the Cafe for a combination of jigs, reels, polkas and homespun crafting. Every Third Sunday, knitters of all abilities bring their projects to the Café to knit, schmooze, and learn from each other, while the Celtic Players work their understated and very merry music.

Sunday, April 18, at 6pm

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Comming to Cafe Luna



Sherri Jerome and Michael Beckworth, the driving force behind the roots rock band Strange Jerome. Appear at Ccafe Luna. Friday, April 23.

Benefit for Vashon Island Pet Protectors with The Mobiles, Gutsy tricked-out tuneful music. Saturday, April 24, at Cafe Luna. Read More on www.vashonmusic.com

Ian Moore at Red Bicycle



Local Island resident Ian Moore appears at the Red Bicycle April 30th with Buttercup. Read more on www.vashonmusic.com

Visqueen on Vashon

Continued from Page 1

getting to open for a band that is really taking off nationally right now." Visqueen's latest album, *Message to Garcia*, made many top ten lists last year and the band's charismatic leader, Rachel Flotard, has been featured on NPR and in many other interviews.

Bordner and Strong enjoy going to shows together in Seattle, and they had often thought of bringing some of their favorite bands to the island. Last December, Bordner had the idea for an event that would have a strong, positive kid-vibe. To their delight, Visqueen quickly agreed to headline a show with students opening, so Bordner and Strong contacted Mr. Levinson at Vashon High School to invite him into the planning process for working with students.

"Music is such a driving passion for so many people," Strong said. "We wanted to acknowledge and tap into the vibrant Open Mic tradition at the high school and tie that in with a killer band."

"We really hope that this can be a model for more professional shows like this," Bordner said. "If this model works, in the future students could choose and contact their favorite bands and keep providing the opening acts." This show is sure to sell out! Don't miss it!

Friday, April 23. \$7 for students, \$15 for 21+ Call 463-5959 to purchase by phone. Opening bands 8-9, Visqueen 9-11. All-ages until 11 PM. For more about Visqueen, go to www.visqueenonline.com

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