



VASHON

THE LOOP

Vol. 7, #9

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

April 30, 2010

Chamber Settles in at Vashon Village



Debi Richards, Office Administrator, stands ready to greet visitor to the Chamber of Commerce office at Vashon Village

The Vashon Maury Island Chamber of Commerce opened its doors on February 1st at the new location in Vashon Village. Over the first month Volunteers helped to remodel the floor plan, put on a coat of fresh paint, and set up the new digs. Special thanks to Leda, Matt and Freddy Langley, Board member and owner of Langley Fine Gardens, Pascal Py, Board member and owner of Pascal Py Construction, Andrew Davis, Board member and owner of Davis Integrated Technologies, and Chamber members Gary Richards with HoDoCo

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Low Tide Celebration



The Parriera Family, Low Tide Festival 2008

Photo by Ray Pfortner

One of summer's glories is that the lowest tides fall in the daytime, so it's easy to find opportunities to walk on a wide beach strewn with colored stones and pretty shells. Sometimes one boulder can stop me for an hour, to stare at the barnacles, whelks, limpets, chitons, jingle shells, green fucus balloons, and other living beings clenching the granite. Pink and green anemones and purple or orange sea stars may cling below, near the sand, and in the little pool beside it there may be a shrimp, a hermit crab scuttling around in a borrowed periwinkle shell, or an opalescent nudibranch if I'm lucky, all of them sheltering under bits of wavy green ulva and

other floating sea algae. It's a whole mysterious kingdom on a miniature scale, with beauties and beasts and all the dwarves in tidewater guise, busy with finding food, courting, giving birth, struggling to survive. It is to celebrate this panorama, that the fifth annual Low Tide Celebration has been planned for Saturday, May 15, 10am to 3pm, at Point Robinson. The tide will be down to minus 2.8 feet around 12:30pm.

Festival headquarters will be situated just south of the keepers' quarters, on the grass near the gift shop. The welcome booth will provide maps

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VIA Opens it's doors

Last summer at Ober Park, Lorna Cunningham produced Inner Twinings, a spiritual festival. Many people expressed an interest in more regular gatherings and thus Lorna's vision of a Metaphysical Center on Vashon began, leading to a group collaboration of Vashon Intuitive Arts ("VIA").

The Center is downtown Vashon north of Giraffe and south of Pandora's Box on Vashon Highway. Historically it was the home and office of Cephaus and Anne Ramquist and became the office and home of their son Dave. Most recently it was the carpet store with an apartment in the back.

VIA's storefront is a consignment store for treasures of the earth, jewelry, art and other handmade creations. VIA has a metaphysical lending library, a large meeting room to rent for classes, workshops or events, and a treatment room with massage table to rent.

A notebook with bio pages for each of the practitioners is available. VIA has

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Strawberry Festival Grand Marshal

Nominations are now being accepted for the 2010 Strawberry Festival Grand Marshal. When nominating someone please tell us how they have enhanced Island life, given back to the community, their involvement in community service work, how long they have lived on Vashon, and generally why you think they should be Vashon Island's Grand Marshal.

Please send nominations for Grand Marshal to the Chamber of Commerce at PO Box 1035, clearly marked "nomination" or email to discover@vashonchamber.com

Nominations must be received by May 15th.

Only On Vashon

By Peter Bond

Fourth in a series

If I had a photo attached to my column I'd be carrying a rifle in it for this issue and calling the piece "The Hatfields and McCoys." Yee Haw! Yep I'm feeling squirrely right about now. No that don't mean I'm feeling like fryin' up some of them varmints for grub tonight, though I hear they taste just like chicken. No sirree. So then what in tarnation is making me talk in this gawd awful dialect anyhoo? Did I just say anyhoo?

Why it's this week's story that's what it is! I cannot seem to tell it any other way than in character, which is either as a Hatfield or McCoy: Here's what happened:

Several days after arriving on Vashon I found a beautiful piece of land I was interested in farming, or gardening on. It was overgrown with blackberry bushes but the owner

allowed me to mow them down and see what was under there if I was serious. Well, the price was right and the weather nice so I attached a plastic chaise lounge to the back of my pickup to fashion a blade and into reverse I went across that thorny sea.

There had been a lush garden there, perhaps 30 years prior, and remnants could still be seen once those darn bushes came up. Really it was quite biblical, or sci-fictional, whatever your belief inclinations, in discovering another world under that mass. Especially since blackberry bushes resemble creepy tentacles anyway.

Standing there feeling very proud of myself, even documenting the event on camera for a potential blog, into the picture comes a gentleman in a moonshiners' hat chewing on a straw mumbling something about

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Blue Heron Dance: Rodeo



Photo by Mike Urban.

Blue Heron Dance students prepare for Copland's Rodeo, May 7-9 at VHS Theater.

Blue Heron Dance students, ages 7 and older, perform American composer Aaron Copland's spirited ballet score on the Vashon High School stage under the direction of Christine Juarez, May 7-9. In addition, younger students (creative movement and preschool) will be highlighted in "There was an Old Woman who Lived in a Shoe," with choreography based on "Norwegian Dances" by Edward Grieg. Dancers will also perform Original Works,

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A Celebration of Island Women in Music



Kelsey Alina started singing at the ripe age of one, and singing solo's in church when she was three. Already starting to pursue music, she began taking piano and singing lessons at five years old. As she grew up, her singing career expanded. Her passion is obvious in the way her fingers play the piano and the way her soulful voice sounds as she describes things around her in songs.

Allison Shirk is a singer, songwriter from Vashon Island, Washington. Described as being sultry and confident with a edge, she alternates playing the guitar and acoustic bass. Allison Shirk's parents would take her to sing in front of adult audiences from the time she was five. Allison has a distinctive voice

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Get in The Loop

Submissions to the Loop

School District Budget Forums

Recently, the state legislature announced more cuts to the K-12 public education budget, leaving Vashon Island School District with a \$750,000 deficit. The question now is how to bridge the gap. In a staff budget briefing, Superintendent, Michael Soltman noted that to sustain Vashon's excellent and well-rounded educational program, we will need to think creatively about raising revenue. At the same time, there will inevitably be cuts.

The Public is invited to attend one of the Superintendant budget forums.

Monday, May 3 at 9:00 a.m.
Chautauqua lunchroom

Wednesday, May 5 at 7:00 p.m.
McMurray library



Rotary Club of Vashon will hold a fund raising event to help wipe out Polio. An Iron Lung will be on display at Thriftway and Club Members will be there Friday, April 30 and Saturday, May 1 to accept your donations. Donations can also be made at the check out stand with a Thriftway Care card.

The Vashon Loop

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

Letters to the Loop

Editor, The Loop:

At the public meeting April 22, I was alarmed to hear that King County Roads will NOT recommend keeping the road along Tramp Harbor open. Even after receiving input from the Community Council, Fire and Rescue, and dozens of Islanders regarding the importance of this vital road, KC Roads produced an "Alternatives Analysis Summary" that was biased toward closing the road. Transportation and traffic issues were relegated to one small box, while environmental issues, though of nearly zero difference between the alternatives, dominated the analysis.

With Roads punting the decision to the King County Council, who has little understanding of the impacts, and providing a summary that gives the visual impression that abandoning the road is reasonable, it's likely the road will be closed, or funds withheld.

Closing the road will funnel all traffic past the high school, through the busy Center intersection, and through downtown Vashon. Currently, commuter traffic generally goes one route, and school traffic another. I believe commuters, school traffic, and ambulances will all experience a 5-10 minute morning delay, but their analysis shows only one minute difference.

Improving the road would provide a pedestrian walkway and make important ecological improvements to the beach.

Some board members of the Island Land Trust, and People for Puget Sound, organizations that I've supported since their inception, seem to be advocating closing our well-loved road. Folks, what could be a stronger statement for the beauty of Puget Sound and the need to protect it, than to have 3000 people daily passing by Tramp Harbor?

Please email Roads Director linda.dougherty@kingcounty.gov. Urge her to RECOMMEND keeping the road along Tramp Harbor open.

Otherwise, in 2011, as you sit in a traffic jam by the school, you may be contemplating the importance of speaking up -BEFORE it's too late.

Frank Jackson

Raw Food Vegan Potluck

This Sunday, 5:00-7:00pm, at Dorothy's home -10127 S.W. Burton Dr.... 463-5664. All Welcome. please bring your own plates and utensils also!

"It's not the food in your life, it's the life in your food!"

Vashon's Yellow Pages on line.

Find it on

www.VashonPages.com

Kronos, Polouse Winery, Pandora's Box, Northwest Sport, Frame of Mind, Country Store, LS Cedar, The Little House, Vashon Business Info
www.VashonPages.com

Community WSF Meeting May 5

David Moseley, assistant secretary for the Washington State Ferries, will be here on Wednesday May 5th at McMurray from 6:30 - 8:30PM. This is the perfect opportunity to get your specific questions answered. David always gives us a good overview of the happenings in the Ferry System.

Peak Season Ferry Fares in Effect May 1

Peak season ferry fares will be in effect Saturday, May 1 through Saturday, October 9.

Creative Preschool Open House

Creative Preschool will host an Open House on Friday, April 30th, from 11:30a.m. to 2:00 p.m. All preschool age children and their families are welcome to tour the school, meet the teachers and enjoy outdoor and indoor activities and snacks. Creative has openings for the 2010-2011 school year in all of its classes for children ages 2 through 5.

Creative, a nonprofit school, has served island children over 35 years and has some of the island's most qualified and experienced preschool teachers. Creative's lead teacher, Sharon Farrell, has been teaching at Creative for more than 24 years. She holds a degree in Early Childhood Education and is a strong proponent of learning through play. Cindy Stirling will begin her second year as Creative's co-teacher. She taught in public schools for 6 years and completed advanced studies in integrating art and music into the curriculum.

The school is located at the Presbyterian Church (next to Movie Magic), but is not affiliated with the Church. Come see how Creative's children learn through play! For more information, contact Karen Boyle at 463-4441.

Two Wall Asks For Help In Choosing A Vashon Flag

Earlier this year, the Two Wall Gallery invited islanders to submit designs for a Vashon Flag, with the winner to be chosen by a panel of distinguished judges. A good number of flag designs were received, representing a wide range of excellent ideas, and the judges met to consider them all and try to choose an official flag for Vashon. Unfortunately, there were so many good entries that the judges, distinguished though they are, could not agree on only one winner. So we are inviting the citizens of Vashon to weigh in on the choices. All of the entries will be displayed at the First Friday opening for May, on Friday, May 7, from 6 till 9 PM. Ballots will be available at the gallery and we'd like every islander to choose his or her favorite. You do not have to be 18 to play. The flag designs will be on display all month, and voting can be done anytime during the month. At the end of the month, the judges will meet and tabulate the winner. Come help us choose Vashon's official flag!! Beginning Friday evening, May 7, at the Two Wall Gallery.

Compost the Loop

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

Liz Lewis Pottery



Studio #8 on the Art Studio Tour
May 1-2 & 8-9, 10-5
VashonIslandArtStudioTour.com

Vashon Delivery Company

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

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Nursery/Farm
Furniture/Hauling
Pets/Animals



Licensed, Bondable, Insured, Great Rates
Dependable - Longtime Local Islanders!

VHS

Spring Plant Sale

WHEN -Thursday April 29th

TIME - 11:30 to 4:00

WHERE - VHS Greenhouse

The horticulture class is ready to sell cool weather plants. We have beautiful brassicas (broccoli, cauliflower, cabbage) ready to go in the ground. We also have lettuce, beets, chard, spinach, boc choi, and flowers. Plants are extremely healthy and have been well cared for by the horticulture class.

LOOK forward to another plant sale at the end of May featuring warm weather crops and a variety of flowers.

Proceeds from the sale will help fund student workers and a supervisor in the garden this summer. We appreciate your support.

Vashon's National Day of Prayer

Thursday May 6th

Please come gather together as One in Prayer for our Leaders, Families, Environment, & Community at the Vashon Theater from Noon to 1:00pm. Everyone's welcome, please come! The Youth Prayer & Music Rally will be held at the Bethel Church (14736 Bethel Lane SW @ 148th St.) May 6th from 7:00 to 8:00 PM.

All youth are welcome & all those who are young at heart.

Let's Pray as ONE

Deadline for the next edition of *The Loop* is
Friday, May 7



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.

Vashon Community Care Presents “Telling Stories”

Speaker Series by and about Vashon Locals

Vashon Community Care launches its new speaker series with An Afternoon with Sir Ernest Sunday, May 16, 2010 - 5 pm Blue Heron Arts Center Tickets at Books by the Way, Vashon Book Shop and Vashon Community Care are pay what you will.

Vashon Community Care hosts four evenings of “Telling Stories”, a new speaker series for and about Local Vashonites who have personal stories, or stories about others to tell. Each evening will be an exciting way to find out more about people in the community as well as stories of history, adventure, and the lives of the famous and the infamous.

The first evening will be Sunday, May 16 at 5 pm with Captain Joe Wubbold, U.S. Coast Guard, Retired, speaking on Sir Ernest Shackleton who in 1914 departed London to attempt the crossing of the Antarctic continent from sea to sea, via the South Pole. The adventure and near disaster of the Shackleton expedition when their sailing ship, the ENDURANCE, was trapped in pack ice and slowly sank and the subsequent voyage by small boat to rescue the crew will be brought to life by Capt Joe using British Admiralty Nautical charts and other materials from the Shackleton Memorial Library in Cambridge, England. There will also be a discussion of the Golden Age of Antarctic Exploration.

This event provides the opportunity to learn about Sir Ernest from one who has helped tell the story, to find answers to some of the questions about why we, as a human race, do the exploring that we do, and to become involved, at the distance of a century, in a period in history which will not be repeated.

Captain Joe holds a Master of Philosophy degree from the University of Cambridge, England, in Polar Studies. He has commanded six different ships in the U.S. Coast Guard, including an icebreaker in the Antarctic. After being admitted to his degree, he remained in Cambridge to manage the construction of the Shackleton Memorial Library at the Scott Polar Research Institute, University of Cambridge.

Seating is limited, so purchase your ticket ahead of time. All proceeds go to support Vashon Community Care.

Children in Nature course through Vashon College

Get kids outside! This is the new mantra that parents and teachers are hearing everywhere. New research shows that time outdoors is associated with an increase in creativity, compassion, ability to focus, and self-confidence in children of today’s technological age. This spring Vashon College is offering a course for adults (including parents, grandparents, educators, and caregivers) interested in learning more about the benefits of nature for children and about what they can do to help children develop a lasting relationship with the natural world. The course will be held at various island nature preserves. A series of six two hour sessions

combines expert speakers, interesting readings, and guided explorations of nature preserves to investigate the nature-child relationship and the benefits this relationship can have for healthy child development. Experts on nature education, nature therapy, and naturalist lore will share their knowledge. This promises to be a fun and informative class where we will explore the island and learn firsthand about nature’s benefits and how to help children uncover them. Starting May 16th, ending June 27th. Sundays 3-5 pm excluding Memorial day weekend. To sign up or for more information email: info@vashoncollege.org

Blue Heron Gallery Reception

Two Island artists, oils by Erin Schulz and fiber wall hangings by Kira Bacon will grace the Blue Heron Gallery in May.

Schulz, who has lived on the Island since 2004, graduated from UW with a degree in English, but says art has played a major role in her life since her childhood. A classical realist, Schulz credits early teachers for exposing her to a depth and breadth of art. She studied at Gage Academy under Juliette Aristides and Stephen Assael. Schulz also attended New York’s Grand Central Academy under Michael Grimaldi, Italy’s Florence Academy and the Sichuan Academy of Art in Chongqing, China.

Fiber artist Kira Bacon, known for using traditional techniques in creative new ways, will show 20 new pieces in the May exhibit. Focusing on the central theme of circles, her ever-evolving hand-hooked wall hangings range in size from 10 inches to 40 inches in diameter.

“I’ve always been fascinated by the fact that circles occur organically in nature, yet they are very architectural.” Inspired by Russian abstract artist Kandinsky, she recently discovered that he too held a fascination for circular forms.

Live music for the opening, Friday, May 7, 6 p.m., will feature Jack Barbash, piano, Steve Meyer, bass and Geoff Johns on drums.

Dale Swanson

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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/ haircut and our deluxe micro current facial.

Plus tea & spa snacks

New Teen Clinic Hours
Wednesday 1-5 pm

Hey, did you hear that Vashon Women's Health Center's teen walk-in clinic changed to Wednesday from 1-3 pm? I just got my annual check-up done there, and I didn't even need an appointment!

They do sports physicals, vaccinations, STD testing and treatment, birth control, acne treatment and lots more. And you don't even need your parents to come with you!

Oh I hadn't heard, thanks for letting me know! What else do they do there? Do I need my parents to come with me?

Good, I'll check it out next Wednesday!

(206) 463-2777
Vashonwomenshealth.org

Drawing by Hannah Schear

“His grey flannel exterior could barely contain the exuberant spirit within,” fiber wall hanging by Kira Bacon

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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

Vashon Library May Calendar

Children & Families

Mrs. Piggle Wiggle Returns!

Saturday, May 29, 1pm
As part of the ReadOn, WriteOn, VashOn Book Fair, Mrs. Piggle Wiggle, aka Jennifer Carroll, comes back to Vashon Library, by popular demand. Vashon author Betty MacDonald’s enduring character, Mrs. Piggle Wiggle, will delight children and their parents, with her amazing cures for the well-known ailments that drive grown-ups to distraction!
Sponsored by Friends of Vashon Library.

Children & Teens

Study Zone

Tuesdays and Thursday, 3pm
Grades K-12.
Drop in during scheduled Study Zone hours for homework help from volunteer tutors.

Adults

Great Books Discussion Group

The Prince by Niccolo Machivelli
Monday, May 3, 7pm
The Great Books Discussion Group meets on the first Monday of the month, October through June. Visitors are welcome. The only requirement to participate is that you have read the material under discussion.

English as a Second Language Class

Wednesday, May 5, 12, 19 and 26, 6pm
Come to Vashon Library for free weekly lessons in speaking English as a Second Language. Childcare can be provided. You must request one week in advance, by speaking to the teacher or calling the library, 206.463.2069.

Meet the Poet Laureate

Thursday, May 6, 7pm
Samuel Green has written poetry and taught in northwest schools and colleges for three decades. He and his wife Sally built a house on Waldron Island, and they co-edit the Brooding Heron Press. In December 2007, he was named by Governor Christine Gregoire to a two-year term as the first Poet Laureate for the State of Washington, and in January of 2009, he was awarded a National Endowment for the Arts Fellowship in Poetry.

A Brief History of American Quilts: 1800 to the Present

Saturday, May 8, 10am
Presented by Susan Olds.
The development of American quilt styles will be traced from the applique coverlets of the early 18th Century to the proliferation of pieced quilts from the 1840s to the present day. Learn about the various types of quilts, including story, friendship and album quilts as well as stripped, applique, pieced, hand-tied and crazy quilts. Examples will be shown of individual patterns.
To illustrate this visual history, excerpts from early American quiltmakers’ journals will be included. The various uses of quilts as well as the connections between quilters and their communities will be examined through the traditions of American Pioneer, Amish, African-American, Hawaiian and Appalachian quilt making.

How to Downsize Your Personal

Belongings and Live to Tell About It!
Saturday, May 15, 2pm
Presented by Arline Abrams.
Letting go of a lifetime of belongings



Make a date with Vashon!
www.VashonCalendar.org
Vashon Library Events
Art & Music Events
Submit your Event on line at
www.vashoncalendar.org

is often the #1 challenge for anyone wanting to downsize their personal belongings, de-clutter their homes and/or simplify their lives. Learn where to begin, what to do next, how to maximize your efficiency and make intelligent decisions along the way. Lighten your load AND your attitude at the same time. Sponsored by Friends of Vashon Library.

Computer Class: Internet Level 3

Thursday, May 20, 10:30am
Learn about search tools and how to choose an appropriate one for a particular type of search. Plus, learn how to write a search query to produce useful results. Prerequisite: Basic understanding of the Internet.
Registration required, 206.463.2069.

Email Level 2

Thursday, May 20, 1:30pm
Learn how to send and open attachments with examples from Gmail, Yahoo and Hotmail. Discuss scams and viruses. Prerequisite: Students must have an email address.
Registration required, 206.463.2069.

Beyond the Myths: Exploring Gypsy

History and Culture
Saturday, May 22, 1pm
Gypsies/Roma are a people mostly represented through stereotype and myth. Little is known about the true lives of Gypsies. Join Morgan Ahern, a Romani (Gypsy woman) and founder of Red Bandana: Roma Against Racism, who will teach about the fascinating history and culture of the Romani people. Sponsored by Friends of Vashon Library.

Betty MacDonald Exhibit

Exhibit opens Friday, May 28 and will continue until Sunday, June 6.

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

Open Space for Arts & Community

May Upcoming Events

Sun, May 2nd @ 4pm

**Chirgilchin -
Tuvan Throat Singers**

Sat, May 8th @ 2 & 8pm

**UMO Ensemble’s
Zen Tales**

Sat, May 15th @ 5:15pm

PTSA Auction - Ageru

Sun, May 23rrd @ 7pm

Church of Great Rain

Open Space For Arts & Community
206.408.7241

info@openspacevashon.com

18870 103rd Ave SW, Vashon Wa 98070

PO Box 345, Vashon Wa 98070

Garden Club Annual Plant Sale

The Vashon-Maury Garden Club, will hold it’s annual plant sale Saturday, May 1, at 9pm in the parking lot of the former Napa auto parts Store.

Garden decorations, flowering plants, vegetables, gardening books, shrubs or trees will all be for sale. Proceeds go towards the club’s scholarship program.

Chicken Coop Tour

The Interfaith Council on Homelessness is holding it’s second annual Island Chicken Coop Tour. Saturday, May 8 and Sunday, May 9, 11am to 5pm.

There is a suggested donation of \$15. Kids under 14 are free. Tickets are available at Books by the Way, Vashon Bookshop and Amiad & Associates

Why Aren't You Doing This Exercise?

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



When working with clients or working out myself, I get asked the question, “Doesn’t that hurt your back”, in reference to the deadlift. It’s no surprise why most people will shy away from such a visually intimidating lift. Indeed, there’s quite a tremendous amount going on with this lift. That’s what makes it such a crucial exercise that just about everyone needs to learn and practice. To practice it, one first needs to learn proper form. Without correct posture and muscle activation the deadlift, just like any other exercise, can carry with it an increased injury risk factor.

The exercise is a compound movement, which means it works a whole host of muscles synergistically. It would be a mistake to begin to list all of the muscles that are activated with this lift because every muscle in the body has a job to perform during the deadlift exercise.

Essentially the deadlift is a movement pattern exercise. This means that the deadlift, when performed correctly, trains the body to move inherently. For this reason, I go back to the statement that most people need to learn and practice this exercise regularly.

In the last article, I mentioned the importance of proprioception and referenced the single leg deadlift exercise (see photos at www.LoseTheKneePain.com). So this means that not only is the deadlift a pattern building exercise, it also stimulates proprioception.

In addition to pattern building and proprioception, the deadlift is regarded as the truest test of raw strength.

There are many different versions of the deadlift and one thing is for certain, posture is key to performing all of these lifts safely and correctly.

This exercise can be performed with kettlebells, a barbell, dumbbells or body weight, with one leg or two and with one arm or two. Which ever lift you choose, safety is key so posture must be ideal to fully realize the benefits of the lift.

Posture:

- Get tall in the spine by reaching your head to the ceiling. Hold that position at all times.
- Pull the shoulders back and down toward your butt (shoulder packing). Hold that position at all times.
- Take a deep breath through the nose down into the belly and hold it. Refer back to crocodile breathing.
- Push the hips back and begin descending by flexing at the hip joint, weight the heels and keep the big toes on the ground.
- Once the bottom position is reached, drive the feet through the ground and return to the starting position.

It is extremely important to maintain the arch in the lower back and support that arch with the deep breath that is inhaled just before the descent.

To be sure you understand how the back should be positioned and maintained, practice this exercise first:

- Lie on the ground face down with hands behind your head, elbows pulled back.
- Lift the chest off the ground as high as possible and hold it.
- Squeeze the glutes and slowly lift the legs. Hold momentarily to feel the contraction in the back.

If being in this position is uncomfortable, you need to spend some time stretching your glutes, hips, quads, hipflexors and hamstrings. For information on how to stretch properly get your free stretching video at www.kneepainworkout.com.

It’s time for you to add this dynamic exercise to your arsenal.

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the presence of beach creatures, and directing attention to several very rich habitat areas where there are eelgrass beds and tide pools. Some of the beach naturalists will be dedicated to showing families with children a range of beach life. They will give them ideas for building beach museums to showcase some of their finds, and loan them laminated guides to recognize animals they encounter. Everyone will practice the five rules of Best Beach Behavior to minimize harm to all the plants and animals. We will leave animals where they are and only touch them gently, with wet fingers.

The Keepers of Point Robinson have promised to guide tours of the historic lighthouse throughout the event, and Vashon Audubon has offered two bird walks, one at 8 am, and another at midday. Vicki Browne will lead a native plant walk.



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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.

Regular Class: Mondays, May 17, 24, 31, June 7, 14, 7:00 to 8:30 PM at the Land Trust, 10014 SW Bank Road, Vashon
Class Fee: \$105 New; \$75 repeat
Back on Track: Repeat students Only:
Thursdays, May 20, 27, June 3, 10, 17, 7:00 to 8:30 PM
Location: Vashon College, Sheffield Bldg, 18850 103rd Ave SW
Class Fee: \$105
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





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Low Tide Celebration

Continued from Page 1

of the featured sites and schedules of events. The booth area will also include displays of crabs, shells, other sea life, Vashon bird life, and information about special habitats and issues of water quality. Paul Motoyoshi will be selling his home made fine food from a booth by the historic barn. The big Park District tent will provide a comfortable place to sit and hear speakers, and a departure NAFC for all the various walks.

Again this year there will be walks guided by beach naturalists, but new this year will be naturalists freshly graduated from the first Vashon Beach Naturalists training program. There will also be more signs giving clues to

Three speakers will talk about the water in Quartermaster Harbor, the shellfish living along its beaches, and the outlook for Quartermaster’s recovery. Larry Stockton will talk about the program that’s monitoring nitrogen levels in Quartermaster Harbor. Bill Tobin, head of the Community Council Septic Solutions Committee, will share some good news about new options for landowners with failing septic tanks. Brian Allen will present information about the mussel demonstration project being conducted by the Puget Sound Restoration Fund in Quartermaster.
A free shuttle bus will make continuous loops running from Luana Beach Road and Pt. Robinson Road to the lower parking area near the main celebration headquarters. Parking at

Law Offices of
Jon W. Knudson
Parker Plaza * P.O. Box 229
Bankruptcy -- Family Law
463-6711

the bottom of the hill will be reserved for handicapped, elderly, and booth setup folks.
Maps of the festival site and schedules of speakers and walks will be available at the welcome booth. For further information contact Rayna Holtz at 463-3153 or Erin Durrett at 463-4357. Bring hats with brims for shade or rain, wear boots for wet places, and stuff a bit of cash in your pocket for a Paul Motoyoshi treat. Come celebrate our home island in spring!



Aries (March 20-April 19)

You seem to be in a tight spot financially, though I suggest you check your facts and figures. If anything there is some kind of an error, though it may take you a few days to get to the bottom of it. Till then I suggest that you not panic, get angry or even lose sleep over it, but rather collect information and possibly seek the advice of someone who knows more than you about these things. Their opinion will prove to be enlightening, if not declarative. The main thing you need to beware of is your mind getting caught in its own concern and negativity and thus suspending itself from constructive thought. Rather than not doing something, I suggest you explore ways to direct any anger, frustration or supposedly too-hot motivation in creative ways; look for them and you won't need to look far.

Taurus (April 19-May 20)

Have you considered that your lack of confidence is not authentic? I'm not saying you're faking, rather that you have more reasons to be confident than you give yourself credit for, and more than enough experience to remind you what you're capable of. So why exactly would you doubt yourself? If this points to something from the past, you're about to get significant insight into its origins. Meanwhile, I have an idea for an art therapy project that might give you a visual image; your solar chart at the moment says seeing is believing. Using a webcam or a digital camera, photograph yourself when you're feeling insecure. Who do you look like? Then photograph yourself when you're feeling solid, strong and determined. Who do you look like then? As for a journaling project: going back as far as you can remember, what is your association between marriage and money?

Gemini (May 20-June 21)

You run the risk of papering over a complex situation by not saying anything about it. This won't resolve matters, or even do much to keep the peace, though you need to start by being clear with what's bothering you; you may be masking this even from yourself. Check your motives here; you seem to be closely identified with your role in a relationship that rather precisely contradicts your deeper values. That motive could provide you with a basis for handling the situation with denial. Hence the most obvious issue may be the most difficult to see. Your chart suggests that, if you focus your attention, and make a series of plain statements to yourself about the basic facts and then use what you learn, you will discover a workable solution to the issue in a fairly short time.

Cancer (June 21-July 22)

Beware of your tendency to get weighted down by the past. Being as emotionally driven as you are, you're not the type to easily let go, but your solar chart suggests that you are in an extended phase of purging self-concepts that no longer serve you. With that, you are free to drop the emotional trappings connected with those concepts, whatever they might be. At the moment, it looks like your past self is having some issues with mental frustration that can be translated into tangible action. Your past orientation on relationships tends

to emphasize structure, permanence and predictability; you now have the option to focus on immediacy and being real in the moment. Yet beyond any specific expressions is the fact itself -- that you have spent more time looking back than you have looking forward. Despite any lingering uncertainty, it is safe to face the future boldly.

Leo (July 22-Aug. 23)

You will get a lot done this weekend, if you do things one at a time. If you get confused or find yourself slipping, go back to single-tasking. While I'm doling out easy advice, someone who offers help may not end up being that helpful and may indeed create a distraction. But someone who you seek for assistance is likely to be very helpful, generous and thoughtful. The distinction is significant -- you are the one who initiates seeking assistance when you need it, this way you can be sure of the motives involved. Meanwhile, beware of using any methods that have failed repeatedly in the past. They may seem worth one more try, but the way your chart is set up at the moment, what has not worked before is not likely to work now. However, discovering a new technique is likely to boost your confidence, and set you on a quest to develop new inventions.

Virgo (Aug. 23-Sep. 22)

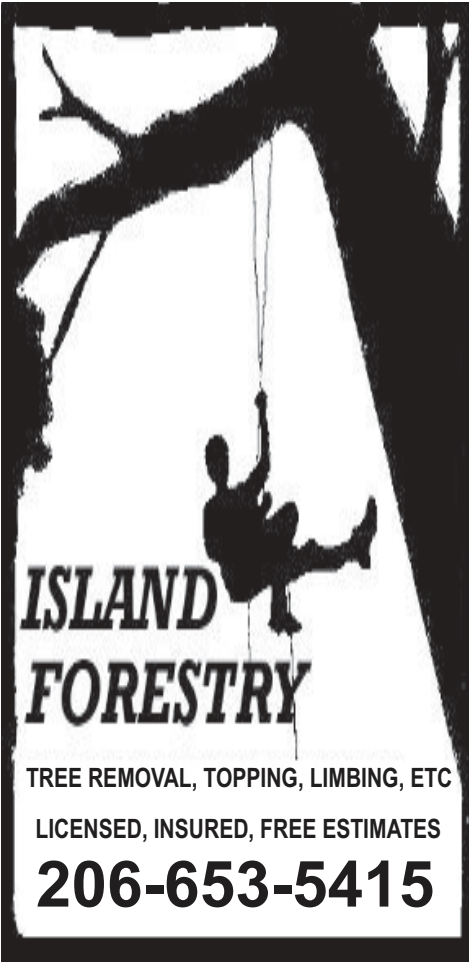
You seem uncertain who or what to believe in, and you're taking this out on yourself. That is not helping your judgment any, and it's distracting you from the first thing you need to remember, which is if you need to believe in anyone, that someone is yourself. This is particularly true if you have recently set about the goal of turning over a new leaf in your intimate relationships. It may be easier than ever to see yourself in someone else, or for them to see themselves in you -- and as a result you might get caught in a haze of projection and reflections of reflections. I suggest you reduce all of this down to one fairly simple question: what are you looking for? Not who, but what? One thing I can tell you is that possibilities are open now that were secluded well below the horizon years or even months ago.

Libra (Sep. 22-Oct. 23)

You may think you're obsessing over sex or going from one emotional high to the next, and who knows what the people around you think. What I see in your solar chart is that you're craving pleasure and healing in a way that suits your desire nature well, and that you're actually making contact with a side of your nature you haven't been able to reach any other way. The main risk is that of attachment to someone who is not exactly who you think they are; so while you're exploring, make sure you leave room for the story to take any number of turns -- and give yourself room to explore. Said another way, what you're doing is diving into your experience rather than creating something designed to be 'permanent'. If there is something stable that you're building, it's your relationship to yourself. This is true, no matter who you're with -- remember.

Scorpio (Oct. 23-Nov. 22)

If someone throws you a curve, catch it and toss it to the side -- don't throw it back. The moment someone



pushes your buttons, questions your authority, or if you find a relationship situation interfering with work, step back -- and keep your cool. No matter how persistent or insistent the provocateur may seem, they have no clue what they're really thinking, they are motivated by aggression and it looks like the whole situation is designed for sport. You have more important things on your mind than to be someone's goal post or punching bag. And, of note, there are people around you who are willing to assist you and cooperate with you on some of your most meaningful goals. Therefore, invest your energy in people who are supportive and withdraw it immediately from anyone you discover is playing any form of trickster.

Sagittarius (Nov. 22-Dec. 22)

You sense something big is coming on -- a revelation in the true sense; a creative burst; the opportunity to have an experience you've wanted for a long time. That moment has not quite arrived, but it's inevitable. Meanwhile, this would be an excellent moment to reflect on how restless you've been for how long. You've spent much of your energy in recent years adapting to your own emotional instability, and that constant adaptation has eaten up a lot of energy. You've been encountering a series of stabilizing forces that have given you a chance to relax and put some of your resources into more creative endeavors, and I suggest you keep up with that process. You face a risk that you can head off early on, which is the potential to respond defensively to an opportunity from which you will only benefit.

Capricorn (Dec. 22-Jan. 20)

About your mother. You're finally getting around to confronting her narrow and judgmental side with some fresh ideas about your life. One of the things you learn as an astrologer is that people's parents can dog them for as long as the planets keep spinning around the Sun -- until we intervene and do so boldly. But it's not enough to say no. That was her issue. It's not enough to change your mind as if what came before didn't matter. It's not enough to reduce everything down to the details and prove that it's irrelevant. What is necessary is to say yes with every cell in your body, to experiment with ideas that nobody you know would ever consider, and most

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of all, to feel yourself until you figure out that you're alive. If the next few weeks are filled with tension, let it be that of seducing yourself into authentic liberation.

Aquarius (Jan. 20-Feb. 19)

Imagine you're standing between two mirrors. You want to see the front of you and the back of you at the same time. But you're in the way, no matter how you do it, and you're starting to get frustrated. What would happen if you got out of the way and allowed the mirrors to reflect one another? That would open up a seemingly infinite space, into which you could see in two distinct directions. Now, observe that this is all a metaphor. The 'body' is your ego consciousness; your sense of 'I'. The mirrors may be two philosophies, two situations, two people, or most likely of all, your ongoing confrontation between the past and the future. If you get out of the way, they can have an authentic dialog. You'll be able to make subtle adjustments and see their perspectives accurately. You'll be able to feel your way down the two time tunnels, and sense which is the most authentically you.

Pisces (Feb. 19-March 20)

How does it feel to have Chiron in your sign? This is a brief visit -- we get 90 days, until the full eight-year stint begins in early 2011. Here is my take: Chiron has that crisis/critical point thing that it's so famous for, and the game is to deal with everything immediately as it arises. Chiron focuses awareness; your job is to be alert to that 'on the air' light, notice what you're noticing, and address it immediately. That will clear the water waves and the airwaves for new information, new experiences and a new sense of purpose. Chiron in your sign concentrates attention on you, and (as a transiting factor, rather than a natal factor) accelerates the pace of manifestation. Therefore, stay alert to what you want, and embrace it with love and pleasure when it arrives. And please remember this: suddenly others may perceive you as a force to be reckoned with. You're not used to this; and I don't suggest you get used to it either. Be judicious.

Read Eric Francis daily at www.PlanetWaves.net.

Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

Oregon Welcomes Oatus

by Rick Tuel

Rick and Chris, our intrepid Vietnam vet/hippie heroes, have managed to make it across the California state line and into Oregon. We join them as they continue up Highway 101:

November 28, 1970, continued - We made it to Brookings at 14:00 and stopped at Harris Beach State Park to steal a shower and do our laundry, activities you wouldn't normally associate with your standard, garden variety, dirty hippie scum types. Oh well...we're willing to bend the rules, as long as the shock value is undiminished.

We lingered too long and darkness caught us; also, when we tried to leave, Oatus wouldn't respond to the starter so we decided to hang around and see what morning brought. Evening brought something else first - maniacs with loud cars and loud horns. Little did we realize as we built Oatus what an astounding effect he would have on otherwise possibly normal people. It appears he drives them into a sort of hysteria which causes them to start screaming and blaring their horns as they roar past the truck at great speed. Peculiar phenomenon, and it caused us to force Oatus out of his self-imposed hibernation and back onto the road to find more acceptable lodgings for the night.

November 29, 1970 Sunday - Got on the road at 10:00 this morning with the weather holding out nicely. The tires were going flat so we stopped at the first gas station we could find at Pistol River and asked the attendant if he had any air.

"Yer breathin' it," was all he said.

We guessed that he was saying "no" so we settled for a buck's worth of gas for the Family Dog and two bucks worth for Oatus. This held us until Port

Orford when we stopped again for a fill up - \$9.00 worth.

At 14:00 we rolled into Bandon and stopped to look up a friend of Granny Hip's named Hazel. Her antique shop was closed but I managed to call her at home although that didn't really accomplish anything. We hit the road again at 14:30 with ominous black clouds building up offshore.

Coos Bay was a fight to get through - a big busy lumber town that we were more than glad to put astern. We got into Winchester Bay around dusk and laid two quarts of oil on Oatus, who has taken up the nasty habit of smoking like a chimney. The weather is really going foul and it's getting colder.

We finally tied up for the night a mile north of Gardiner on a side road at the top of a hill, right above a stinking, smoking paper mill.

The rear end is leaking oil badly - something that will have to be corrected before we go taking off tomorrow. Before calling it quits for the day I trundled on down into Gardiner and called Lou and my folks.

Not bad - 150 miles today. Our best so far. If we can keep this up, Friday will find us home free - maybe.

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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For more information please contact:
Rayna Holtz at 206.463.3153 - raynaholtz@aol.com
Erin Durrett at 206.463.4357 - e.durrett@yahoo.com



Very Vashon - an Afternoon of Vashon Stories

Ever wondered about the very first Granny's Attic? How about the rumor of a cougar on Vashon Island? Or, like many of us, what about the unpredictable chain of events in a person's life that can ultimately result in a move to this wonderful island? Join the Vashon Peak Speakers group of Toastmasters for an afternoon of storytelling and find out.

Our next community event, "Very Vashon - an Afternoon of Vashon Stories," will be held Saturday May 8th from 1pm to 3pm in the Library conference room.

Our group has a broad diversity of members, so the stories are likely to highlight a wide array of Vashon-related topics. A portion of the meeting will also be reserved for you to tell your very Vashon story, if you'd like. There will be refreshments and social time after the meeting. Please join us. For more information or to contact us, go to <http://peakspeakers.freetoasthost.com>



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What's Your Take ... on Sarah Palin?

By Peter Bond

She certainly manages to stay in the news doesn't she? Personally I'm beginning to associate her more and more with the tea party, which I think should be called the tequila party. Have you seen those guys? Their rallies are full of folks straddling Harley's with their ol' ladies perched on back. I have to think "tea" is not in their agendas, even if some of them might know the origin of their party's name. But that's just my opinion. What's yours?



Ralph MacDonald – Artist

I hate her 'aw shucks' right wing crap. Her stupidity defines her. It's hard to take anyone seriously who is quoted verbatim on SNL as a comedy routine.



Jeff Kanzler – Just a Guy

Charisma and ignorance are a dangerous combination.



Morgan Ahern – Retired Librarian and Museum Curator

I spoke two weeks ago at Lane Community College in Eugene. They paid me \$200. Then Sarah Palin spoke at the same place and received over \$25,000. It makes me angry that she commands so much for speaking engagements.



Roy Palumbo – Dry Waller

I love Sarah Palin. I love everything about her. I think Obama should be impeached!

Only on Vashon

Continued from Page 1

whether I was stuck or not.

"Stuck?" I asked

He pointed to the truck.

"Oh no," I said, and then explained my plans for the garden of the century.

"Well that ain't gonna happen, you'd have better luck farming in Alaska." He replied.

I thought he was joking, but he continued.

"Yep, this here is the worst soil possible to grow anything on."

I looked around. Apart from us standing on the clear remains of a prosperous garden, the man had entered off an adjacent property that seemed to be acres of prolific flowers, with several field hands tilling the soil. Behind me was one of the island's largest blueberry producers, and in front of me was one of the greenest pastures I have ever seen.

"Yep, this here property is a booby trap. Got to be careful 'round these parts."

I decided not to say anything until his next claim, which was that the house that was also for sale (separate lot, same owner) had no septic system.

At all.

"Yep. Every time you take a crap it ends up right in the harbor," he said. "Plus then there's the half million dollars in liens on the house"

Which seemed odd since the house was for sale for less than that.

So I thanked the gentleman kindly and moseyed on my way, inching past the extremely high fencing which hid his house and business. On my way home I called the realtor, chuckling really, but curious too. Sure enough, the neighbors had been feuding for years and Grandpa Hatfield (my invention) was doing everything he could to keep The McCoys (ditto) from selling their property. And it was working. The realtor was closing the listing, giving up, and moving on.

So I didn't get my farm. But I did get a great short story idea out of it. You'll have to email me for a view, but in a nutshell... there's this island see, where this strange old couple lives on an orchard, and they're famous for the most luscious fruit in the west. Nobody knows their secret, as the walls around their compound are fortified, but it's rumored their secret is dark....

Email me Peter@vashonloop.com

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Positively Speaking

“ Over the Red Bricks”

By Deborah H. Anderson



“Mom”, my son said. “I think we’re in the same room we were for Caity”. Sure enough. I opened the door and there sat my son on the same couch he sat in when he was nine and holding his sister for the first time. Only this time, his wife was giving birth to their first-born son. It was breathtaking. Leaving them to do their work, I went to the waiting room and breathed that wonderful breath that happens when you realize life has come full circle and all is well.

My daughter in law is a wonder. A gift from God. I have prayed for her since Isaac was born. She and her family came through the Serbo -Croatian war. She and my son are a perfect match. Bless her heart she birthed the most beautiful baby boy ever. I did say I was the grandmother didn’t I. With that, both she and I entered new chapters in our lives as women. Forever after when we remember our first-born son’s delivery we will both place ourselves in memory in the same room. Isn’t that exquisite?

It gets better. Her mother and I get along the way my friends Billie and Ellen do. I always wanted that for myself. Billie and Ellen are in laws friends such that one has to remember who has the son and who has the daughter. Right after I ran into them having fun buying clothes at Dressbarn, I had a night with my daughter in law’s mother where we were alone with Pavle, the new grandson, like two girls in junior high with a bag of make up. Eventually we did tell my daughter in law that after we carefully washed him, we accidentally covered him in baby shampoo. Since when do they put baby shampoo in a tube?!! And please print labels bigger for middle age grandma’s who need ‘readers’.

I love being a woman. I grew up with all brothers in a very sexist household. Oddly enough, I was raised to hold my own like a boy. Although my mother did tell me it was important to know when to hide my intelligence so men wouldn’t feel threatened. Those were the days. At least we weren’t succumbing to vapors anymore. When I went to my all women’s college I discovered the joy of sisterhood. It continues to today.

Having children breaks you. I’ve given birth and I’ve adopted. They both require a sacrificial lifestyle that defies boundaries of all sorts. It puts you in touch with the parts of being a woman that are about nurturing and caring. It brings out the mama lion in you; a lion you didn’t know you had.

My ability to be friends and supportive of all women has been sorely tested. I was deeply angry with my adopted daughter’s birthmother. It was very hard for me to understand how on earth she could betray

and walk away from this beautiful talented little girl. I have carefully kept all the documents and heritage of her life and cherish the anticipation of sitting beside her and going over it all with her as an adult.

Giving birth to my daughter was the miracle I never expected. Nine years and umpteen miscarriages later...a girl. Teaching her about the joy of being a woman has been extraordinary.

There is no greater joy than encouraging another woman. To sit and laugh and share stories and speak the realities of our lives is a blessing that is of eternal value. The richness for me is held in the coffee klatches, and around boxes of tissues, or working on projects that will not change the world only a few underage lives, or...adding children to our lives. We birth children, we birth ourselves.

In ancient days women stood on red bricks and squatted to give birth while other women gathered around to help. That’s us, the world around. Supporting each other in the joy of birth, adoption or the sadness of children that will never be or lived for too short a time.

Be kind to your sisters. Don’t mess with their men. Share what will help. Encourage good change and dance for the joy of having estrogen surging through your body.

Love
Deborah



Via

Continued from Page 1
massage practitioners, energy workers, crystal bowls, tarot card readers, and intuitive healers with more to follow.

VIA’s meeting room is scheduled to host a Reiki jam, a shamanic drum journey, a goddess dance, a psychic fair, tarot readings, toning, crystal bowls, a dream workshop that begins May 6th and more.

Cooperative members pay a monthly membership fee and perform needed tasks to man the store, set up for events, do the cleaning and maintenance, bookkeeping and purchasing.

The consignment sales and meeting room rental are available to non-members. The lending library and treatment room rental are available to members only.

VIA is honoring the ancient spirit of Vashon which names Vashon as a center for healing in Puget Sound anchored by the three mountains of Tahoma or Mount Rainier, Koma Kulshan or Mount Baker and Sun-a-do or Mount Olympus.

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Island Epicure



By Marj Watkins

Eggs: Alimentary Angels or Victual Villains?

For years we’ve heard that we should not eat eggs, or at least should toss out the yolks and make our omelets with whites only. White omelets? If I ever make one, it will be as a curiosity, not with the expectation of high-quality nourishment. The first Island Epicure column I ever wrote featured an imaginary conversation with a hen. She explained that an egg contains every nutrient needed to create new life. An egg’s high quality, complete protein is the Big P all other proteins are measured against. Most of the nutrients are in the yolk.

As for fat, an egg yolk contains enough methionine to emulsify its own fat plus an entire cupful of oil to make mayonnaise. For a price, you can get eggs high in Omega 3 fat. Besides, eggs taste great, and hold other ingredients together. Think Egg Fu Yung. Think quiche, custards, waffles, muffins, and pancakes.

Do I hear “BUT. . .cholesterol?”

True, some past scientific studies showed that if you eat too many eggs, your cholesterol count will rise. Not to worry: a new 3-month study by researchers at the University of Connecticut has shown that the cholesterol in eggs is the large-particle kind. Large cholesterol particles don’t cling to artery walls. It’s the little tiny particles, clumping together and sticking to artery walls that cause blockage. Eggs, it turns out, make our arteries safer, according to U of C research.

BUT . . .inflammation?

At this writing, that seems a real downside to eating eggs by the bowlful. On a normal range of 0 to 100 on the inflammation index, eggs clock in at a whopping 360. Milk products, vegetables, and fruits, and most seafoods, hover at or close to 0. The answer is to combine eggs with non-inflammatory ingredients like dairy products. A quiche or custard, combining eggs, milk and vegetables, would hit you with an inflammatory index number under 100 per serving. Cheese on your omelet or fritata reduces its inflammation possibility.

Conclusion: Eggs used in cooking, if not alimentary angels at least won’t act as victual villains unless you’re allergic to them. With a nod to the famously healthy and delicious dishes of the Mediterranean region, my Recipe of the Day, influenced by my mother’s Danish Omelet and a Greek Spanakopita, is a naked quiche. Omitting the crust cuts the fat and carbohydrate contents, important if you’re trying to lose weight or are diabetic.

My husband and chief taste tester gives this dish five stars.

CRUSTLESS SPINACH QUICHE
4 servings
10 ounces spinach
4 eggs
1 ½ cups half and half cream or

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whole milk

Dash each: salt, black pepper, and cayenne

½ pound crumbled Greek feta

½ cup grated Jarlsberg or Swiss cheese

2 Tablespoons butter, divided

2 green onions, chopped

Wash the spinach. Cook it in the water that clings to the leaves. One tablespoon of butter melted in the bottom of the pan will keep leaves from sticking. Drain the spinach and chop it.

Whip the eggs with the seasonings. Mix the milk with the eggs.

Mix the cheeses. Reserve.

Heat the pan. Spray it with olive or canola oil. Melt the other tablespoon of butter in the pan.

Add in this order: onions, cheeses, egg mixture.

Reduce heat to low. Cover. Cook 15 to 20 minutes, until the mixture solidifies. Don’t overcook or it will begin to separate into liquids and solids.

Leftover quiche may be refrigerated and served later at room temperature or cold as an appetizer or lunch dish.

DANISH OMELETTE
2 servings
3 eggs, beaten with
½ teaspoon salt
1 ½ cups milk
Optional garnish:
2 Tablespoons minced fresh parsley
Cooking oil spray or
1 Tablespoon butter or oil

Heat heavy skillet. Spray with cooking oil or melt butter in pan. Pour egg mixture in. At once, reduce heat to low. Cover pan. Cook until mixture congeals, about 20 minutes. Sprinkle with parsley. Serve hot. This comes out as a delicious, smooth main dish custard.

Complete a menu featuring either of the above dishes with a tossed salad or a French Salade aux Tomates.

SALADE AUX TOMATES
4 servings
4 large red or dark green lettuce leaves
4 ripe plum tomatoes or small ripe red-on-vine tomatoes
4 Tablespoons minced fresh parsley

Arrange ingredients in order given on four individual salad plates. Present with Vinaigrette or your favorite salad dressing.



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Chammbber

Continued from Page 1

Construction, and Duke Davis with Big Red Construction and Electric.

Hopes are high that this new downtown location would give the Chamber better exposure and make it more convenient for both Vashon businesses and Island visitors and the plan seems to be working great! Drop in visits have increased tenfold in just a short time. Being located right in the hub of Vashon businesses has made it easy for business owners as well as visitors to drop in with questions. Chamber hours have expanded to include later hours (4:30 pm) on Tuesdays, Wednesdays and Thursdays, as well as Saturdays 12:30 pm to 4:30 pm with plans to be open even more during summer months.

Rodeo

Continued from Page 1

student and teacher choreographed dances. Cornish College of the Arts dance majors Brent Kehoe and Julian Lightle. This performance will also include Blue Heron’s new boys dance class inspired by our guest Cornish dancers this winter. “Our boy’s class has grown to 8 male dancers ages 9-13 years,” says Juarez.

Preschool age children and families are invited to an abbreviated performance 3:30 to 4:30 p.m., for \$5 per person. “This is important to introduce our younger audiences to Ballet in a fun and accessible way,” says Juarez. Full performances take place at 7 p.m., Friday and Saturday, May 7, 8 and 1 p.m., Saturday and Sunday, May 8, 9, all at VHS Theater. Seniors (62 and older) in attendance Saturday afternoon, will receive a

A stunning collection of Ray Pfortner photographs are on display for sale in the lobby/conference area. Ray graciously agreed to be the first Island artist to display in this venue. The Chamber plans to offer this space on a rotating basis to Island artists. Everyone is welcome to drop in and take a look. The Chamber is offering its conference area to Chamber members and non-profit groups for meetings free of charge. This space accommodates about 10 – 12 people making it perfect for smaller groups. The word is out so evening dates are filling quickly.

The Board of Trustee and the Chamber staff invite you to come in for a visit. We are happy to answer any questions and look forward to showing off our new space!

wooden nickel which entitles them to complimentary refreshments. Saturday evening’s pre-show will feature a 6:30 p.m., cello trio with Annie Roberts and daughters (both VHS seniors) Claire and Adria Engelhard; both of whom have danced with Blue Heron Dance. Alison and Dan Bockus with Susan and David Reed will transform the lobby into a Wild West village—complete with cactus lemonade and cow chip cookies. Find the perfect Mother’s Day gift from a selection of items crafted by dancers.

Tickets are \$10/\$13 for afternoon and evening performances and are available at Blue Heron, Heron’s Nest and Books by the Way. Call to reserve by phone, 463.5131. This all-ages spring ballet is another VAA Family event generously cosponsored by Vashon Thriftway.

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Loopy Laffs

Kids are cute, babies are cute, puppies are cute. The little things are cute. See, nature did this on purpose so that we would want to take care of our young. Made them cute. Tricked us. Then gradually they get older and older, until one day your mother sits you down and says, 'You know, I think you're ugly enough to get your own apartment.'

- Cathy Ladman

One Liners

Anything is possible, unless it's not.
We have no choice but to believe in free will.
Don't wait for your ship to come in—swim out to it.
You can't take it with you, but you can send it on ahead.

A tourist in Florida was admiring the necklace worn by a local Indian.
"What is it made of?" she asked.
"Alligator's teeth," the Indian replied.
"I suppose," she said patronizingly, "that they mean as much to you as pearls do to us."
"Oh no," he objected. "Anybody can open an oyster."

Why did the newspaper blush?
It saw the comic strip!

Deadline for the next edition of *The Loop* is
Friday, May 7

A Sunday-school teacher was trying to explain about saying grace before meals. One of the pupils was the young son of the minister of that church, so she started the discussion by asking him, "Jerry, what does your father say when the family sits down to dinner?"
And Jerry answered, "He says 'Go easy on the butter, kids -- it's three bucks a pound!'"

If you obey all the rules,
you miss all the fun.
~Katherine Hepburn

The winners from an actual newspaper contest where entrants ages 4 to 15 were asked to imitate "Deep Thoughts by Jack Handey."
"I believe you should live each day as if it is your last, which is why I don't have any clean laundry because, come on, who wants to wash clothes on the last day of their life?"
"If we could just get everyone to close their eyes and visualize world peace for an hour, imagine how serene and quiet it would be until the looting started."

Joe's wife likes to sing. She decided to join the church choir.
From time to time she would practice while she was in the kitchen preparing dinner. Whenever she would start in on a song, Joe would head outside to the porch.
His wife, with hurt feelings, said, "What's the matter, Joe? Don't you like my singing?"
Joe replied, "Honey, I love your singing, but I just want to make sure the neighbors know I'm not beating you."

Why is it that if someone tells you that there are one billion stars in the universe, you'll believe it, but if you're told a wall has wet paint, you'll have to touch it to be sure?



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Moose Lake

Jeb, why is there a duck sitting on a stool?

She was naughty so I gave her a time-out.

It's a duck...what could it have possibly done?

I heard her using some fowl language.



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WHAT DOES THIS MEAN?

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ALLWAYS WHERE UNDERWHERE??

Looks as if we've come across frat row at the old Burton College!

...THAT'S (SIC)!



LOGJAM



BY Jeff Hawley

LOGJAM

LOOK OUT, L'I'L SAPLINGS! TRUNXILLA THE MONSTER TREE IS GROWING RIGHT NEXT TO YOU!

GRR!



LUCKILY, THE LITTLE TREES HAPPEN TO BE PLANTED JUST BEYOND THE REACH OF HIS HORRIBLE BRANCHES OF DOOM!



by Jeff Hawley

BUT THERE'S NO ESCAPING THE FACT THAT TREES ARE THE Dullest ACTION FIGURES EVER



Ian Moore Performs with Butter Cup



Islander Ian Moore and Buttercup rock the Red Bike on Friday, April 30th!

You all know what an amazing performer Ian Moore is and if you've seen his shows at the Red Bike, you know how quickly they sell out.

Opening for Ian and then performing along with him for his set is San Antonio band Buttercup. Since Buttercup played their first gig together in 2003, it has been a constant production of maniacal bliss in the form of art rock, brought to an audience in unconventional and creative ways. Formed in San Antonio, the band has fused a true post-modern sound that crams their love of The Kinks, Neil Young and The Talking Heads into something more at home with fellow Texans Spoon, Chicago's Wilco or New York's Interpol.

All-ages 'til 11pm, 21+ after that. \$10 cover.

www.redbicyclebistro.com

Poultry in Motion at Red Bicycle



There's a new thing going on around the Island called "Poultry in Motion". That's right "Poultry" not "Poetry". It's a little country, a little Cajun and it's about having a good time. We may throw in some western swing as well; you just never can tell.

Just look for the big yellow chicken. "Poultry in Motion" is a bunch of Vashon roosters:

Dave Lang, the man who brought Cajun music to Seattle with "How's Bayou" back in the 70's, will be pumping the accordion, fiddle and mandolin. Wilson Abbott will be doing his swampy slide thing on Dobro and lap steel guitar. Gib Damon will be wackin' the drum kit. Steve Amsden is on the acoustic guitar with an occasional banjo break out.

Doug Ringer lays down that solid bass line. Chris Anderson does the lead guitar duties on that bright red Strat. And Randy Bruce tickles the ivories and plays a sweet fiddle to boot.

Show is Saturday, May 1, at 9:30pm. This show is an all-ages show 'til 11pm, 21+ after that. Free cover!

www.redbicyclebistro.com

Deadline for the next edition of *The Loop* is **Friday, May 7**

Islander Mark Wells at Cafe Luna



Mark is a singer-songwriter and guitarist, and his vocal style has been described as dynamic and light, with hints of James Taylor and Paul Simon.

Mark's songs feature lyrics with themes ranging from the deeply personal to social commentary.

Mark's songs feature lyrics with themes ranging from the deeply personal to social commentary.

In addition to his solo work, Mark performs with various other Island musicians, most recently several times at Luna with Robyn Landis and Charles Reed, and with The Diggers. He's versatile too, having worked also with the groups 5:01 (country-rock) and Geordie's Byre (Celtic).

He's becoming a regular fixture at the Café.

Mark Performs, Friday, April 30, 7:30 p.m

www.cafelunavashon.com

Greg Dember Post-Indie-Pop Singer

Former Islander Greg Dember sees Vashon as a "... quirky, complicated novel that you can dog-ear but never really stop reading." With one foot on the rock and one foot firmly planted in the city, Greg's original songs blend urban, "indie" artfulness with a cozy, rootsy piano-based musicality.



While his recordings strongly feature orchestral elements, such as violins, cellos and trumpets, for this concert Greg returns to Cafe Luna to perform in a stripped-down format, accompanied only by his drummer, Moises Padilla. Greg's original songs may remind you of Elliott Smith, Wilco, Paul Simon, The National, or Ben Gibbard, among others.

At Caffé Luna, 9924 SW Bank Road. Saturday, May 1, 7:30 p.m


LAURA LOVE Duo



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.

Saturday, May 1 at 8pm at the Blue Heron

www.vashonalliedarts.org



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Island Women Showcase

Continued from Page 1

with a slightly southern accent.

Her songs in the vein of Lucinda Williams – taking life experience and weaving stories to which people can connect. She describes places and people that

linger in your mind long after the song ends.

Kat Eggleston’s incomparable music has dazzled audiences around the world, from intimate clubs to concert halls and festivals. Her original



songs have won worldwide acclaim for their lyrical and emotional truth, while her powerful yet gently beautiful voice showcases material ranging from contemporary songs to the traditions of Great Britain and America with equal grace.

Kate MacLeod’s song writing style and live performances display an



unbreakable link between traditional music and cutting-edge contemporary song writing. She has been hailed as one of the ?Ten Acts to Watch? by editors of the Music Hound Folk Essential Album Guide. Her songs catch the ears of new artists, traditional singers, bluegrass musicians, celtic musicians and songwriters of many styles and have been recorded by artists from California to the Czech Republic.



Sarah was born and raised in the beautiful green state of Washington and makes her home on Vashon Island. She gains much influence

and inspiration from the mountains, evergreens and ever changing bodies of water which surround her. Sarah’s style of music is a blend of folk, soul and reggae interwoven with conscious lyrics and uplifting positivity.

Kiki Means is unassuming with a girl-next-door quality to her that is fresh and sweet. Kiki performed at the Dead Elvis show last March and opened for Visqueen at the Red Bike...so be on the lookout for her this summer! This show is an all-ages show. Free cover!

Friday, May 7 at 7pm at the Red Bicycle
www.redbicyclebistro.com



Louis Lyman Returns to Luna Americana Country With A Laugh



From Portland, Oregon, Lyman Louis, who does a lot of songwriting, recently received the West Coast Songwriters Association’s award for “Best Performer.”

“I got that award for my song ‘Steam Train’ which is about the 4-4-4-9, a classic steam engine. It’s a bit of a hot dog piece,” says Lyman.

With influences from Jim Croce to Fred Eaglesmith to Steve Seskin, he seamlessly combines the heartfelt with the humorous. “Every song is a journey. And I like to travel,” Lyman adds.

While not a strictly country songwriter, Louis has made pilgrimages to Nashville to write and perform. “It’s the Mecca for songwriters no matter what style you’re into, so we all meet there to work and compare notes,” he says.

And, Lyman is returning to Luna for his second gig after a very successful show back in February. If you missed him, this is your chance to make up for it. Saturday, May 8, 7:30 p.m.
www.cafelunavashon.com

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fiber wall hangings by Kira Bacon

Silverwood Gallery
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Chirgilchin Throat Sindere at Open Space



Chirgilchin means both “mirage” and “miracle” in the Tuvan language. One of Tuva’s leading throat-singing ensembles, Chirgilchin returns to Vashon for an evening of folk-rooted music and otherworldly singing. Their concert will be held Sunday, May 2 at Open Space for Arts and Community in the Grand Hall at 7PM. Tickets are \$14 for adults and \$7 for children, and are available at Books by the Way and online at www.brownpapertickets.com.

Chirgilchin members are recent champions of the Tuvan National throat-singing competition. They sing ancient folk songs in the Tuvan language and play their own handmade traditional instruments such as the doshpuluur, a two-stringed lute; igil, a two-stringed fiddle; and dungur, a rattle drum used by Tuvan shamans in ceremonies.

“Throat-singing” is an extraordinary vocal form in which one singer produces two or more voices simultaneously, harmonizing one with another to create richly layered melodies which evoke central Asian steppes and nomadic life. This music is truly astonishing, magical, and beautiful. Atmospheric and mesmeric, it is almost too difficult to describe in words and must be heard to be believed the sounds are produced by resonating low sounds in the throat while harmonizing with middle and high flute-like overtones.

This ancient tradition is kept alive

in just a few countries across Central Asia and south of Siberia. The highest developed forms of throat-singing come from Tuva and the members of Chirgilchin are some of the most celebrated and accomplished throat-singers in all of Tuva.

The Group Members:

IGOR KOSHKENDEY has twice won the International Tuvan Throat Singing Competition, singing and winning in all of the six styles of throat singing. He has won other international throat singing competitions as well. His singing in the unique Oidupaa style is surpassed only by its originator, Vladimir Oidupaa. Igor has composed new songs as beautiful as the traditional Tuvan melodies that CHIRGILCHIN also performs.

MONGOUN-OOL ONDAR won the International Tuvan Throat Singing Competition at the age of 16. He is recognized as a master of all six styles of throat singing, and has developed a new style of his own. His incredible solos can express and inspire profound feelings of tragic sadness or blissful joy, with a complexity that would astound John Coltrane or Jimi Hendrix. His singing is, without a doubt, guaranteed to blow your mind.

ALDAR TAMDYN won Best Instrumentalist at the 2000 International Folk Music Festival in Tuva, playing the strings of the igil and the byzanchy. He is the director of the National Tuvan Orchestra of Traditional Instruments. He builds the instruments played by CHIRGILCHIN and other Siberian musical groups.

AIDYSMAA KOSHKENDEY is a female vocalist who specializes in the Long song tradition and plays khomus (Tuvan mouth harp), tenchik (bells) and percussion

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in and say hello and make sure he's not out smoking on the
porch. Bring a stick of nicorette and wish him luck...mom
tossed all his ashtrays!

(206) 463-3401
\$8 Nail trimming with no appointment
17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch