



THE VASHON LOOP

Vol. 8, #11

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

May 26, 2011

Vashon Rotary PolioPlus fundraiser

By Craig Hanson



VHS Interact Club students (along with Rotarians Verne Johnson and John Burke) pushing the iron lung from the high school to Thriftway

During the first week in June, the Vashon Island Rotary Club will hold two events related to child health and immunizations: a PolioPlus fundraiser and an Immunization Symposium.

In 1988, Rotary International (RI) began a program called PolioPlus whose ambitious goal was to eradicate polio from the face of the planet. At that time there were 125 countries where polio was endemic and 350,000 new cases of polio were reported each year. Working with the World Health Organization and other partners, PolioPlus has since immunized over 2 billion children. Now there are just

4 countries with endemic polio and there has been a more than 99% reduction in polio cases.

Two years ago the Bill & Melinda Gates Foundation issued RI a challenge grant. If Rotary could raise \$100 million, the Foundation would match it. Recognizing how close we were to the goal of complete eradication, and also acknowledging the very large job remaining to meet the goal, the Gates Foundation offered a new challenge. If RI could raise \$200 million, the Foundation

Continued on Page 10

4th Annual Father/Daughter Dance

By Jeff Sayre



2010 Father/Daughter Dance, Photo by John Sage/FinchHaven

Vashon Allied Arts is sponsoring its fourth annual Father/Daughter Dance, to be held at the Vashon Island Golf and Country Club on Saturday, June 4th. Last year's event was a huge success, and most of the dad's were left breathless by the end of the evening. Smiles and fun are guaranteed. Uncles, Grandfathers, and other stand-ins are also welcome. Proceeds from the event will benefit VAA's Blue Heron Dance program.

The theme for this year is Mardi Gras, and participants will be transported to an

era reminiscent of New Orleans. The dance will be semi-formal, with coats and ties for dads and dresses for the ladies. Desserts and drinks will be provided, along with a complementary photograph, a small gift for each daughter, and memories to last a lifetime. The dance will take place from 7 - 9:30 p.m., at VIGCC, and Vashon's own Dan Brown will D.J. the event. The evening will kick off with some helpful group instruction. John Sage graciously returns from last

Continued on Page 10

Slander Trial Begins for Amanda Knox

By Karen Pruett

Curt Knox, Amanda's father, was back in Perugia for the beginning of her Slander trial and for a hearing on her continuing Appeal. She and her friend, Raffaele Sollecito, were convicted for the murder of her roommate Meredith Kercher in 2009 and they have repeatedly asserted their innocence. "She is holding up as well as you would expect for a person who has been in prison for three-and-a-half years for a crime she didn't commit. She still has faith that the Italian Justice system will seek the truth in her appeals trial," said Curt. "She goes through a variety of emotions, from anger to anxiety to crying to calm."

Curt will be in Perugia for a couple of weeks to visit Amanda; he said several of her friends from the United States had been to visit her throughout her imprisonment, which is keeping her spirits up. Their devotion has not been lost on the Perugians and many locals have told the family that they know Amanda is innocent.

On May 17, 2011, the first hearing in Amanda's slander trial was adjourned until November 15 after "a brief hearing devoted to procedural matters," said her lawyer, Luciano Ghirga. Amanda claimed she was slapped and put under pressure by police when she was questioned in the

aftermath of Meredith's slaying. During the Illegal Interrogation she said police repeatedly called her a "stupid liar" and one officer slapped her in the back of the head twice. Police denied misconduct and filed charges saying her comments were slanderous. Curiously Amanda said that only one female officer slapped her and she testified to that in court, but eight police officers, male and female, are suing her for slander.

The Knox family has also filed a complaint because PM Giuliano Mignini is prosecutor as well as offended party for the slander trial and they want it moved to Florence or Rome. "The case is supposed to be tried in a different jurisdiction (than Perugia) where he can be a party and not be bolstered by his colleagues in his office," Amanda's stepfather, Chris Mellas told the West Seattle Herald. Mignini's involvement in the slander case will be determined in October. If Amanda wins her appeal she could be home before then. Fingers crossed!

Amanda's parents, Curt Knox and Edda Mellas, are due to appear in court on July 4 for their own Slander Trial. The police are also suing them for repeating

Continued on Page 8

Road to Resilience

By Terry Sullivan, Transition Vashon

What is Resilience?

I recently received a response from a reader wanting to know what I mean by resilience. So, I decided that I would give you the whole nine yards. Don't stop reading! There is actually some interesting stuff to know about this concept.

Resilience is the ability of an object to regain its shape after an impact with another object. In the context of communities, when exposed to unexpected disturbance or change, it refers to the ability to avoid collapse, respond, adapt, and maintain its basic function and structure. In other words, to be able to "take a lickin' and keep on tickin'". There are at least three features that figure importantly in the resilience of any system or community: Diversity, Modularity, and tightness of feedbacks.

Diversity has many different aspects. Firstly, it provides alternate ways of doing things in the wake of failure in any one system, ie. "there's more than one way to skin a cat". If the food fails to get delivered to the island, do you have

an alternative source? If the power goes out, do you have a way of getting water and providing heat for your home? In the same sense, having a variety of skills and knowledge yourself, or amongst your neighbors, will increase the likelihood of your adapting successfully to unexpected change. A plumbing leak could be dire on an island of electricians.

Diversifying the local economy is also important so as to maintain business activity when one market is weak.

Diversity amongst communities means that each community can pursue the solution that takes advantage of the unique qualities and strengths inherent in each, rather than a top down "one size fits all" approach.

Modularity means that each community maximizes its ability to function independently of all the others. This is where economic globalization has made us seriously vulnerable. For the sake of efficiency, we are directed to eliminate all redundancies and to

Continued on Page 10

Get in The Loop

Submissions to the Loop

Do you have an event or Public Service Announcement? Email questions or submissions to Steven Allen, editor of the *Loop*, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.

Proposed King County Zoning Changes

DDES is taking public comment on the proposals through Friday, June 10. After reviewing public comments, DDES will make a recommendation to the Executive who will then decide whether to forward the recommendations to the King County Council for its review. The King County Council will hold public meetings and take comment on any recommendations before it takes action.

The proposed ordinance and a summary of the proposed amendments is available on the DDES website at

www.kingcounty.gov/property/permits/codes/legislation/legnews/PublicReviewComment.aspx.

Comments may be submitted in writing not later than 5 pm, Friday, June 10 to:

Harry Reinert
King County Department of Development and Environmental Services,
900 Oakesdale Ave SW, Renton, WA 98507
Email:
harry.reinert@kingcounty.gov
For additional information, contact Harry Reinert at the above address or by telephone at 206.296.7132.

Caregivers Support Group

Vashon Community Care Center hosts a monthly Caregivers Support Group. The group meets on the second Thursday of every month at 7pm. The next meeting is april 14. This group is geared toward family or friend caregivers, rather than paid caregivers. This month, we are again offering care for those who need it during the meeting. If interested, please make a reservation by calling Julea at 206-567-6142

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

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

The Vashon Loop

Writers: Kathy Abascal, Deborah Anderson, Marie Browne, Eric Francis, Troy Kindred, Melissa McCann, Orca Annie, Kevin Pottinger, Steve Amos, Ed Swan, Mary Litchfield Tuel, Marj Watkins, Peter Ray.
Original art, comics, cartoons: DeeBee, Ed Frohning, Rick Tuel, Jeff Hawley, Alex Soriano. Steve Krueger
Ad sales and design: Steven Allen
Phone 253-237-3228
Email: ads@vashonloop.com
Editor: Steven Allen
Email: ads@vashonloop.com
Publisher: Steven Allen
PO Box 1538, Vashon, WA 98070
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. Published every two weeks or so by Sallen Group
© May 26, 2011- Vol. VIII, #11

VMICC Seeks New Board Member

Due to the resignation of board member John Stazeck. The Vashon Maury Island Community Council board is accepting applications for the vacant board seat. There is about a year and a half left on the vacated position. Applicants will be voted on by the board for approval at the next general meeting. Please send a letter of interest to tim.vmicc@gmail.com to be considered.

Community Cinema Vashon Presents: Two Spirits

Community Cinema Vashon presents TWO SPIRITS - FREE - Sunday, June 5th, Ober Park Performance Room, 3:00-5:00pm.

Filmmaker Lydia Nibley explores the cultural context behind a tragic and senseless murder. Fred Martinez was a Navajo youth slain at the age of 16. But Fred was part of an honored Navajo tradition - the nadleeh, or 'two-spirit,' who possesses a balance of masculine and feminine traits. In relating Fred's story, Nibley reminds us of the values that America's indigenous peoples have long embraced.

The after film speakers, Q & A and discussion will include topics of gender identity, bullying/suicide prevention, teaching tolerance and extending the circle of acceptance beyond two-spirit people to all LGBT Americans. For more information on this film and a video preview visit: www.vashonmovies.blogspot.com/ (Vashon Movie News).

The topics of this film are presented in a positive and compassionate way. It will be an important film especially for teens and parents as well as the whole community. Remember, "It takes a village to raise a child." We All Belong is about "Nurturing a spirit of inclusion" on Vashon.

This is the 3rd monthly screening event hosted by We All Belong - FREE film and discussion, a project of Welcome Vashon. The summer mini-season will begin July 24th with Me Facing Life: Cyntoia's Story. This will be co-sponsored by the Dove Project.

Community Cinema Vashon will continue FREE each month. Watch for community fliers and media coverage. Contact: Jane Berg 567-4532 - jane.e.berg@gmail.com for more information.

VCC temporarily relocating Sunday Services

Vashon Island Community Church is temporarily relocating Sunday services to the McMurray Middle School multi-purpose room (the cafeteria) beginning Sunday May 22nd and continuing for approximately ten weeks.

The Big Picture sermon series will continue as scheduled through June 12th. Services start at 10am and end around 11:30am. ALL ARE WELCOME!!
www.vicc4life.com. 206-463-3940.

Washington State Ferry Public Meeting

June 1st. Washington State Ferry Public Meeting, 6:30-8:30 pm at McMurray. David Moseley will speak about the Legislative Session and possibly about the current construction of the 64 car ferries.

Greg Beardsley, our Vashon Ferry Advisory Committee Chair (FAC), is bringing up an issue concerning "on time performance". Here is an excerpt from a memo he copied to David Moseley which I'm sure you will want to be discussed at the meeting:

Recently passed legislation has provisions for "on-time performance." This is supposed to be adjusted for individual routes. The Triangle route has a constant and consistent issue with this. no matter what happens the slightest hiccup causes a delay because the traffic volume is high and the Fauntleroy Dock is being used at, or beyond, its design capacity. One ambulance run has the same effect as a car with the keys locked in or unable to start. The boats will be off schedule.

Last year Kingston-Edmonds faced a similar problem. WSF's solution was to drop to runs during the day and spread the departure schedule to allow the boats to be on time more often. During the public meeting in December I started the meeting with a straw vote of those present. Did the people there want to have the boats more on time and loose three runs per day or continue as is with the boats sometimes being off schedule. The vote was unanimous that we stay with the schedule we have.

VMICC Meeting Reminders

VMICC Board Meeting @ McMurray MS 6:30pm Monday, June 6th, 2011.

VMICC General Meeting @ McMurray MS 7:00pm Monday, June 20th, 2011.

Just another reminder that the meeting will be held at the VIFR EOC Room at 7pm on Thursday, May 26th. A few items will be presented by the public, including inquiries regarding a stop sign on Ellisport Rd. near Monument Rd. and the move of a speed limit sign near Burma Rd. on Vashon Highway SW. Commercial signs will also be discussed.

More information can be found at www.vmicc.org.

We Bring the Beach to You! –For Elders & Families

LISABEULA PARK

Saturday, June 4, noon to 2pm

There's a chair in the shade for you on the upper beach.

Vashon Beach Naturalists and junior naturalists from Homestead School will roam the tideline in search of beach life. They'll bring trays of seawater with specimens to show you, and they'll tell you about the lives, loves, and food preferences of each one.

Co-sponsored by Vashon Beach Naturalists, Vashon Park District, Vashon-Maury Island Audubon, and Vashon College.

Deadline for the next edition of *The Loop* is **Friday, June 3**

AcademiCamp

Grades 1-5

July 25-29 & Aug. 22-26

Run by Teachers
Games, Treasure Hunts,
and Frivolity Will dominate
the schedule

Small, Age leveled groups
2 hour days for \$120
2 sign-ups for \$200
Call Jill Heryford for details
463-0887



"Open my eyes, that I
may see wonderful
things in Your Torah"
Psalm 119.18

torahinmyheart.com

The Atticus "South of the Border" Reading & Potluck

Bring a simple Mexican- or any-style dish or dessert to share while enjoying a professional dramatic reading of "Atticus," a play adapted by St. John Vianney Pastor Fr. Marc Powell from the novel by New York Times best-selling author Ron Hansen.

WHEN: 7 p.m. Saturday, June 18th

WHERE: St. John Vianney Catholic Church Hall, 16100 115th Ave. SW.

COST: Free, but good-will donations to the church are appreciated.

Audience members will have a chance to offer feedback about the play before it is revised for full production at Blue Heron Arts Center at 8 p.m. Saturday, Nov. 5th and 2 p.m. and 8 p.m. Sunday, Nov. 6th. You can pre-read the novel by purchasing it at Vashon Book Shop or Books By The Way.

New York Times best-selling author Ron Hansen ("Mariette in Ecstasy" and "The Assassination of Jesse James by the Coward Robert Ford," which was made into a hit movie starring Brad Pitt) will attend the Nov. 5th opening for an after-show Q&A with the audience.

Vashon Island Fruit Club Logo Contest: Cash prizes, Plus Fame

The logo must have "Vashon Island Fruit Club" spelled out.

It must be received in our PO Box (VIFC, PO Box 2242, Vashon, WA 98070) by July 1; electronic submissions must also be received by July 1. To submit electronically, call Ron Weston at 463-9026 for instructions. All printed entries should be on a regular size sheet of paper (8 1/2 x 11 in).

Please consider 'scalability,' i.e. if possible, your logo should be visually coherent as a small return address or as an image on a T-shirt.

For full details, contact Lotus at Lotus47@live.com



CLUTTER QUEEN
Clear Your Clutter
QUICK • EFFICIENT • POSITIVE
Fabulous!!
Call Bonnie at 206.650.0766



Vashon Tech Support
206-408-7324
Mac & PC Service
House Calls by Appointment
Tu-Fr 10am-6pm • Sa-Su 11am-4pm
Closed Mondays
Experience Our
Commitment to Quality Customer Service
Tech Tips on Facebook!
www.vashontechsupport.com
On Vashon Hwy across from The Rock and Subway

Its New and Free
Visit Our New Website
www.VashonLoop.com



Vashon Kayak Center!
Hourly Rentals -- Guided Tours
at the Jensen Pt. Boathouse at Burton Acres Park
Memorial Day through Labor Day, Friday, Saturday &
Sunday, 10A to 5P. Week days by appointment.

For information and to arrange guided group tours call
206-463-YAKS or email:
kayaks@vashonparkdistrict.org
and visit the website: vashonparkdistrict.org



AJ's Espresso
Latte and Wisdom
To Go

Monday - Friday 5:30am - 3:00pm
Saturday 7:00am - 3:00pm
Sunday 8:00am - 2:00pm

17311 Vashon Hwy Sw



**Treatments for pain and conditions
non responsive to other modalities.**

STAS KUDLA N.D. L.Ac
Vashon and West Seattle
206 937 2066



HARBOR MERCANTILE

Since 1908

463-2500

Advertise in the Loop!
Spring is a great time to get back in the Loop.
ads@vashonloop.com
Next Loop comes out June 9

**Care Packages Sought
for Fallen Soldier's Platoon**

When Vashon's 1st Lt. Robert Bennedsen was killed in Afghanistan last month, he had only been in the country three weeks, but he had already come up with a plan of support for men and women under his command.

He told his family that while he enjoyed care packages from home, many in his platoon never received anything. He hoped the people of Vashon would change that.

Bennedsen's family and friends wish to fulfill Bennedsen's plan and ask that Islanders donate cash to the cause or give items the men and women there have requested. The list includes mechanic's gloves, green uniform socks, sunscreen, hand warmers, preserved foods, powdered Gatorade, cans of tuna, toothpaste, toothbrushes, razors, reading material, flip flops and hard candy, according to Lauren Chinn, who is helping to organize the effort.

Islanders can drop off both types of donations for Bennedsen's platoon at James Hair Design or Bank of America.

Got scrap metal laying around taking up space?

Tired of mowing around that clutter in your yard?
No problem, I can remove your metal clutter for free!
Any metals any size! More than just metal in your pile,
I can help you recycle and remove most "clutter".
Fees apply for dump runs and plastic/paper recycling.

Call 7 days a week 8am to 6pm 206-463-5590



Live Entertainment
June 3, 9pm
Massy Ferguson

June 10, 8:30pm
Saas E Block Band & Long Loss Trio

June 17, 9pm
Picoso

Sunday - Thursday
Bistro & Sushi service
11:30am to 9pm
Lounge is Open
11:30am to midnight

Friday & Saturday
Bistro & Sushi service
11:30am to 10pm
Lounge is Open
11:30am to 2am

17618 Vashon Hwy SW
206.463.5959
See our schedule online www.redbicyclebistro.com



Look familiar?

Next time try Vashon's professional window cleaner. From Seattle high-rise, to Vashon summer homes, one call does it all.

Gilland Window & Gutter Cleaning
206.228.7902

Screens cleaned Free!
with cleanings scheduled by 6/01

VashonWindowCleaning.com



**Raab & Sons
Construction**

Land Clearing and Development
Driveway Construction,
Maintenance and Repair
Retaining walls and bulkheads
Big and Small Construction

Jake (206) 200-4858
info@raabandsons.com
www.raabandsons.com



Heritage Museum Sports Exhibition

By C. Hunter Davis



Did you know that Burton and Vashon were once fierce rivals? The two high schools that is, that battled each other in sports and Islanders were quite divided by their teams. Did you also know that the Pirates (once there was only one school) won a football game 81 to 0? And yes, they also lost another 91 to 0.

This information and more is the subject of the new show at the Heritage Museum . Dick Warren and Jim Bettie combed through masses of photos, trophies, sports gear and more to celebrate Pirate sports. These two lifelong friends, both Pirate football players in the 40's

and former coaches, have done a terrific job of showing how sports have changed throughout 120 plus years of Island games. The exhibition covers uniforms, team photos as well as trophies and tidbits from many of the various athletics played on Vashon. It's a fun travel down memory lane to pick out familiar faces in the photos and be amused at how the uniforms have changed over time.

The show opens on Friday, June 3rd from 6 to 9 PM. The Vashon Maury Island heritage Museum, located at 10105 SW Bank Road, is open Wednesday, Saturday and Sunday from 1 to 4PM. The show runs until September.

Vashon Food Security Group Offers Food Preservation Tools to Community

By Jessica Lisovsky

These are not the best of times – there's enough bad news to make us all, either pull our hair out or just pull the covers over our heads, roll over and groan. The pictures coming out of Japan after the recent earthquake, tsunami and subsequent nuclear crisis are terrifying and remind us of how vulnerable we all are to the forces of nature. The rolling revolutions in the Middle East are triggering higher gas prices affecting the cost of everything that must be transported from point A to point B using anything except a horse, llama, bicycle or burro. A direct result of these energy costs is that food prices are spiking again.

A recent op-ed piece in the Seattle Times (4/3/11) by Neal Peirce highlights one of my favorite books: Small is Beautiful by E. F. Schumacher and reminds us that we may have reached the point of what Grandma use to call "too big for our breeches". Just because we are able to invent a lot of really cool stuff (nuclear power plants, deep-water drilling rigs, credit-default swaps, etc.), does that mean we SHOULD? We seem to be getting ourselves into trouble when we construct huge systems that cause huge damage if something goes wrong. Washington Post columnist Steven Perlstein calls it "low-probability, high-impact events" and reminds us that those events have plagued "human experience since Noah and the flood."

Mr. Peirce suggests we apply one of Schumacher's prescriptions: "smallness within bigness" to all of our systems. In the area of our food systems that would mean more small (organic!) gardens and farms in and around population centers resulting in fresher, healthier food on one hand and less reliance on fossil fuels since we will have shortened the supply line. Growing our food is the first step toward self-reliance – the next step is preserving and storing that food so that it is there in lean times.

Living on a small island presents

us with both great advantages and interesting challenges. We are lucky that there are groups working in many areas that need to be addressed: green energy, housing, jobs, water conservation, food security and more. As part of the Vashon Food Security Group, sponsors of the annual Food Preservation Fair, I would like to suggest one way that many of us can become more self-reliant in our own lives. We can preserve food!

Thanks to a grant from Sustainable Vashon, the Vashon Food Security Group has put together an Equipment Lending Library. It includes all the tools you need to preserve food. It is available to the community anytime of year with just a phone call – and a small donation.

On Saturday, May 28th (over Memorial Day weekend), the Vashon Food Security Group will be at Saturday Market on the Green with the Equipment Library to talk about food preservation and share recipes and tips. All the tools will be on display and available for borrowing. There is also an excellent video on canning and freezing.

If you miss the Saturday in May, there are 3 more chances for you to look over the equipment uptown and talk to folks who love to preserve their own food. Preserving food is fun, satisfying and it helps with the budget.

You can see the equipment and talk with your food preserving neighbors on:

May 28th 10am – 2 pm at Saturday Market on the Green

June 25th 10am – 2 pm outside Thriftway, next to True Value.

August 20th Annual Food Preservation Fair (next to the Green)

Sept. 24th 10am – 2 pm outside Thriftway, next to True Value.

And remember: the equipment library is open year-round. Call Cathy Fulton at 463-5652, borrow your food preservation tools and get ready to enjoy the fruits of your labor all year long!



Olympic Instruments, Inc.

■ Custom Manufacturing, Machining, Welding, Fabrication, Repairs
■ Short & long run production
■ Prototyping
■ Length Meters for Wire & Cordage
■ Cunningham Air Whistles

Your Vashon Neighbor Since 1946
Monday – Thursday, 7:00 AM – 5:30 PM


16901 Westside Highway SW
Vashon, WA 98070

Phone (206) 463-3604
www.olympicinstruments.com
www.cunninghamairwhistles.com

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

Island Escrow Service

Complete Escrow Service
Licensed & Bonded



9929 SW Bank Rd. #204
206-463-3137 fax 206 463-9122
dayna@islandescrow.net
www.islandescrow.net

FOR ORCAS AND FOR ISLANDERS
PLEASE REPORT LOCAL
WHALE SIGHTINGS
ASAP TO
206-463-9041
Vashon Hydrophone Project
Orca Annie Stater and Mark Sears
Vashonorcas@aol.com
Support Vashon-Maury Island Whale Research
Sightings NOT Disclosed to Whale Watch Boats
vashonorcas.org

WET WHISKERS

GROOMING SALON
PROFESSIONALLY TRAINED
CERTIFIED GROOMER

We Offer:
Wash and Go
Bath and Brush out
Thin and Trim

**CALL TODAY FOR AN
APPOINTMENT**
(206) 463-2200
17321 VASHON HIGHWAY SW
CONVENIENTLY
LOCATED INSIDE
PANDORA'S BOX





Island Security Self Storage

Full line of moving supplies

Next to the Post Office
10015 SW 178th St.
(206) 463-0555

- Radiant Heated Floor · On-Site Office · Rental Truck
- Climate Control Units · Classic Car Showroom
- Video Monitoring · RV & Boat Storage



Sporty's

EST. 1994

**Open 7 days a
week 6am till 2am**

Family run business
for over 30 years

Breakfast 17611 Vashon Hwy SW Live
Lunch Entertainment

206.463.0940

Where the locals go!

Island Life

Reality Reality

by Peter Ray

So I'm going to hurl myself against the wall 'Cause I'd rather feel bad than not feel anything at all
Lyrics from Ain't that Pretty at All by Warren Zevon

It is bicycle racing season, although the only thing most people are hearing about the sport these days are the echoing doping accusations being flung by disgruntled and often disgraced former teammates at cycling legend Lance Armstrong like so much over-cooked pasta, in the hopes that some of it will finally stick. What most people are missing, however, are the real glories of bike racing being played out in the flats and mountains of Italy, and the just completed dashing ups and downs on the Tour of California. One could point to the strange hypocrisy of having the premiere cycling event in these United States being sponsored by the same drug company that manufactures the performance enhancing substance whose use is banned by the International Cycling Federation, but that would get into a depth and breadth of absurdity we have no time and no where near the space for here. Instead we will give a nod of recognition to the snippet of Mr. Zevon's song lyrics above while describing an event, both past and future, on our home turf.

It started with an email and an invitation to join in on a trial run of something Bruce Morser and the members of the Vashon Island Rowing Club (VIRC) had decided to call the Passport to Pain. How could one resist such an offer, one might ask? To start with, there was the map of the Island with cute, squiggly red lines all over it somewhat resembling those "Billy's Route Home" cartoons from Bill Keane and his Family Circus comic syndication. The only difference was that all the deviations were not there for distraction-they were the pain. Each detour and tangent was there as a vertical challenge to be confronted and conquered. It was a bit like being handed a walking stick and a trail map with x's marking bee's nests that you would then find and poke at with the stick, and then run from while seeing how few (or many) times you got stung. Yes, this is what some of us consider to be good fun.

While this was being billed as a ride, not a race, I knew that because it was a bunch of guys on bikes that, well, it was going to be a race anyway. I also knew that I was not ready for either the distance or traveling quickly over it. Part of my training had been a week of swimming and very spotty 'round the

Island bike rides since March. It had otherwise been a winter of sloth for me, so I resolved going in to ride my own ride and hopefully get through the whole thing, knowing full well that having tried easier Island loops before, and bailed part way through, that even an "easy" Island circuit is not all that easy. Leaving Jensen Point in the group I felt okay, but as soon as we hit the climb up Burton Hill I realized I wouldn't be a part of this group for long. I was right.

There was some imaginary training coming in as well. Watching cycling greats self-propel up narrow roads with slope percentages ranging into the twenties can't do anything but help the viewer's climbing prowess, right? And having just finished reading Christopher McDougall's magical ultra-running book, Born to Run, I knew there was nothing I couldn't do. Actually, that's not quite right. If anything, I was a bit concerned about the damage I might do to myself by jumping into the fire like this. As the pedals turned, I took it relatively easy in order to make it all the way through. I got off and walked up most of the steepest parts of the Burma Road climb, a stretch that is hard to impossible even when you are in shape. I did, however, visualize climbing forms gleaned from my mountain stage Giro viewing. I also thought back to one of the lessons offered in Born to Run, and that was "smiling through the pain". In reading about how the Tarahumara runners from Mexico smiled and floated over hundreds of off road trail running miles, and in seeing Chris

Horner grinning his way to a mountain stage victory in the Tour of California, it seemed to be a simple thing to try. I'm here to say that I believe it worked, as I made it through the whole ride, all 47 miles and 5,200 feet of elevation gain of it.

There was something else from Born to Run that I almost tried for the ride, but didn't in deference to the old adage- if you can avoid it, don't do anything new right before race day. Don't buy new shoes right before a big run, get them and break them in first. Don't buy a new bike before a big ride-tune up the one you've got or get the new one well in advance of the event. I was thinking of trying the "secret" energy drink of the Tarahumara to help get through the ride, but opted for the tried and true green goo of Accelerade instead. It did help. But after the ride Wendy mixed me up a bit of Iskiate- a blend of water, lime juice, a bit of sugar and some scoops of chia seeds, and in writing on this day after when I normally would be hobbling, I find myself to be nearly pain free and ready to go again.

For those interested, a full blown Passport to Pain ride is in the works for sometime this Fall as a fundraiser for the rowing club. At that time, Billy's route home will include Maury as well, along with plenty of bee's nests over the seventy mile route which includes 10,000 feet of elevation gain. Watch for details as September approaches and start riding now. If you do decide to ride, don't forget your passport (it will be supplied), some Iskiate, and a smile.



Cerise Noah

**Professional, Knowledgeable
Fun & Friendly to work with.**

360-393-5826
cerisenoah@windermere.com

Windermere
REAL ESTATE

Next Edition of *The Loop* Comes out Thursday, June 9

Deadline for the next
edition of *The Loop* is
Friday, June 3



TO TRY IT IS TO LOVE IT. PLACE AN ORDER AT WWW.TVICR.COM / 206.463.9800

HISTORIC ROASTERIE
THE VASHON ISLAND
COFFEE ROASTERIE
40 YEARS OF ROASTING HERITAGE

ORGANIC, FAIR TRADE,
DIRECT TRADE,
TRADITIONALLY GROWN.
HEIRLOOM® COFFEE

COFFEE ROASTED ON-SITE
ESPRESSO BAR
ORGANIC GROCERY
HERBS & SUPPLEMENTS

VISIT THE 100 YEAR-OLD HISTORIC BUILDING THAT HOUSES OUR
VINTAGE ROASTER & IS THE BIRTHPLACE OF SEATTLE'S BEST COFFEE.

Do Vashon residents and businesses want additional security?

Remind...
Take our survey by 6/15/2011
www.nwprotective.com
ENTER CODE: 463-567

Top 10 Workout Mistakes Mistakes 9-10

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



9. Time is of the essence. One of our most valuable resources is time. We can find time hidden everywhere if we look for it. We can also let it become lost in the daily shuffle. Once you have decided to make time for your workouts, you need not waste it. Spending more than an hour working out isn't necessary. If designed properly using all the suggested strategies thus far, you can build and complete a dynamic workout that will get you the results you are looking for including warm up and stretching in as little as 20 minutes and as much as 45 minutes.

RESOLUTION:
Efficiency lends itself to productivity. We are the most productive humans to ever walk the earth. We get more done in a day than ever before. Now I'm not here to say that we use all that productivity wisely because if we did, we'd most likely be a whole bunch healthier right now.

So, how do we find ways to be productive and efficient within our workouts? One method is called super setting. This means we take two non-competing exercises and perform them back to back without rest.

Once one "super set" is complete and you've rested your allotted time, follow the same tactic to finish out 1-4 more sets of the same exercises. Start out with one to two sets of each "super set" and progress accordingly as your fitness level improves. Once your entire "super set" is complete for the two exercises, select the next two exercises on the list and complete the intended sets until "super set" #2 is complete. Choose 6 compound exercises per workout (that's 3 super sets), complete each in the described fashion and you're done.

Example: Super Set #1
Squats (8-12 reps)
Pushups (8-12 reps)
Rest 1:00

Super Set #2
Body-weight Row (8-12 reps)
Lunge (8-12 reps)
Rest 1:00

Super Set #3
Chin up (max reps)
Plank (1:00-2:00)
Rest 1:00
Keeping your rest periods down to a minimum will also save time and challenge your conditioning. Another time saver to consider is the method called circuit training. This is a great way to get a total body workout while saving time with the added bonus of challenging your cardiovascular system.

Example: Squats
Pushups
Lunge
Body-weight Row
Single Leg Ankle Touch
Plank
Rest 1:00-2:00 minutes
Repeat (1-4 more times)

10. Knowing is only half the battle. So now you know what you can do to get back in your clothes and have them fitting better than ever. Are you doing it? Playing the hit and miss game with your workouts and nutrition program is detrimental to long term success. Eventually, you'll tire and burn out from less than productive results and quit all together thinking the program isn't working. Let me be the first to tell you that being healthy and fit takes EFFORT. It doesn't take a lot of time but it does take effort.

RESOLUTION:
Follow all the suggestions mentioned thus far and get your workouts "done". Once you follow the plan religiously for 60-90 days, not only will you see results, you'll also develop better habits which simply means that eating well and working out consistently will become part of your everyday life.

There you have it. The Top 10 Mistakes...and Resolutions to turn your efforts into results.

Vashon Sheepdog Classic
DOG TRIALS
SEPT. 30, OCT. 1, 2 2011
Misty Isle Farms
Dawn to dusk
Admission \$5
Children 12 & under free

photo by Bonnie Block
www.fieldandfarmphoto.com

Sponsored By
Madrona Cove VASHON Taste of Value PARTNERS IN EDUCATION

www.vashonsheepdogclassic.com

SERVICE REPAIRS SALES FREE TRAIL MAPS

BIKE RENTALS FOR ADULTS AND KIDS

VASHON ISLAND BICYCLES
(206) 463-6225
9925 178th Ave. SW www.vashonislandbicycles.com

Let Beverly at DREAMLAND TRAVEL help with all your travel needs

206/354-8921
beverlyskeffington@gmail.com

Rick's DIAGNOSTIC & REPAIR SERVICE, INC.
206-463-9277

Rick's can save you Gas & Ferry fair by performing 30k, 60k, 90k Manufacture's Recommended Service. We strive to provide the best possible service to our customers.

Shop Hours
8am-6pm
Monday - Friday
On-Call Towing

- Lube-Oil-Filter with 30+ Point Safety & Maintenance Checklist
- Performance and Tune-Ups
- Brake, Transmission, Clutch Service and Repairs
- Electrical Systems & Battery Service and Sales
- Heating/Cooling Systems, A/C Service & Repairs
- Tire Repairs & Sales

We Have Rental Cars
Have out of town guests or just need a car for the day.
\$40 per day
\$50 Weekends
Call for weekly rates.

Now Serving
Pizza By
The Slice
Call 56-PIZZA

Its COLD.... let us cook for you.... Call us now
Relax.... We Deliver
Located between Vashon Market and Vashon Dance

To Recognize a Special Life,

In 1974 life was different. Wally May, Branch Manager of then Peoples Bank, hired Judy (Judith) Comstock to be a very "hip" bank teller here on Vashon. Judith happily did her work at the Vashon Branch from 1974 until 1988 as a Teller and then providing operational support as the old "paper" world of banking changed to microfilm. Judith prepared the bank's work for delivery to the Vashon Airport for its nightly flight to Seattle. Her favorite days were when the local branch ran out of cash and she got to be a hero.

Judith would hop onto the back of her husband's motorcycle, wrap her arms around his waist, and speed away to the Seattle Main Office of Peoples Bank, bright red afro blowing in the wind. There, Judith would fill up her back-pack with stacks of currency and rush back to Vashon to save the day. She still giggles when she tells that story.

From 1989 until 1993 Judith took her banking more seriously, taking a promotion to the bookkeeping department in downtown Seattle. From there, she moved into a Customer Service Supervisor position at the 4th and Seneca Branch, doing audits and opening accounts. In 1993, Judith missed her island too much and left banking. Working with the 1-year-olds at the Vashon Child Care Center became Judith's love. Judith worked at the Center until its closure in 1999. At the turn of the century, Judith came back to the bank she also loved, now U.S. Bank. Here, she has provided excellent service with a smile to members of the Vashon community for the past 11 years.

Yes, it's true. Judith Comstock is retiring after over 31 years of employment at Vashon's original bank. We all love Judith and are going to miss her smiling face here on the corner of Bank Road and Vashon Highway.

We here at U.S. Bank wish to thank and honor Judith Comstock for her years of dedication and kindness to all whom she has touched throughout her three decades of banking.

If you ask Judith what's next, she'll smile at you with a sparkle in her eye and say "Don't worry about me, I'm just retiring to Downtown Ellispport." Aloha Judith, our still very "hip" Island banking girl.

With love,
Your Friends at U.S. Bank



Join your friends at US Bank, Friday, June 3, 5-8pm to thank and honor Judith for her years of dedication and kindness to all she has touched throughout her three decades of banking.
Refreshments will be served.



Aries (March 20-April 19)
You may still be feeling hesitant from the recent retrograde of Mercury in your sign, but the winds of fortune are strong against your back. You can afford to act on your confidence, as long as you're proceeding with sincerity. You have so much drive and passion those are the last things you need to concern yourself with. The idea is to make sure you're pursuing your heart's desire. The time has arrived to be absolutely real -- no faking, no delaying your true priorities, only moving from an authentic space. You may be thinking, How do I know what I really want? I would say: you do know. If you set aside all your excuses, all your rationalizations and you don't let your mother make your decisions for you (overtly, or covertly) you will be on solid ground with yourself.

Taurus (April 19-May 20)
Many factors seem to be influencing you -- if only you knew what they were. But what if you knew? What if you could see through all your doubts and seeming confusion? Stop and listen to yourself. If your inner monolog has been louder than usual, listen to what that voice is saying. Literally, what do the words mean, and what do the images you're seeing show you? It may seem overly simple, but 'knowing thyself' actually does involve witnessing the contents of your awareness. The key is slowing down long enough to size up what is helpful, what is destructive, and giving yourself a moment to make a choice what to respond to. By choice, I mean a mentally oriented decision rather than being pushed or pulled by your emotions.

Gemini (May 20-June 21)
You go through phases of searching for your own identity among the people around you, and after what you've been through the past month, I am guessing you've figured out that it doesn't quite work. Besides which, it's likely that the people you care about are looking to you for some idea of how to maintain their stability in our uncertain times. You actually have a better sense about yourself than most of them have about themselves. How could this be? You're more accustomed than others to dealing with the many possibilities of who you are. You know that a human mind is complex, and you embrace that complexity. You also know that there are no guaranteed outcomes, and your comfort level with uncertainty feeds your self-awareness.

Cancer (June 21-July 22)
This continues to be a vital time for emphasizing your professional goals. By goals I mean what you discover at the intersection of 'I am' and 'I do'. You can add to that 'I want'. It takes a few different factors to make a goal worth pursuing: a sense of identifying with the goal; a love of the activity; and the desire to make it happen, or to invest yourself. Most folks run into problems because what they think of as their goals don't meet any of the criteria here; it's possible to fudge and make excuses, but they don't actually get the job done. Even meeting one would be helpful, though with the planets being what they are, I suggest you go for total authenticity. As you've figured out, a learning curve is involved, and this is a very good sign.

Leo (July 22-Aug. 23)
What is possible? Ask yourself that question, and listen to your answer.

That will reveal your state of mind. If you want to know who can support you in your goals, ask them what they think is possible and, rather than trying to convince them of anything, listen to what they say. Some people live for yes, and some live for no. Some live for maybe, and others for maybe not. It's true that if you study the pages of The New York Times or watch CNN for an hour, you may not feel like you have any reasons for optimism. Despite the prevailing doom and gloom of our era, we're in a moment of rich potential. Part of what is feeding that potential is the chaos. True enough, it takes a special kind of person to see the possibilities when many merely see loss and devastation. Just keep your faith that a new world will arise from what is left of the old one -- and part of how that will happen is the vision that you're offering.

Virgo (Aug. 23-Sep. 22)
What is an asset and what is a liability? This is the main question you have to ask yourself. I can give you a clue that you've probably mixed up a few of these -- certain things you thought were helpful are not so helpful and other things you thought were harmful are turning out to be pretty good assets. This is not so much a matter of perception as it is about correcting misperception. Yet there's also another little issue, which is that most of the time we actually don't evaluate our lives on the basis of what helps and what hurts. When we apply that question consciously, real information is forthcoming. The deeper question would then be, why are so many people attached to what hurts them, and how are you doing letting go of those things?

Libra (Sep. 22-Oct. 23)
No matter how much energy is coming toward you, flexibility is the key to keeping your balance. It's true that you're under a lot of pressure -- more than you thought you could handle. But it's not merely pressure; you're being offered energy, opportunity, love and friendship. You've got an opportunity to participate in the world like you've hardly ever had before. The thing about participation is that it tends to draw in your full involvement. While many would think they are 'giving up their life', I would say that the one sure way to have a life is to be involved. Here, we come back to the question of balance, which for you means flexibility. Having options is a prelude to making choices. And one decision leads to the next.

Scorpio (Oct. 23-Nov. 22)
Rest is important, but there are activities more restful than sleep. That's a good thing, because your life has nothing if not activity at the moment. Notice that some things you do nourish you and some deplete you. Have you started to see a pattern, which is which? If you were to apply one criterion to evaluating everything in your life, this is the one. But let's define 'nourish'. I would include things that expand your capacity for achievement; desires that stoke your ambition to do good work; experiences that challenge your idea of who you are; activities that fill up your time in a productive way, and nudge out the things you don't like to do, or that don't serve you. What nourishes you may make you a bit uncomfortable -- but only a little, and only at first.

Sagittarius (Nov. 22-Dec. 22)
The theme of this phase of your life is

stretching your creative capacity. I think that to some extent, everyone wants to be creative, but you may be experiencing this as a kind of extreme restlessness that you cannot quite ground. A little focus will go a long way. Don't worry about meeting your 'full potential'. Rather, if you have to take out the trash, do it in an interesting way. If you have any kind of assignment at all, figure out a way to take pleasure in the work and do it as artfully as you can. Meantime, pay attention to the ideas that are percolating out of you, and when you feel a juicy one, explore and experiment with it. Take a chance. Allow yourself the space to do something unusual, and keep going till it takes on a life of its own.

Capricorn (Dec. 22-Jan. 20)
You may need to toss all your ideas of safety or sanity, but what do you do with all of the stress? If it's coming out of your psyche in ways that are painful or disruptive and offer you nothing in return, I suggest you make some decisions about how you direct your energy. It may be time for a change, and by that I mean a significant change. One thing your chart is saying is that the past is not what it used to be, and it barely exists at all. What exists for sure is the way you can direct yourself into the future, and this looks like one crucial goal that you may be resisting. Any idea what that might be? Is there something you dearly want to achieve, but you're having a little denial attack about? Focus on that goal and you'll likely feel a heck of a lot safer on the planet.

Aquarius (Jan. 20-Feb. 19)
Stay grounded, whatever that means to you. That mind of yours has a lot of activity and adventure running around in it -- a bit much to leave you with a feeling of settling into any consistent ideas. In fact the nice thing about your ideas is that they are pushing you out of your comfort zone. Your grounding can come from tuning into a commitment that is truly meaningful to you, and orienting on that. It's an idea that feels like home, or feels like a solid and meaningful place to gather your emotions. It could be a person, or a relationship. It could be your physical space, or your desire to create a solid home for yourself. Remember that this would best be a container for your abundant energy, rather than a place to barricade external influences away from you.

Pisces (Feb. 19-March 20)
This is an excellent time to get your financial life in order, and by in order, I mean beginning with a clear concept of the abundance and prosperity that you want. In case you haven't figured it out, it's a lot easier to create wealth when you're not busy talking it down. Having enough is entirely unrelated to greed. Enjoying a glass of wine does not make someone an alcoholic. Be clear with yourself about your ideas here. Recognize when a prejudice is entering the picture, such as the notion that money corrupts someone. The only thing that can corrupt anyone is their own values, so if you proceed from understanding what is important to you and appreciating why that is so, you will have a guiding principle that will be truly useful as you realize just how resourceful you are.

Read Eric Francis daily at www.PlanetWaves.net.

**Its New and Free
Visit Our New Website
www.VashonLoop.com**



Kung Fu Panda 2 Now Playing



For show times and info check www.vashontheater.com
**Best Rural Movie Theatre
2010- Seattle Weekly**

Come & Enjoy an
old-fashioned country store.
Explore 10 acres of gardens, plants
and Colvos Creek Nursery
Especially view our many
plant collections.
We will do a search for any
plant we don't have

We stock Books on:
Gardening, Preserving & Vashon

**Check our Websites for more
Amazing Selections**
www.countrystoreplants.com
www.countrystoreandgarden.com
**The Country Store
& Gardens**
20211 Vashon Hwy SW
206-463-3655

**Eagle Eye
Proofreading and
Editing**
Nancy Morgan
onvash@hotmail.com

206/567-5463
819-2144

Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

Don't Call Australia in the Morning

by Mary Tuel

As I am writing this, it is May 20, 2011. According to some people who have been getting a lot of press lately, the end of the world is supposed to occur tomorrow, May 21. If that is the case, it won't matter that I didn't get my column in before deadline today.

That's what I was thinking, and then I thought, wait. Do they mean May 21 American time, or May 21 Sydney, Australia, time?

We have friends who live on the east coast of Australia north of Sydney, and when ever I try to figure out what time it is there, I use the simple rule that they are eighteen hours ahead of us, or, as I sometimes like to think of it, six hours behind us, tomorrow. So if it's seven twenty-five in the evening Friday on Vashon Island (and it is right now), then it's - um - wait - one twenty-five Saturday afternoon in Sydney. So it's already more than halfway through May 21 there. Maybe I should give them a call and see how they're doing. What if they don't answer?

That simple rule is simple because it's

not accurate, by the way. Sometimes we're on Daylight Savings Time, sometimes we're off, and the same is true for Sydney, Australia. So sometimes we're seventeen hours behind them and sometimes we're nineteen hours behind them. Occasionally eighteen hours is correct, but I get confused trying to figure it out.

I made a chart after our friends moved to Australia. I listed all the hours of the day in the first column to show what time it was on Vashon Island. Then I did comparative columns of what time it was in Sydney on Daylight Savings Time (nineteen hours ahead), what time it was there off Daylight Savings Time (seventeen hours ahead), and what time it was there if Daylight Savings Time didn't matter, when we're both on it or off it, during overlapping weeks that sometimes occur (eighteen hours ahead). This chart was meant to keep me from making a friendly telephone call that woke them up at four in the morning, which I did once, and I could tell it was not appreciated. Friendship is all well and good, and a great thing, but there are boundaries.

I can tell you as a general rule that it is not a good idea to call Australia from the West Coast of the United States between our three in the morning and let's say our one or two in the afternoon. Observing these guidelines respects the sleep schedule of people living on Sydney time. If you live in some other time zone but the West Coast of the United States, you're on your own. It was hard enough for me to figure out this much.

Oops - just looked on Facebook, and our god daughter who lives in Cairo, Egypt, has observed that if the end of the world was occurring on Greenwich Mean Time, it's late. Maybe not May 21, after all.

I tend to think that when Jesus said, "no one shall know the hour or the day," he knew what he was talking about. No one will see it coming. So straighten up and fly right, pal. You never know.

And don't call Australia in the morning.

PANDORA'S BOX

Don't put away that dog outerwear just yet! It may snow again. It will definitely rain some more. At least we don't have tornadoes!

In and new: Natural Balance cat treats...favorite flavor is the politically incorrect rabbit. Cat's love it. Also, new Alpha Cat cat food.

Best buy this month: Merrick Whole Earth Farm dog food 35lbs for \$29.99. Unheard of!



Buddy's Pick of the Week: He really does love the rabbit treats, and he is gorging on the Alpha Cat.

(206) 463-3401

\$8 Nail trimming with no appointment

17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch

Slander Trial Begins for Amanda Knox

Continued from Page 1

Amanda's claim of "being slapped twice in the back of the head" to England's Sunday Times during a 2009 interview. Neither the reporter nor the Times are being sued it appears that only Amanda's family is targeted, evidentially in an effort to cut her off from support.

July 4th is also the beginning of the defamation suit against Lifetime Network's made for TV movie which found it's way into Italy; such media during an Appeal is illegal under Italian Law. After it's release a 'laundry list' appeared online citing some 30 factual errors that supported the prosecution's version of events and painted Amanda and Raffaele in a negative light.

Amanda's lawyers are taking Lifetime to task for "stealing her life." The movie was not sanctioned or supported by either the Knox or Sollecito families and Lifetime was repeatedly asked to not film in Italy or to air the movie during the appeals. All requests were ignored. When it did air, we realized that Lifetime had used two of the most damaging reporters as their sources. Nick Pisa, of the Daily Mail, is the English reporter who hacked Amanda's My Space page and destroyed her childhood nickname Foxy Knox. Recently Pisa was quoted on the Today Show saying, "The House of Cards it's built on is slowly collapsing, it looks like it will collapse in a very spectacular fashion." It is bittersweet to hear him finally speaking the truth. Barbie Nadeau is a freelance reporter who wrote a novella based on the prosecution's sordid tale.

May 21st was another hearing for the Appeal and Amanda spoke to the court, first thanking them for listening to the experts, then choking back tears as she said, "I am innocent and have been in jail for more than three-and-a-half years. It is very frustrating and mentally exhausting for me, but nothing is more important than finding the truth after prejudices and many mistakes. I remember the first days when I was free and when I was being questioned as a witness and then eventually as a suspect. I remember I was young and I didn't understand what was happening. The most important thing is that I do not want to stay in jail unjustifiably for all my life."

Curt said, "The independent experts have made requests for specific information from the forensic police related to the DNA testing of the knife in particular and this data is not being provided. Amanda is not afraid of the truth, it will be interesting to understand why the forensic police are not willing to provide the independent experts the information they feel is necessary in order to provide a fully reviewed final report. I know Amanda is upset about continuing to stay in prison but is thankful to the court for the full evaluation."

The trial is stalled as Judge Hellmann argues with Dr. Patrizia Stefanoni, who did not show up in court. In a handwritten note on April 4, he compelled her to release the original DNA data and she has refused. The Knife and Bra Clasp are at issue and the police have denied the defense access to the documents for over three years. "The experts asked the

forensic police to hand over information essential to their report. They still haven't received it and will therefore request a 40 days extension," said Carlo della Vedova, another of Amanda's lawyers. "It's not the first time we've asked for the police to hand over this information. They weren't able to find any DNA on the knife blade at all, and it wasn't possible to repeat the test on the bra clip. It had been kept in a wet bag and had completely disintegrated."

Prosecutors have maintained that Amanda's DNA was found on the Knife's handle and that Meredith's DNA was found on the blade. They say Raffaele's DNA was found on the Clasp of Meredith's bra.

The Defense says those DNA traces were inconclusive and that they might have been contaminated when they were collected and analyzed.

The two court-appointed experts could not retest the miniscule traces and are now assessing the reliability of the original tests. After obtaining the 40-day delay to collect all the documents, the experts from La Sapienza University will conclude their investigation by June 30 and report their findings to the court on July 25.

Chief of Homicide Monica Napoleoni, who missed a previous court date, was asked to produce missing records of witnesses who contradicted the testimony of Superwitness Antonio "Toto" Curatolo. Toto is the heroin addict who lives on a park bench in the piazza above Amanda's apartment and claimed to see them watching the house the night of the murder. But previously on the stand he described Halloween to the court six times, telling of costumed students getting into disco buses. November 1st, the night of Meredith's murder, is a national holiday and no buses were running.

To his credit Judge Hellmann decided to hear new witnesses in June that were rejected by Judge Massei in the first trial. Several inmates from Viterbo prison, where Rudy Guede is being held, came forward to tell the court that Guede claims Amanda and Raffaele were not at the apartment the night of the murder and that he feels some guilt for blaming them. Mario Alessi, a convicted child murderer, and other convicts have written letters claiming to know who really killed Meredith Kercher and wanted to give evidence. The existence of these letters has been known since the early days of the trial, but the Judge Massei, in the original trial, ruled them as inadmissible. By law when a person offers testimony the court is obliged to pursue, record and verify the information and this was not done in Alessi's or the other prisoners cases. Another broken law, one of many by the nefarious prosecution.

In a bazaar twist, one of many in this case, Judge Hellmann will make a decision whether or not to hear another convict witness. Tommaso Pace sent the court and the defense a three-page handwritten letter, dated May 6, that said Meredith was the victim of a 'hit' over a \$100,000 drug debt. It is not unusual for convicts to create stories to get out of prison for a

Continued on Page 9

PERRY'S VASHON BURGERS

With Gluten Free Buns!

17804 Vashon Hwy SW

Open 11am to 8pm Monday-Saturday
12pm to 5pm Sunday



Best Burger in Town!

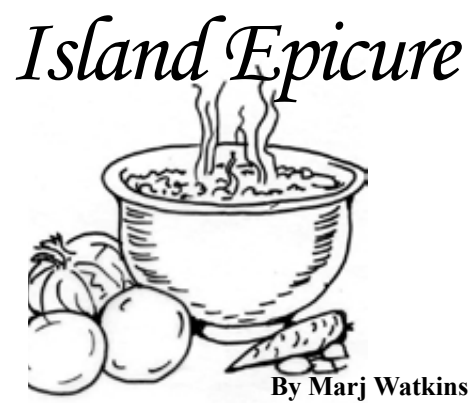
For a Burger
Emergency
463-4-911





**Bob Webster
Handyman Service
206.455.4245**

Licensed Bonded and Insured
bobwebster@commspeed.net
LIC# BOBWEWH9290E
VISA and Mastercard accepted



By Marj Watkins

A Mideastern Dinner

Fourteen people gathered for a meal at our extended table on the eve of the recent memorial service for my late husband. How could I cope with the throng, half of them vegetarians, with a minimum of hassle and a maximum of mouth-watering elegancy, bearing in mind that without his USAF-retired pay, household income will be slashed?

The answer that came at once to my mind was a Rijstaffel. That’s a Dutch word for a sort of potluck invented by the British Raj in India long, long ago. The host cooked the curry and the rice. Each guest had his houseboy bring something to put on it.

The heart of a Rijstaffel meal is the curry. For a vegan or vegetarian curry, sprouting develops the Vitamin E in the lentils and the beans. Sprouting makes legumes cook faster and keeps them from causing gas. Without a couple of days forewarning for sprouting, you’ll need to give the legumes the longer cooking time allowed for in the recipe below. I doubt you’ll be cooking for fourteen people, but if you must, here’s the recipe, developed from one supplied years ago by Kaj Berry.

RIJSTAFFEL

14 to 16 servings

LENTIL & BEAN CURRY

Total cooking time: 1 ½ hours

3 cups brown lentils

2 cups small red beans

Water to cover plus 1 inch

Bring to a boil, reduce heat, cover, and cook slowly for 30 minutes.

In a fairly large skillet, stir-fry until the mustard seeds pop:

- 6 Tablespoons butter or ghee*21
- Tablespoon white mustard seeds
- 1 teaspoon fenugreek seeds
- 2 Tablespoons minced ginger root
- 1 Tablespoon whole coriander seeds, optional
- 1 Tablespoon each dill and celery seeds, optional

Add and stir-fry until onions are semi-transparent:
4 yellow dry onions, wedge-cut in ¼-inch wide slices
1 head garlic cloves, mashed and peeled
1 green chili pepper, minced, or green Tabasco sauce to taste
1 stick cinnamon finely broken up (I used a small hammer on it.
Add the onion mixture to the lentils and beans. Stir. Simmer covered 1 hour more, until the beans are very tender but not dissolved, adding more water if needed.

Add and stir in:
1 Tablespoon dried crumbled marjoram leaves or 3 Tablespoons fresh marjoram leaves, or 1 scant teaspoon powdered marjoram
½ teaspoon ground cloves
1 ½ Tablespoons curry powder, or to taste
2 teaspoons salt, or to taste
Turn off the heat and let the flavors meld while you assemble the rest of the meal.

Serve with yogurt to refresh and cool the palates while eating the hot curry. Garnish with “boys” (side-dishes carried in by each British officer’s servant boy). One might bring the chutney, another raisins, others slivered toasted almonds, chopped green onions including their tops, minced parsley, pineapple bits, chopped hard-boiled eggs, or horseradish, or chopped toasted peanuts.
To toast peanuts, spread the shelled nuts in a single layer on a bacon sheet. Slip it into a 400-degree oven for a few minutes, watching to see that they don’t over-brown. Chop the roasted nuts in a food processor or nut-chopper.
For beverage, we offered sparkling water and juices.



Herbal Bitters

by Kathy Abascal

Bitters are one of the simplest, oldest, and most effective of herbal remedies. Bitters are simply herbs with a strongly bitter taste. Today, many of us need those bitters more than ever before. Once upon a time, much of our food was on the bitter side. Wild greens, wild berries, wild vegetables usually range in taste from slightly bitter to very bitter indeed. We developed an ability to handle those foods and it appears that we have not modified our digestive responses in the short time that we have been cultivating foods. Over the 10,000 or so years since we began cultivating our food, we favored seeds from the plants with a sweeter taste. So our food today usually range in taste from slightly sweet to very sweet. Those sweet tastes, however, do not trigger the digestive responses that bitter tasting plants do.

Moreover, we increasingly live in the midst of emotional stress that also affects our digestion. When stressed, we enter into “flight or fight” mode and our stress hormones prepare us to be able to move quickly and effectively. In stress, we do not secrete the saliva that contains carbohydrate-digesting enzymes. We do not secrete stomach acid, bile or pancreatic enzymes. We instead divert blood from the intestinal tract to our muscles. We are ready for physical exertion and are not prepared to digest food. Nonetheless, many of us cope with our anger, anxiety, and fear by eating. For obvious reasons, we do a poor job of digesting our food under those circumstances. This leads to many digestive issues ranging from simple indigestion (with burping and farting the most usual expression), dyspepsia, heart burn, and a variety of intestinal disorders.

So what do bitters do? Our bodies respond to the taste of food. Thus, if we taste sweet we will begin to secrete insulin. Bitter taste triggers a more complex chain reaction in the body. First, by reflex, we begin to secrete saliva and salivary enzymes. This reflex overrides the effect of adrenalin. Digestive secretions begin flowing. If you take some bitters 10-15 minutes before eating, you will have stomach acid to greet the food you eat. The bitter taste

The Vashon Loop, p. 9

nudges the liver into action and gets bile flowing. Suddenly, you are more able to properly digest your food.

And, interestingly, the effect of bitters goes beyond improving digestion. Over time, bitter formulas will have additional beneficial effects on the body. They can improve heart function, strengthen nerves, and stimulate appetite. Bitters are useful in many, varied digestive disorders. They can provide substantial relief to those who do not digest fats or proteins well, who get nauseous after eating, or have lost their appetite. Of course, bitters are not for everyone. People with red, pointed tongues will not benefit from them. In contrast, those with coated tongues will benefit greatly. Because bitters stimulate the secretion of stomach acid they may be the wrong remedy for those with hyperacidity. However, frequently people who are eating improperly (that is eating under stress or not eating much greens) actually do not secrete enough stomach acid when they eat and oversecrete in between meals. Those individuals can be greatly helped by bitters even though they appear to have too much stomach acid.

Bitters come in three forms: Simple bitters, aromatic bitters, and pungent bitters. The best known bitter is gentian (*Gentiana spp.*). This plant has a lovely blue flower and contains one of the most bitter chemicals known to man. This chemical is now synthesized and wires are treated with it to discourage rats from gnawing on them. Gentian is a common ingredient in many formulas. But there are many other simple bitters. Local plants that serve well as a bitter are Oregon grape root (*Mahonia aquifolium*) and its barberry relatives (*Berberis spp.*)

The aromatic bitters also contain volatile oils that help relieve intestinal spasms, flatulence, and more strongly stimulate the liver. They tend to provide greater digestive relief but lack the tonic effect of the simple bitters. An example is angelica (*Angelica archangelica*) root, a common ingredient in many liqueurs. In fact, many liqueurs are old bitter herbal formulas intended to improve digestion. Wild candytuft (*Iberis amara*) is an aromatic bitter that in formulas appears to help irritable bowel syndrome symptoms. Finally, there are the pungent or warming bitters such as ginger (*Zingiber officinale*).

Ginger is often used when nausea is a dominant symptom. For many individuals, simply working more leafy greens (with their moderate bitterness) and spices like ginger and turmeric into the diet will suffice to maintain proper digestion. But in others, herbal bitters provide a remarkable, simple, and safe remedy. They are fabulous for those who tend to have dry skin, are slightly constipated, tend to maintain their blood sugar levels by eating simple sweet foods (as opposed to fatty sweet foods), often have a coated tongue, and tend not to especially like meals heavy in fats and proteins. As we age, digestive problems often appear and bitters are often a safe, inexpensive, and useful way to help us digest and absorb nutrients in our food.

Slander Trial Begins for Amanda Knox

Continued from Page 8

day or to curry favor and judge Hellmann’s hesitancy regarding Pace is evidence of his caution with this new story.

In other news, Frank Sfarzo, the Perugian blogger who became number twelve on Mignini’s defamation ‘hit list,’ (Amanda is number one) found help outside of Italy to save his blog, Perugia Shock. Sweden, US, Canada and Britain all helped to restore the informative blog that was deleted by Google on Mignini’s order. Frank, in the meantime, is trying to stay out of the way of the police as he gets ready for his own slander trial and will resume blogging as soon as possible. We wish him well and hope he is able to stay safe.

Here in the US, the State Department is making news as copies of Unclassified memos regarding Amanda’s case are making the rounds on the Internet and CNN, the Today Show and local networks have produced excellent coverage of the Slander and Appeal.

Bob Graham of The Sun interviewed Mignini in his Perugia office and asked the Public Minister to explain why Amanda left no DNA in Merdith’s tiny bedroom. He shrugged and produced his latest bizarre theory (number six I believe), “Amanda might theoretically have instigated the murder while even staying in the other

room.”

Mignini’s theories over the years have ranged from a Drug Fueled Orgy Gone Wrong to an attempt to steal Meredith’s rent money, but the 62-year-old prosecutor has failed to support his views with any credible evidence. Graham continues, “At the end of our interview, Mignini smirked and asked that details of what he said “remain here in his office.” We are glad Bob didn’t listen.

The Sun interview also points out a crucial point, one that the defense has continued to draw attention to, “both the police and prosecutor failed to follow strict Italian legal rules and laws. The entire police investigation - directed by Mignini - has been a clumsy affair” and that Mignini “chose to go with the parts of the testimony (the False Confession) that suited his case.” The False Confession was “half fact, half fiction” Mignini admitted. Again, well done Bob Graham.

I would like to thank the many folks who have been bringing me checks and airline miles for our dear friends. Your generosity is so appreciated. Please visit AmandaDefenseFund.org to access the airline miles accounts or the donation Pay Pal account. While the online accounts reference US Airways and United, there is also access to Delta. Thanks again.

Got scrap metal laying around taking up space?

Tired of mowing around that clutter in your yard?
No problem, I can remove your metal clutter for free!
Any metals any size! More than just metal in your pile,
I can help you recycle and remove most “clutter”.
Fees apply for dump runs and plastic/paper recycling.

Call 7 days a week 8am to 6pm 206-463-5590

Positively Speaking

The Promise of Green

By Deborah H. Anderson

By 6:35 AM the sun has risen through my office situated in the front of the house and begun to rotate through to the long, high up window in my bedroom that allows it to shine on my face . It's a work day, but I am not due at work for two and a half more hours . I allow myself the luxury of staying in bed until the sun has risen almost past the window casing and I can feel it no more. I do not move. This is, literally, a golden moment.

It is not a warm sun. It is a just a bright sun. That alone is rare. It has been a long, long winter. Children cannot seem to be free of colds. Adults are fighting bronchitis and pneumonia like they were common illnesses. People tell tales of repeated antibiotic regiments. We are all ready for this constant, incessant, unending, plague-like rain to end.

For one brief day it will. We will bask and talk of possibly remembering where the sun block is and get outside chores done or inside ones that require light.

Days pass. The rain continues and then again, one brief day of sun, a bit warmer now. It's a Saturday and by golly I'm going to wash the slider and kitchen windows. Newspaper and chemical that shall not be named in hand, I spray and scrub. It's a thing of beauty to look through a clean window. For many moments I sit and enjoy the view. I find myself looking out the window for the sheer pleasure of it. I enjoy standing at the kitchen sink. Deep sigh. A brief respite.

Out those windows, the trees and shrubs that are either evergreen or are leafing out offer a palatte of sixteen shades of green. By July surely the forecasters will be sounding dour about a need for rain. By August they will likely be counting how many days it's been without moisture. They will kavetch. That's not quite a complaint right? Perhaps the word would be grouse.

I love this promise the verdant shades offer. There is the promise of extended daylight. The promise of visits from family who find rest in our little residential resort Island. The promise of celebrations, of getting things done we didn't think we could do but find we will with the renewed energy that comes with not having to use artificial light. Natural light is so much more powerful.

This season reminds me how much I like process. I like the journey. I like the 'getting there' part. I'm not afraid of change I've discovered. In fact I wake each day with three prayers on my heart:

What would you say if you had to share your faith story? Deborah will offer a workshop at Vashon Presbyterian Church Saturday 25 June 2011 from 10-4. Lunch is included. No charge but a freewill offering will be taken to defer costs. For questions and registration call 206.853.2388.

I am looking to gather perhaps six to eight (tops ten to twelve) participants for tweeners and teens both typical and special needs kids for a one shot workshop on developing and using social skills this summer on the Island. I'm looking for interest first and then we will coordinate time. It would run three to four hours(with appropriate breaks and snacks, games and fun as part of the learning) and cost wouldl be \$60 on a sliding scale. If you have a child or children you would be interested in attending please let me know at dha@lgcmin.com or call 206.853.2388



"Teach me to see what I'm not seeing". "Show me what I can change". "Offer me opportunities to increase my ability to Love".

The difficult truth is that the sixteen shades of green would not be there were it not for endless days of rain. Because of the rain I see new growth before me. Because of the rain the air smells like fresh soil all the time. It beckons new in a world that had died for many months.

The metaphor is too obvious to point out. Soon the summer will come; about eight short weeks for us, maybe less. We will harvest vegetables that were able to survive the drowning of Spring. We will gather on those long nights to dance outdoors or listen to bands that make our feet move in rhythm involuntarily.

Children will splash in pools till they turn wrinkled and blue. Teenagers will embrace summer jobs that fill them with a sense of maturity. The rest of us will linger in the chores that make our lives more pleasant on a daily basis be they work or maintenance, recreation or creative pleasures. Festivals and fairs will lighten the country's mood.

How do we hang onto promise? How do we stay suspended in that state where we cannot yet see the goodness we will embrace but know is there? How do we grow comfortable with the constant change that pushes us outside our comfort levels and moves us more deeply into relationships and events that add meaning and depth to life?

Surely this past Winter and Spring have been a test.. I too have said, "In the forty (fifty, twenty, lifetime... you fill in the blank) I have lived in the Northwest I don't ever remember it being this bad.

And then I look out those clean windows to that exceptionally diverse, brilliant green view in front of me and think, 'Ya know....maybe it was worth it." For the green before me speaks more vibrantly of the summer that lays beyond. Sweet Promise of Green stay with us all in our hearts till harvest.



Love
Deborah

Vashon Rotary PolioPlus fundraiser

Continued from Page 1

would match that with an additional \$355 million, for a total of \$550 million! The deadline for the challenge is the end of June 2011. Through March, worldwide, Rotary has raised \$134.5 million, well over halfway.

Rotary Clubs all over the world have been asked to help. Last year Vashon Rotary was loaned an actual iron lung and held a fundraiser at Thriftway. Generous Islanders donated nearly \$7,000. While for some, the threat of polio is unknown or a vague memory, we were surprised to find out how many people here on our island had personally been affected by polio. One woman came up to us, and, fighting back tears, told us about how her father had been building a house up in Snohomish County. Young and healthy, the men decided to take a lunch time break and go swimming in Puget Sound to find some relief from the hot summer. The next day, feeling weak, her dad went to his doctor. A preliminary diagnosis was he had come down with the flu. But in fact, swimming in polluted waters had exposed him to the polio virus and just a few days later he was paralyzed from the neck down.

Because of the new Gates Foundation challenge and the looming deadline in June, the Vashon Rotary Club has decided to again hold a fundraiser to help reach our goal. The iron lung will

be back on the island, at the high school on May 31st. On Friday, June 3rd, it will move to Thriftway where we will again be accepting donations through Sunday, June 5th. Donations can be made to the Vashon Island Rotary Foundation, a 501-c-3 not-for-profit corporation. Donations are tax deductible within limits allowed by law.

Discussions in Vashon Rotary about PolioPlus led to a bigger conversation about childhood immunizations in general. It is well known that Vashon Island has a low immunization rate and that many parents have questions and concerns about vaccines. Rotary decided that it would sponsor a community symposium on childhood immunizations in order to answer these questions: Why are immunizations important? What is the science? What are the myths? What should parents do?

On Thursday, June 2nd, at 7:00 pm in the McMurray Middle School multi-purpose room, Dr. William Foege, Senior Advisor on Global Health to the Gates Foundation and former Director of the Centers for Disease Control, Dr. Gary Koch of the Vashon Health Center, and Celina Yarkin, an Island farmer, mother and community activist will discuss childhood immunizations. Craig Hanson of the Vashon Rotary Club will also briefly review the PolioPlus program.

Road to Resilience

Continued from Page 1

specialize in that one product or service that is optimal for our community, and with calamitous results! We have taken the land from millions of self sufficient farming families around the world, put all that land into an export monocrop, sent the starving families to live in squalor in cities, with the hope of finding bare subsistence jobs, either in their home countries or in another. We've turned a huge population of people that were effectively taking care of themselves into a huge problem for all of us. At the same time, we've made ourselves vulnerable to monocrop failures and disease exposure that have repercussions around the world. The same goes for manufacturing: note the recent tsunami and earthquake in Japan caused the Toyota plants in the US to shut down for lack of parts. This doesn't mean that we isolate ourselves from the rest of the world; only that we "engage the rest of the world in an ethic of networking and information sharing" rather than utter mutual dependence. . Efficiency is a double edged sword; here's another cliché, "don't put all your eggs in one basket".

Tightness of feedbacks refers to how quickly and strongly the consequences of actions in one part of the world are felt and responded to in other parts. When we provide money to

corporations or governments to provide goods and services from remote parts of the world, we tend to be unaware of the consequences of those actions, and, therefore, unable or unwilling to make needed changes. Certainly, not all the money we pay out is siphoned off by scammers, goes into unsustainable production, or produces misery and destruction, but the point is that we don't really know. Doing more locally and regionally will make it easier for us to monitor and make changes in the way we do things. The world will always be large and complex, but we can do better.

If you look at our island with the above in mind, you may see that we are very unresilient in many ways. Disruption in our ferry service, gasoline, food supply, water, or power are not within our control and we have few or no alternatives. Our premise at Transition Vashon is that a careful reading of the trends indicates a very strong probability for those disruptions sometime in the not too distant future, and it would be smart for us to become more resilient. Even if we were completely wrong, it is still a good idea to become more resilient.

Coming events: Wisenergy Energy Fair, June 18, 10 to 4, at the parking lot north of the Village Green.

Comments?
terry@vashonloop.com

4th Annual Father/Daughter Dance

Continued from Page 1

year to provide the photography (check out finchhaven.com to view last year's event). This year, we are also offering a dinner option before the dance, starting at 5:30 p.m. Three choices of entree will be available to select from. Girls – grab 3 or 4 of your best friends and their dads, and make an evening of it.

Tickets - are \$20 per person for the dance and \$20 per person for the optional dinner; can be purchased at VAA, Books by the Way, and the Vashon Bookshop;

are limited to 100 couples; and we expect to sell out fast. Dads and daughters alike will always remember this special evening. Daughters of all ages are welcome - regardless of age, we know you'll outlast your dad! If questions, please call the VAA office or Jeff Sayre 463-2150.

Compost the Loop

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

Its New and Free

Visit Our New Website
www.VashonLoop.com

Make a date with Vashon!
www.VashonCalendar.org

Vashon Library Events
Art & Music Events
Submit your Event on line at
www.vashoncalendar.org

Vashon Island Elects an Unofficial Mayor

Buy Debi Richards

Have you dreamt about a career in politics? Here is your chance to become the Unofficial Mayor of Vashon Island AND support your favorite non-profit organization at the same time!

Politians could take a lesson from this one...candidates announce they are running, following very few rules and then proceed to collect as much money as possible (every dollar is one vote). People can vote as often as they like. You can be from any part of the world and vote in this race. Some have been known to vote 5000 times. This Unofficial Mayor has no budget crisis to worry about - there is no budget! Once elected, the fun starts...all year, the Mayor can do whatever he or she pleases!

All money goes to benefit non-profits on the Island. Money is collected and sent to the Chamber of Commerce for counting and verifying. Notable candidates of the past are:

a dog that raised \$6,000, a senior citizen wearing a bikini t-shirt to promote the Senior Center, a very close friend of Santa’s, and some of the “Fanciest Ladies” you’ll ever see. The Mayor’s race has been known to raise up to \$15,000 to benefit Island causes.

The winner is announced at 10 pm Saturday night in the Strawberry Festival Beer Garden. The new Unofficial Mayor’s first, ok only, duty is to ride in the Sunday parade. As many as 30,000 people attend this wonderful, homegrown 100-year old Festival.


(Just a word of caution, the Unofficial Mayor has as much power as they have budget for this position!)

To declare you are running-
Candidates declare their intention to run for Mayor first to the Chamber office for acceptance and then to all news media.

1. The non-profit organization the candidate is running for must be a 501c 3, and the letter from the IRS must be submitted to the Chamber office in advance of declaring.
 2. Each candidate may put out up to 12 collection boxes.
 3. The list of each candidate’s collection box locations must be given to the Chamber office as soon as they are distributed.
 4. Each candidate is responsible for getting and distributing their own collection boxes. The Chamber will collect the money.
 5. No candidate may enter into a side agreement with a business to sell an item benefiting the candidate.
 6. All checks are to be mailed to the Chamber’s post office box. Checks can be made out to XXXX for Mayor, or the Chamber.
 7. No information about how the race is going or what money is collected will be shared until the end of voting at 10 pm on the Saturday night of Festival. The winning announcement will be made in the Beer Garden at 10 pm on the Saturday night of Festival. No candidate at any time will be given information about another candidate’s totals or standing.
- Contact the Vashon Island Chamber of Commerce for more information at 206-463-6217

Last Vashon Class until the Fall. 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. Come 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: Saturdays beginning June 4 at 3:00 to 4:30 PM. Note: No class on July 2.
Advance registration at www.TQIDiet.com is required. There are also classes beginning in Burien, West Seattle, Seattle, and Live Online.

Vashon Library June 2011 Programs

Children & Families
Toddler Story Times
Tuesday, June 28, 10:40am
Ages 18 months to 3 years with adult.
Come for 20 minutes of stories and songs just right for toddlers.
Registration not required.

Preschool Story Times
Tuesday, June 28, 11:30am
Ages 3 to 5.
Come for 30 minutes of stories, songs and fun!
Registration not required.

Going Global Comedy Show
Thursday, June 30, 10:30am
Held next door to the library in the Ober Park Performance Room.
Presented by Alex Zerbe.
Ages 3 and older.
This high-energy comedy show highlights different cultures and phenomena from around the world. Alex harpoons vegetables launched from a giant slingshot, performs music looping and demonstrates games from the other side of the planet.
Registration not required.

Teens
Late Night @ the Library
Saturday, June 18, 6pm
For students entering grades 6-12. Receive a henna tattoo from Maya. Play Dance Dance Revolution,Guitar Hero, Super Smash Brothers Brawl and Outdoor Challenge on our Wii. Enjoy the Vashon Library Cyber Café and surf the web or play a game.

Maury Land Trust)
Kaj Berry & Ann Spiers: A Haiku State of Mind (Vashon Library)

Sunday afternoon: 2:30 - 4:00 pm
Under Washington Skies
(Vashon-Maury Land Trust)
Featured Poets:
Judith Roche, Holly Hughes, Cal Kinnear

***Sunday Evening 6:30 – 9:00 pm
Poets’ Dinner
(at The Hardware Store)
Terry Hershey M.C.
Tom Pruiksma offers a toast.

Monday, May 30
12:30 pm
In Difficult Times: Sam Hamill
(at Ober Park outdoors or indoors depending on weather)

Refreshments! Door prizes! Security will be provided.
Sponsored by Friends of the Vashon Library.

Read Three, Get One Free Summer Edition & Read•Flip•Win
Read three books, write three thoughtful reviews and get a prize book...free!
This summer will also feature a video book review contest, Read•Flip•Win! Ask at the library for details.
Adults
Computer Class: Internet Level 1
Monday, June 6, 10am
Learn how to browse the Internet, type web site addresses, understand basic Internet vocabulary, and use search engines. Prerequisite: Ability to use the mouse.
Please register beginning May 23, 206.463.2069.

Computer Class: Email Level 1
Monday, June 6, 12:30pm
Learn basic Email vocabulary. Create an account using Gmail, Yahoo or Hotmail. Compose and send messages. Prerequisite: Ability to use the mouse and keyboard, basic understanding of the Internet.
Please register beginning May 23, 206.463.2069.

Great Books Discussion Group
Monday, June 6, 6:30pm
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.

ESL Classes
Tuesday, June 7, 6pm
Come to the Vashon Library for free weekly lessons in speaking English as a Second Language.
Childcare can be provided. You must request it one week in advance, by speaking to the teacher or calling the library, 206.463.2069.

Friends of Vashon Library Meeting
Saturday, June 11, 10am
Join the “Friendliest” club in town! The Friends of Vashon Library raise funds to support library programs for all ages through sales of books, T-shirts and book bags.
Meetings are fun and refreshments are served.

Schedule For The Poetry Festival

Thursday evening, May 26:
Young Poets Perform (ages 30 and under)
Takes place at Café Luna
Annie Brule is the M.C. and the closing reader

Friday, May 27
Friday, Vashon High School:
9:20 – 10:30 am - Larry presents to approx. 100 students-Classroom teachers are Harris Levinson, Martha Woodard, Mike Zechner and Steve Floyd

12:20-1:30 pm- Larry and Tess work with Creative Writing students (no more than 40 students). Anders Bloomgren teaches the class

Friday evening: 7:00 – 9:30 pm
Finding Our Way: An Evening with Lawrence Matsuda & Tess Gallagher
Terry Hershey is M.C.
(at Ober Park)
Music is Japanese (Mako Willett, flute) & Celtic (Kat Eggleston, guitar), to honor the poets’ heritage
Featured Readers: Lawrence Matsuda opens for Tess Gallagher

Saturday, May 28
Saturday Workshops
10:00 – 11:30 am
Karen Finneyfrock: It Happens Here, Writing about Place (Vashon Presbyterian Church)
Jourdan Keith: Shadows and Light (Vashon-Maury Senior Center)
David Whited & June O’Brien: The poets read from their poems. (Vashon-Maury Land Trust)

1:00 – 2:30 pm
Daemond Arrindell: Identity Poems -

Who are you, Really? (Vashon-Maury Land Trust)
Storme Webber: Literary Performance (Vashon-Maury Senior Center)
Tom Pruiksma: The Poet’s Magic (Vashon Library)
Mel Michaels: Visionary Outbursts: The Poetics of Presence (Vashon Presbyterian Church)

4:00 – 6:00 pm:
Community Reading: From Page to Stage
Open Mic at the Red Bike
Merna Ann Hecht is M.C.

Saturday evening: 7:00 – 10:00 pm
Words Alive: Spoken-Word & Slam Poetry
Anders Bloomgren is M.C.
(at the Red Bicycle)
Featured Performers:
Daemond Arrindell
Karen Finneyfrock
Jourdan Keith
Storme Weber

Sunday, May 29
Sunday Workshops
10:30 am-12:00 noon
Judith Roche: The Poetics of Place: A River Runs Through Us (Vashon-Maury Senior Center)
Holly Hughes: Poetry as Practice, Poetry as Witness (Vashon-Maury Land Trust)
Merna Ann Hecht: Writing Against Borders (Vashon Bookshop)

12:30 - 2:00 pm
Cal Kinnear: Reading Poetry, What to Make of What You Hear (Vashon-Maury Senior Center)
Tom Pruiksma: Passing Between Words, Between Worlds (Vashon-



Quartermaster Inn
& Restaurant

New Summer Hours starting May 18!

Restaurant open Wednesday through Saturday noon to 10:00 pm for lunch and dinner
Open Sunday from 8:00 am to 10:00 pm for breakfast, lunch, and dinner.
The Inn is open for guests seven days a week.

New menu options for spring:

- Pan-seared sockeye salmon with fresh basil pesto \$22.95
- Pork loin medallions with apple brandy demi glace \$19.95
- Marinated lamb kabobs with grilled polenta \$21.95
- Grilled Asian style chicken with miso and ginger \$18.95

Nightly gluten free, dairy free options too

Join us for music, First Friday wine tastings, and dining on the deck.
Check www.quartermasterinn.com for details.

Call for reservations
206.463.5355
info@quartermasterinn.com
In the heart of beautiful Burton by the Sea...



Having a hair of the dog

SAAS E Block Band & Long Lost Trio

Island drummer Todd Zimberg will reunite with two of his closest musician friends, guitarist Michael Gotz and bass player Keith Lowe, for another epic performance at the Red Bicycle Bistro. The trio has had so much fun playing gigs at the Red Bike that they decided to come back and give the Island another spectacular night of jazz, rock and blues.

The three worked together in the Michael Gotz Quartet back in the mid '80s and have since played the occasional outing. Their debut at the Red Bicycle over a year ago was an excellent opportunity for the three to kick off the new incarnation of this group and now it's become a really exciting project for them all.

Michael Gotz has been performing as a guitarist and pianist for 35 years. His relationship with music began over 40 years ago as soprano soloist with the Sacred Heart Boys Choir. While essentially a jazz player, Michael has performed in a variety of genres including Reggae, Pop and Country.

Keith Lowe, in over thirty years of playing, has yet to meet a musical style that he doesn't like. He has played and recorded in many different genres, including orchestral, rock electronic ambient, folk, bluegrass, jazz roots and country.

Todd Zimberg has worked in the Puget Sound region as a drummer, percussionist and educator for more

than 20 years. On his home Vashon Island, Todd is a member of the Island Jazz Quintet as well as the Portage Fill-Harmonic Big Band. He also maintains a practice in private instruction, has worked as an Artist in Residence in the Vashon Schools as well as for the Washington State Arts Commission. He created and directs a summer youth percussion camp that is now in its 12th year.

Opening up for Long Lost Trio will be the SAAS E Block Band.

Show organizer, Pete Welch, says "...if you like jazz, this is a really fun show to see and just in case there are any jazz enthusiasts that are under 21, we've made it an all-ages free show until 11pm". Free cover!



Advertise in
the Loop!
Spring is a great time to get
back in the Loop.
ads@vashonloop.com
Or call (253) 237-3228
Next Loop comes out June 9

Its New and Free
Visit Our New Website
www.VashonLoop.com

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

Vashon's Yellow Pages on line.
Find it on
www.VashonPages.com
Kronos, Palouse Winery, Pandora's
Box, Northwest Sport, Frame of
Mind, Country Store, LS Cedar,
Vashon Business Info
www.VashonPages.com

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

Expressing Hope Through Art: Carpe Diem Primary School Students Join Effort

Following the earthquake in Japan, many Carpe Diem families expressed an interest in doing something that would help students make sense of the tragedy while somehow doing something to help the children of Japan. Carpe Diem's response is another amazing project that has shown how talented and compassionate our kids and their teachers are when they come together for a worthy cause.

Guided by primary teacher Janice Campbell, Carpe Diem students created sweet images, using Japanese symbols of good luck. These images were then beautifully collaged by fellow parent and graphic artist Allison Reid into posters and notecards. The art created offers a message of hope and resilience for Japan. In another project, parent Gwen McConnell helped the students develop messages for a tanabata ritual. These messages and wishes will be included in a larger art exhibit in Seattle.

All of the proceeds will be going to Mercy Corps' Comfort for Kids program . This program is designed to "help children in local communities recover from the emotional effects of a large-scale disaster and lessens the risk of long-term behavioral problems. It also helps children regain a sense of stability - helping them laugh and play, and just be kids once again." This program was started in Haiti and is now being implemented in Japan and other areas that are experiencing war

or natural disasters. More information on this program can be found at <http://www.mercycorps.org/pressreleases/23994>. Posters and notecards have been sent to Mercy Corps to be posted in their Japan project sites to let the kids there know that the kids from Carpe Diem Primary School care deeply about the children of the world.

The posters and notecards will be sold at several locations: Saturday Farmer's Market on May 28 and June 4, at Carpe Diem School in the Land Trust Bldg. until June 16, and at Books By The Way while supplies last.

How Can You Help?
Purchase a poster or set of cards and show your support of Carpe Diem students and their efforts. All proceeds will benefit Mercy Corps Comfort for Kids Program.

Where Can You Buy One?
Posters and Cards will be available at the Saturday Market on Vashon on May 28 and June 4. Posters may also be purchased at Books by the Way.

How Much?
Posters (18" x 24" full color art) will be sold for \$20 each, Cards will be packaged in sets of 4, and sold for \$8 each.

All proceeds will benefit Mercy Corps Comfort for Kids Program

For more information, visit our website at www.carpediemschool.org or contact parent Kirsten Gagnaire at kgagnaire@gmail.com or 206-617-8373 for more information.



Lopy Laffs

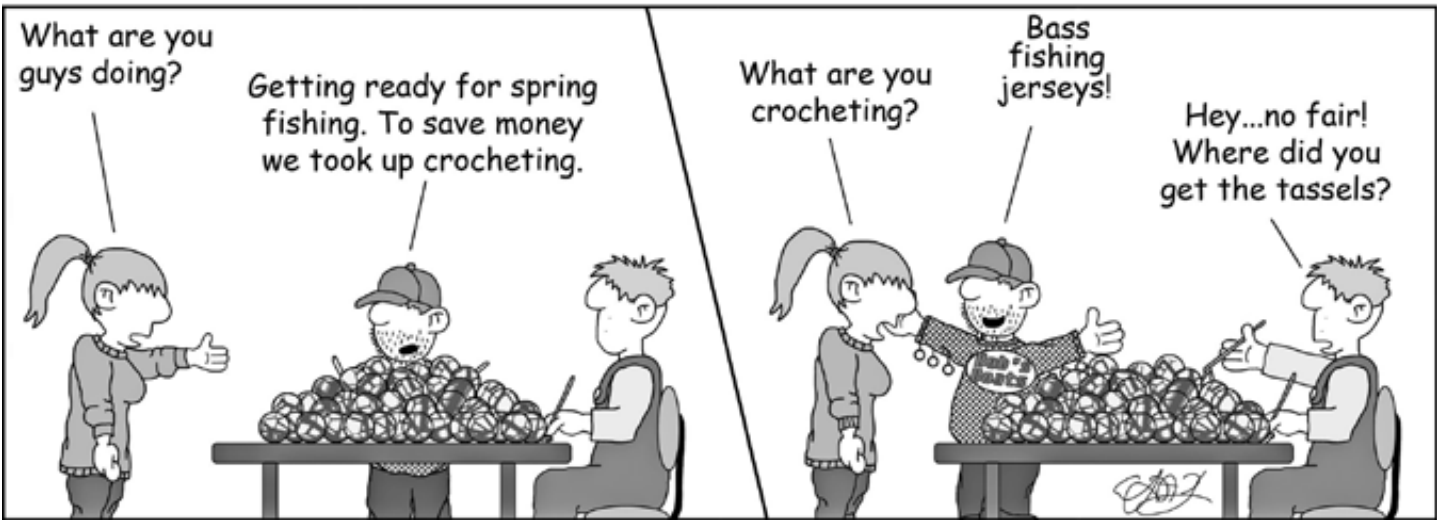
What do you get when you cross a dog, a bird, and a car?
A flying car-pet.

What do you call cheese that isn't yours?
Na-cho cheese!

"In a recent poll, one in four people said they'd donate a kidney to a complete stranger. Yeah, sure.... 90% of people won't even let a stranger merge in traffic!" ~Jay Leno

Little Johnny wasn't very good at spelling. During an oral spelling exam, the teacher wrote the word "new" on the blackboard. "Now," she asked Johnny, "what word would we have if we placed a "K" in the front?" After a moment's reflection, Johnny smiled and said, "Canoe?"

Moose Lake



©Copyright 2011 Steve Krueger

THE VASHON CONSTABULARY GETS A VISIT FROM THE FEDS...



LOGJAM



Passport to Poetry: Public Poetry Read 4-6pm Words Alive: Spoken Word & Slam Poetry 7:30-11pm

Memorial Day weekend, May 27-30, 2011 the Vashon Poetry Fest will produce the second of what we hope will be a long-lived, biannual weekend-long festival devoted to poetry. We're expanding our range of poets in 2011, adding to the more traditionally defined poets we featured last time (and will include again) a selection of younger poets, many of whom will be 'spoken word' poets, action poets, and rappers. And we're reaching for a multi-generational audience with a broad taste range.

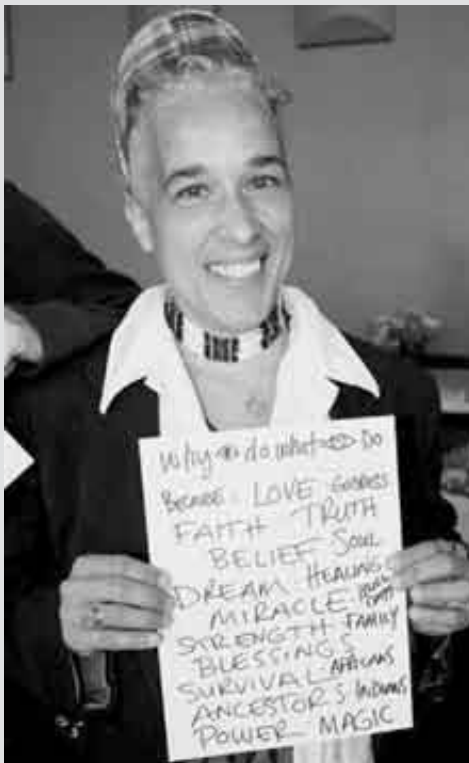
Our overall theme/title for the weekend is 'A Passport to Poetry' to point to poetry's power to cross and erase borders and boundaries.

From 4-6pm, there will be a Public Poetry Reading at the Red Bicycle. Visit either of the bookstores on the Island or www.vashonpoetryfest.com to sign up and read your poetry.

Then, at 7:30pm, four nationally and internationally acclaimed poets promise an evening of mesmerizing spoken word artistry in a show at the Red Bike as part of Passport to Poetry, the 2011 Vashon Poetry Fest.

The stellar line-up includes Daemond Arrindell, Slam Master and producer of the longest running weekly show in Seattle-the Seattle Poetry Slam; Karen Finneyfrock, slam poet, novelist, and the 2010 U.S. Department of State Cultural Envoy to Nepal where she performed and taught poetry; Jourdan Imani Keith, former Poet Populist and award winning poet, storyteller and naturalist

Saturday, May 28, 4pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959



whose work blends political, personal and natural landscapes to offer voices from the margins of American lives; and Storme Webber, a spoken word, vocal and visual artist who has performed world-wide and is also the founder/director of Voices Rising: LGBTQ of Color Arts & Culture.

With Vashon's own Poet and popular high school teacher Anders Blomgren as MC, music from the 204th Street Trio and four remarkable performance poets, the evening is not to be missed. This is an all-ages FREE cover show until 11pm.

Open Mic Returns to Cafe Luna



Come share your joy and your talent in a relaxed, supportive and encouraging atmosphere. So enjoy taking those first steps to performing in public. Bring music, songs, poetry and any instrument of your choosing. The evening will begin with performances and we will finish the night with an impromptu jam session. Open Mic will be ongoing, on the last Saturday of the month. Come one, come all and join the fun. Sign-up starts at 7:00 PM

Saturday, May 28, 7pm, At Cafe Luna, 9924 SW Bank RD - www.cafelunavashon.com

Church of Great Rain: The End is Near

The End is Near

It's the end of a fabulous season for Church of Great Rain. What to do? Celebrate, of course with the Season Finale on Sunday May 29th at the Open Space for Arts and Community. This show will knock your socks off and leave you laughing throughout the summer until we meet again in the fall.

Church of Great Rain's Season Finale will feature classic Reggae artist Clinton Fearon and "Spokesongs" author Willie Weir, along with the Church's own Holy Roller Radio Players and the Church House Band.

Clinton Fearon is our May 29 musical guest. If you know reggae music, you know Clinton Fearon. He is counted among Jamaica's most talented musicians by peers and professionals in the reggae music industry. His infectious bass riffs, guitar licks, percussion accents and powerful vocals make Clinton Fearon a living legend amongst reggae musicians and fans.

Guest humorist Willie Weir. Joining us for the Season Finale is Willie Weir. Willie is the author of Travels with Willie and Spokesongs, a columnist for Adventure Cyclist magazine and is



known to public radio listeners for his commentaries aired on KUOW in Seattle, Washington.

His writings have appeared in newspapers across the country and earned him a gold and bronze Lowell Thomas Award, given by the Society of American Travel Writers. He has cycled over 60,000 miles throughout the world.

Tickets are available now at Books By The Way, Vashon Bookshop and Brown Paper Tickets.

\$8 adults/\$5 children

Parental guidance is suggested

Sunshine AND IDEAS Opens at Parker Plaza

A new gallery of endless possibilities....has opened its doors at Parker Plaza

17232 Vashon HWY S.W. Between Ober Park and Town. Heidi Stair recently moved into the cozy store front space now gallery. Through the summer, the gallery will be showing Woodworkers of Vashon.

Featuring: Awesome driftwood furniture carefully crafted from authentic Vashon Island driftwood by real pirate,

Jim Chabot, of Neptune Furniture. Beautifully hand turned wooden bowls by David Earle.

Lovingly hand carved unique wood spoons by John Moore.

Cedar boxes with pyrographic artwork by Heidi Stair for all your little treasures.

Many more Island Artist are featured in the Gallery. All are welcome to stop by during the First Friday Art Walk, June 3, from 6pm to 9pm.



Hours vary watch for the rainbow open sign or call for an appointment 206-794-6427 for more info.

Archives – An Art Sale

By Janice Randall



Vashon Allied Arts opens its doors for the annual Archives Art Sale this weekend. Discover a bounty of treasures Friday through Sunday, May 27, 28 and 29, thanks to Island artists who have cleared their storage places and studios. Expect significant reduced prices on jewelry, sculpture, paintings, photography, mixed media and more!

Artists include: Penny Grist, Gay Schy, Don Cole, Joan Wortis, Al Bradley, Charlotte Masi, Kira Bacon, Sue Willingham, Linda Yurisich and dozens

more. The sale is invariably one of the Island's largest art gatherings of the year. And best of all, Island artists have earned almost \$44,000 from the sale of their works – a significant contribution to Island economy!

Sale begins 5 to 8 p.m., Friday May 27, for VAA members only (or join at the door), continues 10 a.m. to 4 p.m., Saturday, and 11 a.m. to 4 p.m., Sunday.

For more information, please call Janice Mallman, 463.5131.

Lunavision Presents: DIVE!

Inspired by a curiosity about our country's careless habit of sending food straight to landfills, the multi award-winning documentary DIVE! follows filmmaker Jeremy Seifert and friends as they dumpster dive in the back alleys and gated garbage receptacles of Los Angeles' supermarkets. In the process, they salvage thousands of dollars worth of good, edible food – resulting in an inspiring documentary that is equal parts entertainment, guerilla journalism and call to action. Inspired by a curiosity about our country's careless habit of sending food straight to landfills, the multi award-winning documentary DIVE! follows filmmaker Jeremy Seifert and friends as they dumpster dive in the back alleys and gated garbage receptacles of Los Angeles' supermarkets. In the



process, they salvage thousands of dollars worth of good, edible food – resulting in an inspiring documentary that is equal parts entertainment, guerilla journalism and call to action.

www.divethefilm.com

Saturday, May 28, 6pm, At Cafe Luna, 9924 SW Bank RD - www.cafelunavashon.com

Cafe Luna Artist Reception Eric Hoogen



Erik is well known on Vashon for his K-2 snowboard designs and engaging murals at Thriftway and Sporties. For the month of June Erik will unveil a diverse brand new collection of paintings specifically created for Vashon. This collection includes a few pieces created in the “old school” style that made him famous.

Friday, June 3, 6pm, At Cafe Luna, 9924 SW Bank RD - www.cafelunavashon.com

Pearl Django CD Release Concert

By Janice Randall



Celebrating their sixteenth year, Hot Club style group Pearl Django continues to be one of America’s most respected and in demand groups. Pearl Django returns to Vashon, Saturday, June 4, for an 8 p.m., CD release concert. They recently played a Montana tour, performed with Bellingham Symphony, held a sacrosanct spot in the Sacramento Jazz Festival and released two new CD’s. Pearl Django’s hot club music is hotter than ever. Newest CD Systeme D, is their tenth release and introduces new guitarist, Troy Chapman. The CD is dedicated to Neil Andersson, who retired from Pearl Django after 16 years. CDs will be available at the performance. “Pearl Django play(s) gypsy jazz...and they do it with such verve, skill and pleasure that they’re pretty much irresistible to jazz and non-jazz listeners alike,” affirms a Seattle Weekly music critic.

Available now, tickets are \$15/\$18 at Blue Heron, Heron’s Nest, Books by the Way and BrownPaperTickets.com. Call 463.5131 to purchase by phone.

Massy Ferguson Returns to the Red Bicycle



Massy Ferguson is excited to come play the Red Bicycle Bistro for the second time in the last year. The first time the roots rockers were scheduled to play the venue last October, they had to cancel after they found out they had won a Seattle Weekly poll that sent the band to represent Seattle in the Iceland Airwaves Festival in Reykjavik. They were able to reschedule and play the Bike once they got back from their fantastic trip to Iceland.

Massy Ferguson’s Iceland Airwaves Festival experience saw them get flown over free and also receive accomodations and prizes. MF performed along with groups ranging from Swedish pop star Robyn, U.S. electronica act Neon Indian and U.K. indie folk rocker Jose Gonzales (Zero 7). They performed a set at Sodoma, the venue that hosted The Shins and The Bravery in past Airwaves festivals.

“It was a great experience” MF singer Ethan Anderson said. “We got to hear a bunch of great acts, eat some crazy food ... basically bum around and then play a gig. I’d do it again in a heartbeat.”

Anderson and MF won the Seattle Weekly Reverb Festival poll, receiving the most votes for “vote for your favorite band,” beating out 60 other Seattle bands.

Massy Ferguson most recently released a new album, “Hard Water,” which received great reviews and heavy rotation on a number of national stations, including Seattle’s own KEXP. They were also voted as the #7 Album of the Year by AbsolutePunk.net, which called them America’s “next up and coming rock americana act.”

This is an all-ages free cover show until 11pm, then 21+ after that.

Saturday, June 3. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

Happy Retirement Happy Retirement Happy Retirement
Come Celebrate with US!

Judith Comstock's

31 Years Serving Vashon Island

usbank.

Friday June 3rd from 5-8pm

Cake... Coffee... Congratulations!

Happy Retirement Happy Retirement Happy Retirement

Its New and Free

Visit Our New Website

www.VashonLoop.com

**Next Edition
of *The Loop*
Comes out
Thursday,
June 9**

Deadline for the next
edition of *The Loop* is
Friday, June 3

WolfTown!

Wolftown
**A 501c3 non-profit Federal
and state Wildlife Rehabilitation
and education facility.**
**We rescue all species of Wildlife
and return them to the wild.**

**We also teach sustainible and
predator friendly agriculture**
WOOL CLOTHING FOR SALE

Wolftown
PO Box 13115
Burton WA 98013
206-463-9113
wolftown@centurytel.net
www.wolftown.org

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

RAILROAD TIES
FOR VASHON GARDENS
Grades from utility to No. 1 Prime
Pricing starts at \$10 each.
Local Delivery Available
206-463-5161

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

Want To Get Rid of
That Junk Car or Truck?
More Often Than Not We Can Haul It Free!

Rick's
Diagnostic & Repair Service Inc.
206-463-9277

Washington Hulk Hauler's - License #0463-A
www.ricksdiagnostic.com



Barber & Beauty Shoppe
(206) 463-7212
Family Hair Care ~ Sensible Prices
Colors, Perms, Hair Cuts

Parker Plaza 17232 Vashon Highway



Peacewurkz
Tie Dye Partys
We provide all the dye
Call us for more details
1-305-731-6391

J.R. Crawford
REALTOR®
www.Vashon.com
206 954-9959



"Because the Agent makes all the difference."

John L. Scott
REAL ESTATE



EXPRESS MENU
(AVAILABLE ONLY TO GO)
TACOS - ASSORTED DELICIOUS TACOS, 2 FOR \$2.99
TORTAS - A TRADITIONAL MEXICAN SANDWICH MADE WITH YOUR CHOICE OF FILLING FOR \$4.99
BURRITOS - FLOUR TORTILLA STUFFED WITH BEANS, CHEESE AND CHICKEN, GROUND BEEF OR PICADILLO
THREE SIZES TO FIT YOUR APPETITE!
PEQUENO (8 INCH) \$1.99
GRANDE (10 INCH) \$4.99
EL MAY GRANDE (12 INCH) \$6.99
CHIPS AND SAISA \$1.99

463-6452
17623 100th Ave ~ Vashon

Personal Tech Aid
The father-son business you can trust with your computer

We offer these services and much more...

- Recovery of docs, etc. from damaged drive
- Computer-tutoring
- Removal of viruses and spyware

Why wait? Call today!
Roger Fulton Ben Fulton
463-0079 218-6202
www.PersonalTechAid.com



Joanna Gardiner

Loving care for animals,
plants and homes

567-0560





Next to the Post Office
10015 SW 178th St.
(206) 463-0555

Island Security Self Storage
Full line of moving supplies

- Radiant Heated Floor
- On-Site Office
- Rental Truck
- Climate Control Units
- Classic Car Showroom
- Video Monitoring
- RV & Boat Storage

Titus Needs A Home...

Talk about a very handsome gentleman! Meet Titus - a sweet and loving 8 year old chocolate lab mix. Titus has a patch of white on his chest which only makes him more handsome! Titus is very energetic and fun and loves his walks and playing fetch...and watch this guy swim! Titus loves/thrives on glucosamine for his joints and at his age, is doing very well. Titus is a wonderful and sweet guy and deserves a person or people who he can love and bond with. Older children, please...and a person or family who has the time for a dog who is so very loving and deserves the best home ever. For more information on visiting with Titus, please contact Vashon Island Pet Protectors at 206-567-5222. There is a \$100 adoption fee.

Go To www.vipp.org Click on Adopt



Let Beverly at DREAMLAND TRAVEL help with all your travel needs



206/354-8921
beverlyskeffington@gmail.com



Get In The Loop
Send us your Art, Music or Show information
and get included in The Vashon Loop.
Editor@vashonloop.com