



VASHON

THE LOOP

Vol. 10, #2

SUPPORT OUR ADVERTISERS THEY MAKE THE LOOP POSSIBLE

January 17, 2013

Dirty Little Secrets: a VMIGC Tell-All Event



By Steve Amos

The Vashon-Maury Island Garden Club's airy and whimsical exhibit at the Vashon-Maury Island Heritage Association Museum, charmingly entitled "Passion in the Dirt", is, luckily, still available for viewing. But if you don't want to miss it, you shouldn't put it off because only a scant 6 weeks remain; the exhibit closes February 28. The Museum is open Wednesday through Sunday from 1:00 PM to 4:00 PM. Admission is by donation.

The events and lecture series that are part of the exhibit have been astonishingly popular. Many of the recent holiday-season-themed events were standing room only. Thanksgiving's event, "Bobbing for Nettles" left nearly

everyone speechless and Halloween's spooky lecture, "Add a Stylish Splash of Seasonal Color to Interior Spaces with Toxicodendron radicans" was sold out with its focus on inventive new uses for native species.

The latest upcoming event is "Dirty Little Secrets", which will be held at the Land Trust Building on Thursday, January 24 at 7 PM. Four famous Vashon gardeners, Greg Rabourn, Terry Hershey, and Sara and Sam Van Fleet will share their gardening secrets and the entire event is completely free to the community. Everyone is welcome.

Greg Rabourn has been practicing and promoting native plant and low

Continued on Page 6

Harbor School Student Awarded 1st Place in Washington State's Patriot's Pen Essay Contest



Oakley Reid (center) receives her District award for the Patriot's Pen youth essay competition

By Allison Reed

On Thursday, January 3, Harbor School students attended Vashon's VFW Post #2826 award ceremony at McMurray Middle School for the 2012 Youth Essay Contest—competing in grades 6, 7 and 8.

The following Harbor School students were given 1st Place awards in their Grade level: Julia Ellison – 6th, Alden Hinden-Stevenson – 7th, and Oakley Reid – 8th.

Certificates for 2nd Place were awarded to: Miles Epstein – 6th, Amelia Prince – 7th, and Mira Jewell-Peterson – 8th.

Certificates for 3rd Place were awarded to: Tor Ormseth – 6th, Paris Crispin – 7th, and Lili Helsby – 8th.

Of all the student essay entries on Vashon, only three were sent on to the VFW District 2 for consideration. At the VFW District 2 ceremony on Saturday, January 5th, Julia Ellison received 2nd Place in the 6th grade competition, Alden Hinden-Stevenson received 1st Place in 7th grade competition, and Oakley Reid received 1st place in the 8th grade competition.

In addition, VFW District 2 Commander, Linda Fairbank, announced that Oakley Reid had won 1st Place in the State of Washington -- the highest State honor for the Patriot's Pen essay contest. She is the first Vashon student to receive this honor since the VFW began their

essay competition.

On Saturday, January 19th, Oakley will attend the VFW & Ladies Auxiliary Washington Mid-Winter Convention in Yakima where she will read her essay.

ABOUT THE VFW YOUTH ESSAY COMPETITION (from the attached Patriot's Pen Submission Form): Conducted nationwide, this VFW sponsored youth essay competition gives students an opportunity to write essays expressing their views on democracy. More than 129,000 students participated last year in this contest. The top 46 national winners all receive at least a \$1,000 savings bond. The first-place award is currently \$10,000 savings bond plus an all-expense paid trip to Washington, D.C. for the winner and a parent or guardian.

All entries begin at the Post level. The contest consists of four levels. The first level (entry) is sponsored by local VFW Posts. Post winners advance, one for every 15, to the VFW District (regional) level where the one first-place winner is advanced to the VFW Department (state) level. The one first-place winner at the Department level is then advanced into the VFW National competition. The winner from each Department (state) then competes for the national prizes.

Patriot's Pen is open to 6th, 7th and 8th grade students enrolled in public, private or parochial schools in the U.S., its territories or its possessions. Home-schooled students are also eligible.

Road to Resilience Silver Lining

By Terry Sullivan, Transition Vashon

Over the past two years, I've talked about the need for us to be more self reliant, to relocalize our economy, and relearn valuable forgotten skills. I'd like to dispel some of the notions that transition portends a dire and drab future. Transition people are not survivalists, doomsdayers, or troglodytes.

First of all, although the future imposes conditions, it is we who decide how we want to react to it. There are no hard and fast rules other than that a transition plan must arise from the community and it must be sustainable. That being said, there are definite parameters that a transition initiative must stay within, such as achieving and maintaining a sufficiently low carbon output, maximum recycling of resources (minimum waste) within the system, and an open, collaborative decision framework. We here decide how best to do that for ourselves.

When we speak of self-sufficiency, we don't mean that we starve in the dark. We feel that we need to be able to produce and maintain a lot of what we use locally, but there will always


be items that are best produced, or can only be produced elsewhere. There will probably be a role for some franchises and larger corporations for some time to come. Despite their track record today, they are, after all, just tools and can be operated in a humane and fair way to the benefit of all. Complete energy independence would be nice, but we foresee that the renewable energy that we are able to produce will still be tied to some form of local grid. It is about pragmatic planning, not ideologies.

Transition is socially oriented and invests in the local community as the main bulwark to provide security in the future. We count on the existence of similar communities both in our region and around the world. We look toward building a future based on cooperation rather than competition and conflict. Keeping economic activity at that scale means that wealth could be far more evenly distributed than it is today. We'd rather see a loose confederation of communities, as we see in nature,

Continued on Page 9



Harbor School student recipients, left to right: Paris Crispin (7th), Mira Jewell-Peterson (8th), VFW Vashon Representative John Croan, Amelia Prince (7th), Oakley Reid (8th) – in back, Alden Hinden-Stevenson (7th), Lili Helsby (8th) in back, Julia Ellison (6th), and Miles Epstein (6th). Award recipient Tor Ormseth (6th) was absent.



WINDERMERE

VASHON

VASHON ISLAND

SALES STATS

2003 - 2012

Year	Total Homes Sold	% change from previous year	Median Price	% change from previous year
2003	188	--	\$312,700	--
2004	209	11%	\$365,000	17%
2005	203	-3%	\$423,000	16%
2006	176	-13%	\$492,000	16%
2007	139	-21%	\$535,000	9%
2008	83	-40%	\$535,000	0%
2009	97	17%	\$407,000	-24%
2010	98	1%	\$371,000	-9%
2011	102	4%	\$336,817	-9%
2012	146	43%	\$350,000	4%

From your Windermere Team

Dick Bianchi

Linda Bianchi

Heather Brynn

Sue Carette

JR Crawford

Connie Cunningham

Cheryl Dalton

Nancy Davidson

Beth de Groen

Rose Edgecombe

Paul Helsby

Julie Hempton

Denise Katz

Kathleen Rindge

Sophia Stendahl

Deborah Teagardin

www.WINDERMEREVASHON.COM

206-463-9148 vashon@windermere.com

Windermere Vashon



GRANNY'S ATTIC

THRIFT SHOP

Operated by Vashon Health Center Volunteers

We will be closed

for two weeks

starting January

23 for our

annual Winter

cleaning.

Come on in and buy it now!

January 17

50% off

January 19

75% off

January 22

Make Offer

* Closed for 2 weeks *

February 2 - RE Open

While we are closed please remember to shop local on Vashon!

Granny's is located at Sunrise Ridge

10030 SW 210th st, Vashon Island

206-463-3161

www.grannysattic.org

Retail Hours:

Tues/Thurs/Sat 10-5

Donations Hours:

7 days a Week!

8-4pm

VISIT US IN THE HISTORIC 100-YEAR-OLD ROASTERIE BUILDING WE CALL HOME



HISTORIC ROASTERIE

THE VASHON ISLAND

COFFEE ROASTERIE

40 YEARS OF ROASTING HERITAGE

ALL ORGANIC PASTRIES,

BREAKFAST & LUNCH FARE.

ESPRESSO & TEA BAR

COFFEE ROASTED DAILY

OVER 350 BULK HERBS,

SPICES & TEA.

VASHON HIGHWAY & CEMETERY ROAD · (206) 463-9800 · WWW.TVICR.COM



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

SERVICE REPAIRS SALES

FREE TRAIL MAPS



VASHON ISLAND BICYCLES

(206) 463-6225

9925 178th Ave. SW www.vashonislandbicycles.com

BIKE RENTALS FOR ADULTS AND KIDS



DIAGNOSTIC & REPAIR SERVICE, INC.

206-463-9277

Winter Special

10% off Labor

- Heating/Cooling Systems.

- Performance and Tune-Ups

- Brake, Transmission, Clutch Service and Repairs

- Electrical Systems & Battery Service and Sales

- Tire Repairs & Sales

Got a Hybrid...

We are Certified to work on Hybrid cars

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.

Shop Hours

8am-6pm

Monday - Friday

On-Call Towing



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

www.redbicyclebistro.com

Live Entertainment

January 18, 9pm

The Staxx Brothers

January 26, 8:30pm

High & Lonesome

February 2, 9pm

The Highlife

February 8, 8:30pm

Asa Broomhall & Danny Newcomb



Cerise Noah

REALTOR®

Professional, Knowledgeable Fun & Friendly to work with.

360-393-5826

cerisenoah@windermere.com

Windermere

Windermere Real Estate/Whatcom, Inc.

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

February is

Fix-a-Cat Month

Vashon Island Pet Protectors and Fair Isle Animal Clinic sponsor low cost spays and neuters in February.

Cat Spays \$25

Cat Neuters \$15

Call for an Appointment

206-463-3607

Fair Isle Animal Clinic



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.

Adoptive Parent Support Group

On January 24th I will begin a 6-week adoptive parent support group. Each week the group will focus on different topics in addition to simply providing support for adoptive parents. The topic on the 24th will be: “How, when and what to tell your child about their adoption”. To join the group please contact Jill @ youradoptivefamily@comcast.net or 206-408-7219.

The cost is \$30 per session with a 4-session limit and will meet on Vashon.

Please contact me if you are interested in joining the group or have questions: youradoptivefamily@comcast.net

People can also go to my website for more information: www.youradoptivefamily.com.

SUV French Cooking and tasting class at Nirvana

Easy and healthy French cooking? Yes!

Chef Bob Erickson, of Nirvana, will offer a French cooking and tasting class demonstrating recipes for you to taste and take home. Chef Bob has taught cooking for many years and has been featured on the Food Channel. A non-host bar will be open so you can sip while you taste!

Class takes place Tuesday Jan 22, 7:00-8:30 PM

To sign up, email info@shapeupvashon.org, then mail a check made out to SUV before Jan 18 to:

Shape Up Vashon

PO Box 13527

Burton WA 98013

\$15 for SUV members, \$25 for all others.

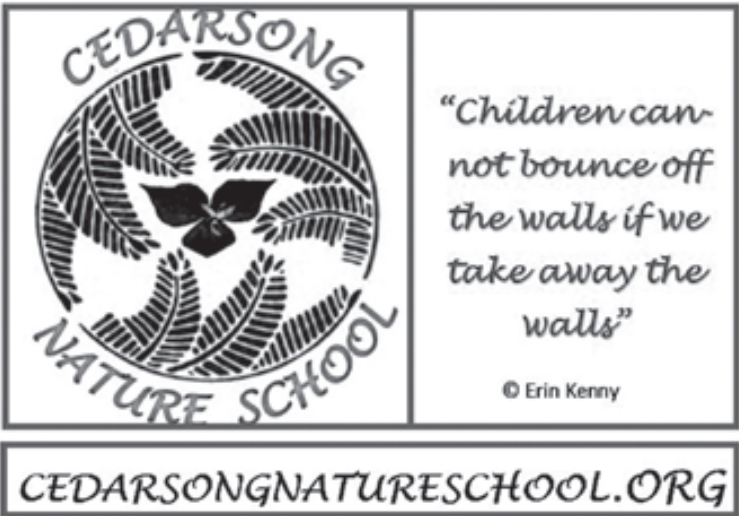
Sign up for membership at www.shapeupvashon.org

Advertise in the Loop!

It’s a great time to get back in the Loop.

ads@vashonloop.com

Next Loop comes out January 31



Free On Line Classifieds
www.VashonLoop.com

Next Edition of The Loop Comes out Thursday, January 31

Deadline for the next edition of *The Loop*
Friday, January 25

4Culture on Vashon

4Culture, the cultural services agency for King County, offers free, public workshops to assist applicants interested in applying for project funding.

4Culture Project Opportunity Deadlines:

Heritage Projects - February 27, 2013
Preservation Special Projects - February 27, 2013
Art Projects (Arts Groups and Artists) - March 6, 2013
Arts and Heritage Equipment - April 24, 2013

Applications will be available in January 2013, with deadlines dates in late-February and March. We invite you to participate in one of these free, public workshops, presented by 4Culture staff. These informal workshops will offer a general introduction to 4Culture’s funding programs, as well as provide step-by-step guidance through the application process. There is no need to RSVP, just show up ready to learn about our process and share your ideas.

VASHON: Tuesday, January 22, 2013 ~ 7:00 – 8:00 PM
Vashon Maury Island Land Trust, 10014 SW Bank Rd, Vashon

Drama Dock Audition Announcement

Drama Dock is excited to announce Auditions for Black Comedy, a hilarious farce by Peter Schaffer, to be directed by Steffon Moody. Auditions are on Saturday, January 26th at 6 pm & Monday, January 28th at 7 pm at the Ober Park Performance Space. Steffon asks that you prepare a one-minute long memorized modern comic monologue. Please, also, dress in comfortable clothes as there will be movement! Scripts are available for perusal at Vashon’s Library. Parts for 5 men & 3 women. Performances will be at the Vashon High School Theatre in April. For more information, please contact Elizabeth at eripley13000@yahoo.com

Chautauqua accepting registrations for 2013-14 Kindergarten students

Now accepting registrations for 2013-14 Kindergarten students. RSVP now for our Kindergarten Open House on Tuesday, March 12th from 6:30pm-8:00pm. Kindergarten students and their parents are invited. Early registration deadlines are Friday, April 19th for our Spanish Immersion/Full-Day Program option and Tuesday, April 30th for Half-Day Kindergarten. Forms available on our website at www.vashonsd.org/chautauqua. RSVP to 206-463-2882 ext 401 or email gcallison@vashonsd.org.

Nourishing Nature Workshops

These workshops are designed to introduce girls ages 11-14 to the arts of wilderness cooking, wild edible feasting, and herbal medicine making as a gateway to learning more about the natural world outside and within ourselves.

Dates: 3rd Saturday March, April, May 2012

Time: 10-3pm

Location: Camp Sealh, Vashon

Cost: \$350, including one overnight. Scholarships available Limited to 8 participants.

Chautauqua Preschool early interest wait list

Now through February 15th - The Chautauqua Preschool program is accepting names for the early interest wait list. Those who are put on this list by February 15th will be included in a lottery for wait list order. The week following our February break these families will receive notification of an opening or their wait list order. Those who are interested, but miss the February 15th deadline, can put their name on the list. It will be added in the order received onto the wait list. For more detailed information, visit our website at www.vashonsd.org/chautauqua. To add your child’s name to the list call Gillian Callison at 206-463-2882 ext 401 or email gcallison@vashonsd.org.

Vashon Delta Dogs

The Vashon Delta Dogs will resume our Monday 5PM meetings at Vashon High School beginning January 7th.

January meeting dates: January 28 (no meeting January 21)
February meeting dates: February 4,11,25 (no meeting February 18)
March meeting dates: March 4,11,18,25

See You Soon
Kathy, Zeppo and Guy Noir

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

Free On Line Classifieds!
30 Day business listing just \$5
120 days for just \$15
Goto www.VashonLoop.com
just click on Classifieds

The Vashon Loop

Contributors: Kathy Abascal, Deborah Anderson, Marie Browne, Eric Francis, Troy Kindred, Terry Sullivan, Orca Annie, Steve Amos, Ed Swan, Mary Litchfield Tuel, Marj Watkins, Peter Ray.

Original art, comics, cartoons: DeeBee, Ed Frohning, Rick Tuel, Jeff Hawley

Ad sales and design: Steven Allen
Phone 206-925-3837
Email: ads@vashonloop.com

Editor: Steven Allen
Email: editor@vashonloop.com
Publisher: Steven Allen
PO Box 1538, Vashon, WA 98070
Phone 206-925-3837

Published every other week
by Sallen Group
© January 17, 2013 Vol. X, #2

Loop Disclaimer

Paid advertisements in The Vashon Loop in no way express the opinions of the publisher, editor, or staff. Likewise articles submitted to the Loop in no way express the opinions of the publisher, editor, staff or advertisers. We reserve the right to edit or not even print stuff.

Meet with New King County Sheriff John Urquhart at Community Council Meeting Monday

Please come out to our general meeting on Monday, February 21 at 7PM to meet with new King County Sheriff John Urquhart. If you have a question you'd like the Sheriff to consider and answer, please email max.sladevmicc@gmail.com. We are going to try and get questions in to the Sheriff on Friday morning!

Also at the meeting, we will be discussing your views on upcoming issues and topics.

Important Note: We need help from people willing to call and set up lobbying appointments in Olympia regarding our ferries. We also need people to join the group going down to do the lobbying. Please contact Tim Johnson at tim.vmicc@gmail.com if you can assist.

Last Monday, the VMICC Council (formerly known as the board) met for the first time under the new bylaws. Here are some items that were discussed:

*It was decided to keep the standard 1st and 3rd Monday meeting schedule for the time being. We will be working on structure and team building and organization on the first Monday meetings, and keep the standard 3rd Monday open for a town hall style

meeting, hopefully with relevant topics and speakers.

*New officers were selected for the current year. they are: Tim Johnson, President; Terry Sullivan, Vice President; Steven Buffington, Secretary; Gay Rosser, Treasurer; Max Slade, Clerk.

*Plans were laid to begin using a broader approach to gathering public opinion and interest. We will be submitting questions/topics on facebook, the VMICC web site, and through the mail list to begin building a broader dialogue, and to guide topics in our meetings.

*It was agreed that each of the council members will take on specific areas of concentration as we move forward. Areas like public safety, transportation, land use, social services, technology/outreach, and coordination with other island organizations will be given a point person to work with/start committees, liaison with appropriate agencies, and provide a primary point of contact.

Today's question is: Where would you like to see meetings held, and what would make them more useful to you? Send responses to max.sladevmicc@gmail.com

Clarence Moriwaki to Speak at Mukai Meeting

By Helen Meeker

A meeting will be held at the Land Trust Building, 7 p.m., Wednesday, January 23rd to update the community on the Friends of Mukai's efforts to revitalize the mission of the Mukai house and garden. The meeting will initiate a series of interpretive programs planned by Friends of Mukai focusing on the histories of the Japanese American immigrant families including the Mukai family who came to Vashon Island and the Northwest, overcoming adversity and succeeding through remarkable determination. The event, open to the public, will feature a presentation by Clarence Moriwaki, President of the Bainbridge Island Japanese American Exclusion Memorial Association (BIJAEMA) and past CEO of the Japanese Cultural and Community Center of Washington.

Moriwaki will talk about the 272 Americans of Japanese ancestry living on Bainbridge Island who, in 1942, became the first Japanese Americans to be relocated to internment camps during World War II and were the last to return home. In 2002, sixty years later,

the BIJAEMA dedicated a plaque on the site of that departure. He will describe how the BIJAEMA built local, regional and national support to make the former Eagledale Ferry dock, location of that first exclusion, a remarkable National Park Memorial site to honor these Americans and tell their stories. The Park was dedicated August 6, 2011. The National Parks Conservation Association awarded Clarence Moriwaki its annual Marjory Stoneman Douglas award for his personal efforts to protect and conserve the site. Moriwaki continues to work to ensure the legacy of the 120,000 Japanese Americans forced from the west coast or interned for the duration of WWII.

The public is invited to hear how they did it, and explore ideas for telling the stories of the Mukai family and Vashon's other Japanese Americans.

Following Moriwaki's talk the Friends of Mukai board will give a brief update of the past several months since they were elected by a new and energetic membership to revitalize the mission of restoring, preserving and interpreting the Mukai house and garden.

Masters to Tell Tales at the 6th Annual Storytelling Festival

Storytelling is inseparable from human life. For generations, we have been telling story - be it around a fire to convey lessons for survival; at the dinner table to relay a funny happening from our day; in line at the grocery store to share a recent discovery; or snuggling up in the dark night to whisper a bedtime tale of wonder. We all love stories. Especially those conveyed with words that tug at our senses. When we "listen" with our ears, eyes, nose and skin, we not only stir our imagination, but activate our body's unconscious yearning to transform the pedantic and take flight into sensuous realms of magic, myth and hero.

This February, three masterful storytellers will grace our community at the 6th Annual Storytelling Festival on February 2nd at 4pm at the Vashon United Methodist Church. Now in it's 6th year, the StoryFest helps raise monies for the Vashon Wilderness Program's Scholarship Fund which provides tuition assistance to more than 40% of their students each year.

The art of storytelling is integral to the curriculum at VWP, which provides nature immersion experiences for youth ages 4-17 from Vashon and surrounding Puget Sound communities. More than 400 youth over the past six years have received Coyote Mentoring, a form of deep nature connection mentoring which has been touted by award-winning author Richard Louv as "... good medicine for nature deficit disorder."

Hosted by Vashon's own local performer, humorist and provocateur Steffon Moody, this family-friendly event will feature Gene Tagaban, Merna Hecht, Shane Kenode. In addition to the stories, there will be complimentary sweet and savory treats, raffle prizes, the musical delights of the eclectic flautist Larry Lawson, and more.


GENE TAGABAN, "One Crazy Raven", is an inspirational speaker, performer, and storyteller. He is a trainer and board member for the Native Wellness Institute. Gene has been a featured teller at the National Storytelling Festival in Jonesborough, TN, the 12th Annual Storytelling Festival in Kansas City, MO and the Bay Area Storytelling festival in Berkeley, CA. He can be seen on Northwest Indian News and Native Entertainment Network. Gene is also featured in the films "Shadow of the Salmon" and Sherman Alexie's "The Business of Fancydancing." He was honored

to perform with the Dalai Lama in the presence of an audience of 16,000 children at the "Seeds of Compassion" gathering in Seattle. WA and the Nature Conservancies 50th anniversary with Jane Goodall. Gene's foremost passion is teaching. Using his gift of storytelling, dance, and music, he travels across the country performing, presenting, and facilitating workshops on suicide prevention, empowerment, leadership, relationship-building, communication skills, self-awareness, spirit and honor to participants of all ages.

MERNA ANN HECHT is a poet, storyteller and teaching artist. She is a recipient of a National Storytelling Network 2008 Brimstone Award for Applied Storytelling for a pilot storytelling and arts project with children at BRIDGES: A Center for Grieving Children, in Tacoma. Merna has published her essays and poems in numerous journals and has received several poetry awards and fellowships. She currently teaches Creative Writing, Humanities and Social Justice at the University of WA, Tacoma. Merna also co-directs the Stories of Arrival Youth Voices Poetry Project at Foster High School in Tukwila with young refugees from countries experiencing violent conflicts. She is delighted to find the time to mentor a group of girls and young women on Vashon called "The Write Sisters," and claims that they are the world's best young writers! Merna loves hiding out on Vashon and daydreaming on the small blueberry farm where she lives with her husband Rob.

SHANE KENODE is a 1st generation northwesterner raised by a pack of fishermen in Sitka, Alaska circa 1980's. The rest of his childhood was spent on the Kitsap Peninsula traveling back and forth between Seattle and the Olympic Mountains. He graduated from The Evergreen State College in Olympia with a B.A. in Sustainable Business and a minor in Myth & Ritual Studies. Shane is a hip-hop artist, storyteller, and youth mentor. He makes a living building waterfalls, streams, and ponds with his father; also as a musician & producer; and as a small business consultant. He lives on a 44' sailboat with his wife, daughter, and cat. Shane works with story as a spoken medicine used to heal people and their relations.

Tickets are \$10 individual/\$25 family. Available at Vashon Bookshop and www.brownpapertickets.com



Custom made PEN & INK drawings
of island homes by Vashon
artist Ed Frohning.

Tell me what you want and
I'll draw you what you see.

206-462-9632

On Line Classifieds Weekly Updates

www.VashonLoop.com

Adopt A Cat Day!

Vashon Island Pet Protectors

Saturdays 11:30-2:30

Our VIPP Shelter is open for adoptions every Saturday.
Visit our website www.vipp.org for Directions and to
view the Cats and Dogs available for adoption.
Or give us a call 206-389-1085



The Island's Business Center

VASHON PRINT & DESIGN

Faxing • Internet • Printing • Web Design
Photocopying • Graphic Design

17627 Vashon Hwy SW • Vashon Island • WA • 98070
Phone: 206.463.6100 • Fax: 206.463.6137 • vpd@vashonprint.com

Island Life Total Recall

by Peter Ray

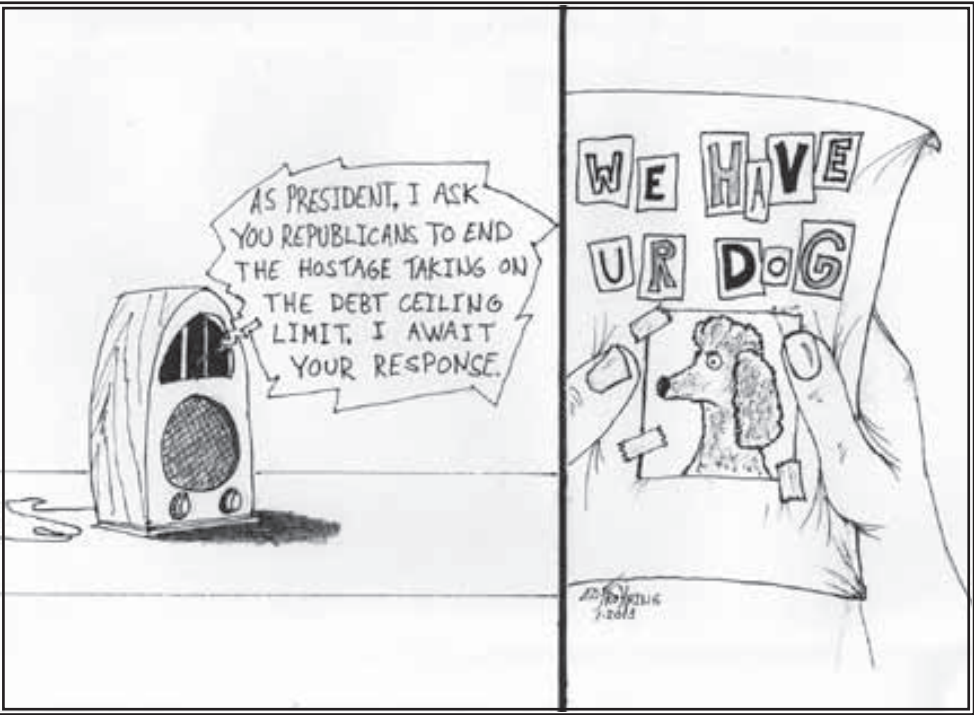
I have been doing a fair amount of reading lately, but it hasn't been stuff that I really wanted to be spending my time on. At the moment, I can look around my desk and see, besides the mess and clutter, a stack of papers with the words "Statutory Duties of the Board of Commissioners" on it. At the top of the column of documents I've saved to my Word program there is the fairly straight forward title: Section 33-Recall of Elective Officials.doc. There were the pages and pages yesterday of the minutes of Vashon Park District (VPD) board meetings over the past year where the public comment period notes got longer and more heated as the year progressed. There is the web page a few clicks away titled VES Master Plan with its pictures of worn but certainly serviceable baseball and soccer fields that have since been torn up and plowed under to make way for the current expanses of extra premium turf green and section after section of rented chain link fence that are joined together into a great pen as if to keep it all from running away. Further down on that page there are two pictures of the Old Gym- one a shot from the historical archives of Vashon High School student acrobats on ropes and bars inside the old wooden space, and the other photo a more contemporary shot of the outside of the building with a large, orange/red question mark attached to the front of it, giving the appearance of some friendly old dog, sitting and tilting its head in a last quizzical attempt at understanding the meaning of the shotgun pointed at its head.

One can, of course, choose to 'engrave your name in History!' while visiting the VPD welcome page: http://www.vashonparkdistrict.org/section_home/index.htm- or pick one of three options for donating \$25, \$50, or \$100 instead of the \$150 or \$225 options to have a variety of characters, logos or drawings cast into pavers for posterity. As it is though, as with many things involved with the VPD these days, it is unclear where this money might go, as the site directs potential donors to make a check out to the Vashon Park District, and as we have seen in a number of the meetings as of late, there seems to be some confusion there as to where monies have gone and why they may have gone there. One of the things that I was

reminded of while wandering the pages of past Board of Commissioners meeting minutes is the fact that someone did decide to check on where VPD monies have been and gone- that would be the state auditors. While cruising down VPD Board meeting memory lane, I was reminded that back in the beginning of October of 2012, the bean counters from wa.gov got the numbers from our Parks Department- as of yet we have not heard of any results. Some people, like a few key people on the Board of Commissioners, seem to believe that no news is good news. Whilst I was lurking just beyond (don't want to get too close to that stuff) the excellent boxed wine selection at our local food emporium and walkabout social networking site, I happened upon an acquaintance who is also a lawyer, and without asking he volunteered that he agreed with my last assessment of the Parks situation printed here. He also said that having himself been breezed through a state audit in a week, it would seem highly unlikely that the audit news, which is still forthcoming as of this writing, would be anything recognized as good. But who knows?

Which brings us back to my piles of paper with words on them. There is the one that starts with "All Four Parks Commissioners Should Resign.doc", and is a letter found elsewhere that reflects sentiments voiced here before. As only one of the original Commissioners present during the heightening of this debacle has chosen to absent himself from the Board, we should perhaps look at (apologies to election night with Megyn Kelly on Fox News) the math those who remain do to make themselves feel good as VPD Commissioners. We have most recently heard of the hardship caused VPD by the \$10K in charges for the audit by the state. We have heard about the monetary hardship brought on by the legal actions involving Parks and the Rosser Family, even though it was Parks that initiated this particular legal tussle. We have heard that it is indeed the Parks' accounting software that is the source of all their woes. We have heard that the recession was to blame. And we have heard that it was the Big Surprise of the loss of property tax levy revenues that sent the Board into a cost cutting, job slashing ballet on the rocks, and then, after all that we are assured that nothing has changed there.

The VPD Board of Commissioners can do us all a favor and save us more wasted time and money by stepping aside on their own so new people with a fresh and untainted view of this situation might come in to salvage what is left.



They also need to leave before naming the next head of Parks. If they don't, then there's always this stack of papers over here with the Recall of Elective Officials words on it. There are a couple of troublesome words here as well, and they would be misfeasance and/or malfeasance. When the recall review board is determining what is or is not a recall-able action one runs into how a given person/judge might interpret them- the interpretation of the word malfeasance, like Bill Clinton's "is", is a matter of subjective determination. But then there is this: " 'violation of oath of office' means neglect or knowing failure by an elective public officer to perform faithfully a duty imposed by law." In the other paper pile mentioned above relating to duties we find this: "...Expenditures shall be made solely in accordance with the budget and should revenues accrue at a rate below the anticipated amounts, the board of park and recreation commissioners shall reduce expenditures accordingly." As for the oath, it says something about faithfully and impartially performing the duties of Commissioner as prescribed by law. When the audit comes in we will hopefully know a lot more about all this, but it seems we know enough already.

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

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

Make a date with Vashon!
www.VashonCalendar.org

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

Next Edition
of *The Loop*
Comes out
Thursday
January 31

Deadline for the next
edition of *The Loop* is
Friday, January 25

Hero Needs A Home...


Hero is a beautiful 2 year old mixed breed (with some Border Collie). He is energetic and good with other dogs and older children. Because he loves to chase moving objects, he would do best in a home without cats or young children. He is gentle and loving and looking to charm the socks off you! There is a \$125.00 adoption fee.



Go To www.vipp.org Click on Adopt

Kathy Abascal's TQI Diet Classes Start soon:

Learn - or rediscover - how to eat for health and weight loss. Looking trim is good but enjoying good health is more important. The TQI Diet will teach you how to eat to quiet inflammation. When you do, you will lose unwanted weight but you will also feel and function better as well.



Classes are starting next week on Vashon, on the mainland, and online. For testimonials, class schedules, and to enroll go to **TQIDiet.com**.



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!

Spiritual Smart Aleck



www.spiritualsmartaleck.blogspot.com

For Better, For Worse, For Lunch

By Mary Tuel

Sometime in the last couple of years I saw a young standup comic, a guy, riffing on relationships, which is a pretty reliable comic vein to mine. He said that no one he knew looked at people who had been together for 30 years and thought, “Man, I gotta get me some of that.”

That is the perspective of a young person, for whom sexy appearance is all.

Yep, when we’re young we all want to have the zip and appeal of a 1958 Porsche Speedster, although in fact most of us could be more aptly compared to a 1958 Nash Metropolitan. By the time you’ve been married for over 30 years you’re more like a 1959 Cadillac – you’re wide, you have tail fins, your mileage is pretty high and your miles per gallon are pretty low, and the repairs and maintenance are murder. You know what else you are after thirty years? A really comfortable ride.

Rick and I have been married for going on thirty-four years now, and I have to say I’m pretty happy I’ve got me some of that. It’s after thirty years, when attrition has set in to your physical being and you have to do what my spiritual director calls the “spiritual heavy lifting of later life,” that you are glad if you are fortunate enough to have your one true friend by your side.

We are currently in that period of adjustment that takes place whenever one of us goes through a major change. In this case, he is now retired and is at home full time. That’s a pretty big change. For most of our married life, he was gone at work.

There is an old joke that goes like this: the wife of a retired man says, “I married him for better or for worse, not for lunch.”

This joke dates from the days when the traditional roles were more defined and adhered to.

The man went to work and the woman stayed home. When he retired he came home and started sticking his nose into what had been her well-oiled and organized life. Resentment ensued. It’s no mystery why retired guys get part-time jobs, or play a lot of golf, or spend a lot of time out in the shop, or are otherwise processed out of the house. Their marriages depend on them getting out from underfoot.

I am not criticizing this paradigm. We all make our bargains with life, and live with the consequences. I am glad that Rick and I don’t have that situation. We were friends for years before we became romantically involved, and that bedrock friendship has been a saving grace over the years. It was always there, no matter what happened. The friendship and the smart ass remarks – that’s what we’ve always had. It may not be Paris, but it’s worked for us.

So now that he’s home, it turns out we still enjoy each other’s company, and we’re returning to the comedy that was our friendship back at the beginning.

For example, when I get out of bed to go down the hall and return to find that the dog has slithered into my warm spot, Rick suggests we should have named her “401K,” because I have to roll her over.

Rick and I are blessed in each other, we think. Still, it is weird having him at home all the time, probably more for him than for me.

Our friend John once explained to me that this is how it is, especially for men. The job is your identity, it’s what you do and it’s who you are, and your whole life is centered on it. I started laughing as John explained this, and told him that I have never, not once in my life, felt that way about a job. For me a job was a way to pay bills so I could go on singing and writing, and buy some shoes for the kids. I abhorred workplace politics. I wanted to do my job and go home, where my real life is.

Now real life is at home for both of us. It’s a change. Last night I called a friend whom I was going to visit today. I asked if her husband would be home, because if he was, I’d bring Rick along so the two of them could meet. I know that Rick and my friend’s husband have some things in common, starting with growing up as military brats. As I waited on the phone while my friend talked to her husband about my bringing Rick to visit, I suddenly had this thought: I feel like I am arranging a play date for my husband.

When I told him that, he laughed. I’m going to have to watch that tendency to arrange things for him, though. I know we’ll both be happier if I mind my own business and let him mind his. That’s the kind of thing you realize after the first thirty years together, and if you’re fortunate, you’ll get yourself some of that.

Dirty Little Secrets: a VMIGC Tell-All Event

Continued from Page 1

maintenance landscaping techniques for many years, and combines his personal passion for gardening with his career; he’s a County employee with King County Water and Land Resources. He’s a life long Washingtonian that first learned about native plants while playing in the woods as a child. “I would start getting hungry and wanted to find out what I could safely eat”, said Greg.

Greg is co-host of King County TV’s sustainable landscaping show “Yard Talk” and is a weekly guest for the Greendays Gardening Panel, a popular call-in radio show on KUOW, 94.9 FM and also available as podcasts. Greg is the primary photographer and author of the website “Northwest Native Plant Landscaping Guide” available at <http://green.kingcounty.gov/gonative/>. For over a decade, he was co-manager of the Native Plant Salvage program that rescues native plants before they are bulldozed for development.

Sara & Sam Van Fleet focus on gardening for wildlife and wildlife habitation with a special emphasis on birds. With their gardening techniques they seek to develop a garden that meets the needs of both people and wildlife on all levels inclusive of water, food and habitat. For humans, their gardening focuses on aesthetic beauty, creating a sense of restfulness, and providing a place where people can connect with nature and simply enjoy the exceptionally beautiful environment that is Vashon Island.

Terry Hershey’s presentation will be on “Every Garden Has a Story to Tell”. From an e-mail from Mr. Hershey: “How can you tell you’re in a great garden? You sneak up on the gardener, and you’ll find a goofy grin on their face. They are just tickled to be there. It can happen to every one of us when we give up the need for public opinion. In our hearts we are all gardeners. Whether or not we’ve ever picked up a trowel. Because gardening is not about digging, or planting for that matter. Gardening is about cherishing. And there is only one requirement to cherish: you must be present.

Garden design is not a paint by number endeavor. That’s why there is a difference between a landscape and a garden. A garden is a reflection of the gardener. It is personal. And each garden--no matter how small--tells a story. What are the ingredients that create a garden story?”

Terry Hershey’s extensive writings, books, presentations and personal appearances focus on the spiritual, personal passion, and emotional connections between the human experience and gardening. Loop readers are

encouraged to visit his website for more information:

www.terryhershey.com

Island gardeners are invited to bring their challenging gardening questions with them to the “Dirty Little Secrets” event. Those attendees that mosey over to the Vashon-Maury Island Heritage Association Museum to check out the “Passion in the

Dirt” VMIGC exhibit after the event will be entered in a prize drawing.

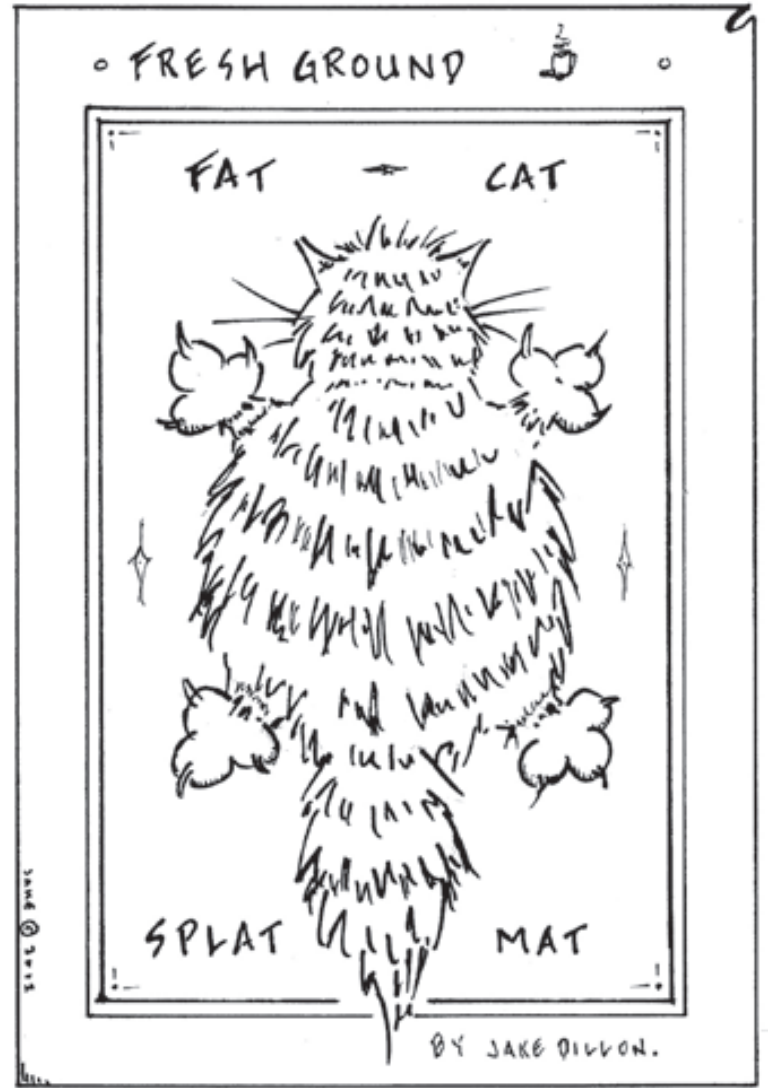
This is a rare opportunity to meet, listen and speak with some legendary, nationally and internationally known gardening heavy hitters who are also our Island neighbors. Don’t miss it!

Window Service

Your Window Washing Specialist!
Commercial and Residential
We Clean Gutters
Established 1986

206-353-5851
360-536-1333

GARY LECKIE



PERRY’S VASHON

BURGERS

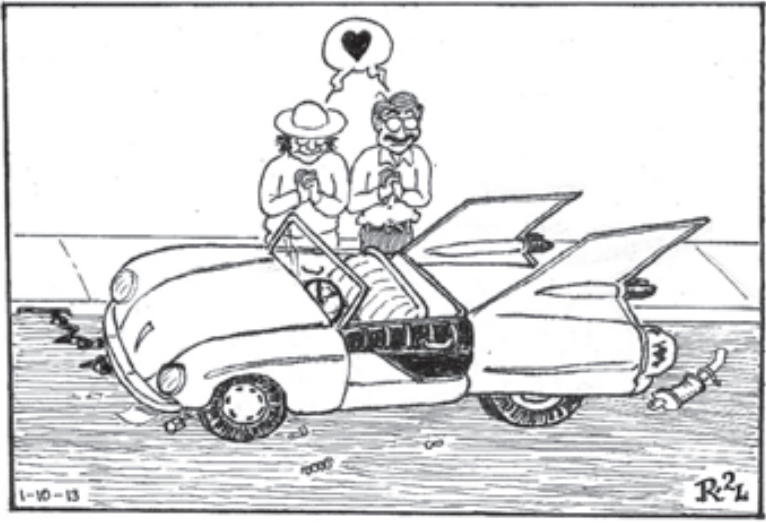
With Gluten Free Buns!

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



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



Aries (March 20-April 19)
You may find yourself drawn into social environments, though I suggest you spend only as much time there as it takes to meet your objective. That might include meeting the one person you were ‘supposed’ to meet, having one conversation, making a cameo, or hanging out in the back room during your own party. Besides that the social realm can be a waste of time, energy and aspiration, you need to be careful of group dynamics, and conscious when you’re in their midst. Don’t surrender your power to a group. Also small shifts in trajectory will take you in different directions than you’re currently moving, and it’s necessary to be aware of that change. Anyway, you have deeper pleasures waiting for you than those you can have in public. Part of creating that will involve setting up the proper environment; a kind of world apart. Make sure your home is prepared, with various libations and the implements of pleasure (soft lighting, clean sheets, phones disconnected, suitable music) and then go with the flow.

Taurus (April 19-May 20)
Your charts indicate unusual progress in your career, though if you’re part of an organization, remember you’re not in this alone. Actually, your real success is about being a positive, professional influence on people and the creative flow. You understand the nature of how actions become consequences, and the ways that process can be intervened in to create better outcomes. However, the theme of this moment is that it’s not all about you; in connecting with that, you may discover a realm of personal satisfaction you’ve never felt before. Many people fear they will have to ‘give themselves up’ to be part of something larger than they are. Your current astrology is about discovering and engaging who you are, within a context. If you use your sense of perspective and maturity to see that context, you may notice you have the sensation of being a visitor, not just to this situation but to the world itself. The nice thing about being a visitor is you can exchange ownership for stewardship. I think you will like it.

Gemini (May 20-June 21)
Your chart indicates the possibility of a breakthrough this month, particularly in matters where your creative and work life intersect. However, if you are not impeccable on matters of communication, that will come back to you. Therefore, make sure your intentions are aligned with your words. I suggest you be careful about any tendency you have to change your mind. I know that change is in the nature of the universe and you in particular have a mental state that’s constantly on the move. However, you and the people around you will benefit from your consistency through any brief phase of doubt, challenge or adversity. Being a pro means sticking with things through moments of uncertainty, and being true to your vision. Therefore, trust your original intentions and honor your original commitment, at least through the Mercury retrograde from Feb. 21 through March 17. Although you may have the sensation of swimming upstream during this retrograde, the real rewards are on the other side of it, if you give yourself the gift of consistency.

Cancer (June 21-July 22)
Some of the most appealing people you meet this month will resemble you the least. As a Cancerian, familiarity is something you treasure. However, I suggest this month you place an enhanced value on what is different, interesting and which challenges your emotional perspective, sidestepping any urge to make a ‘permanent’ bond with someone at this point. The wheel of your life is spinning pretty quickly, and there’s no telling where it will stop. This is a good time to place a high value on your freedom of movement and freedom to choose. Leave your options open; don’t allow social pressure to force you into a commitment you don’t feel right about. It’s not always obvious when these kinds of influences are applied, or when we’re falling for them;

and to really understand where someone is coming from. Remember you have more flexibility than you credit yourself for, and more than you generally like to offer. The pleasure you may share in this time of your life is a luxury and a privilege, though some would say it’s a basic human need. These things all may be true, and you can still offer your life to the improvement of the human condition, starting with the people you care about the most.

Leo (July 22-Aug. 23)
Don’t be too hard on yourself and make sure you depend on others to take care of you as much as you take care of them. However, don’t expect anyone to read your mind; be clear about what you want and need. This may bring up various questions of whether your environment really is friendly, whether you can trust people to support you -- most of which are relics from ancient history. It can be challenging to see these relics for what they are, as they show up in consciousness as something real and immediate. It’s not always obvious that they are a memory fragment bubbling to the surface, pretending to be real. The thing to watch out for is projection: for example, ascribing your own fears to someone else. If anything gets in the way of an authentic exchange, check for projection. If you can keep this boundary clear, an unusual alignment around the 10th may represent a meaningful turning point not just in one relationship but in how you experience all relationships.

Virgo (Aug. 23-Sep. 22)
The planets seem aligned to reveal just how much someone in your life means to you, despite challenges in the relationship. It will be helpful if you use your intuition and anticipate someone’s needs in advance -- or remember where they are coming from. It’s not up to you to fix anyone, but it will serve both your purposes and theirs if you hold open the space for their emotional process. This may feel like you’re going against the grain of your personality, though that’s exactly what you need to do for the benefit of making space for your own emotional process. By offering empathy to someone you care about, you’re learning to offer empathy to yourself; you cannot give what you do not have. In this situation, trust will be one of the most meaningful forms of empathy, including allowing someone to change their mind without deciding they are trying to deceive you. I don’t think that’s true; there are deep, potentially ambiguous feelings involved, though this does not dampen your love in any way.

Libra (Sep. 22-Oct. 23)
Your creativity may, at the moment, be in service of something else besides your personal creative aspirations. From the look of your chart, that could work well, as a way of deepening your talent, establishing yourself professionally and as a satisfying way to express yourself. Creativity is often confused with something personal. You are currently playing a pivotal role within an organization or group structure; your devotion provides stability to guide others through various challenges. This is a situation where the more you put in, the more you will get back. If you maintain awareness of certain challenges inherent in human nature, you will see the way those challenges can be subverted or resolved through creative thinking. You seem to have ideas that are ahead of the crowd, and I suggest you not hold back. Say what you’re thinking. Be clear when you notice a problem, even if you don’t have a solution; mere acknowledgment of the issue will set the creative process into motion. But that’s not enough; make sure you follow through.

Scorpio (Oct. 23-Nov. 22)
You’re headed for a passionate month, though you’ve likely already noticed this. Pisces, one of the most dependable sources of pleasure in your life, is gradually filling up with planets, which will soon reach a peak. You may find yourself taking emotional and erotic risks you’ve only dreamed of. This is a healthy, creative place to hang out. A word of caution though: a potentially slippery aspect of emotional communication may appear late in the month. You will be able to help matters considerably with your willingness to listen,

and to really understand where someone is coming from. Remember you have more flexibility than you credit yourself for, and more than you generally like to offer. The pleasure you may share in this time of your life is a luxury and a privilege, though some would say it’s a basic human need. These things all may be true, and you can still offer your life to the improvement of the human condition, starting with the people you care about the most.

Sagittarius (Nov. 22-Dec. 22)
What you think and how you feel are related, though they are two different things. Listen to your thoughts and feelings and you’ll get a dialog going, and get closer to your personal truth. If you can reach that level of awareness, you will discover that it’s a lot easier to get along with others. Once you have that inner dialog going, it becomes easier to set priorities that apply in both your inner and outer worlds. You are currently in contact with what is a significant professional goal. You may doubt your ability to fulfill this one, and it tends to appear and then disappear from your radar. This particular goal may seem to fade away, though that’s an illusion; it will be back, and I would urge you to focus on it even when it’s not a priority knocking on your head. Part of the sense of relief of not having it annoy you is the feeling of not being up to the task; I assure you that is not true.

Capricorn (Dec. 22-Jan. 20)
You have a rare opportunity to take a step toward increased revenue from your profession; this is a matter of intention, discipline and structure. I recommend anyone serious about earning money from professional activities get a professional accountant on their team. Money flows toward purpose, and this is a time to focus your purpose; it is time to get real. That’s part of honoring the fact that things take time to develop and generally do not develop ‘on their own’. What you are doing seems to require planning, as well as cooperation and the cultivation of a niche market. It also seems to depend on the involvement of others with more experience than you. To benefit from that knowledge, you will need to open the side of your mind not inquisitive for its own sake, but rather focused on learning toward a specific goal. This is a new method of gaining understanding, one that may make you feel submissive to your subject matter for a while.

I would rate that as a positive development.

Aquarius (Jan. 20-Feb. 19)
Remember what is meaningful to you. You might forget, or take it for granted. Who and what you value and what ideas you hold dear are worth not only contemplating, but acting on. Love is an active process, though what you crave is love in action. This is not a magical process, but a human experience of making your way through an uncertain world. In this spirit, failure is a means to success. Willingness to make mistakes is an element of what is called ‘correct action’ that can lead to a wholesome destination. You are a person who loves ideas, though engaging in being a creature of blood, flesh and feelings, is essential to your participation in the human family. Spirit is our home, though you are an incarnation, and that has a purpose -- to embrace the complexities of existence rather than avoid them, including what you care deeply about but which challenges you. You may have thought of this before; now is a poignant moment to get it from theory to reality.

Pisces (Feb. 19-March 20)
An unusual alignment is gathering in your sign, which indicates a special time in your life. Find a balance between moving with the flow and guiding yourself toward the destinations you choose. You may be tempted when pushing the river seems like the thing to do, or when drifting seems like the thing to do; consider this consciously so you do the right thing at the right time. Mars, Mercury and Chiron in your sign are saying focus on what you want, who you want and what you want to create. You’re in one of the most workable environments you’ve ever been in, with lavish resources available. Rather than getting caught in the opinions of others, take what they say under advisement without any obligation. The complications of others are not yours, and you provide plenty of guidance merely by being yourself. By the time the Sun ingresses your sign on the 19th, you will feel the strength of your presence on the planet, and recognize that you’re an attractive, creative force, as well as one to be reckoned with.

Read Eric Francis daily at
www. PlanetWaves.net



Island Epicure



By Marj Watkins

Spice it Right & Feel Your Best

We’re still in the flu season, with winter’s chill stressing our immune systems. That doesn’t make it any easier to keep healthy. Flu season has a few weeks to run. Traditionally it ends by the end of March. But there is something you can do to protect yourself in the meantime Two things, really.

Wash your hands often. Germs lurk on doorknobs, in handshakes, on supermarket basket handles, and even in air you share with people who aren’t even sick – yet – but carry and exhale germs.

Spice your tea or coffee with cinnamon and/or cloves. Both of them are anti-bacterial and anti-viral. A spoonful of cinnamon wonderfully improves your morning oatmeal and rounds out the flavor of spaghetti sauce.

Last year, I gave you the recipe for my magic potion, the gargle or tea that has kept me free of colds and flu for several years. But I will put it in here again for the sake of readers who missed it. I keep a jar of this strong cinnamon and clove solution on my kitchen counter year around. I make about a cupful of strong solution and dole out a tablespoonful or two to dilute with boiled water for a tea or gargle when anyone in the family has a sore throat.

Anti-Viral,
Anti-Bacterial magic Potion
2 tablespoons whole cloves
1 cinnamon stick
1 ½ cups water

Bring all ingredients to a boil in a small saucepan. Reduce the heat. Simmer until the water turns brown. Cool. Store in tightly capped glass jar.

Do not substitute powdered cinnamon. Too often what you get is not real cinnamon but its paler, weaker cousin, cassia. You can only be truly sure you are using the spice with medicinal talent when you use a cinnamon stick.

Cloves can serve as topical anesthetics. Got a toothache? Swish a spoonful of the solution below around in your mouth. Or put a whole clove next to the ailing tooth. Your saliva will extract the clove’s numbing feature and kill any germs it comes in contact with.

All the spices and herbs we use in cooking contain concentrated nutrition that helps us keep healthy as well as adding flavor to our foods.

Ginger, for instance: Chinese cooks always put shreds or thin slices of fresh ginger root in their largely vegetable stir-fries. Ginger both adds flavor and aids digestion. Ginger is a mild painkiller, too. Feeling a little morning stiffness? Add 1/3 teaspoon of ginger powder to a cup of hot tea or hot lemonade. Stir in a few drops of raw honey. Then do your morning tai chi or qi gong slow-motion exercises. You’ll find yourself feeling relaxed, cheerful and more vigorous.

Here are some more tips on

using herbs and seeds you use in your cooking for their medicinal values as well as for flavor. Clip the column and stick it inside the cover of your favorite cookbook.

BORAGE: An easy herb to grow in the garden or on a windowsill. The leaves go well in salads and pretty little blue blossoms are edible, too. They’ll decorate your salads, as will dandelion petals .Borage has been called the “herb of gladness”, said since Elizabethan times to lift moods.

CAMOMILE: Also spelled Chamomile. Makes a pleasant, calming (no caffeine) tea that’s perfect after dinner or when you want the warmth and the liquid, but not the stimulation of black or even green tea. Camomile is also said to prevent nightmares. The ancient Greeks used it as a remedy for headaches.

CARAWAY: The secret ingredient in my Transylvanian stew, a delicious combo of beef, carrots, and onions. Also good with cabbage and in homemade applesauce. Just a pinch adds a delightful, mysterious flavor. Caraway prevents flatulence, so add it to any dish that otherwise would give you gas.

CHIVES: These winter-hardy alliums, related to onions, grow in clumps of hollow green spears. When allowed to achieve their natural life span they produce balls of delicate purple blossoms. Nice for edging a small raised garden, or on a windowsill. Snip a few chive spears over a salad or over a casserole after it comes out of the oven.

CORIANDER: Said to resemble the manna that nourished the fleeing Israelites in the desert. Used in dishes spiced with hot pepper, it gentles the effect. Good in dishes made with sausage and in soups and stews. Use as a powder, or whole seeds. If you grow it, add the leaves to soups. It doesn’t smell good in the garden, but when dried the leaves and seeds lose their smell.

DILL: Eases insomnia. Also comforts crying babies. Speeds healing. Counters irritation from over-spiced dishes. Chew a few dill seeds after a Tex-Mex meal.

GARLIC: Anti-bacterial, anti-viral, and useful against colds, bronchitis, and rheumatism. During the plagues of the 1300’s French monks who ate garlic are said to have nursed plague victims without catching the disease. British clerics, no garlic eaters, are said to have caught it and died. Garlic also repels insects and acts as a vermifuge (worm killer). If I put garlic cloves in the pockets of my woolen sweaters and coats will that prevent moth holes? Maybe. But will the garments smell like garlic? I may test this on an old garment.

GINGER: Aids digestion and helps clear stuffed-up sinuses. Try a few slices of ginger root in a mug of hot lemonade or tea. Sweeten with a spoonful of honey.

Ginger also aids cramps and quells nausea.

HORSERADISH: Stimulating. Clears the head, relieves hoarseness and coughs. Expels worms. Contains Vitamin C.

You can find my newest cookbook now at The Minglement. It’s titled Island Epicure’s Excellent Soups and Stews. You’ll find in it famous recipes like the French fish stew, Bouillabaise, as well as quick, satisfying soups made from ingredients you probably already have in your pantry or freezer.

Community Cinema Vashon Soul Food Junkies

You are invited to enjoy another FREE Community Cinema Vashon Event. We will show SOUL FOOD JUNKIES at Vashon Theatre, Tuesday, January 29 at 6pm. We believe that this interesting film, shown earlier this month on the PBS-Independent Lens Series, will offer many topics for a lively after film audience discussion. Food nourishes us and keeps us alive. It’s pleasurable and it’s comforting. It signifies home and family. But....food preferences, availability, preparation, and health are choices for all of us to consider.

In SOUL FOOD JUNKIES filmmaker Byron Hurt sets out on a historical and culinary journey to learn more about the soul food tradition and its relevance to black cultural identity. Hurt’s exploration was inspired by his father’s lifelong love affair with the high-fat, calorie-rich traditional soul food diet and his unwillingness to give it up even in the face of a life-threatening health crisis. Hurt discovers that the relationship between African Americans and culinary dishes like ribs, grits, and fried chicken is culturally based, deep-rooted, complex, and often deadly.

Through candid interviews with soul food cooks, historians, and scholars, as well as with doctors, family members, and everyday people, SOUL FOOD JUNKIES puts this culinary tradition under the microscope to examine both its positive and negative consequences. It also explores the socioeconomic conditions in predominantly black neighborhoods, where it can be difficult to find healthy options. The film delves into health problems associated with bad eating habits – not just of soul food, with its high fat and salt content, but also of highly processed foods that contain potentially harmful ingredients. Hurt concludes at film’s end that it is not necessary to give up eating our favorite foods altogether. Finding ways to make soul food healthy and eating it in moderation allows us to continue to enjoy the foods we love and

live a healthy life at the same time.

We have a wonderful community here on Vashon that has done much to make healthy food available. Much has been done to offer education about growing our own and about supporting local farmers. There have been healthy choices made in our schools about the food that is served to our children. The Food Bank with its own garden and the daily community meals served in the churches help to make food available to all. We do have good local grocery stores and minimal need for fast food alternatives which is not true for many other communities and people. We have good resources for healthy activities for our physical bodies. How fortunate we are! But we still need reminders about the importance of healthy food choices and the support of others. Let’s have a great talk about food and ideas for making our community even more healthy and supportive for all.



Island GreenTech, Vashon Theatre and VoV partner with Community Cinema Vashon offer your this FREE evening. Community Cinema is a public forum: a space for people to gather who are connected by a love of stories, and a belief in their power to change the world. For more information about the program visit www.communitycinema.org or ccnw.tv (Community Cinema Pacific NW).

Recess Monkey plays indie rock for families



By Janice Randall

Three teachers turned rocksters, Recess Monkey will instigate a family-friendly evening rock and roll dance party, Saturday, January 19, 7 pm, at Vashon Allied Arts.

The Seattle based, kid-centric trio, comprised of Drew

Holloway (vocals, guitar), Jack Forman (vocals, bass) and Korum Bischoff (vocals. drums), earns high marks from national music critics from USA Today, People, Time Magazine and other media. Time Out New York recently wrote an article about the trio and rated the group number three on the top 25 list of music for kids nationwide.

Their Beatle-esque sound offers genre-hopping songs with themes about outer space and how to convince your parents to get a pet. A recent stint with Teatro Zinzanni resulted in a circus theme CD release, “In Tents” Eight CDs in eight years, and more in the works, Recess Monkey performs nationwide for kids and families.

Forman says, “As teachers and Indie musicians, we want kids to be exposed to quality music. We’re persistent and committed.”

Tickets are \$5 kids, VAA members/\$8 general and available at Heron’s Nest, Vashon Bookshop, VAA, VashonAlliedArts.org, or by phone, 463.5131.

**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

Joanna Gardiner

Loving care for animals,
plants and homes

567-0560



Positively Speaking

The Sock Putting on Thingy

By Deborah H. Anderson



If I had a partner, a husband, or kids at home, I would be distracted by so much I wouldn't see as much. The sheer logistics of getting people from here to there, moving through six different schedules, someone always with a radio or a TV or a computer on somewhere takes away from the powers of observation. A person gets caught up in that which is not their own.

But I do not. For right now the things that I love about being single are many. I spend my day caring for people with very special needs that require great focus and patience. Having spent that season of my life where you devote two decades to other people's needs and can barely answer the question, "How are you?" because you are so not in touch with your own needs, I'm more than ready for now when I walk in the door and say, "I'm going to have popcorn for dinner". I'm ready to make all the choices about what DVD gets put into the player and where the furniture is going to go. High tide and low tide (clutter, no clutter) can be completely dealt with in less than an hour because it's all my crap and I don't have to convince anyone it's time to pick it up.

It's possible to drive to the Tulip Festival on a whim without any coordination of anything.

You can say yes to last minute invitations to go do fun things.

There are three downsides to being single. The first is being sick. Throwing up alone is no fun. If there is no one to bring the cup of tea or ice chips and you have to get up and get them yourself, odds are you go without.

The second downside is dancing. There's no one to go dancing with if you are actively being single and not just single at home.

The third thing is that there is no one to help you put your socks on. If you're like me and have an injury that limits your hip rotation then it's darn hard to get that right sock on.

One day the frustration with not wearing socks as a default became too much. I'm a very strong person who can go a long time with inconvenience and deprivation but my desire to have socks on over ruled my long honed patient temperament to the point that I sat down at the computer and googled 'socking putting on thingy'. Up popped a medical aid site and there it was. Three long toed apparatus that looked like, for \$14.95, it would do the job. It was worth a shot. I ordered it.

A few days later, a flexible plastic device with silk on the inside and terry cloth on the outside and two long muslin strips arrived in the mail.

It is my chalice of new life. The first time I fitted one of my socks around those long prongs and drew it up over my foot and my toes and heel were warm and my shoes felt comfortable was

nirvana. Bliss. Heaven. Relief.

I've been pondering this week, a lot, how long we're meant to put up with discomfort. I've always been considering what it means to stand up for ourselves or yield to another's woundedness. I keep coming back to the sock putting on thingy. I walk better, am a better steward of my shoes, have better health and a more appropriate gait when I have socks on.

Maybe that's the plumb line for all situations. If something is uncomfortable enough or another person's woundedness is keeping us from moving forward, being a good steward of our resources, being healthy and having appropriate life mechanics, then it's time to say, 'ahem' and ask for changes.

As I've mentioned many times, we live in a closed society here on this Island. There are the gatekeepers who say who is going to be listened to and who is to be considered not wise. Then there are the 'characters' who live lives that give the colour and texture we want the Island to have. There are those designated to be 'the opposition'. There are those cast as 'the helpers'.

But what if we were sock putting on thingy's to each other. What if we helped each other to health everyday. We do a lot of physical and economic help but what if we helped people walk better on their own? Do we help people use the unfamiliar to become more healthy?

Unfortunately what drags the Island down is the fact that anyone who is living less will find a cadre of people who will tell them they don't have to change. And the greedy can be portrayed as focused with a good business sense.

But does the little Island ever decide to walk around without socks because there are some problems that seem insurmountable? Do we ever indulge that which we ought not to indulge because the alternative seems too labor intensive?

What gets fixed? What stays broken? What lies do we believe because the truth requires too much. What truths do we avoid because they would push us outside our comfort zone?

What is our 'sock putting on thingy'? Is it government, or entertainment, or recreation, or advancements, or tech culture? What gives us greater health, and stability in our gait, and equips us to go further with greater ease?

Life is like a sock putting on thingy. You don't know what it feels like to be healthy and productive until you use it.

Love,
Deborah





Almost done with our winter Break!

We Are Open

January 21

• • • • •
Territorial seeds are in!
• • • • •



FedEx
UPS and FedEx
shipping Center

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

Make a date with Vashon!
www.VashonCalendar.com

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

The Road To Resilience

Continued from Page 1

rather than a hierarchical consolidation that focuses power, as we have now. There will be times and instances where focused power is called for, but only for specific purposes. Such power maintained for its own sake only seems to lead to trouble. Think of a future where you actually have much more control over your own life than you have now.

We want to save all the best of our civilization, which means we need to have enough resilience for our community to be able maintain and function despite the shocks of crises from without. We may not have everything we want, but we should try to have what we need. This includes not only the physical resources and skills, but the ability as a community to allocate scarce resources and tasks in a fair and open way. Community decision making is easy when times are good; it is for the more difficult times that we must develop and practice those skills. Let's not overlook the darker aspects of human nature. Maintaining an open egalitarian society requires diligent and constant effort; community decision-making and collaboration are basic tenets in the Transition movement.

In talking about relearning important skills from our past, we are not talking about harking back to some "golden age." The past was more resilient than the present in many ways, but also less resilient in many others. The idea is to combine the personal and community resourcefulness of the past with the knowledge, sustainable technology and social awareness that we have today. A localized community will have a wider diversity of skills and many of us will have more than one outlet for our creativity. I think we can expect that, as we lower our carbon footprint, we



Happy New Year &
Thanks for your support in 2012.
We had a GREAT year, we couldn't have done it without you!

As our way of saying, "thank-you," we are offering you a **\$10 discount off your next purchase of \$50 or more in January**. Simply mention this ad to receive your discount.
(Offer is good through January 2013 only. Limit one discount per family.)

Come to VI Horse Supply, Inc. for all your horse and farm needs! We have feed and supplies for all of the critters who live at your place, not just horses! For all your poultry, goat, rabbit, llama, alpaca, pig, & cattle needs, think of us first! Remember, if we wouldn't use it ourselves, we won't sell it!

17710 112th Ave. SW & Bank Road
Hours: 9:00 - 6:00 pm Daily
10:00 - 5:00 pm Sunday
CLOSED WEDNESDAYS
206-463-9792
www.vihorsesupply.com



Fund raiser for WolfTown

Firewood dry, split Hemlock/fir \$ 280 a cord self pick up Please call 463-9113

WolfTown
PO Box 13115
Burton WA 98013
206-463-9113
wolftown@centurytel.net
www.wolftown.org
a 501c3 non-profit organization

will need to do more physical work than we do today. Our bodies are intended for and thrive on a reasonable level of physical work. Even a lazy person like me enjoys the relaxation and sense of accomplishment at the end of a good work session. It's contemplating those work sessions beforehand while sitting on our butts that is the hard part. Variety, creative potential, moderation, and social contact make all kinds of work fun. Having some choice over how you spend your time will be a big plus over the arrangement that most of us have today. That's only one of many advantages a different future could hold in store.

A much better future is waiting; it only requires that we engage it. Why settle for the mediocre "bird in hand?"

If you would like to know more about the transition movement, check out The Transition Companion. You can also learn a lot at transitionus.org and transitionnetwork.org.

Questions or comments?
terry@vashonloop.com

Coming in February
Saturday Night Lectures
February 9, 2012 6-8:30
Deborah H Anderson speaks on:
"How to Survive Almost Anything with Love, Power, Nurture and Strength... and a few laughs thrown in."

contact dha@lgcmin.com for more information

The Staxx Brothers

The Staxx Brothers are a high energy American band, hailing from Seattle, Washington, that has spent the last seven years crafting an incredible new sound they've branded Hard Ass Soul. It's quite simply the most danceable and hip shaking brand of rock & roll to hit US streets since Motown left Detroit. Where modern Rock most often has forgotten its Roll, The Staxx Brothers make it back to the juke joint, and take you back to the black church, dragging modern rock by its



collar right back to its birthright - with an epic flare that matches any of the classics. This is an all-ages show 'til 11pm, then 21+ after that. Free cover! Friday, January 18, 9p.m. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

UMO Ensemble presents “Sassy Brassy” Cabaret & Benefit

Join UMO for an evening of “sassy brassy” celebration, performance and support! UMO Ensemble will hold their annual fundraising benefit at The Hardware Store Restaurant on Sunday, January 27th, beginning at 6 p.m. Special performances by UMO company members, plus UMO School of Physical Arts students and musical guest Bucharest Drinking Team (10-piece brass band from Seattle). Don't miss out on a night of exquisite performances: Janet McAlpin - as Madame X, Glenn & Veronica Acro - acrobatics, David Godsey, Arlette Moody, Maria Glanz, UMO's own School of Physical Theatre clown boys and aerial students, to name a few. In addition to the dinner and performances, the evening will also include a Raffle, Live Auction and Paddle Raise. Featured auction items include: Beautiful Orcas Island cabin for a weekend, private sailing trip around Vashon Island with lunch included, Custom Wedding Dress designed by Cicada, painting by Pam Ingalls, Art by Ken Judd of Practical Creativity, European Wines, Seattle Excursions and more! A Raffle will start off the evening with a special gift for everyone

who purchases a Raffle Ticket for \$25. This year's Paddle Raise will focus on UMO's School of Physical Arts, New Works and general operating support. UMO's “Sassy Brassy” Cabaret & Benefit is sponsored by The Hardware Store Restaurant. Tickets are \$50 per person and can be pre-purchased at Vashon Bookshop or at The Hardware Store Restaurant. Admission includes a sumptuous dinner provided by The Hardware Store Restaurant. UMO Ensemble's “Sassy Brassy” Cabaret & Benefit will be held at 6 p.m. on Sunday, January 26, at The Hardware Store Restaurant. Dinner is included in the ticket price of \$50. Tickets are available now at Vashon Bookshop and The Hardware Store Restaurant. All proceeds benefit UMO Ensemble. UMO Ensemble is a non-profit 501c3 organization. Donations are tax-deductible to the full extent of the law. For more information, contact UMO at 206.408.8059 or visit www.umo.org.

Find us on Skype
Vashon Loop
206-925-3837



1/4 Pound Cheese Burger

Bacon, American Cheese and Fries

\$4.99 only for take out

Family Style Mexican Dinning
Food to Go
Open Seven Days a Week
11am to 10pm
463-6452
17623 100th Ave ~ Vashon

Women in Jazz Series features Halie Loren Trio

By Janice Randall

Award-winning Seattle based jazz singer Halie Loren developed a love for music by the time she could speak. Today, with several highly acclaimed CDs, an impressive international touring resume, a #1 jazz hit and performances at top Seattle area venues (including Jazz Alley), Loren and her Jazz Trio make their Vashon debut Saturday, January 26, 7:30 pm, at Vashon Allied Arts. Loren will be backed by class act players, Mark Schneider on bass and Matt Treder, pianist and backup vocals.



By age 14, she began to write her own music. By age 15, she was scouted by a top Nashville manager, courted by the LA music industry and had performed in New York. Still a teenager, Loren moved to Nashville, where she explored musical genres, collaborated and worked with Grammy-winning writers and music veterans. In 2006, she released Full Circle, her first solo release of original material, to positive reviews. She has since released They Oughta Write a Song, Best Vocal Jazz Album at the 2009

JPF Music awards, followed by live album, Stages. Loren has performed in British Columbia, Hawaii and Japan as featured headliner at the Ginza Jazz Festival, where she launched 2010 release, After Dark. “She has both an exquisite musical sense and the talent for phrasing that makes a song come alive,” wrote Vivoscene. “After Dark reveals a major star in the wings, soon to take center stage...If this is your introduction to jazz, there can be no better.” In 2011, Loren performed

in New York City, Los Angeles, Seattle, Hawaii, Japan, South Korea and Italy. Releasing her much anticipated album, Heart First with JVC/Victor in Japan and other Asian territories, Loren recently joined Montreal-based label, Justin Time Records, for world-wide distribution and with Jim West of Wild West Artist Management. Tickets are \$17/\$20 and available at VAA, Heron's Nest, Vashon Bookshop, VashonAlliedArts.org, or by phone, 463.5131

High and Lonesome with Tab Tabscott

High and Lonesome was formed in 1985 and played all the bluegrass festivals throughout the Northwest, recorded an album in 1988 and released it in early 1989. They broke up at the end of 1989, but reunited in 1993 and were hired to play 3 shows at the very first Wintergrass that year. High and Lonesome did some shows on Vashon, one at the Land Trust building and one at Strawberry Festival in the late 80's. High and Lonesome has reunited and will be performing at the Darrington Bluegrass Festival this coming July, 24 years after the last time they performed there. Earla Harding, founding member of Wintergrass, recently said that High and Lonesome was one of the greatest local bluegrass bands ever.



The mix of music High and Lonesome will be doing will be solid as a rock classic bluegrass and traditional pre '70's classic country music. Islanders will recognize Tab Tabscott on dobro/pedal steel guitar and vocals, as well as John Schubert on guitar and

vocals. They will be joined by Pete Martin on mandolin/fiddle, Al Hutteball on bass and Rich Jones on banjo/guitar and vocals. If you love bluegrass, you'll love this show! All-ages 'til 11pm, 21+ after that. Free cover. Saturday, January 26,

8:30pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959



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

Free On Line Classifieds!

30 Day business listing just \$5
120 days for just \$15
Goto www.VashonLoop.com
just click on Classifieds

Daryl Redeker Concert at Nirvana



Vashon Island singer songwriter Daryl Redeker will play a free acoustic concert at Nirvana restaurant on Thursday, January 24 from 6 to 8pm.

Daryl has opened and shared the stage with Phoebe Snow, Cheech and Chong, John Denver, Taj Mahal, Danny O’Keefe and New Riders of the Purple Sage. Daryl and his sister Renee produced nine albums from 1975 thru 1986. All of the albums received air-play with one reaching number one for three weeks in Spokane and throughout the Northwest. Daryl has received kudos from Newsweek and the Wall Street Journal for a children’s interactive CD. He performs solo and as the duo “RedPerl” with violinist Sarah Perlman. More information about the show at NirvanaVashon.com.

The Highlife



The Highlife presents the Pacific Northwest with a new sound, combining Reggae, Jazz, Latin and Caribbean elements. Seven talented musicians combine their skills to offer new, original songs with beautiful melodies, poetic lyrics, and funky beats.

Whether you like to take it slow, or stay ‘til the end of the show, the Highlife will take you there.

Please come out and welcome this band back to the Island for the second visit to the Red Bike and dance the night away.

This is a free cover all-ages show ‘til 11pm, then 21+ after that.

Saturday, February 2, 9pm. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

Ladybug Needs A Home...

Ladybug is ready to steal your heart! She is a 7 month old, bouncy, bubbly puppy! She is spayed and up to date on all her shots and is ready to move right in. She is a typical puppy - full of energy and needing socialization and structure. If you have time and energy to spare, she is your girl. She is a “puggle” - a pug/beagle mix. There is a \$125.00 adoption fee. If you would like to meet Ladybug email dogs@vippp.org



Go To www.vipp.org Click on Adopt

Asa Broomhall & Danny Newcomb

Australia’s own Rock/Roots larrikin; Asa Broomhall is on the verge of releasing his 5th independent album; ‘Jangle House’. Recorded in an iconic old Guitar Shop in Brisbane over the Easter 2011 break, ‘Jangle House’ was truly a labour of love. Recording in a historically musical place was just one reason for creating this album, as Asa’s brothers house where previous albums had been recorded/mixed and where the studio was located was consumed by the January 2011 floods, and was subsequently condemned and demolished. Furthermore the album was mixed and overdubs were laid down in a number of temporary rental houses around Brisbane where Asa’s brother was living giving rise to the title ‘Jangle House’.

Despite the numerous recording and mixing environments, Jangle House retains the polish of modern albums with the added charm of traditional releases recorded with a ‘live’ feel. This album began as a challenge and became a triumph with 10 full band tracks of Rock/Folk and Blues songs and a version of Bob Marley’s ‘Waiting in Vain’.

On stage, Asa’s dynamic live show has taken him from local venues and festivals to touring with national and international artists (including Evermore, Diesel, Hoodoo



Gurus, Pete Murray, Jeff Martin, Ian Moss, Chris Whitley, Mark Seymour, Kelly Joe Phelps, Chris Smither...) and performing in the UK, Canada and the USA. And with 5 self funded, independent and self produced releases under his belt, Asa’s dedication to his music and his live show is obvious.

If you fancy Rock, Folk and Blues with a dose of mischief, make sure you hear Asa’s music and experience one of Australia’s best independent artists, whether it be Solo Acoustic or fronting his powerful Trio, the Asa Broomhall Band.

Also on the bill is Vashon Island’s own Danny Newcomb. More to follow.....

Friday, February 8, 8:30 p.m. At the Red Bicycle, 17618 Vashon Hwy - 206-463-5959

Inaugural Ball at Open Space

Come One, Come All to the Inaugural Ball! In 2009, Open Space threw open its doors for the first Inaugural Ball. Four years later, we want to dance with you again!

Everyone is invited to wear your best Vashon Fashion. Get out your ball gown and heels, your tuxedos and spats – or whatever brings out the dancer in you – and join us to celebrate, have fun, and kick up your heels. Enjoy live swing music from The Portage Fill Big Band, followed up by some live DJ action by Michael Whitmore.

Zamorana will have their delectable Mexican food available for purchase. Child care available on-site for a small fee, so the big folks can still boogie even if the little ones don’t want to.

Doors open at 5:30pm for free dance lessons - Music from 6:00pm – 9:00pm (live music and DJ)

Tickets available at the door only. Pay What You Can (Suggested Donation of \$10 to \$20). No one will be turned away for lack of funds.



Ready-made frames~ Prints~ Cards~ Mirrors~ Good ideas~ Custom

Custom framing~ Do-it-Yourself~ Posters~ Photo Albums~ Gifts~ Cards

Ready-made frames~ Prints~ Cards~ Mirrors~ Good ideas~ Custom

Custom framing~ Do-it-Yourself~ Posters~ Photo Albums~ Gifts~ Cards

Frame of Mind

Tues-Sat, 10-5
463-3933
9926 Bank Road (next to Cafe Luna)

ISLAND

HOME CENTER & LUMBER

Earl Van Buskirk, Inc.

WeatherBeeta

WeatherBeeta

More Than Just A Lumber Yard

Your Complete Home Center

Cold Horses?

Wish I had a WeatherBeeta...

We've got warm blankets!

ON SALE!

Island Home Center & Lumber 206-463-5000 www.islandlumber.com

PANDORA'S BOX

Post-holiday stress disorder emerges as the new year drudges on. Inventory completed and survived. Hooks and shelves begin to refill. Every single pet food manufacturer has raised their prices.

That sucks.

Bo's Pick of the Week: Back to the feathered cat toys! He's out in the shop now - stop and and say hi.


(206) 463-3401

\$8 Nail trimming with no appointment

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

Now Playing

Ends Jan. 20



DANIEL DAY-LEWIS
LINCOLN

In a nation divided by war and the strong winds of change, Lincoln pursues a course of action designed to end the war, unite the country and abolish slavery

GreenTech Night -Red Tent Lodge- Feb 5th at 6:00pm

Things We Don't Talk About: Women's Stories from the Red Tent

Vashon Theatre

17723 Vashon Hwy

206-463-3232

Call for Times

For show times and info check www.vashontheater.com

Deadline for the next edition of The Loop is


Friday, January 25

Lo'py Laffs

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

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

FRESH GROUND DESIGN

CABINETRY ~ WOODWORKING

HAND CARVED SIGNS

SMALL BUILDINGS

463-3256

e-mail - freshground@comcast.net

V.I.P.S.


Marvin. What do you think contributed to your success?

Well. I spent two weeks in Vashon town one afternoon disguised as a wastoid lying on the tables at the Village Green when the object of my inspiration walked by. My natural creativity took over and the rest is history.

Next time... MORE TRUE Vashon fashions revealed!

©DEE

LOGJAM



BY Jeff Hawley

YOUR TEA, M'LORD

THANK YOU, ROOTBY

ZIP!

Copyright 2012 Jeff Hawley - All Rights Reserved

ZIP!

GEEZ! HE HAS TO CALL YOU "MY LORD"??

HE'S A ROOT-- HE HAS TO SUCK UP TO ME!