

Ian Moore & The Lossy Coils plus The Fieldhands

Bob Dylan said it best: "He who is not busy being born is busy dying." Singer, songwriter and guitarist Ian Moore lives and creates by that precept.

It's a way of living has led Moore from emerging as, at first glance, a teenage guitar prodigy in the early 1990s in his hometown of Austin, Texas to fruition as a full-blooded musical artist, now based on Vashon, whose rich and keenly intelligent compositions invoke critics' comparisons to some of the most respected names in both classic and contemporary rock'n'roll music.

There's a satisfaction in listening to how Moore absorbs the spectrum of music that he loves and finds inspiring and then follows his muse to places that awe, delight and touch those key, deep places within the human soul. As Harp magazine observes of Moore, "Since the early '90s the native Texan has refused corporate molding in favor of freedom and the artistic rewards are staggering."

It may have been Moore's guitar talents that first won him attention. But as Tucson Weekly noted, "His recent albums have positioned him as one of the most soulful singer-songwriters around, and one of the most diverse." Or as Seattle's influential weekly The Stranger said not long ago, "Your new favorite artist has arrived." Similar praise greeted Moore on his national debut nearly 15 years ago, because for Moore, the path and process to where he



Ian Moore & The Lossy Coils plus The Fieldhands perform, Saturday, January 4 at 8pm, at the Red Bicycle.

is going has always been his focus, and it has consistently made arriving at each destination that much sweeter.....

Opening up for Ian Moore & The Lossy Coils will be Island sensation, The FieldHands. Together for years writing and playing original music on Vashon Island and in the Seattle area, The FieldHands are a rock band. Their music blends some of the best traits of rock, alternative country and the Americana

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New High School Open House Jan. 5



By Michael Soltman

Thank you, Vashon, for our new high school and your enduring commitment to education! What a wonderful gift you have given to our community.

The building is almost finished, and students and staff will move in after the holiday break on January 6th, but before they do, I and the entire Vashon Island High School team would like to invite you to tour the building on Sunday, January 5th, from 1:00 - 4:00 pm during our Community Open House. Students will lead the tours, and knowledgeable docents will be on hand to answer questions about building highlights and features. VHS students and local musicians will perform.

For a more adventurous experience, there will be a Demolition Carnival on Thursday, January 9, from 1:45 to 4:00. Organized entirely by students, this event will benefit 15+ clubs and sports groups through a variety of unconventional activities, ranging from knocking down parts of the old building to collecting artifacts. If you'd like to ride the excavator during the actual demolition later in January, you can purchase tickets during the carnival.

If you can't come to either of these events, tours will be offered January and February each Saturday morning at 11:00 a.m. The weekly tour schedule will also

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The Road to Resilience Good News!

By Terry Sullivan, Transition Vashon

Listening to KUOW public radio the other morning, I heard a story about some land developers in Fort Collins, Colorado. What caught my attention was that they were designing a planned community that integrated local intensive agriculture with homes. What? A business is making money selling homes and farms together?

People have been attracted to the qualities of rural areas for some time. The communities that formed were called suburbs, and what buyers liked were the open spaces, not especially the sights and smells of working farms. The road to appreciation of all the aspects of agriculture, both the practical and aesthetic, has been long, but we appear to be finally arriving. When for-profit land developers figure they can attract buyers by incorporating farms and farmers right next door, we have taken one step toward a sustainable world.

This land development business, known as Agroburbia, is proving that business can be a big part of the solution. "Agriburbia® promotes and supports the following policies and principles:

Agricultural Production: No loss of agricultural value or revenue ("Green Fields" development), or production of dietary requirements of the project or equivalent cash from sales crops, or combination thereof.

Locally Grown Food: Production of a significant portion (30 to 50%) of dietary requirements grown within or in the immediate surrounding area of the community

Conserves and Promotes Natural Resources: Appropriate and efficient use of natural resources to provide housing, transportation, recreation and fresh food through creative, harmonious land planning and landscape architecture for the community. This includes use of alternative energy sources as well as land and water.

Self Sufficiency: Provide a commercially viable opportunity for enhanced self-sufficiency for community residents, tenants, and guests.

Sustainable Energy Practices : Integrate solar and geothermal technology to provide sustainable energy sources for the community.

Financing: Incorporate established entities (Metropolitan Districts, homeowner associations) to finance both traditional infrastructure (streets, water, sewer) and environmentally friendly agricultural infrastructure (drip irrigation)"

What allows a business like this to succeed? It seems to me that we have to have a group of customers that have so changed their view of how they want

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Vashon Community Scholarship Foundation

Dear Commuter Families of the Vashon Island School District,

My name is Carla Pizzano and my son commuted from Southworth to Vashon for grades 7 thru 12. Like many of you, I wanted to find the best local public education that could give him every opportunity to learn, grow and thrive in a supportive community environment and within a system that offered and expected high quality education. Even with the early mornings, the cost of the commute, and juggling to participate in sports, school events and meetings, neither my son nor I were ever disappointed about making the choice.

When my son entered Vashon High School, I started hearing murmurings about senior scholarships; including the message that every senior receives a scholarship! This may be news to you or you may have heard the same rumor. In essence, the statement is true - every senior is eligible to receive a monetary scholarship if they meet the requirement to submit a Scholarship Notebook to the Vashon Community Scholarship Foundation (VCSF), attend the scholarship ceremony and are on track to receive a diploma.


I was not aware of the depth of this

opportunity until the night I attended the scholarship ceremony and browsed the evening's program celebrating the 107 graduating seniors by name and distributing 170 awards totaling \$129,350. My heart soared when I realized that every one of the commuter students present was included in the awards as part of the entire school population without regard to their commuter or non-resident status. It was a moving and joyous evening.

I am giving back by serving as a board member on the Vashon Community Scholarship Foundation. It's a way I can say, Thank You, and it's a way I can represent the commuter families. This letter to you is meant to be both informative and to encourage you to support VCSF.

The Vashon Community Scholarship Foundation was established in 1986 by a group of parents and other community members to solicit and coordinate financial support from the community for Vashon School District graduating seniors who wished to continue their education and training. Since then, VCSF has distributed more than \$1.5 million in scholarships.

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CMA OR COMPARATIVE MARKET ANALYSIS:

A survey of the attributes of comparable homes recently sold or currently on the market; used by agents to help determine a correct pricing strategy for a seller's property.

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PANDORA'S BOX

Happy New Year!

Here we are, off to a fresh start for 2014. Hopefully the freeze in December slowed the fleas down. We'll know in the spring. Meanwhile, new polka dot beds are flying out of here.

Bo's Pick of the Week: The new cat cubes. Great bed and hiding place all in one. Good color, and not ugly at all.

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Next Loop comes out January 16

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.



Sci-Fi Saturday Colossus: The Forbin Project(1970)

Join us at the Vashon Theatre in Support of The Chicken Soup Brigade. Ticket are \$5-10 Donation per person, And we are accepting Canned food. January’s Film will be....Sci-Fi | Thriller Colossus: The Forbin Project. An artificially intelligent supercomputer is developed and activated, only to reveal that it has a sinister agenda of its own. 100 min.

January 11th at 1:30, Vashon Theatre

Find us on Skype
Vashon Loop
206-925-3837

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 2, 2014 Vol. IX, #1

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Vashon Social Dance Group Monthly Dance & Lesson

Saturday January 4, 2014: Ari Levitt will return and be our guest instructor. Ari will and teach a Night ClubTwo-step lesson and dance with us at the Vashon Social Dance Group Monthly dance and lesson. Come join us. As always, no partner needed and a \$10 donation is suggested to compensate our guest instructor for making the journey and inspiring us on the dance floor.

VSDG Night Club Two-step lesson and social partner (no partner needed) dance

Saturday, January 4, 2014

Ober Park Performance Hall 17130 Vashon Hwy SW Vashon 98070

Lesson 7:00 - 8:00 pm

Dancing to deejayed music by yours truly... 8:00 - 9:30 pm

No partner needed, No one turned away for lack of funding. Bring in the New Year with the joy of dance and join us for an awesome night of fun with Ari Levitt.

Questions? Give me a call. Hope to see and dance with many of you then.

Vashon Social Dance Group Coordinator

Candy (206) 920-7596

Recycle your holiday lights at PSE

Well it is that time of year again. Changing the worn out holiday lights for the sparkling new ones. BUT do not throw these away. We are recycling the worn out, used, broken down and tired holiday lights.

Point Defiance Zoo & Aquarium is teaming up with Girl Scouts of Western Washington again this year on the holiday lights recycling program. Working together, we hope to keep thousands of strings of lights out of the landfill. Collection begins in mid-November and continues throughout December.

All proceeds from the 2013 Holiday Lights Recycling Program will fund shark conservation efforts.

So for us on Vashon drop your holiday lights off at the Puget Sound Energy office just south of town. Patti, the infamous “PSE Patti” has agreed to be our drop off location again this year. We will be collecting until the end of this year.

Water District Meeting

The next regular Board Meeting will be January 14th, at 4:30pm. Water District 19, 17630 100th Ave SW.

Get In The Loop

Send in your Art, Event,
Meeting Music or Show
information or Article and get
included in
The Vashon Loop.
Send To:
Editor@vashonloop.com

Next Edition of The Loop Comes out Thursday, January 16

Deadline for the next edition of *The Loop*
Friday, January 10

Grief Support Group

Providence Hospice of Seattle Grief Support Services is offering a 6-week support group for those who have experienced the death of a loved one in the last 2 years. This group will meet on Vashon on Wednesday evenings beginning January 15 through February 19th, from 6:00 – 8:00 p.m.

This is a closed group and registration is required. Please contact Jane Fleming at 206.749.7704 for more information and to register. Space is limited.

Dates Wednesday January 8, 2014

Times 10:30am to 1:00pm - Maury Community Food Bank
10030 SW 210th

& 2:00pm to 4:30pm - Vashon Market 17639

Places: 100th Ave SW

AT THIS EVENT, YOU CAN APPLY FOR:

- Cash Assistance
- Basic Food Assistance
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Victory for Friends of Mukai

Friends of Mukai won its case in the state Court of Appeals. On December 23rd the three-judge panel issued its decision, agreeing with the Friends of Mukai that Superior Court Judge Monica Benton was mistaken when, in November of 2012, she ruled in favor of the Matthews Board and dismissed the case against them.

The lawsuit was originally filed in June of 2012 when the Matthews Board refused to accept the will of over 70 islanders who convened a special meeting and voted in a new board for the non-profit, Island Landmarks. Judge Benton had sided with the old board on their claim that Bylaw 2.7 had been

violated in the process of calling the meeting. The Appeals Court determined Judge Benton’s interpretation was incorrect, and stated of the arguments made by the Matthews Board, “none were persuasive” and at least one was “strained and wholly unreasonable”.

The case has been referred back to Superior Court, where Friends of Mukai will finally have the opportunity to prove its claim that an island-based community group should be in charge of Island Landmarks, and island members participate in the goal of reclaiming the Mukai house and garden for the benefit and enjoyment of all.

Vashon Community Scholarship Foundation

Continued from Page 1

Commuter students receive these scholarships as part of the Vashon community. As a commuter family, you can be actively involved in the continuing success of VCSF. Whether you have a 2014 graduating senior or you have a student anywhere within the Vashon school district, please start thinking now about becoming a long-term participant in the effort to provide these scholarships.

Join VCSF in recognizing the future potential of the 2014 graduating class and future graduating classes by making an annual donation to the Vashon Community Scholarship Foundation or by creating and sponsoring a scholarship. There are two ways to contribute:

- Sponsor a scholarship that honors

an individual, creates a memorial to a loved one, represents a service or business organization, or promotes a profession – and you choose the selection criteria!

- Donate to our general fund where the community selection panel will designate the award recipient(s) of your scholarship dollars.

We assure you that 100% of your charitable donation to VCSF goes directly to the tuition scholarship of the recipient.

We hope you will consider making a donation to VCSF and then join us on May 28, 2014 in the Vashon High School Gym when the community celebrates all the VHS scholarship recipients.

Respectfully,
Carla Pizzano

The New VHS

Continued from Page 1

be posted in the next issue of Soundings and on www.vashonsd.org.

We are looking forward to celebrating this new building because we are proud of it and eager to share it with you. What makes this building so special is that it clearly reflects our community’s high regard for education and environmental sustainability. The first thing you’ll notice when you enter the building is that it connects the outdoors with the interior. Brian Carter, the architect and an island resident, calls this “porosity,” the overarching theme to the design. It creates an invigorating environment for collaborating and learning.

Large windows bring sunlight into every corner. The hallways and common area are lined with wood from the school forest that David Warren and his crew at Island Forest Stewards harvested and milled by hand. The bright classrooms are designed for flexibility to adapt to changes in education and instruction. You’ll notice that the library is somewhat smaller to reflect the trend toward digital media rather than stacks of books. The library opens onto a grand staircase to the study commons, flexible space for groups of students to meet and study together.

Sustainability was a major design goal, and we are pleased with the results. Some of the environmentally friendly features include rainwater harvesting and reuse, an air water heap pump heating system, operable windows for ventilation, photovoltaic panels, an automatic daylight harvesting light control system, LED lighting, extra wall and roof insulation, and a rain-water garden.

Island performers and audiences will enjoy the beautiful 264-seat theater and its spacious lobby, family friendly restrooms, great sight lines and acoustics, and backstage dressing rooms with restroom facilities. Our high school thespians are already gearing up for their first play, *The Metamorphosis*, showing January 31 – February 2, and February 7 – 9, Fridays and Saturdays at 7:30, Sundays at 2:00 p.m.


In an emergency, the lower floor of the building can serve as a community shelter and kitchen with provisions to connect to the fire department’s emergency generator.

This building is an investment in the future, one that will reap dividends for many years to come. Please come and celebrate with us.

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Carlo Needs A Home...

I’m one mellow, easy-going dude – sweet-natured, quiet but friendly. You could say I’m a lover, not a fighter. Some of the other shelter cats have treated me like a little brother, grooming and playing with me. I’d really like to have a human family of my own, though. Can I join yours?



Go To www.vipp.org Click on Adopt

Island Life Water World

By Peter Ray

I don't care what anyone says- I loved that movie. To be truthful though, if the trimaran had not been a part of the screenplay, the film might have lost a bit of its appeal. It wasn't just the speed it exhibited- it was the lived-in, customized aspect that really got me. There was of course a certain irony to the fact that Mr. Costner's character was actually an aquatic mutant making a home on the only known space of dryness as far as the eye could see, and then some, but we can let that slide, given the presence of ball bearing metered timers and canon-launched spinnakers that were of his creation, all with a purpose serving to help get him through the day. Having spent a very small part of my youth traversing a Cape Cod inlet on one of the very first Hobie Cats on the scene, it did not take a stretch of the imagination, while watching and immersed in 'Waterworld', to feel the wind and the speed as the Mariner's three hulled vessel flew across the ocean surface, either because he just could, or because he had to.

I was thinking of multi-hulled boats and outriggers as the wind picked up out on inner Quartermaster harbor this morning. While in rowing we are told that one's oars are one's outriggers and that one should never let go of them while afloat, the wind induced bobbing and sliding, along with the delicate and nervous moments when one misses a catch or sends an un-squared blade bottomward, sometimes finds one wishing for more substantial stability. As I continue my hands-on schooling in moving forward while facing backward in long and skinny boats, it came to mind today that this was and is an auspicious time to be moving ahead while looking back. As we sit on the cusp of January (as I write), it is indeed the god Janus who was seen in times past to be in charge of beginnings and transitions, and was depicted as having two faces that faced both forward and back. I see that he was also the god of mornings, which has a certain relevance to a sport that requires an insistent alarm clock, and/ or a Rottweiler with a penchant for face-licking in the dark hours before sunrise, in order to take advantage of flat water and a time of little other boat traffic. As it turned out on this particular morning, I was thinking of neither the duality of Janus nor the constant need for vigilance as I looked back while moving forward into the semi-dark uncertainty of today's row. As it was, all I hit was a glancing blow to a buoy, but it was enough to initiate a transition to paying more attention to what I was doing and where I was going, and to elevate the pulse a bit without increasing stroke count or effort.

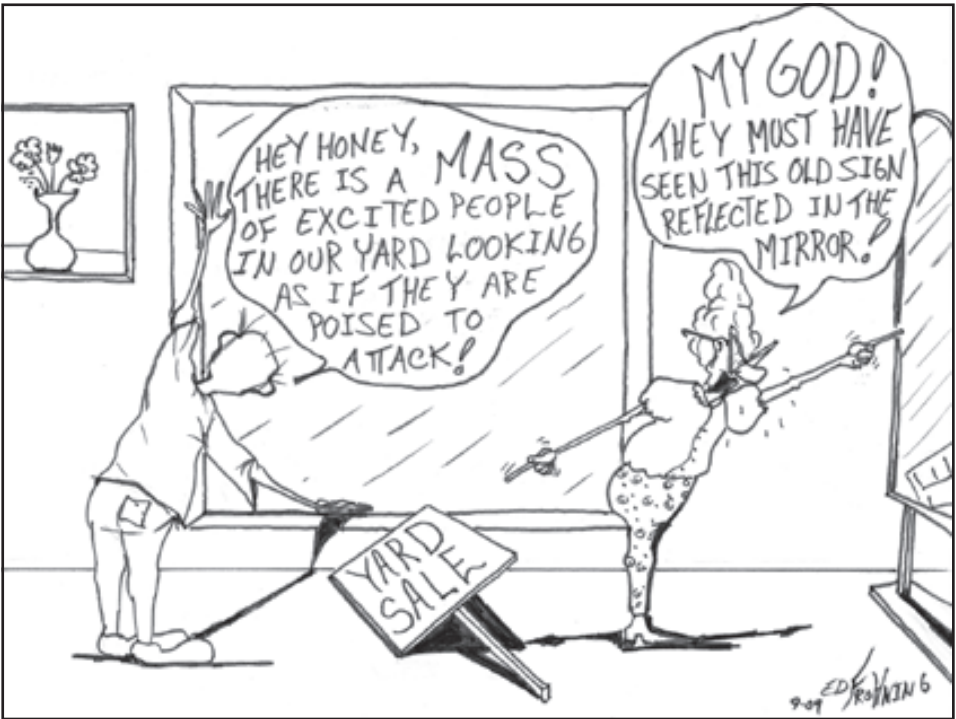
It seems that one can find a bit of symbolism or metaphor or allegory in

most everything we do and see. This seemed to be the case as I sat down to Robert Redford's latest non-speaking nautical monologue up at the Theatre the other night. About the only words we hear throughout the entire piece are contained in a voice over at the very beginning. What we hear are words of apology and loss, and when we see the words "eight days earlier" on the screen we anticipate finding out what the apology is for. What I am about to say requires no spoiler alert as it is about the premise of the film. We flash back to find Redford as the nameless protagonist asleep in the berth of a private sailboat as water runs ominously onto the floor of the cabin in which he is sleeping. We are then shown the not terribly sharp corner of a two thirds submerged shipping container that is spewing sneakers from an awkward hole in its other end, poking a hole in Redford's boat just above the water line. His reaction to this dilemma is one more of disgust rather than life threatening, inspired panic. To me his expression was that of weary indignance at having to deal with one more insult from reality and chance.

The fact that the container had done that much hull damage on a relatively calm sea made no sense to me in real world terms, so I almost immediately began to see this as something other than a simple tale of the sea. I saw the container not as a random act of disaster, but as a symbol of what we are doing to ourselves, which seems to be ever so much more disastrous as we find out each and every day. We are killing the oceans with carbon and garbage and factory fishing, and exploiting and depleting our natural resources in order to put cheap plastic things in long metal boxes in order to ship them around the world so that a few people can become "rich". That may or may not be the message of this film, but that is what I saw. There are references to food chain dominance and corporate indifference and even divine intervention in what seemed to be an homage to scribblings on the ceiling of the Sistine Chapel, without really giving away much of what actually transpires throughout the length of this film. I will admit that my view of 'All Is Lost' grants it perhaps way more weight than it deserves, although as all good parables go, the gravity of its message can be lost because of the singular humanity of its telling. And in its telling, we sense here a relevance to the time of year, as it starts mostly toward the end of the tale before it looks back to a retelling of the ways and means as to where it has taken us. In looking back, I could say that in its most literal interpretation, 'All Is Lost' is perhaps just another shipwreck movie. If one is digging for allegory however, it kind of speaks to the age and time of man- something to think about as we look back to look ahead- Happy New Year and as they say- weigh enough.

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Orca Enigma

By Orca Annie Stateler, VHP Coordinator

He was born in 1992, when his mother Olympia (L32) was about 37 years old. One three-year-old sibling died in 1981, long before he was born. By the age of six, he had lost two brothers as well: 11-year-old Scotia in 1995 and 24-year-old Leo in 1998. Mother Olympia died in 2005. Instead of traveling with his sister Spirit (L22), age 42, and her sole surviving son, 20-year-old Solstice (L89), he travels with elder matriarchs in other pods.

From 2005 to 2009, he accompanied matriarchs Lummi (K7) and Georgia (K11). At estimated lifespans of 98 years and 77 years respectively, they were the oldest females in K Pod at the time. Lummi died in 2008 and Georgia died in 2010.

By 2010, he was traveling regularly with J Pod, particularly with J Pod's eldest females: Granny (J2), about 100, and Spieden (J8), about 80. That year, Granny lost her son Ruffles (J1). Ruffles lived to age 59, longer than any known Southern Resident male. The enigmatic orphan of whom I write seemed to swim into J1's prodigious place of honor beside Granny and Spieden. He endured another loss when dear Spieden died in September.

So, who is this Elder Escort? He is perhaps the most intriguing male in the Southern Resident Community: Onyx (L87). I surmise that some indigenous societies have a word or phrase to describe L87's distinguished role. In four decades of research on J, K, and L Pods, he is the only Southern Resident male observed to switch pods in this manner. Male offspring typically do not disperse from their natal pods.

Southern Resident killer whale culture is complex and sophisticated. Most researchers have only a rudimentary understanding of social dynamics in J, K, and L Pods. Unusual cases such as Onyx hint at boundless orca idiosyncrasies yet to be unraveled.

On December 26, a satellite tag was attached to the dorsal fin of our remarkable Southern Resident male, Onyx. Optimistically, since L87 hangs with J2, researchers may discover J Pod's



secret winter retreat. We know that K Pod and L Pod members travel as far as Central California in winter to search for Chinook salmon. J Pod's whereabouts have been a mystery.

Pessimistically, data collected from the tag is meaningless if political inertia obstructs policy changes required to safeguard critical habitat for endangered Southern Residents. Moreover, Onyx is Granny's close companion. Both orcas are recovering from Spieden's death; they could be psychologically vulnerable. We cannot afford to lose a single Southern Resident to unintended consequences of invasive methodology. Losing exceptional Onyx would be intolerable.

Adult male Scoter (K25), age 22, was tagged in December 2012. His tag ceased transmitting in April, but it did not detach completely. Barbed darts remain embedded in his dorsal fin - an ugly symbol of desecration. Killer whales suffered centuries of abuse from misguided colonizers of the Northwest Coast. Now these imperiled orcas bear the high cost of rectifying the damage inflicted on them by humans. A potentially injurious sat tag shows researchers the degraded habitat where Southern Residents travel to find their depleted food source. Go figure.

Please support the non-invasive work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041, as well as seal pups and sick, injured, or dead marine mammals on Island beaches. Prompt reports to the VHP expedite vital data collection efforts by Mark Sears and other researchers, and sustain an accurate record of whale sightings for Vashon-Maury initiated three decades ago. Send photos to Orca Annie at Vashonorcas@aol.com.



Male Onyx (L87) with Granny (J2). Photo © Sara Hysong-Shimazu, 2013

**Next Edition
of *The Loop*
Comes out
Thursday,
January 16**

Deadline for the next
edition of *The Loop* is
Friday, January 10

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Spiritual Smart Aleck



By Mary Tuel



Mark Eric (Rick) Tuel
May 28, 1945 – December 29, 2013

Guitarist and singer extraordinaire, cartoonist, builder and maintainer of water systems, log keeper, grandfather, father, husband, human being with a kind and wise heart. How blessed we were to know him and have him with us, how fortunate to love him and be loved by him.

Service will be at 2 p.m. on Saturday, January 11, at the Episcopal Church of the Holy Spirit.



Oatus and Rick - 2007

WONTU

From Intention to Fruition

By Lorna Cunningham

Women of Now Time United. It fit. When I wrote down the acronym WONTU I could feel purpose, idea, journey, looking at the word I could feel the vibration of it and I no longer had a hesitation to commitment or obligation.

The concept began to materialize. I, like all people, have had experiences which changed my life leading me to become more empowered in my own body. I have learned over time, experiences don't have to be huge, mind bending or anything near that to produce a dawning or an awakening in ones knowing.

I have found so often that the sound of a dog barking or a walk at the beach is all the experience I need and something in my knowingness takes seed and like a revelation a whole new concept is renewed or opened in the new.

Women, strong, nurturing, resilient, willing, loving, goddesses. It was through experience that this could take seed in all women.

Now Time... the Evolution of all Mankind at this present time in the history of man. Now Time....Being in the Present moment, now.

United,...to come together as one Power of Women, of Sisterhood. Accepting each others for the Divine Creatures we are.

I knew from the inception of WONTU it would be a circle of women/sisters who would cry, laugh, grow, trust unconditionally at all cost. Sisters who would take the same journeys and blossom not only from their openings but from the experiences of their sisters too.

Often as I sit in our WONTU circle I am taken to court in the time of Avalon and I know we have all been together through many life times.

In the beginning of my journey as facilitator and "Mother" of WONTU I realized I wanted all women to be in their becoming. I have not received a greater pleasure in the world than that of individual awakening to their Spirit within. This was my driving force in creating WONTU.

What is a Goddess? My Definition: A woman who is the best she can be with her natural born gifts. A woman who teaches without teaching. A woman who is an example to all that nurturing and loving, patience and humility are some of the greatest gifts women have the potential to possess. Couple this with Creative Energies/Intuition and behold, we have a warriorress who will change the world by virtue of her example alone.

My vision for the WONTU women would be that each month there would be a type of interaction connecting us to the Spiritual/Ethereal realm. Perhaps a drum journey, or

trip to a temple or labyrinth. Goddess songs and singing, a day of healing with different Light workers or making sacred masks and staffs. Each month was/will be extraordinary and a learning experience.

In October of 2013 an amazing experience happened to me which I will try to interpret.

One of the Women of WONTU began a website partly in honor of my birthday. When I read this lovely presentation I felt the embodiment of WONTU lift off my shoulders, go over my head and become in front of me. I could not articulate this for some time. At the next WONTU circle I told my story and through some interaction and different perspectives my experience finally took hold. WONTU had been my vision, my responsibility if you will. It was part of me. Now through the kindness of heart and soul of another person they lifted the embodiment of WONTU into a place of its own Becoming. It was the most extraordinary

experience of Manifestation I have ever witnessed. I feel so blessed to have been a part of that.

When WONTU came to fruition I often thought I would be helping others in their becoming. Now 2 years later I realize I was helping myself and learning from each one of these beautiful women.

As we come together each month in the WONTU circle I am surrounded by women who trust, grow, teach, learn, love and live in their truth for themselves, each other, their families and all mankind.

WONTU is an open women's group that meets the first Sunday of each month from 1-4pm at;

Vashon Intuitive Arts.
17331 Vashon Hwy sw. 206-463- 0025 for more info.



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Aries (March 20-April 19)
To accept the idea that ‘this is the way things always were’ is an excuse, especially if you know the theme of your life is change. The question seems to be, will you take initiative, or are you expecting someone else to do it for you? I suggest you make your own decisions and initiate your own moves rather than expecting something in your environment will start the process. What you come up with will be a lot more interesting than what anyone else does, even if others talk louder. Just think your plan through a couple of times, especially if it’s work-related. Things are changing around you, and I suggest you see where they shake out before doing anything too radical. The best idea will be a simple, easy-to-understand and, most of all, useful one.

Taurus (April 19-May 20)
Imagine that you visit an older relative you have not seen in years, and while you’re there you wander up to the attic. You see a trunk that seems to be for you, illuminated by the light from a small window, and you open it up. It’s full of artifacts from a century ago, stuff belonging to people to whom you’re related but who came through the planet decades before you. Old diaries, letters, newspaper cuttings, photographs, physical objects from life in the past, are all neatly, lovingly preserved in this trunk, and as you go gently through them, you figure out that they were indeed intentionally left for you. But who left it there? And how did they know you would find it? This is all a metaphor, and from a psychological point of view, you’re the one who has left a gift, an inheritance or a trousseau for yourself. There’s a lot in there, as will slowly become obvious over the next month or so.

Gemini (May 20-June 21)
Be careful not to take on the issues of others. You may be especially reactive over the next few days, especially if people around you are in an intense mood. I suggest you choose your influences and your company carefully, especially through the 24th. Don’t let anyone push you into any agreement, longterm or otherwise, that you don’t really want to make, no matter how infectious their enthusiasm or persuasion may be. Events of the next week or so will help you figure out where you really stand with yourself, and therefore, put the opinions and feelings of others into context. It is this context -- remember the concept -- that is essential to your making healthy decisions for yourself. You’re someone who is inclined to consider the wellbeing of others in the choices you make, so you don’t have to worry about that factor; at the moment, you cannot count on others to do so.

Cancer (June 21-July 22)
Keep your heart and mind open and you’ll be better able to receive what others are offering you in your intimate relationships. You may sense that there’s a lot to their feelings, and you may be hesitant about allowing yourself to experience that. Phobia about intimacy, and hesitation in matters of the heart, do little to foster your happiness. Every relationship experience requires taking a risk, though in truth most of that involves allowing yourself to be vulnerable. A little self-therapy on that topic would be a great place to start. Ask yourself what you fear, when it comes to getting close to someone you care about. Is it about hurting someone else? If so, how long can you keep that up for? Or is it about the way a relationship might change your life? You already know how you feel. You know what you want. That’s actually worth something.

Leo (July 22-Aug. 23)
You may have health matters on your mind, though I don’t suggest you stress about them; stress seems to be the problem.

There’s also some missing information that will clarify matters considerably, and you won’t need to wait for long. I suggest that you strictly maintain a few guidelines, however. Make all your own decisions, based on what you know and understand. That’s another way of saying pay attention, take an active role and use what you know. Don’t succumb to anyone’s authority merely for its own sake or on the assumption that someone else must know more than you do. Your vitality is what helps you heal, grow and create your environment, and all three of those elements are interrelated. Your existence is holistic -- part of an integrated whole, with each aspect influencing the others. You don’t need to treat symptoms, but rather, seek deeper understanding, shift your orientation and keep reminding yourself that everything is connected.

Virgo (Aug. 23-Sep. 22)
You seem to be experiencing boldness and hesitancy at the same time. The combination, if left unaddressed, could create delays and waste energy; there’s no point spinning your wheels to get nowhere. And you have plenty of places to go, and experiences you want to have. If you have any form of mixed feelings, take the elements in the mix one at a time and see what they are trying to tell you. See if you can notice your source. The self-assertiveness you’re feeling does indeed seem to be about you; the insecurity and hesitancy seems to be coming from somewhere else, perhaps even someone’s influence from the deep past. It would not vaguely surprise me if that turned out to involve another person’s religious baggage that was leaking into your environment. In plain terms, you don’t have to worry about what others will think. You don’t have to be pure or give the image of being ‘not a slut’ project some kind of faux conservatism. What you feel is more meaningful than what anyone else thinks.

Libra (Sep. 22-Oct. 23)
Venus, the planet traditionally associated with your sign, stations retrograde over the weekend. That’s a fairly rare event; no planet is retrograde less than Venus, though this event happens entirely in Capricorn, where Venus has not been exclusively retrograde since 1802. The next two months are a truly beautiful time to resolve old family issues, particularly on your father’s side of the family. The material may surface on its own; you may be aware of topics or themes that you’ve been brewing for a few years, which you’re now ready to address as a conscious choice. Please use this time well. Nothing like it will happen again for years to come. For you, making peace with the past also means understanding what happened, why it happened, and how it influenced you. Nobody is going to hand you easy answers, but you are eminently capable of putting the pieces together. Take your time; be both careful and intuitive.

Scorpio (Oct. 23-Nov. 22)
You’ve got to let some of this pressure off. It seems as if you think you’re supposed to feel a certain way in certain situations, as if the ‘correct’ emotional tone were prescribed in advance. This extends to your opinions about things and the specific way you’re supposed to think. None of this is valid; much of the pressure is your attempt to respond to the illusion that it might be. I suggest you question that assumption, and consider the possibility that it has a source. Once you make the decision to express yourself rather than suppress yourself, you will feel less depressed, more alive, and more in control of your life. You may feel that to do those things, you have to change your whole way of thinking, though it’s easier and subtler than you were told, especially with the kind of cosmic support you have right now.

Sagittarius (Nov. 22-Dec. 22)
Consider carefully the influence you have on someone close to you -- you’re a lot more potent of a force than you may imagine. That includes on individual people and also on your total environment. You may be going through so much interesting, intense, strange or curious inner movement that you may not be noticing how it’s radiating out into the world around you. Take the time to get some feedback from others about what they perceive about you. Open up the space for a dialog and put more energy into listening than into speaking. Trust that people already get what’s on your mind. You will learn a lot from what they have to say and from slowing down enough to get a sense of what they are feeling. While this theme is focused right now, it’s going to be a recurring theme for the next two or three seasons. So, take a deep breath.

Capricorn (Dec. 22-Jan. 20)
The sky is now focused on your sign. The Sun makes its annual return to Capricorn on Saturday (the southern solstice), and just a few hours later, Venus stations retrograde in your sign. This is a combination of factors that are likely to ignite your passion, help you focus your energy and feel how strong, loving and creative you can be. The reason you can be these things is because you are them already, so this is really a matter of emphasis, and of bringing out what is already inside you. I suggest, in that spirit, that you remove as many encumbrances on your time and energy as you can for the next few weeks. Make room for yourself. Take time to reflect and to appreciate who you have become and what you’ve created for yourself. This will be a meaningful time of reflection that will have the power to shape the course of your life.

Aquarius (Jan. 20-Feb. 19)
You seem to be asking yourself some deep questions about a relationship, and about the meaning of all intimate partnerships. This is not a fleeting inquiry but rather a crux point where you are finally

getting to the heart of the matter. These questions involve whether you’re able to fully express your emotional needs, what kinds of commitment you’re comfortable with, and the role of marriage in your life. There is the ever-present question of negotiating your independence. This is a moment to consider all of your reasoning around the concept of permanence, and the way that it influences your emotional climate. There is also the not-so-small matter of how and why resources are exchanged. What falls under the category of an obligation, what do you feel is taken from you, what is a fair exchange and what is freely given? Once you have unpacked these subjects, you’ll find it a lot easier to relate to others in a way that is fair, and that you understand.

Pisces (Feb. 19-March 20)
Take advantage of excellent opportunities to expand your income the next few weeks, beginning immediately. You already know of some prospects; there are others you have not thought of, and still others that you came up with and set aside or forgot about. You may find it easier now than ever to cast off any doubts or misgivings you have over the so-called profit motive, which you can replace with the elemental fact that your work and your ideas have value and worth to the people who get the benefits. However, you don’t even need to go there; it still has the feeling of an excuse. Look at your life, size up your resources, consider what you’re capable of doing and decide what you want to do. Develop a strategy that you adapt as necessary, but use as a guideline. In worldly terms, this should involve income for work and services provided, how to efficiently handle debt and tax-related matters, and an overall business plan. Get competent help when you need it.

Read Eric Francis daily at [www. PlanetWaves.net](http://www.PlanetWaves.net)

Fisher Needs A Home...

I’d like to reel in a new home for the new year. People say I’m friendly and inquisitive. I like a lot of attention (but other cats – not so much). I get a kick out of head-butting my human friends. Don’t I sound like I would make a good catch for someone?



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Positively Speaking

Let ‘er Rip!

Saying good-bye to 2013 is such a momentous relief, such an iconic reality of courage and victory, words have seemed simultaneously inadequate and explicitly relevant. Watching it slip away brings no sense of loss. Blech....2013... what an awful year for so many.

Yet, as is the way of life if we let it be so, I will look back on 2013 as one of the best years of growth in my life. The strength I gained and the voice I found and the backbone I developed will be with me, and make possible the accomplishment of more that I am called to do for the rest of my life.

When I made my 2013 resolution to not let anyone waste my time or money anymore, I invited people into my life who valued my time and talents, training and skill, positive attitude and plain speaking observation, and desire to love and be loved extravagantly.

So I find 2014 filled with the option of completing all that I’ve ever started, learning new languages both verbally and musically, fascinated with the ways I might become more articulate as a writer, and smiling at the mere thought of the joyful adventures that these next 365 days will present.

Whatever your resolutions, fitness, sobriety, relationships, the very definition of a resolution invokes a willingness to explore change disentangling and de-enmeshing oneself from a negative and non-nurturing behavior. That process is, of necessity, dramatic and messy.

BUT...and this is a huge ‘but’... what lies underneath and beyond the casting off of the negative is Peace. Inner peace, mental peace, community peace, circumstantial peace. When we are at peace we do not anxiously approach life with duct tape and a hammer trying to make things happen which are not flowing in the most positive vein.

OK...that’s enough heavy stuff.

For small starters, the appetizers of change might be my top ten positive life practices that will under gird any big-ticket change items you might be trying to accomplish. They ground and define daily encouragements to walk on terra firma and not slog through trenches of uneven footsteps.

10. Find a place to hang your keys and always use it. At the start of each New Year, throw out any keys you no longer use or remember to which lock they are assigned. Every time it’s easy to get in and out of the doors of your life, you will remember to live simply and keep only the essential tools at your fingertips. That will transfer to many situations in good and positive ways.

9. Write more words in long hand. It actually will cause your brain to

By Deborah H. Anderson



- grow. Hold pencil or pen between your fingers and put to whatever manner of paper and there is a physical process that increases brain activity that makes a huge difference in your ability to discern and act. Plus, of course, it reinstates the personal and the relational in a way keystrokes can’t.
8. Jump into adventures and opportunities even if you don’t do it very well or finish. We can’t learn if we aren’t willing to do something poorly at first and a good start is beneficial.
7. Be good to your body. It’s the only one you have. Good health is certainly about long life, but more importantly, it allows us to make the most of days we are currently experiencing. To shape a phrase differently, be daily wise and the years will take care of themselves.
- 6.Keep little white lies out of your vocabulary. Half-truths and cover-ups have caused many a tragedy and will tilt your moral compass in the wrong direction. Little truths make True North possible.
5. Ask for help and learn to like receiving it. It reminds us we are humans and keeps us connected. Do your very best, as much as you can, and when you find your limits, ask for help. When someone asks for help, give as much as you can. Sometimes that is doing something for someone. Sometimes that is just showing them how there is more in them than they think there is.
4. Nod your head when the deck hand shows you where to go. Talk to the checker at the grocery store. Smile back when someone smiles. Wave to your neighbors. Complete the conversation. The more we converse, the more we move forward as the human collective.
3. Say thank you to children. It teaches them their contribution to the days of the world is important. It encourages them to do it again.
2. Have the courage to dream and act on those dreams. It keeps us from getting lost in the negatives of our stories.
1. Value yourself. The only way to contribute in good and positive ways is to give out of our best not our baggage. When we value ourselves it also helps us value others.
- Best wishes for a banner, stellar, fantastic 2014 full of healing and dreams and adventures!

Love,
Deborah



Vashon Library January Calendar

Children & Families

Reading Magic with Jeff Evans
Saturday, January 4, 2pm
Held at the Ober Park Performance space, 17130 Vashon Hwy SW, WA 98070.
Family program, all ages welcome. Jeff Evans’ motivational program encourages children to enjoy reading for a lifetime. Students help Jeff return an overdue book and see what makes a library card like a magic wand. Registration not required. Sponsored by Friends of the Vashon Library.

Family Story Times
Tuesday, January 7, 14, 21 and 28, 11:30am
Held at VYFS PlaySpace, 9822 Gorsuch Road SW Vashon, WA 98070. Newborn to age 6 with caregiver. Come for a fun-filled half-hour of stories, finger plays, movement and music!
You do not need to be a member of PlaySpace to attend. Please call the Vashon Library with questions, 206.463.2069.

Teens

Study Zone
Wednesday, January 15, 22 and 29, 3pm-6pm
Grades K-12.
Drop in for free homework help from trained volunteer tutors.

Adults

Opera Preview: Rigoletto by Giuseppe Verdi (1813-1901)
Sunday, January 5, 2pm
Held at Vashon Maury Senior Center, 10004 SW Bank Road, Vashon, WA 98070.
Presented by Norm Hollingshead. Not only is the dramatic story told by music that combines gripping power with imperishable tunes but also, for the first time, Verdi’s huge heart was revealed to his public. In Rigoletto, music and drama combine in a way that has captured the heart of opera audiences for more than 160 years. Don’t miss it!

Great Books Discussion Group
Selected Poems by John Keats
Monday, January 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.

Vashon Island Parents Read: The Whole Brain Child
Thursday, January 9, 7pm
Held at Vashon Youth and Family Services PlaySpace, 9822 Gorsuch Road Vashon, WA 98070.
Join the Second Annual Vashon Island Parents Read community reading program! This year read and discuss The Whole Brain Child: 12 Revolutionary Strategies to Nurture your Child’s Developing Mind by Daniel J. Siegel and Tina Payne Bryson. In this pioneering book, Daniel J. Sigel, neuropsychiatrist and author of the bestselling Mindsight, and parenting expert Tina Payne Bryson offer a revolutionary approach to child rearing with twelve key strategies that foster healthy brain development, leading to calmer, happier children. Copies are available for checkout at the

Vashon Library.
Registration not required.

Start to Fitness
Evaluating Diets: What Science Says about Trendy Diets like Paleo, Wheat Belly & Gluten Free
Saturday, January 11, 2pm
Held at Vashon Senior Center, 10004 SW Bank Road, Vashon 98070. Presented by Washington State Academy of Nutrition & Dietetics. Learn how to evaluate a diet. Discuss popular myths and fad diets as well as the scientific evidence for how diets work.
If you’re resolved to begin the New Year with a more active, healthy lifestyle, it’s easy to get started at your library. Throughout 2014, find ideas, inspiration and tips on simple ways to add more movement and healthy options to your life through the new adult series, Start to Fitness. www.kcls.org/fitness

Computer Class: Email Level 1
Monday, January 13, 10:15am
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.
Register online or call 206.463.2069 for assistance.

Computer Class: Email Level 1
Monday, January 13, 12:15pm
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.
Register online or call 206.463.2069 for assistance.

Free ESL Classes
Thursday, January 23 and 30, 6pm
Learn how to speak, read and write in English. Free weekly lessons, beginning to intermediate level, taught by an ESL Instructor. Classes are held in the library.
Call 206.463.2069 for more information.

Intensive Grantwriting
Saturday, January 25, 10am-3pm
Held at the Vashon-Maury Island Land Trust Building, 10014 SW Bank Road Vashon, WA 98070.
Learn the art of grantwriting to win financial support for your charitable cause. This full day workshop will provide you with a hands-on opportunity to draft a full grant proposal and learn how to research viable prospects for their cause. Registration required and workshop is limited to 30 participants. Please register online starting January 4 at www.kcls.org or call 206.463.2069.

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Island Epicure



By Marj Watkins

Holiday Leftovers

Some of us were still holding packets of diced or shredded Thanksgiving turkey meat when the remains of a Christmas bird demanded attention. If that’s what’s taking up a lot of space in your freezer, these ideas for deliciously creative dishes that will incidentally free up some space could prove useful, healthful, and nutritious.

- Turkey Tetrazzini
- Preheat oven to 350
- 4 or 5 servings
- 1/2 pound linguini or spaghetti
- Drizzle of olive oil
- 1 to 1 1/2 cups diced or shredded turkey or chicken meat
- 1/2 pound mushrooms, cleaned and sliced
- 1 Tablespoon olive oil
- Sauce:
- 2 Tablespoons butter or olive oil

- 1 1/2 Tablespoons flour
- 1/4 cup boiling water
- 1 cup whole milk or 1/2 cup 2% milk plus 2 Tablespoons cream
- 1 Tablespoon dried onion flakes, optional
- 1 teaspoon dried tarragon
- 1/2 teaspoon salt
- Top: Grated Parmesan Cheese

Cook the pasta according to package directions. Drizzle and toss with a little olive oil so it won’t stick together. Reserve. Sauté mushrooms in oil. Skim from pan with slotted spoon. Reserve. Adding a little more olive oil as needed, or melting butter in pan, stir-cook the fat and the flour until the flour changes color. Add the onion flakes if using. Pour in the boiling water, stirring until you have a smooth, rapidly thickening sauce. Add the tarragon. Thin the sauce with the milk. Stir half the sauce into the meat and the mushrooms and the other half into the pasta. In a baking dish layer half of the pasta/sauce mixture, then the meat/sauce combo, then the other half of the pasta/sauce mixture. Top with grated Parmesan. I leave the amount to your taste. Bake until the mixture is reheated through and the cheese melted. Serve with a tossed salad and a vinaigrette dressing.

Road To Resilience

Continued from Page 1

to live their lives that they are ready to make one of the biggest investments in their life to pursue it. The old view, that farming is a dirty, smelly business best interfaced at the grocery store, is being challenged by what Francis Moore Lappe calls eco-mind, that is, “looking at the world through the lens of ecology.” “An eco-mind thinks:

- less about quantity and more about quality,
- less about fixed things and more about the ever changing relationships that form them
- less about limits and more about alignment
- less about what and more about why
- less about loss and more about possibility”

Thinking in this way leads to an awareness of how the world works, and to a realization that, by pursuing our old way of thinking, we have been shooting ourselves in the foot. It’s cooperation, not competition, sharing, not greed, openness, not secrecy, diversity, not centralization, and balance, not domination that have characterized and safeguarded the health and well being of the natural world for billions of years. It is the paradigm that we are finally beginning to see the wisdom of and our need to adopt its strategies.

We don’t know how to convince ourselves that reality can be that malleable: that a change of heart can actually change the world. However, much like the way a baby learns how to speak without a concept of speech to begin with, we seem to be getting the picture on a grand scale. In Paul Hawken’s book, “Blessed Unrest”, he documents a movement that is old, world-wide, has no founder, no central ideology, that cuts across class, ethnic, and cultural boundaries. It is now spreading like wildfire. “A shared understanding is arising from many places, but primarily from three main sources: indigenous cultures, the environmental, and social justice movements. It is a movement that is about much more than human happiness and welfare; it recognizes the wisdom, authority, and rights of Nature itself, and the wisdom of our deference to its laws.

Hawken says there are a minimum of 135,000 organizations in this movement that, if scrolled like movie credits, would take more than three days to view. If we have been calling for a miracle to save us from our folly, this may be it. A miracle, after all, is a gift that is bestowed mysteriously, like the miracle of life itself. The gift we are receiving is a gift of awareness, to which our natural response is to act in a way that heals rather than destroys. “The hero has arrived and she are us!” As each of us begins to make common sense decisions based on that awareness, we can transform the world just as a field of clover responds on cue and fills a field with color.

Please don’t take this as a sign that you can rest on your laurels. This is a call to action, though joyful and productive action. But take heart, there are millions, maybe a billion, of us ready to take the leap.

Comments?
terry@vashonloop.com

A Better Way to Strong Bones

By Kathy Abascal

Most of us think that by getting enough calcium and vitamin D we will maintain healthy bones as we age. In this country, a woman over 50 or a man over 70 is told to get at least 1200 mg of calcium a day from diet and/or supplements to prevent bone thinning. Women on certain types of breast cancer treatments take 1000 mg of calcium and 400 units of vitamin D to prevent drug-induced osteoporosis. Younger people are also told to get at least 1000 mg of calcium daily.

In my TQI Diet class, however, we review an ever-increasing number of studies that indicate that our approach to osteoporosis is wrong. These studies strongly suggest that the recommended amounts of calcium do not protect against osteoporosis but instead increase the incidence of hip fractures, kidney stones, and serious heart problems. Despite decades of advice to get plenty of calcium, osteoporosis is common in the Western world and hip fractures in postmenopausal women is expected to rise over 50% by the year 2025. This is referred to as the calcium paradox: Hip fractures are higher in countries where calcium intake is higher. At least 40% of women and 15-30% of men in these countries will sustain one or more fragility fractures in their remaining lifetime. The biggest problem facing those with osteoporosis, however, is not bone breaks. Instead the real risk of osteoporosis is that it increases your odds of dying from heart disease. It appears that the more calcium you get, the worse for your heart.

I recently came across this prophetic warning from a 1997 study: “Since we now know that most deaths in people with osteoporosis relate not to the bone but to the cardiovascular system . . . measures simply directed to improving overall calcium status without ensuring that calcification is taking place in bone and not in arteries or kidneys have the potential to do more harm than good.”

It turns out that when we focus on calcium rather than on a healthy diet, we end up absorbing less calcium and end up excreting more calcium than expected – none of which is good for bone health. And then much of the calcium that gets absorbed ends up in our arteries and kidneys instead of in our bones. Today research that began in the 1930s is gaining prominence: To improve both our heart and our bone health, we must get adequate amounts of essential fats. And most Americans need to work on getting their essential fats for many other reasons as well. It’s an area that we do poorly in.

Essential fats come in two groups: Omega 6s and omega 3s. Both are critical components of our diet and should be eaten in balance. The typical American, however, gets too many 6s and does not get enough omega 3s. This imbalance results in inflammation that damages health. So, we need to change our diet to increase the



Kathy Abascal is a practicing herbalist, teacher, and writer. After spending some of her early years in Sweden, she went on to obtain a degree in neurobiology with minors in biochemistry and French from the University of California, Berkeley.

presence of omega 3s. Foods with a natural, inherently good ratio of omega 3 fats are wild fish, leafy green and cruciferous vegetables, most green herbs (basil, sage, etc.), most berries, walnuts, flax, chia, and hemp along with their oils. A recent study compared a standard American diet with a diet richer in healthy omega 6s and another diet richer in healthy omega 3s. The omega 3 diet (rich in walnuts, walnut oil, and flax) significantly reduced measures of bone destruction. This study was important because it was well designed and also because it strongly suggests that we can protect our bones with a diet rich in plant omega 3s, something that has long been questioned.

In addition to eating a balanced diet rich in omega-3s, we need to quit doing things that weaken our ability to process our omega 3s: This involves limiting alcohol, avoiding too many saturated fats especially combined with too many simple sugars, avoiding trans fats, corticosteroids, eating a diet that reduces or eliminates the need for acid reflux medications, and not smoking. Add enough weight bearing exercise and vitamin D and it appears that osteoporosis would be a thing of the past.

Ultimately, bone health is complicated and is made much more complicated by the number of studies that compare apples with oranges. Few compare healthy diets with other healthy diets. Instead, for instance, a study on the effect of saturated fats on bone did not compare diets high in cholesterol with healthy diets low in cholesterol, even though cholesterol is our most common form of saturated fat. Instead, they fed roosters palmitic acid (a saturated plant fat) and compared them to roosters fed alpha floc cellulose, not something most humans eat. As a result many questions pertaining to bone health remain unanswered.

Ultimately, no one has an unassailable, evidence-based calcium recommendation for us. Instead, while waiting for these important issues to get sorted out, we should eat a balanced diet filled with leafy greens, pestos made with walnut oil, berries, and some wild fish for those so inclined.

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Vashon Allied Arts Family Series 2014

By Justin Huguet

Entertaining and engaging shows for the whole family
Family Series 2014 welcomes an exciting lineup of entertaining and engaging shows to the VAA stage. All three performances will appeal to families and their children in grades K-5 and include interactive components with audience participation.



On January 18, Broadway Center for the Performing Arts invites children to join in an American story with *Becoming Bridges*, a multimedia theatrical journey that brings the words of Dr. Martin Luther King Jr., Langston Hughes and many other influential authors, poets, activists and human rights pioneers to life. This performance includes music, songs, video elements and a post-show question and answer session.



Caspar Babypants will play clever and quirky music for all ages on February 8, featuring songs from his new album, *Baby Beatles!* Many parents of the '90s nostalgically know Caspar Babypants as Chris Ballew from Seattle's alt-rock group The Presidents of the United States of America. This performance is sure to be a hit for both young and older audiences.



Finally, on March 8, families can travel along with young protagonist Milo on his imaginative journey in *The Phantom Tollboth*. Book-It Repertory Theatre's adaptation of Norton Juster's novel inspires an interactive relationship between audiences and literature, and presents a fun and engaging portrayal of a favorite childhood classic.
Vashon Allied Arts recently surveyed families to ask what they want out of the Family Series experience. Thank you to the many families who participated – your input was taken into consideration when selecting and scheduling this season's performances. Each upcoming show will be on Saturday with a curtain time of 10:30 am. VAA would also like to thank our sponsors, 4Culture, Artsfund, R.O. Enterprises, Inc. and Vashon Thriftway, whose support makes it possible to keep our ticket prices affordable for families to attend quality, professional performances.

Share The Stage Event

SHARING THE STAGE is a dynamic music series on Vashon Island. Top name headliners play the island in professional venues...and high school band are the opening act!

Tangerine, a Seattle-based alternative pop band, is coming to Vashon Island January 10, 2014 for the seventh show in the Sharing the Stage concert series. Student musicians from Vashon Island High School will open for the group bringing Vashon Island's residents together to focus on teens and young-adults and their musical interests.

The opening high school musicians will be Monday Night Jazz Band, Isaiah Graham Hazzard, Kate Atwell & Mallory Breen, Two Dime Icebox, and 10 Cent Time Machine.

Rob Bordner and Fred Strong, parents of VHS alumni, formed Sharing the Stage with teacher Harris Levinson in 2009, and they produced their first show at the Red Bicycle in April 2010. The three partners wanted to provide a way for students to express themselves musically, creatively and freely. They also wanted to foster meaningful mentorships; student acts have received help from love local musicians Ian Moore, Van Crozier, Jacob Bain, and Dominic Wolczko. This year, Richard Montague and his marketing class at VHS have provided talent, energy, and impressive skills to publicize the show.

Marika, Tangerine's lead singer and co-founder, shared that she and her band members, "wished that their high school would've had a [Sharing the Stage]"series. She said she feels this is "a cool opportunity for kids" with an interest in the arts to come together and share the stage with their band. Marika's sister Miro, Tangerine's drummer, added that Sharing the Stage "provides an alternative to musicals" in schools.

Headlining acts loved the idea of student opening acts, too. Sharing the Stage has previously hosted rock, hip hop, and jazz shows, with Visqueen, Macklemore, & Ryan Lewis, Thomas Marriott, Blue Scholars, The Wellingtons, Kublakai, and The Physics. In fact, Macklemore actually came out from back stage to enjoy the student opening acts when he performed on the island three years ago.

Tangerine's most recent music video "Feel This Way," features Malika, Miro, Toby (rhythm/lead), and Ryan (bass). The group invited about 40 of their friends to a location in North Seattle for the video production of "Feel this Way."

Influenced by the music they listen to "from hip hop to world music," the band members were all drawn to music from a very young age. Tangerine provides feel-good tunes that they described as "heart music, not head music: listen to it, enjoy it, don't worry about it."

Sharing the Stage presents Tangerine on Jan. 10, 2014 at the Red Bicycle Bistro & Sushi



at 7:00PM. Students will pay \$5 with ASB and \$10 without for a groovy experience. Tickets will be at brownpapertickets.com.

Our SHARING THE STAGE series is for both youth and adults, and pairs professional musicians with student and youth openers from Vashon Island. Our list of shows:

- 2010, Visqueen, rock show
 - 2011, Macklemore& Ryan Lewis, hip hop
 - 2011, Thomas Marriott, jazz
 - 2012, The Blue Scholars, hip hop
 - 2012, Zac Anthony & Kate Goldby ,The Wellingtons, rock
- Vashon Productions, LLC, is NOT making a profit on these shows. Our budgets count on sponsorship tickets due to substantial costs for venue rental, insurance, and supplemental sound equipment. Your

sponsorship support (at any level) is always greatly appreciated, and sponsors will be acknowledged on a poster at our shows.

Our shows welcome all ages. Strict enforcement of our NO DRUGS, NO ALCOHOL policy ensures a safe environment for everyone. Security is provided by off-duty King County Sherriif's Department officers and off-duty Vashon Firefighters. Refreshments will be available for sale.

For more info, contact:
- Rob Bordner: rbordner@gmail.com TWO ZERO SIX /669-5160
- Fred Strong: fstrong98070@gmail.com
- Harris Levinson: harrisbey@gmail.com
www.facebook.com/pages/Sharing-the-Stage/165946960126730

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Sunday Social Hour with The REV!



Our autumn social hour had folks on their feet, clapping and singing and hootin' and hollerin' with joy. And so now, as a new year rolls into our lives, it's time! For an all-new Social Hour courtesy of the one-and-only REV!

The REV says:
"Let's hear it for New Beginnings! 'Cuz we all gonna be hearin' lots about that in words an' in music on Jan 12. An' who gonna be there? Well, YOU are! An' beyond that we got Michael Meade, Sarah Christine, Jeff Hoyt, Dianne Krouse, Kevin Joyce, Jason Staczek, Azula, Gregg Curry, Chaz Reed, Fletcher "Dr. Drum" Andrews, AND..... a song from a talented an' inspiring young singer named Anelaya! Plus, more guests revealed soon! All these fine folks joinin' together to offer up somethin' moving and inspiring -- that's special, yes it is. Just like Vashon! I hope everybody

comes out to get a good dose of some vitamins for the spirit, heh-heh. Yeah, vitamins for the spirit!"

Sunday Social Hour is part of a new series at Open Space, Sundays at 4 - supported in part by a grant from 4Culture. Future Sundays at 4 events include Sunday Swing with The Portage Fill Big Band, a new magic and poetry show from Tom Pruiksma, and more!

For more information, visit www.openspacevashon.com or call (206) 408-7241.

Sunday, January 12, 4pm
Doors open at 3pm for socializin'
Tickets \$10 in Advance, at Vashon Bookshop and <http://www.brownpapertickets.com/event/542564>
\$12 at the Door
No one turned away for lack of funds!

Ian Moore

Continued from Page 1

vibe present in music from artists like Wilco, Son Volt, Lucinda Williams, Ryan Adams, Iris Dement and others. Multiple harmonies, driving guitar lines and soaring lead instrumentals punctuate good stories and strong melodies. The FieldHands incorporate local flavor and imagery in their lyrics. They write songs about love, friendship, journeys, the road beneath their feet and the water that surrounds us. Their brand new CD is amazing, get one at this show while you still can!

A word about this show....you all know what an amazing performer Ian Moore is and if you've seen his shows at the Red Bike, you know how quickly they sell out. Combine that with the fact that

The Fieldhands are also on this bill....it's going to be one helluva show. There are basically only 100 tickets to this show.... it's going to be spectacular, so don't be left out in the cold!

Tickets available in person at the Red Bicycle or online at Brown Paper Tickets here: www.brownpapertickets.com/event/528843.

Saturday, January 4 at 8pm. This is a free cover all-ages show 'til 11pm, then 21+ after that. \$12 Cover.
At the Red Bicycle
17618 Vashon Hwy SW
206-463-5590
www.redbicyclebistro.com

Rippin' Chicken

Formed from deep within the Westsound Union, Rippin' Chicken plays a greasy brand of funky, bugaloo and soul jazz, executed with creative ease by 3 funky brothers from different mothers who LOVE to play together.

After performing and recording together for the better part of a decade in groups such as, The Funk Revolution, The Lucky Mystery Now Orchestra, and The Bucks (all under the direction of the great Lucky Brown), Rippin' Chicken presents this power-house rhythm section as the center of attention, playing the music they wanna, in a style that is all their own. "

A soul-food Organ trio gone Rippin'
Saturday, January 18 at 8:30pm. This



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

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50 Sense Circus

In the tradition of circus, the 50 Sense Circus will bring you thrills and chills with daring acts of skill and ingenuity...but not by ingénues. These powerful performers are in their middle years (40 to late 50's!) and they will be rocking it with depth of character! Set in the circus ring at Open Space for the Arts and Community, audience members will be treated to a hybrid theatrical circus with triple trapeze, dervish Spanish web spinning, intricate falls on tissu, and banshee-like bungeeing. Not to mention sideshow acts of accordion expertise, strip tease, spoken word, oracle conjuring and roller skate conquering. These seasoned performers have inventoried the stories they've been told and are ready to give you their 50 cents on life and death, courage and fear, abundance and scarcity through sneaky deep comedy, visual poetry, and a 50 item "To Do" list. This is a journey led by women in the deep strength of their performing years, who aren't afraid to let you know that the real price of admission to a great life is the admittance that you are more powerful than you imagine!

Theater maven, Tina La Padula directs the crew that includes, Martha Enson (Enjoy Productions, Teatro Zinzani), Janet McAlpin (UMO Ensemble, Open Space for the Arts), Leah Mann (Lelavision), dancer Sumayya Diop and poetess Storme Webber. The show will be under the musical direction of Linda Severt (Juggletunes, Room Circus). The



band features Amy Denio (Spoot Music) and Marchette DuBois. With invited guest acts including Aviatrix, The Silk Worms, Bohemian Acro and more! Open Space for the Arts, Lelavision and Enjoy Productions are producers of this phenomenal production.

Saturday, January 18 @ 8pm, Sunday, January 19 @ 4pm. Open Space for the Arts, 18870 103rd Ave SW, Vashon, WA 98070

Admission \$15 adults, \$8 children/seniors. Brown Paper Tickets: www.brownpapertickets.com/event/539357, Vashon Book Shop. \$17 adult, \$10 children and seniors @ the door.

Doors open 30 minutes before show time for live interactive sculpture!

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... BUT NO ONE ATTENDED.

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