

## True Value Becomes an Ace

On December 27, True Value Hardware, the hardware store and service center will become an Ace Hardware.

“As times change, you have to change with them to remain relevant,” said John Yates, a co-owner of the business. “Ace gives us a better opportunity to keep our business strong.”

“The decision has been a long time in the making, as Ace Hardware has been talking to us for more than a decade. In the past year, we took the idea more seriously and made the final decision in October.” Yates said.

Ace Hardware is a strong company with a strong vision for growth and solid programs to assist retailers, Yates and Snyder said, while True Value has struggled in recent years. Both companies are member-owned buyers’ co-ops, and Ace, as the stronger, larger company, has a little more buying power than True Value. Ace also advertises nationally and locally, which True Value has not done in many years, making the Ace brand more recognizable. This brand recognition factor could help sales some, but Yates said on Vashon, that likely will not matter a lot.

Vashon True Value first opened in 1977 by Al and Laura Snyder. Since then, the store has grown considerably, with the Service Center providing repair and service for mowers and other small gas engine machines.

“Our goal is to maintain our strength as a viable, Vashon business,” Yates said.

Although the last day for True Value will be Dec. 27, It may take longer to change the signage.

Early in the new year, the store will do some remodeling, including installing all new shelves, as many of the current shelves are as old as the store. The interior work will take about three weeks, and the store will maintain its regular hours throughout the process. The new layout will allow for an extra aisle, Yates noted, enabling the store to carry additional products in many of its departments.

Beyond the store’s new look, customers will find the same types of items, though many will be made by different companies.

Some of the brands that the store will carry will be quite familiar to people, Yates said, as Ace Hardware has developed partnerships with companies with well-known brands. As Ace, for example, the store will carry such stalwart brands as Sears’ Craftsman tools and DieHard batteries, Valspar paints and Husqvarna products. The store will also carry a large selection of Ace’s own products, including Ace paint, which was ranked number one in Consumer Reports last year.

Customers will likely see True Value products on the shelves for awhile; the store owns the products and can sell them to customers or to another True Value, Yates said, noting those details have not yet been sorted out. Ace products will be available after the first of the year.

## VoV Alert Team is Seeking Volunteers



*The VoV Emergency Alert Team are Jeanne Dougherty, Leila Khatapoush (front row) and Susan McCabe, Michael Golen-Johnson, March Twisdale, Luke McQuillin, Jane Slade (back row). Photo from the Glamorous Alert Team video by Jeff Dunncliff*

**By Richard Rogers**

If you’ve ever seen one of the blinking yellow lights around the island and tuned to 1650AM to hear a ferry alert, or read about a big storm on Voice of Vashon’s Facebook page, then you can thank members of the VoV Emergency Alert Team.

Alert Team volunteers rotate their 24/7 emergency watches every week. They get bulletins from King County Roads, King County Metro Transit service, Washington State DOT, Vashon-specific weather, Amber Alerts and Puget Sound Energy. These sources provide valuable information pertinent to Vashon-Maury Island traffic and safety.

Team members send their reports via an electronic system to VoV’s website, Facebook page and VashonALL. Then they announce them on 1650AM radio when necessary and the alerts are often shared on KVSH-FM as well. For the AM broadcasts, team members dial in to a recording device housed at the VoV studios that transmits their recorded report to the AM station and automatically turns on the flashing lights at each of the four signs on Vashon and Maury Islands. 1650AM Alerts are now available on the VoV smartphone app where listeners can also hear KVSH 101.9FM shows.

Alert Team volunteers are trained to broadcast live at the VoV studio in the

event of a serious emergency like a major storm, earthquake or terrorist attack. These broadcasts are coordinated with the Emergency Operations Center and VashonBePrepared.

There are currently seven volunteers with Voice of Vashon’s 1650AM Alert Team. Luke McQuillin is the Team Leader; Jane Slade is a busy mother of two; Jeanne Dougherty is a VoV founder and long-time volunteer, semi-retired actor, Morning Scramble rambler and grandma; Michael Golen-Johnson is also a VoV founder, volunteer KVSH recording engineer and works off island for BECU as a tech trainer; March Twisdale is an Island community activist, author and show host for KVSH’s Prose, Poetry & Purpose; Leila Khatapoush is an Island entrepreneur and maker of kambucha; and Susan McCabe is VoV’s Station Manager, Wednesday Morning Scramble show co-host, minister and freelance writer.

The group recently made a humorous video to recruit new Alert Team members to support this important community service – a bigger team is a more efficient team. All you need is a desire to serve our community and a smart phone.

Watch the video and learn more about joining the VoV Emergency Alert Team at [VoiceOfVashon.org](http://VoiceOfVashon.org) or write to Team Leader Luke McQuillin at [luke.mcquillin@voiceofvashon.org](mailto:luke.mcquillin@voiceofvashon.org).

## The Road to Resilience Cycles

Inherent in the recognition and celebration of the darkest time of the year is the return of the light. Our confidence in the promise of the winter solstice is reflected in the birth of Christ, the miraculous Hannukah light that carried us through the dark time, the reinforcing of community ties of Kwanzaa, and personal resolve to reinvent ourselves in our New Year’s resolutions. Individuals, events, and even institutions begin and end, but others of similar nature begin again and again in endless cycles.

Cycles come in all sizes, from the almost instantaneous birth and death of a subatomic particle to the lifetime of the universe, whose demise and rebirth we will have to take on faith for the next few billion years.

Ecological communities, as well, pass through a succession of states leading to a climax state that eventually gives way to a new cycle. The initial pioneering phase appears in an area that has recently been swept clean by landslide, fire, bomb blast, clearcut, Walmart store demolition, or whatever. Pioneers are highly invasive, fast growing annual weeds that actively gain or cede ground over the first few years. You know them as the ones that take over your newly turned garden beds. If left alone, herbaceous perennials

**By Terry Sullivan,**

will move in and shade out the weeds, and animals will fill available niches. In some instances, perennial grasses of this stage will become the climax inhabitant, but in most others, larger and longer-lived trees move in to eventually create a climax forest. Differing environments will result in climax communities with countless combinations of species.


While the pioneering phase is short lived and chaotic, the climax stage is a stable, highly organized, efficient, and specialized community of species. The climax stage is the last stage of succession and is followed by the demise of that community and the birth of another. The climax system may continue essentially unchanged for thousands of years, but its fatal flaws are built in from the start. In the pursuit of efficiency, climax systems eliminate redundancies and specialize different functions. These are its fatal flaws. Specialization and the elimination of redundancies make all the species contributing to the viability of the system heavily interdependent. The system has lost much of its resilience. This means that a single disease, pest, or act of nature that destroys one member in the system might bring down the system as a

*Continued on Page 7*


## Live Local Weather [www.VashonWeather.com](http://www.VashonWeather.com)

The Vashon Loop has installed three weather station on Vashon Maury Island. Each weather station transmits it’s weather information to [www.wunderground.com](http://www.wunderground.com), [www.pwsweather.com](http://www.pwsweather.com) and Weather bug Back yard. The easiest way to view the weather information is to go to [www.vashonweather.com](http://www.vashonweather.com). Live weather information is also used on the [www.vashonloop.com](http://www.vashonloop.com) website and its sister site [www.vashonnews.com](http://www.vashonnews.com). Weather station locations are, Vashon Loop home on Gorsuch rd, Voice of Vashon at Sunrise ridge and Maury Island at the 3 towers with the sheep in the field. The best way to learn about each weather station is to find them on line, where you will find more Island weather stations.

Find out how much rain Vashon Maury Islands get and how gusty the winds are on Vashon’s new weather site [www.vashonweather.com](http://www.vashonweather.com).



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All of us at Windermere Vashon wish you peace & happiness this holiday season, a very Merry Christmas & Happy New Year!

*From your Windermere Team*

Dick Bianchi	JR Crawford	Beth de Groen	Dale Korenek
Linda Bianchi	Connie Cunningham	Rose Edgecombe	Kathleen Rindge
Heather Brynn	Cheryl Dalton	Paul Helsby	Sophia Stendahl
Sue Carette	Nancy Davidson	Denise Katz	Deborah Teagardin

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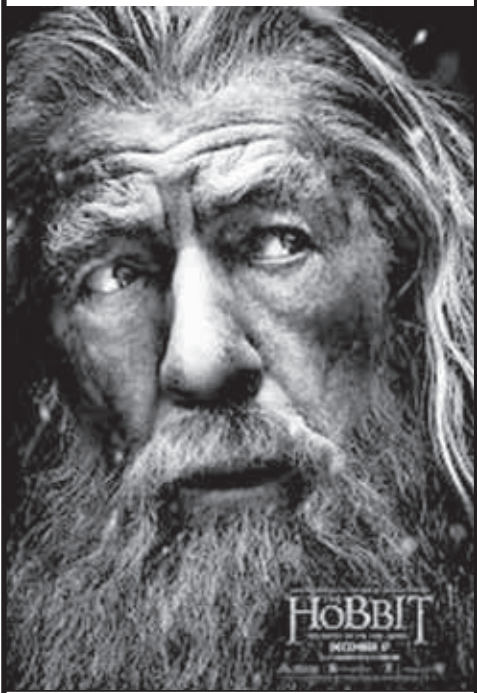
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It's A Wonderful Life, December 21 @ 4pm.

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Next Edition  
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Comes out  
Thursday  
January 8

Deadline for the next  
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Friday, January 2



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**PUBLIC WELCOME !!**

# 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](mailto:editor@vashonloop.com). Photos are welcome as jpeg or pdf attachments.

### VCC Caregiver Support Group

Vashon Community Care will host a Family Caregiver Support group open to all family caregivers in the community. It will take place the first Thursday of each month from 7-9 pm. Contact [cara.aguilera@providence.org](mailto:cara.aguilera@providence.org)/ 567-6152 with questions.

### Sign up for Health Insurance

Open enrollment is upon us for renewing or signing up for health insurance under the Affordable Care Act. King County people will be on Island Wednesday December 17th at Food Bank from 10:30-1pm and at the library from 2-4:30pm The Vashon Volunteer Group will be having sign up days as well. Those will be at the library during the following days: Sat Dec 20th 10:15-1:15pm Sat Jan 10th 10:15-1:15pm King County people will be here on Wednesday December 17th: at the Food Bank from 10:30 - 1pm and then at the library for the afternoon from 2 - 4:30pm.

### Improv Workshop

Have you always wanted to play around with Improvisational Theater? Join an ongoing Improv workshop Monday nights 7-9 pm at Open Space for Arts and Community! Novice / some experience/ expert "improv"er ~ All are welcome. The environment is safe and welcoming. (It's not about coming up with funny or clever lines. It's more like jumping off a cliff onto a soft pillow of laughter. The next day you'll likely wake up laughing) Potential involvement in performances is optional. \$40 per month. Contact Michael Barker at [lavidaverde51@gmail.com](mailto:lavidaverde51@gmail.com) or 206 321-5732 for details.

### Dance & Sing & share a joyous smile

Just two days after Christmas & from all 'cross the Isle. We come together to Dance & Sing & share a joyous smile.... Come join us as we Dance to send Peace into the world The Dances of Universal Peace are simple easy dances from many spiritual traditions Led by Rifaat Osborne and Friends Saturday December 27th 3:00 pm to 4:30 pm dance 4:30 pm potluck Vashon Intuitive Arts 17331 Vashon Hwy SW, Vashon, WA 98013 Between Giraffe and Pandora's Box on Vashon Hwy Donation appreciated but not required

**Get In The Loop**  
**Send in your Art, Event, Meeting**  
**Music or Show information**  
**and get included in**  
**The Vashon Loop.**  
**[Editor@vashonloop.com](mailto:Editor@vashonloop.com)**

*Find us on Skype*  
**Vashon Loop**  
**206-925-3837**

*Make a date with Vashon!*  
**[www.VashonCalendar.com](http://www.VashonCalendar.com)**  
**Vashon Library Events**  
**Art & Music Events**  
**Submit your Event on line at**  
**[www.vashoncalendar.com](http://www.vashoncalendar.com)**

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### Vashon Social Dance Group Monthly Dance & Lesson

SATURDAY December 20, 2014  
Vashon Social Dance Group Lesson & Dance  
Ober Park Performance Hall - 17130 Vashon Hwy SW (Vashon Park District Office Building)  
Saturday December 20, 2014  
7:00 - 8:00 pm Waltz Dance lesson  
Lesson with Candy and someone willing to assist...  
8:00 - 9:30 pm Dancing to deejayed music provided by Me  
No partner needed. Come and bring anyone interested in dancing!  
Suggested donation: \$10 for either or, both lesson and dance  
No one turned away due to lack of funding. Join Us!  
Hope to see and dance with you then.

### Play crystal singing bowls



Play crystal singing bowls for the Winter Solstice Global Harmonization Ceremony from 10:00 AM - 12:00 noon, Sunday December 21. This gathering will be held at Marjesira, 25134 Vashon Hwy. All are welcome. We will be synchronized with many Circles of Sound around the world, playing with the intentions of harmony, compassion, joy, unity, love, and acceptance for all beings. Call Jacqui 206-715-8074 for information.

### Christmas dinner

On Christmas Eve., December 24, the Jewish community will cook and serve a special Christmas dinner to anyone who shows up. It will be held in the recreation room (downstairs) of the Episcopal Church of The Holy Spirit. The address is 15420 Vashon Hwy. SW. The doors open at 5:30PM. We hope to see many people there. If you have any questions, please call 463-7216.

### Vashon Island Community Church Christmas Eve Service

Vashon Island Community Church. Christmas Eve Candlelight Service. Wednesday, December 24th at 7 PM  
There will be a wonderful family friendly program celebrating Jesus' birth. We would love to have you join us!

### Ebola relief efforts

Medical supplies and financial offerings to combat West Africa's Ebola epidemic will be dedicated at a Christmas Eve candlelight service at Vashon Presbyterian Church December 24, 10 p.m.  
The church is requesting donations of packaged, medical-grade gloves to join a container-load of supplies bound for Liberia . VPC's sister congregation, Mercer Island Presbyterian, and its mission partner Trans-Continental Ministries, a Liberian-American congregation based in Kent, have secured free shipping for multiple container loads of badly-needed supplies, arriving in Monrovia monthly.  
There will be an opportunity in the service for participants to connect with their African neighbors in a tangible way, holding boxed gloves and praying for those who will be wearing them and for those who will be touched. Pens will be provided for those who wish to write prayers and encouragements directly on the boxes.  
The service's monetary offering will go to Doctors Without Borders/Médecins Sans Frontières (MSF). MSF helps people worldwide where the need is greatest. In many locations in West Africa MSF is the sole provider of medical care for those suffering from the Ebola virus.  
Please contact the church office at 463-2010 if you wish to donate gloves or have any questions.

**Joanna Gardiner**

Loving care for animals,  
plants and homes

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# Dow Constantine tours Vashon Schools



Pictured from left to right Riptide Newspaper staff Lilly Hennessey and Sara Rada, King County Executive Dow Constantine, Vashon High School Student Body Presidents Daniel Green and Benjamin Stemer. Photo taken by: Mary Kay Rauma

By Mary Kay Rauma

On December 3rd, Vashon Island School District Superintendent Michael Soltman hosted King County Executive Dow Constantine for a tour of schools, meetings with principals, and a “round table” discussion with District leaders that included students. Topics that were a focus of discussion included: funding for mental health and suicide prevention

services; early intervention services; expansion of early childhood programs; funding for alternative education; and capital improvements to athletic facilities. Constantine shared lunch with members of the Riptide staff and the Vashon High School student body presidents to whom Constantine related stories of his time as Student Body President at West Seattle High School.

# Congratulations to the 2015 Vashon Artists in Schools Grant Recipients!

**Awarded Teachers:** Nancy Herrington, Chris Muller, Holly Boyajian, Tara Brenno, Esther Morrison, Sarah Hamill, Aristy Gill, Samantha Hirman, Frank Daniels, Kelly Brynn, Barron Steffen, Geri Wilson, Joleen McCauley, Glenda Berliner, Colleen Sweeney, Sara Filanoski, Patty Gregorich, Tim Heyford, Karen Stendahl, Julie Jaffe, Carolyn Zikes, Jennifer Martin, Siobhan Avolio-Toly, Stephanie Detwiler, Katie Lewandowski, Harris Levinson  
**Artists In Residence:** Tom Pruiksma, William Jarcho, Ray Pfortner, Martha Enson, Living Voices, Kaj Wyn Berry, Bill

Seago, Mik Kuhlman, Ivonne Kommer, Liz Lewis, Leah Mann, Ela Lamblin, Geri Siebert, Barbara Gustafson, Christine Juarez, and Lauren Boyajian  
Vashon Artists in Schools (VAIS) is a collaboration between Vashon Allied Arts and Vashon Island School District, pairing professional artists with teachers and students (k - 12) for meaningful, curriculum based arts learning. Funding for VAIS is provided by the Washington State Arts Commission/ ArtsWA, Vashon Partners in Education (PIE), Parent Teacher Student Association (PTSA), and private donors.

# Drama Dock’s Spring Production~John Patrick’s “The Curious Savage”

The Curious Savage, written by John Patrick, is a comedic play about Ethel P. Savage, a woman whose husband recently died and left her ten million dollars. Contrasting the kindness and loyalty of psychiatric patients with the avarice and vanity of “respectable” public figures, it calls into question conventional definitions of sanity while lampooning celebrity culture.  
Directed by Michael Barker  
Performances at the Vashon High School~ March 13-15 and 19-22

from 2pm to 5pm and Jan. 4, 2015 from Noon to 3:00pm  
Cast:  
6 women ages range 20-70  
5 men – age range 20 -70  
also looking for a production team

A complete script is available in PDF format as of December 15th, 2014.  
Email Michael Barker at [lavidaverde51@gmail.com](mailto:lavidaverde51@gmail.com) and request for a copy by e mail.  
The Vashon Library has two copies of the script at the front desk available for review.

Auditions:  
McMurray Band Room Dec 28, 2014

# Winter Tales: Art by Jane Valencia

Friday, January 9, 2015 – 6-9PM.  
First Friday Gallery Tour Opening. VIA – Vashon Intuitive Arts, 177331 Vashon Highway SW, Vashon, WA, 206-463-0025. Enter an enchanted realm in this showing of reflective and magical art in watercolor and colored pencil drawings and fanciful photographs. Show exhibits throughout the month.

An artist who is also a harper, storyteller, and nature teacher, Jane draws upon her love of imagination, music, folklore, and the natural world in her creative expressions. She has authored a children’s fantasy novel set on an island very much like Vashon, and has written and illustrated a children’s herbal comic that ran for two years in the acclaimed herbal journal, Plant Healer Magazine.



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Support Vashon-Maury Island Whale Research  
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## Parenting with Backbone and Heart®

A Workshop with Roger Taylor, MA, ABS

Introductory Series: Jan 6 & 13, 2015  
Small Group Series: Jan 20 & 27, Feb 3 & 10  
McMurray Middle School Library 6:30-8:30p  
Co-Sponsored by Vashon Island School District and VARSA

Combining over 25 years in leadership consulting with his former work as a marriage and family therapist, Roger Taylor brings a sensible and compassionate approach to parenting pitfalls. His parenting approach gives you strategies and tools for parenting children aged toddler through young adult:

- Saying yes when we mean yes, and no when we mean no
- Not letting your children define the rules or the quality of connection with them
- Staying true to your parenting values and welcoming your children’s reactions
  - Insisting without losing your child’s respect and connection
  - Understanding your children without caving in
- Staying centered when your kids are frustrating, disappointing, or scaring you

Introductory Series: Jan 6 & 13, 2015      Small Group Series: Jan 20 & 27, Feb 3 & 10

In this workshop you’ll learn:  
Principals of Parenting with Backbone and Heart  
Interaction Skills to Clarify and Connect  
Foundation required for the Small Group Series  
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In this series you’ll learn how to apply  
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Focusing on your current parenting challenges  
Creating your parenting vision  
Getting kids aligned with that vision  
Addressing contributions, limits, and consequences  
\$100 per participant, Groups of 12 people max (4 min)

Participants in the Small Group Series must first attend the Introductory Series.  
To register for the classes email [traciemach@live.com](mailto:traciemach@live.com)  
Financial Assistance is Available for the Small Group Series. Contact your School Counselor for details  
Childcare is Available

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# Island Life Stuck

By Peter Ray

*"I like the budget the way it is."*  
Bill Ameling

We have a phrase that gets used on occasion around our house: "Zeek is stuck." On the whole, Zeek is an active dog- more so than the other two. He is known for his bursts of speed- what we have come to call his hauling the mail, which entails dashing off on the whim of a moment, and returning perhaps seconds or minutes later at the same warp speed. He often reacts to things that are not there, which mostly stems from his perception that formerly inanimate objects which have suddenly gone into motion, such as an open door closed by a passing wind or a crumpled piece of plastic mysteriously moving to uncrumple itself, should not be moving of their own accord, and thusly should be roundly rebuked and barked at. He is a dog in motion, until he isn't. It is the time that his motion stops that is of concern here. He will often stand in one place for minutes on end, sometimes unnoticed until one happens upon him as one passes from room to room in the house. What is a bit more annoying is when he comes to a dead stop for no apparent reason while we are moving from one spot A to another spot B. Generally he can be coerced into being unstuck by saying his name a number of times in succession, which has also led us to believe that the dogs secretly are playing what we have come to call the name game, whereby the winner each day has the highest accumulated mention of his or her name. We believe, however, that Zeek is the only one of the three who is actually playing, let alone keeping score.

I began thinking of things not in motion yesterday when a flurry of stories hit the news summaries that, on a somewhat regular basis, tend to fill my email inbox. Among these were various tales of something that was supposed to be moving but wasn't, causing something that wasn't moving to become animate in strange and disturbing ways. We are talking of course about the STP. This is not the large event that causes ten thousand or so bicyclists to roll independently from Seattle to Portland. Nor are we talking about the various types of fuel and oil treatment that can help vehicles to move from place to place. We are instead referring to the Seattle Tunnel Project, where the world's largest boring machine has been sitting idle under the streets of Pioneer Square for a year because it supposedly broke after hitting a pipe. This part is always that bit that gets me to stop and scratch my head, figuratively. Why would a giant machine designed for boring through the earth choke on a pipe? I keep reading, but have yet to find an answer to that question. We now learn that cracks are forming in Seattle streets and the viaduct continues to sink at what some might say is an alarming rate, all of which may not, but more likely may, have something to do with the extra digging and groundwater pumping that is being undertaken to possibly rescue the giant borer and the project that surrounds it from failure and ridicule and a growing chorus of I-told-you-so's. Some are calling for a halt to the project and a return to the common sense solutions back on the surface. Since it was the few and the powerful that ignored the vote of the masses and forged ahead with the big hole in the ground, we probably don't need to guess at the outcome of that battle.

It was just yesterday morning that I received an email from my lawyer which contained a forwarding from my family's lawyer regarding their meeting to discuss "the Ray estate" next week. There is something terribly wrong about my having to write that last sentence, let alone discuss it, so I won't. To hope that this situation will become unstuck in some reasonable

amount of time seems wishful at best. I will instead jump to last night, where I found myself once again stuck behind my video camera looking at small people on an LCD screen grapple with Vashon money and the park system that is supposed to benefit from it. It is in some ways funny to be recording these proceedings, as it seems that I have come to recognize after a couple of years of this that one just keeps hearing the same thing over and over again, not unlike Bill Murray's stuck reporter in the film 'Groundhog Day'. One keeps hoping for signs of enlightenment- indications of any change at all for the better. In truth, that CAN be seen on the side of the staff, where executive director Elaine Ott and maintenance chief Jason Acosta have both shown a willingness to learn and grow in their positions, and the parks have benefitted from their efforts in this regard.

On the contrary, up until very recently the board has remained steadfastly stuck in a regular three to two vote lock over decisions regarding the completion of the controversial VES fields project, which has continued to drag on with time and cost overruns. Many have complained that the rest of the Vashon Park system has suffered with cuts in programs and staff while the VES project has been given priority status in terms of how budget funds have been allocated. At the meeting last night, commissioner Lu-Ann Branch made mention of safety issues around the overflow parking on Sundays during afternoon soccer games at the VES fields, and the problems that a multitude of vehicles parked on the highway shoulder present to cyclists in particular. In what seemed to be a rather field-centric response to Branch's concern, commissioner Ameling simply said: "Don't ride your bike on Sunday." There was, however, in all of this a glimmer of hope of the parks becoming unstuck from intractability. Commissioner Doug Ostrom suggested that just because things have been done one way for a long time, it doesn't mean that as new commissioners come on board that they are obligated to follow these old ways. He did say: "I want to take issue with future expenses connected with a past project... it seems to me that the process is about changing your mind sometimes, and new commissioners are entitled to make that point...we have some options.... I don't see why we have to continue doing what we have all along."

Clearly, the VES fields are a sticking point in Vashon Park District operations. A part of this last discussion last night revolved around fields users paying more of their share to get the fields completed rather than burdening the rest of the system by continuing to load the budget in favor of the fields. One of the things that has never been explained is why the promise of the entire sum of the matching funds for the RCO grant never materialized from the fields users, not to mention how and why the state allowed that to slide by to begin with. Another thing that remains to be seen is if voters will continue to support the parks, with commissioners who choose to remain with their heads and feet stuck in the sand, if indeed not somewhere else.

## Next Edition of The Loop Comes out Thursday, January 8

Deadline for the next edition of *The Loop* is **Friday, January 2**



## Rhapsody Remorse

By Orca Annie Stateler, VHP Coordinator

On December 26, 1995, Mark Sears spent the day tracking an elusive J Pod. With his own children in tow, Mark and the Sears Pod circumnavigated Vashon-Maury. Near Blake Island, the Sears Pod finally caught up with J Pod. Tucked in delicately with Tahoma's gorgeous family, the J10 matriline, was an adorable "spanker" - a term of endearment for a newborn. The baby orca snuggled up to her lovely mother, Ewok (J20). That baby was Rhapsody (J32), and she was radiant.

A delightful family welcomed Rhapsody. Her mother Ewok (J20) was born in 1981. J32's grandma Tahoma (J10) was born around 1962. Uncle Everett (J18) was born in 1977, and Auntie Oreo (J22), an indispensable nanny, was born in 1985. Oreo (J22) had her first baby, son DoubleStuf (J34), in 1998.

Rhapsody's idyllic family life started to shatter in 1998. Tragically, her mother Ewok (J20) died that year at the tender age of 17. Grandma Tahoma (J10) cared for Rhapsody (J32) briefly, but then Tahoma died in 1999 when she was just 37. Thankfully, Auntie Oreo (J22) "adopted" wee Rhapsody, nurturing her in tandem with her newborn son J34.

Another harrowing blow to the J10 matriline occurred in March 2000, when the battered, emaciated body of Rhapsody's uncle Everett (J18) washed ashore in Boundary Bay, BC. Poor Everett died



Radiant Rhapsody (J32), Dec. 1995 - Dec. 2014. Josh McInnes photo.

a few months after he lost his mother Tahoma (J10) -- sadly accentuating the vital importance of mothers to their adult sons in Resident orca society.

Everett (J18) died of a severe bacterial infection (*Edwardsiella tarda*). His diseased body was loaded with the sins of industrialization: immune-suppressing, hormone-disrupting contaminants, which likely made him sterile and underdeveloped for a 23-year-old male orca.



We were distraught over the horrific loss of Everett (J18). On December 4, the sight of his niece's lifeless form at Courtenay, BC uncovered old grief and provoked new despair. Rhapsody (J32) was pregnant with a female fetus when she died. Their deaths probably doomed the J10 matriline.

Rhapsody's aunt Oreo (J22) is presumably post-reproductive. She has two sons, DoubleStuf (J34), age 16, and Cookie (J38), age 11. Oreo has had no surviving offspring since 2003. Boys do not carry a matriline forward, so the affectionately named "Cookies" are the terminus for this once vibrant J Pod dynasty.

This summer, tacky, publicity-seeking gossip circulated about whether or not Rhapsody (J32) was pregnant. I felt something was wrong with her -- call it naturalist's intuition. J32's belly looked abnormally distended to me. As this week's photo shows, Rhapsody often breached. Was she breaching out of discomfort? Humans perceive breaching as a joyful behavior, but whales in distress also breach.

A preliminary necropsy revealed J32's traumatic pregnancy: she carried an almost full-term fetus, dead and decaying for a while, that she was unable to discharge. She had an enlarged spleen and an enlarged lymph node near her uterus. Hauntingly similar to her uncle Everett, Rhapsody's blubber layer was thin, indicating that she was malnourished. I said Baby L120's death was soul crushing; soul crushing squared seems insufficient to describe the deaths of Rhapsody and her unborn calf.

Another of our cherished Kéet families has withered away in the course of a generation. Only 77 endangered Southern Residents remain. Awkward conversations will ensue with children and grandchildren when they ask what happened to the pretty orcas in the photos posted obsessively on social media. How many more of Rhapsody's relatives must die before we adopt a truly precautionary approach to orca recovery?

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 206-463-9041, 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 and sustain an accurate record of whale sightings for Vashon-Maury initiated three decades ago by Mark Sears. Send photos to Orca Annie at [Vashonorcas@aol.com](mailto:Vashonorcas@aol.com) and check for updates at [Vashonorcas.org](http://Vashonorcas.org).

# Spiritual Smart Aleck



By Mary Iuel

the animals’ attention as they are for mine.

The dog is getting more exercise than before because she often runs around the house looking for the cat. The cat walks through the house with all the haughtiness of a king strolling around his domain. He doesn’t run away from the dog. He stands and glares at her, and offers a hiss and another swat if he feels it is merited. This is the sort of cat that does well in a dog household.

As you can see, having the cat has taken my mind off my troubles. He makes me laugh.

So, living with a cat and a dog again. I’ve always believed that one of each was about right for me. They don’t leave me so much time to ponder and feel sorry for myself. Sometimes it is good to take a break from thinking about life, and simply live it. Dogs and cats have the gift of pulling you right into living life.

Many people had a hard year in 2014. All of us are grief-stricken sometimes in life, and I hope that sharing my grief journey this year has perhaps made you feel a little less alone in your journey. Thanks for reading, anyway.

I wish you all light in this dark season. May you feel the love of your family and friends through these days, and all days. May you feel the joy of the return of the light. May we all be thankful for the people we have loved and who have loved us. We didn’t have them long enough, no matter how long they were here, but at least they were here for a while and we can be grateful for them.

In closing, a prayer from the Book of Common Prayer:

“In the Evening  
“O Lord, support us all the day long, until the shadows lengthen, and the evening comes, and the busy world is hushed, and the fever of life is over, and our work is done. Then in thy mercy, grant us a safe lodging, and a holy rest, and peace at the last. Amen.”

See you next year. Blessings, love, hugs, peace, & grace to all.

# Available at your natural food store: Organic, non-GMO verified gene silenced food

December 18 ‘14

By Kathy Abascal

I would wager that most who are trying to avoid genetically modified foods prefer to eat foods that have long been part of the human diet. They tend to prefer locally grown, heirloom varieties, if available.

I would wager that most of these people would consider any food whose genes have been altered using foreign bacterial enzymes and DNA-repair-system damaging techniques to be genetically modified.

I would wager that most of these people buying a kale salad dressed with a blend of organic olive and sunflower oil neither expect nor want to be served transfats.

I would also wager that most of these people actually are eating certified organic, non-GMO verified foods that contain transfats and generally do not meet their expectations and standards. This is happening because of the types of fats increasingly used in deli and processed foods.

What is Gene Silencing?

My understanding of gene silencing is not deep but here is an outline of the technique. Usually foreign bacterial nucleases are used to bind and break the plant’s DNA at precisely chosen points. This triggers a faulty DNA repair process that causes some permanent damage. If done “well,” this will create a knockout or loss-of-function mutation that deletes a protein, such as an enzyme that blocks the transformation of a fat into oleic acid. As a result, the plant will make large amounts of oleic acid. If made in the 75-85% range, they have created a high oleic food oil seed. If the plant makes it in the 95% or higher range, they have a seed that provides a renewable source of rocket fuel. At this point, however, the seed still contains foreign bacterial material and would be treated as genetically modified. It would need government approval before entering the human food chain.

However, the foreign nuclease (usually from a bacteria such as Xanthomonas that tends to damage plants) is only needed temporarily and can be bred out. Because the genetic modification involved was only temporary, the resulting high oleic seed is no longer considered genetically modified. It can be — and often is — certified organic or verified as non-GMO. Because something that might occur naturally is being mimicked, there is no expensive or time-consuming regulatory process required before these new foods are brought to market. No safety studies are required at all, a simple GRAS (Generally Recognized As Safe) letter will do.

Are high oleic oils safe?

The argument in favor of gene silencing is that it mimics a natural process and simply speeds up what might perhaps have occurred over time with hybridizing, radiation, and a variety of other modern methods of mutagenesis. I am unaware of studies showing a glaring

problem with the resulting seeds. Nonetheless I question the process: There is an implicit assumption that silencing a gene that blocks the production of oleic acid has only that effect. This is based on the theory that one gene only controls one protein, a theory that many now question. Moreover, we do not know why some plants, such as olives, produce a lot of oleic acid while others, such as sunflowers or soybeans, do not. There is evidence that the balance of different fats in plants varies with environmental temperature and things like rainfall but not much is known about this at all. We also know little about how diverting plant resources into the manufacture of oleic acid may deplete other constituents. We do know that when we manipulate corn to create ever sweeter hybrids, we lose nutritional qualities in the process. It is quite possible that increasing the oleic acid in a plant will deplete other compounds, ultimately creating a less beneficial plant. But there is definitely an unspoken assumption that silencing a gene will not upset other systems. And, given the lack of regulation of gene silencing, there is no pressure to study or verify the various assumptions being made.

As well, pollen from these silenced plants will move through our environment. Apparently no thought or concern is given to what effects that might have over time.

Are high oleic oils healthy?

The FDA concluded that the monounsaturated fats in olive oil are what makes it heart healthy. Oleic acid makes up the greater portion of olive oil’s monounsaturated fats and, as a result, many assume that all high oleic oils will be equally beneficial.



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.

This ignores research, however, that shows that oleic acid is also the predominant fatty acid in pork and chicken — foods NOT especially heart healthy. Thus, as many studies have concluded, we should NOT assume that the oleic acid is what makes olive oil a very healthy oil. In fact, studies suggest that oleic oil may not be good for us at all unless partnered with the right compounds.

Some heart-focused diets (including Esselstyn, McDougall, Pritikin, etc.) advocate avoiding ALL oils. Based on studies such as one that showed that olive oil actually damaged blood vessels, they recommend avoiding even extra virgin olive oil. That study, however, purposefully used refined olive oil to evaluate the effect of oleic acid, without “interference” from olive oil’s many antioxidants.

Continued on Page 9

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Aries (March 20-April 19)

It is up to you to insist on justice, where justice must be done. This is true, even if you seem to be the only person who cares. It is therefore your right, privilege and responsibility to be fair, and to set the example of fairness. This is especially true in our times of shifting foundations and the decay of social values. Where there are no morals, that is when ethics must take over. These concepts are similar, though in my use of the words, morals are externally imposed, and ethics emerge from within oneself, as a voluntary choice. The thing is, you’re in an instant karma moment. The world will meet you exactly where you meet the world. Your fairness will be rewarded by that reflection in the universe. But what is more apparent is that your willingness to listen to others about what they value will create an environment where you feel safe being yourself. These small gestures add up to far-reaching changes.

Taurus (April 19-May 20)

What is sex? It’s a gift; it’s a gesture of faith in humanity. It’s a revolutionary act. But is it fun? Well, that works better when you understand your motives. The fun quotient is also dependent on how you experience guilt, shame and piety. When sex is real, it puts everyone onto level ground. In order to get there, it’s necessary to go to the level of mortals. Modern humans are often obsessed with being spiritual, which loosely translates to ‘better than’. Sex is typically not seen as spiritual because for many it translates to ‘lower than’. I would say it really means ‘equal to’. Remember that you, like everyone, are made of the Earth. You are part of the Earth, which means equal to everything and everyone else that is here. The more you tap into this, even as an experiment, the more generous you will feel, and the stronger in your faith you will be.

Gemini (May 20-June 21)

There are times when existence has the quality of a reflection, or rather, when it’s more noticeable. You might not recognize this moment as such. What you perceive is likely to be more than you think you are. It may also lack the simplicity and clarity that you aspire to; you may be looking at some rather unusual and complex circumstances. Rather than a mirror, I suggest you consider everything you perceive or experience to be relational. By that I mean, it’s available for you to enter into a relationship with. I mean anything, anyone, any situation, no matter how blazingly glorious, ordinary or weird it may seem. Treat everyone and everything around you as simply human. Present yourself as simply human. Make eye contact, say hello and extend your hand. Smile warmly and laugh at anything funny. (Footnote: check ‘star-struck’ at the door. Admiration is OK, but just a little, as it will get in the way. Stick to respect.)

Cancer (June 21-July 22)

Home-cooked meals; that’s what you need. It doesn’t matter who does the cooking. It might be better if it were someone else, in someone else’s home, but really any home or anyone cooking will do. You are more the type to invite others over and make the effort. It would be awesome therapy for you to subject yourself to such treatment by someone else. Now, I recognize you might not be able to invite yourself...or can you? Is there anyone you can call up and say, “Would you please make me dinner?” (Breakfast or lunch will work, as will a midnight snack. The Universe is flexible.) Really think about it. There is surely someone. However, if there is not, then plan a meal, go to the store, and prepare some actual food in your actual kitchen. For yourself, and for others if you wish. I suggest you make a habit out of it

for the next few weeks.

Leo (July 22-Aug. 23)

Once you contact the creative force within you, you won’t be able to stop it. You might be inclined to take other approaches to the current task at hand -- such as labor, toil, effort, time applied to the situation and old-fashioned thoroughness, which all have their moments. Currently though, the force to be reckoned with is the power of an idea, indeed of many ideas. Take up the motto that there is a creative solution to everything. To use this method takes awareness, and a constant dialog with yourself about what you are doing, and why, and the nature of your reality. It requires seeing everything as a new possibility, all the time. That takes more discipline than doing anything the same way every time. Soon enough you will need to develop and apply the ideas that you’re having, and as the planets move over the next few weeks that will develop naturally. Just keep that inner dialog going.

Virgo (Aug. 23-Sep. 22)

If you’re on a sexual purity campaign, don’t be surprised if it backfires. You seem to be trying to contain an abundance of emotional energy and afraid you might lose control. The way to keep some influence over the situation is to be real with yourself, and vent some steam. You could probably do a lot more than that and feel even better. From one point of view, your solar chart reads as if you’re concerned some authority figure is looming over you and going to question why you’re feeling so much all the time, or why you want to do whatever it is that you want to do. You don’t have to explain that any more than a bird has to explain why it flies. And if you do feel as if you must rationalize your existence, otherwise be confronted by authority, this would be the perfect time to ask yourself why, or rather whether, that is even true.

Libra (Sep. 22-Oct. 23)

You have a story to tell. But you seem to be hesitating. You seem to think it’s too much, maybe more than anyone wants to hear, or more than you want to say. That, and you appear to be waiting for a moment where you can approach the work thoughtfully and carefully, with some discipline. I suggest you move forward now. You can have all the discipline in the world, and if you’ve lost contact with the seed of your idea, with the drive and the living impulse inside you, the perfect moment won’t mean much. So scratch your pen or pencil on the paper, even if it’s in broken or scattered thoughts that you cannot seem to capture fully. Work your way up to a few sentences. Soon enough you will have the focus to develop what now exists in a state of potential. At that time, any first draft at all is better than a blank page.

Scorpio (Oct. 23-Nov. 22)

Keep your money to yourself, at least for a few days. Be careful making any commitments that are indefinite or that you don’t understand. Any ‘good time’ you have needs a fixed budget, such as how much you spend on alcohol, how much you spend to impress someone or how much you put on credit. Your charts seem to be offering some caution around expenditures associated with your infamous holiday generosity. The other side of this astrology is that you may be sitting on some unusual potential for earning revenue, which I suggest you consider with authentic interest and care. This plan must not require an outlay of cash, and if it does, I suggest you pause until the Sun enters Capricorn on the 21st before making any commitments. It could be good, though you really need to think it through methodically and perhaps with expert advice.

Sagittarius (Nov. 22-Dec. 22)

You are irresistible even to people who think they don’t like you, but now you’re working with some unusual charisma and influence. I don’t want to hype up what I see in your chart, though it has the quality of bending reality to your will -- and that calls for caution. Pause for as few as five seconds and you will be able to see any situation from any point of view. That alone will be enough to convince someone that what you have is what they want. For that reason you must proceed thoughtfully with everyone you think you might influence. Think long-range and consider the long-term consequences. The idea here is not to have less fun, rather to have more fun with less inconvenience at some other time. However, that’s if you’re thinking small. If you want to influence something, focus on a goal of profound importance to you. If you’re craving contact, start with the one person who would mean the very most.

Capricorn (Nov. 22-Dec. 22)

Your inner life and your outer life could hardly be more different. On the outside you’re the very image of impeccability. On the inside you want to explode with excitement, lust or cosmic energy. You may have those days where if someone brushes against you, you’ll let out a moan and burst. Said simply, an inner portal is open. Life force is pulsing through you, and that portal where all inspiration comes in is wide open. People work for years to make this happen, though it cannot be conjured -- it can only be allowed, encouraged and appreciated. You might try to force that door closed, though that’s not really a good idea. It would be a waste of beautiful energy, and you could hurt yourself. I suggest you stop worrying what people might think if they knew what was really in your mind. Anyone perceptive enough to guess would be thrilled about it.

Aquarius (Jan. 20-Feb. 19)

You appear to be on one of your independent streaks. And hey, it seems to be working. You need your freedom, and you alone understand how inherently this is woven into the fabric of your being. I suggest, though, that you check in with any significant others (one in particular, from the way the chart looks), and keep closer contact than you might ordinarily. This is not to cramp your style. There is someone in your life who wants nothing more than to be heard, but who may have difficulty expressing their emotional needs. I suggest you take just a little of that burden on. Take the initiative and ask how they’re feeling. Give them permission to open up. Your reward will be added freedom, enough to explore what you want, and enough to be trusted by someone you really care about. At the very least, you have nothing to lose by listening.

Pisces (Feb. 19-March 20)

Focus everything into your real work -- the most important and most meaningful task at hand -- the one that counts now, and in the long run. Yes, eat food and get regular rest, and then focus on your highest goals with everything you’ve got. You are in an extraordinarily rare moment where what seemed impossible is right within reach. You might say this is the time to crack the glass ceiling. To do this well, you must apply discipline and a basic plan of action. Clean up any loose ends that might bind you to the past, including emotional ones that may have a bearing on your work. Eliminate any disadvantages that you can possibly avoid. You’re about to make contact with the power of focus in a way that you may never have before. You’ll soon discover that, even if your methods have been a bit haphazard, you’ve accomplished many things that do in fact add up to a lot. Gathering them together will be easier than you think.

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

Road to Resilience

Continued from Page 1

whole. A climax system is a beautiful and impressive thing to behold, which makes its fragility a hard thing to accept. Still harder to accept is that it is natural that it should eventually die and be replaced. The belief in renewal at winter solstice is easy because we can see by the next day that the days are getting longer. The longer a successional cycle is, the more we tend to see it as unchangeable reality, and if it seems to be in trouble at some point, we fear its end and fail to see the possibilities beyond it.

My hypothesis is that the nature of all things is cyclical. Studies have been done that apply the biological succession model to the development and evolution of human institutions. It’s pretty easy to see that as civilizations mature, they become more organized, efficient, and specialized. Civilizations end for the same reasons: failure of part brings down the whole, An advanced civilization’s lack of resilience can be seen in its inflexible hierarchy and ideology, extreme specialization, and failure to adapt.

Our corporate capitalist, fossil-fueled civilization has now encompassed the entire planet. As the dominant order becomes more firmly entrenched, change becomes the enemy because change is inherently destabilizing. Yet change is the real essence of life and will not be stopped. Something has to give, and that will have to be our current order. We can continue to talk about endless growth and extraction of endless resources but that, plainly, is not to be. We can either keep our heads in the sand and back into the future unprepared, or we can adapt to the new conditions we can clearly see developing and grow into a new understanding of our purpose.

Human systems are different from other natural systems in that we can see dangers looming ahead of us and can change our behavior to avoid or at least mitigate those dangers. In fact, we are doing that right now at the local level in many ways. The tragedy of civilizations is that, even though those that wield power can see that the political and economic institutions are failing, they nevertheless soldier on into oblivion because they can see no way to abandon the failing ways and still remain in control. That is why meaningful change must come from all of us. (that is, you and me.)

We are in the dark time: the end and the beginning. We have all the tools we need: renewable energy technologies, food growing techniques, and an awareness of our place on this planet that will heal our climate and allow us to live in harmony within the life system that we depend on. The question is, will we be able to muster the imagination and resolve to act in time? A good New Year’s resolution would be to personally change some aspects of our lives to gracefully hasten the end of the old regime and bring in the new.

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Positively Speaking

Three Holiday Stories

Three times in the last week I have experienced people screwing up and then putting the blame on me. That’s actually kind of a low number of incidences for a week isn’t it? You experience that all the time don’t you? A lot of lies are told during the holidays.

Remember that line in the movie ‘Sunshine Cleaning” where the Dad tells her ‘It’s a business lie. Business lies don’t count,”? But they do don’t they? All lies count against something; trust, respect, sure-footedness.

The thing about lying is that pretty soon you can’t remember what the truth is. Knowing what the truth is, actually, is very important. In the beginning of the post modern age “they” said there was no such thing as the truth. “They” said everybody had a different truth. That itself is a lie. Everybody has a different experience. Way different. Going straight to the option of diversity would have paved a more solid culture.

The previous way didn’t work either. The old hippie version was everything is love. But everything is not love and if you can’t talk about the negative, then you can’t enjoy the positive. Covering up the negative with a false positive makes a lie, not a prettier picture of life.

But, and here is the serious question, do you contribute to the falsehood in the world?

Are you capable of saying, “I screwed up and I’m sorry”? Many people are not. That’s because you are afraid of the consequences of telling the truth. Another lie.

The consequences of telling the truth, and I say this from a lifetime of telling the truth, are....more truth, more authentic, more better...Yes! It will get your life to ‘yes’!. Now, it will definitely tick some people off. This is a ‘cover your butt’ world. But once you confront the cover up, YOUR life will be a sincere experience.

In our family I had a rule for the kids. Well...three rules. I’ve shared them before but I’ll share them again.

Don’t ever join a record club.  
No doing drugs and alcohol or sex outside of marriage ( that’s why I get labeled a conservative)

If you tell the truth about something you have done, there are absolutely no consequences.

Come to me and say, “Mom, I .... whatever” ...and I am your new best friend. Totally there for you. Only lies bring negative consequences. It teaches children to tell the truth.

I really want the world to receive the Christmas meaning of Jesus’ life and the rest of the story. Jesus came so we didn’t have to tell lies anymore. What did Jesus do when he confronted lying in his disciples, like Peter and Judas? He met it with mercy. I want the world to experience God’s mercy and love because it will change your life. For the better. If you tell the truth, God does a happy dance.


How free would your life be if you didn’t spend any time covering up anything? Wow...that’s a lot of room for love and creativity freed up.

So, I will give you three examples from truth tellers who are, in my book, remarkable people. One woman, one man, and one child.

These three tell the story of what Jesus being born is all about. They also tell the story of why cleaning the temple was honored with enough oil for eight days. If you tell the truth, which is what God is really, really, really concerned with, if you don’t go the Adam and Eve route of

- a. “no we didn’t eat the apple”  
b. “we didn’t know any better”  
c. “the serpent made me do it,”  
d. “she made me do it”  
(haven’t progressed much in a skillion

Love,  
Deborah



By Deborah H. Anderson



years have we?), then you will have abundant life. Life!

First story:  
The email said something to the effect of, “I’m sorry. I was jealous of you (doing this). I wanted to do it myself and so I behaved badly”.

It took my breath away. Who says that!! Who actually admits in writing they have sabotaged a creative effort of yours because of their own selfish desires?!! This person. It is at their core. It allowed me to have a stronger relationship because the onus was on me to forgive and get beyond. It called me to higher ground. You telling the truth will call someone to higher ground. I have so much respect for this person. It took self awareness, insight and courage to own up to that behavior. They freed me to do excellence. Indeed they kept me from quitting and missing out on one of the high points of my life. The tags that had been clipped to my wings fell to the ground.

Merry Christmas. The miracle of confession and reconciliation.

Second Story:  
Starting ‘The Grand Adventure’ was a huge unknown. Three of us were discussing, and a fourth was listening, fully engaged, though one would think not comprehending. Facial expressions reflected a level of cognition seemingly not possible with the degree of isolation the Alzheimer’s imposed. Jokes are made about bedpans and concerns about cold weather and all of it followed with appropriate responses. The conversation comes to a close and as those of us with our wits about us stop talking and I move to the door frame, the person following along by rote rises, places hands on my shoulders looking directly into my eyes and says with all clarity, “You , and me and God are going to get through this.” If Holy Doves had come down and dropped messages, it couldn’t have been more of a direct communication from God to go with the unknown and the creatively positive response to a negative experience.

Merry Christmas. The miracle of the eternal breaking in and bringing strength and health.

Third Story:  
Her two year old self is delightful from the inside out. Prepping for nap time is a precious time zone filled with rituals that can remind a grown adult of the importance of rituals. As she sits on my lap in order that I might pull on the footed jammies more easily, she announces, “I don’t have my brace anymore”. True. The foot born turned is healed. Frequently she repeats the litany, “Eesus eal my foot. Eesus eal Deborah’s eyeball. Eesus eal Brudder’s tumb.” All true. Then she requests her favorite book of the moment: pictures of Mary and Jesus at various stages of the story. She searches eagerly for “Eesus wit his bonkus and Mommy”. I’m betting you could translate the first of her sentences. Wanna know what that one is, what picture that sentence describes?” The Pieta.

Merry Christmas. The miracle that Jesus heals and we don’t have to be afraid of getting hurt.

The Truth will not only set you free. It is the meaning of Christmas. It is Life Abundant. It is why I believe.

Vashon Library January 2015 Programs

Children & Families

Family Story Times

Tuesday, January 6, 13, 20 and 27, 11:30am  
Newborn to age 6 with adult.  
Stories, songs and fun!

Spanish Story Times

Tuesday, January 13, 20 and 27, 6pm.  
Family program, all ages welcome.  
Stories, songs and fun!

Family Movie Night

Thursday, January 15, 5pm  
Family program, all ages welcome with adult. Please call 206.463.2069 for the movie title.

Brick Builders Club

Monday, January 26, 4pm  
Ages 6 to 12 with adult.  
We’re having a Block Party-come build with us! All bricks provided.

Teens

Count Us In: Survey of Homeless Teens

Thursday, January 22  
Homeless teens and young adults will be surveyed on Thursday, January 22 in the library to tell the story of Homelessness in King County and help our community understand the scope of the issues teens face.

Study Zone

Tuesday, January 6, 13 and 20, 4pm  
Wednesday, January 7, 14 and 21, 4pm  
Grades K-12. Drop in for free homework help from trained volunteer tutors.

Adults

Opera Preview: Tosca by Giacomo Puccini (1858-1924)

Sunday, January 4, 2pm  
This free lecture, provided to increase enjoyment and appreciation of Seattle Opera productions, will feature speaker Norm Hollingshead with recorded musical excerpts.

Great Books Discussion Group  
*The Children of Light and the Children of Darkness by Reinhold Niebuhr*  
Monday, January 5, 6:30pm

One-on-One Computer Help

Thursday, January 8 and 22, 6pm  
Do you need extra help on the computer? A KCLS volunteer instructor can give you one-on-one assistance on a drop-in basis. Note: Volunteers cannot provide hardware assistance with your own personal computer.

DNA and Genealogy

Saturday, January 24, 2pm  
Presented by Claudia Breland. Genealogists have been researching using paper records for centuries, and new technology has only made it better. With DNA testing becoming available and affordable, Opportunities await for those who are seeking answers to questions about their heritage. Learn (in plain English!) the basics of DNA, how it can help you discover your roots, the best companies to test with, and how to join with others to find a common heritage.

MIND MATTERS

*Cerebral Cinema: Movies on the Mind*  
Wednesday, January 28, 6:30pm  
Movies can provide insight into the world and others points of view, or become a playground for the imagination and a means of visualizing the impossible! Yet, just how do movies actually engage the mind? Join Lance Rhoades in a multimedia presentation and conversation about movies, intelligence and creativity. While your brain is not a muscle, it does need care, feeding and exercise to keep it in top shape. The 2015 King County Library System adult program series, Mind Matters, offers free programs, classes, tips and reading suggestions to stay sharp. It’s YOUR mind. KCLS can help you take care of it.  
[www.kcls.org/mindmatters](http://www.kcls.org/mindmatters)

Tax Aid/Health Care Sign-up Assistance

Thursday, January 29, 10am  
Professional tax preparer, Hilary Emmer, will help those with incomes of \$25,000 or less, prepare their 2014 tax forms. Free and no appointment necessary.

Static Needs A Home...

I’m a beautiful, fastidious girl with personality. After my family moved and didn’t take me with them, I was pretty sad. It took me a while to trust people, but here at the shelter I learned to trust again and am ready for a forever home with kind, patient caregivers who will love me.



Go To [www.vipp.org](http://www.vipp.org) Click on Adopt

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](http://www.vipp.org) for Directions and to view the Cats and Dogs available for adoption. Or give us a call 206-389-1085

Island Epicure



By Marj Watkins

How Sweet It Is!

The Christmas cookie-baking season rushes on in my neighborhood. There are going to be lots of children, and older people, too, high on sugar if we don’t lock up some of the cookies. Also, we can choose our sugars wisely. Our gingerbread men can feature more ginger and other spices, less sweetness, and be just as well loved.

We can produce nourishing cookies like these macaroons, fat with coconut shreds, and even made with chocolate (an excellent antioxidant.). But not everybody likes chocolate, believe it or not, so here are two versions of my recipe.

- Plain Vanilla Macaroons  
Makes about 2 dozen
- Preheat oven to 350 degrees  
3/4 cup sweetened condensed milk  
1 teaspoon vanilla  
3 cups unsweetened shredded coconut  
3 to 4 Tablespoons coconut sugar  
2 egg whites beaten  
1/8 teaspoon salt

Stir the vanilla into the milk. Combine with the coconut and sugar. In another bowl, add the salt to the egg whites. Beat to stiff peaks. Fold in into the cookie batter. Line a baking sheet with parchment. Using a teaspoon, form the cookie dough into little balls about 1-inch in diameter, placing them on the parchment. Bake 8 to 10 minutes. Let cool completely upon the baking sheet. If they don’t remove easily, using a damp sponge, moisten the underside of the parchment.

Chocolate Macaroons  
Use the same ingredients as above, but melt 12 ½ ounces of grated bittersweet chocolate. Warm the condensed milk and stir the chocolate into it. Proceed by stirring the coconut shreds and sugar into the chocolate infused milk. Fold in the stiffly beaten egg whites. Bake on a greased baking sheet, or on parchment as above.

- Coconut’s virtues:
1. fights bacteria and viruses  
2. enhances your metabolism  
3. boosts our brain function  
4. nourishes your thyroid  
5. helps you fight off Parkinson’s and multiple sclerosis  
6. promotes heart health  
7. prevents or removes brain plaque  
8. works to prevent and/or helps fight cancer
- All that and it’s delicious.

Note: Coconut sugar’s Glycemic Index is only 35, versus cane sugar’s 100. Coconut oil benefits your skin and prevents your infant’s diaper rash.

HOLIDAYS ARE FUN

BUT THEY CAN BE INFLAMMATORY

TQIDiet Anti-inflammatory classes start the first week in January.

Plan ahead, reserve your space now!

DETAILS & REGISTRATION AT:  
TQIDIET.COM

TRASH TALK

Don’t throw out old or nonworking holiday lights – recycle them! Deliver strands to PSE office at 18125 Vashon Hwy thru Dec. 31. Most wrapping paper can be recycled, too. Recycling saves energy & prevents pollution caused by the extraction & processing of virgin materials.

www.zerowastevashon.org

Available at your natural food store: Organic, non-GMO verified gene silenced food

Continued from Page 6  
Most studies using extra virgin olive oil (EVOO), in contrast, show it to have many health benefits on circulation. This has led most scientists to the conclusion that olive oil is much, much more than a bottle of oleic acid.

And this conclusion is bolstered by a number of studies comparing the effect of EVOO with high oleic oils (HOO). In one study, HOO increased platelet aggregation (blood clumping) despite its vitamin E content, compared to EVOO. Another study found that a diet rich in EVOO reduced blood pressure in hypertensive women; HOO did not. Yet another, finding differences between EVOO and HOO, concluded that those differences explained EVOO’s ability to reduce the risk of atherosclerosis in healthy individuals.

Much of the comparative work being done at present is at a very basic level, focused on questions such as how do these oils affect VLDL triacylglycerols from hypertensive patients. The results are not easy for lay people to fully grasp but the studies do increasingly conclude that EVOO and HOO are not equivalent and have different effects. Increasingly the benefits of EVOO in terms of preventing free radical damage to food during cooking and processing are attributed to the unique compounds in EVOO, compounds completely absent from HOO.

In summary, these studies strongly suggest that high oleic oils may NOT be heart healthy at all. Admittedly, there are studies showing HOO to be beneficial but virtually all of those studies compare HOO with a diet rich in saturated fats, trans fats, or refined, antioxidant-free olive oil. Those comparisons are not relevant, however, if your goal is to optimize your health. “Better than” something bad for you is not the same standard as “good for you.” Ultimately, the weight of the evidence, even at this early stage, is that the heavily manipulated, refined high oleic oil is NOT the way to go.

Oleic oils are NOT trans fat free.

As the writing on the wall showed that the FDA planned to act on scientific opinion that there is NO safe level of trans fats, food manufacturers began to do research and market analysis. The results revealed that consumers are swayed by packaging emblazoned with the words “Zero Trans fats.” Producers concluded that the ability to market high oleic oils as GMO free AND trans fat free was a huge marketing advantage.

Unfortunately, the FDA has not taken to heart the warning that there is no safe level of trans fats. As long as a food contains less than 1% trans fats per serving, the words “zero trans fats” may be stamped in bold letters on a food package. All high oleic oils contain trans fats at measurable levels but may state they contain zero trans fats.

Let’s assume the HOO in your deli food has 0.5% trans fats (quite within the range found) and you eat a couple of servings of deli food a day. Add some Amy’s

organic pizza, some Whale Tail chips . . . well, who knows exactly how many unhealthy trans fats you are burdening your body with.

Why are they switching to high oleic oils?  
High oleic oils have the advantage of being stable at high heat, they do not blacken or smoke. Nor do they absorb flavors from foods fried in them. A deli can fry fish in the same oil that it fries french fries in without the fries tasting fishy. The oils also remain liquid at cold temperatures.

Olive oil, in contrast, solidifies when refrigerated. Many delis claim this to be the big advantage of using these fats. High oleics are used to avoid unsightly globs of olive oil on the salads. My olive oil mixed with vinegar, tossed on a salad, and refrigerated does not congeal noticeably and liquifies the minute I take it out of the fridge so I question this claim. I do suspect that the olive used in food preparation does solidify and slow the work process. But regardless, these seem flimsy reasons to switch to a high oleic fat.

Conclusion  
I avoid high oleic oils because I prefer foods with a long history of use in the human diet. I think that

is my best shot at getting healthy foods. As well, for personal, environmental, and political reasons, I would rather avoid plants that have been modified through bacterially induced DNA damage.

I am of the opinion that poorly extracted, refined, deodorized, and heavily processed oils are very hard on the body and need to be avoided. It took decades to show that the “healthy” better-than-butter-trans fats our health food industry recommended we eat, in fact were killing people. I am not taking a chance that a few decades from now these refined, antioxidant-poor, “healthy” high oleic oils with their “low” amounts of trans fats will prove to be a nightmare for the heart.

My choice is to make fresh, minimally processed EVOO my primary oil. That is what I look for in my store bought foods.

Unfortunately, almost all delis (conventional and health food) have switched to high oleic oils. Worse, knowingly or unknowingly, they are NOT following FDA recommendations and informing us, their customers, of this practice. The salad label simply says “organic olive and sunflower oil.” So be wary and inquire: These are likely blends of high oleic oils.

March Twisdale’s  
Top Ten Book-Giving Holiday List  
(see what producer & host of Prose, Poetry & Purpose gives to her loved ones during the Winter Holidays)

1. Story Problems, by Rob Carney (for the poetry lover in your life - and I mean raw, passionate, thinking, pulling, tugging, alive poetry...)  
2. Faint Promise of Rain, by Anjali Mitter Duva (for the women in your life & anyone with a passion for the history of Eastern civilizations)  
3. The Jungle, by Upton Sinclair (for those who need a reminder that immigrants are people too & anyone who blindly believes food labels)  
4. Dragonsong, by Anne McCaffrey (for every single teen girl on earth)  
5. For Mothers of pre-teen boys...wait for it...Twilight, by Stephanie Meyer (Better Pop Culture role models for boys do not exist)  
6. Anything published by Ashland Creek Press.com: Eco-Fiction for the animal lover, environmentalist, vegan, and more...  
7. The View from Casa Chepitos, by Judith Gille (for memoir lovers who desire relevance, color, and a story that inspires new thinking)  
8. Where Wicked Starts, by Patricia Henley & Elizabeth Stuckey-French (for girls, ages 11+, & their mothers, aunts, grandmothers!)  
9. The Abascal Way, by Kathy Abascal (for those who want to feel better by choosing an anti-inflammation & delicious way of eating)  
10. The Author’s Guide to Marketing, by Beth Jusino (for the eager writer in your life - and we all have them - who needs a helpful, kind, and comprehensive hand as they step into the world of self-marketing!)

~ Happy Holiday Gift-Seeking, Giving, & Receiving ~  
“And never forget that the best things in life are free.”  
~March Twisdale

Two soft corn tortilla TACOS!  
Stuffed with tender Pork Carnitas with Fresh Onions, Cilantro and a Green Tomatillo Salsa

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# Will Sing For Food Vashon Events Holiday Show

Vashon Events presents “Will Sing For Food,” on Saturday, December 20th starting at 8pm.

Local musicians are signing up to perform holiday carols to earn tips to support the Vashon Maury Community Food Bank.

The evening marks the second time we’ve done this to kick off the holiday season in an intimate setting with some of the Island’s more endearing musicians.

It will be fun, festive and for a great cause.

In addition to a “tip jar” for the Food Bank, there will be boxes set up for non-perishable food donations. Things they could use right now are canned beans and meals, canned soups, pet food, and toiletries.

This is yet another in a series of many special themed shows that will be produced by Vashon Events.

This show is a benefit for the Vashon/Maury Community Food Bank. There is no cover for the show, we’re hoping that everyone will contribute to the “Food Bank Tip Jar”, plus bring non-perishable food and toiletries to donate. This is always a tough time of year and every little bit helps.

For musicians: Please



remember, this is a stripped-down show - just one or two (three at most) people on stage at a time, singing their Holiday song together....aided only by whatever instruments they play. There will be no big bands, drum kits, etc at this show. It'll basically be vocal and guitar mic's (or DI), plus the capability to mic a horn or two, keyboards perhaps. That's pretty much it. If you are planning on playing a keyboard at the show, please try to share the same one to make things easy. Also, if someone could share a guitar amp with others, that would be great. John Sparks will be the sound man for this event.

Performing at this show:  
“Coventry Carol” - Jennifer Krikawa, Patrick Christie & Rebekah Kuzma  
“Jingle Bell Rock” - Audrey, Joseph & Allison Shirk  
“Winter Wonderland” - Trina Willard

“Have Yourself A Merry Little Christmas” - Sarah Hotchkiss  
“Celebrate Me Home” - Pearce Cobarr  
“In The Bleak Midwinter” - Rebekah Kuzma & Andy James  
“The Christmas Song” - Dianne Krouse & Patrick Christie  
“Baby It’s Cold Outside/ Santa Baby” - Maijah Sansen-Frey & Garnet Burk  
“Let It Snow” - Nick Hyde  
“Stop The Cavalry” - Louis & Olivia Mangione  
“White Christmas” - Christine Goering  
“Fairy Tale of New York” - Michael Whitmore & Dianne Krouse  
“Cartoon Medley” - Thalia Goering, Maria Gilmour, Angel Maez, Coral Sky, Maxwell Mollison, Miles Wingett  
“Auld Lange Syne” - Rebecca Wittman  
“Shake Up Christmas” - Chai Ste Marie & Josh  
“I’ll Be Home For Christmas” - Joseph & Veronica Stewart  
“Winter Hymn” - Roger Taylor, Gib Dammann, Evan Simmons  
“Rudolph The Red-Nosed Reindeer” -Greg Dember, Dianne Krouse, Barry Cooper.  
“Silent Night” - Lauri Hennessey & Marita Ericksen  
“Here Comes Santa Claus” - Mick Etchoe & Barry Cooper  
“My Favorite Things/ Greensleeves” - Nancy Morgan, Patrick Christie & Dianne Krouse  
“O Tannenbaum” - Barry Cooper & Christopher Overstreet  
Friday, Dec. 20, 8pm  
At the Red Bicycle  
17618 Vashon Hwy SW  
206-463-5590  
www.redbicyclebistro.com

# New Years Eve: Loose Change



A longtime Vashon favorite, this band aims to entertain you on the hottest dance night of the year with non-stop danceable tunes and a commanding stage presence. The band’s leader and powerful front man Troy Kindred is an entertainer in every sense of the word. His infectious energy and enthusiasm gets the crowd into the act – and his vocals will tear the paint off the back walls.

Kindred is backed by a tight 10-piece band that includes the big organ sound of keyboards, an inspired lead guitar, solid bass and drums and a dynamic three-piece horn section. And

let’s not forget the female singers. Not only can these ladies sing, but they’ve got the moves too. The sheer size of Loose Change makes for a big sound and a great on-stage look.

Come out to the Red Bicycle on the biggest night of the year out on the dance floor and celebrate with Loose Change.

Once again, The Red Bike and Vashon Events present this show free of charge. Hope to see you there!

Wednesday, Dec. 31, 9pm  
At the Red Bicycle  
17618 Vashon Hwy SW  
206-463-5590  
www.redbicyclebistro.com

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**NEW YEARS EVE at Sporty's**  
**Wednesday, Dec, 31 at 9pm**

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VAN CROZIER  
MATT EGGLESTON  
JERRY TODO  
DANNY CADMAN

PLAYING MUSIC FOR YOUR LISTENING & DANCING PLEASURE

# High and Lonesome

High and Lonesome was formed in 1985 and played all the bluegrass festivals throughout the Northwest. The band broke up at the end of 1989, but reunited in 1993 and were hired to play 3 shows at the very first Wintergrass Bluegrass Festival that year.

After another hiatus, High and Lonesome reunited and performed at the Darrington Bluegrass Festival last summer, 24 years after the last time they performed there. Earla Harding, founding member of the Wintergrass Blues Festival, 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.

Friday, January 2, 8:30pm  
At the Red Bicycle  
17618 Vashon Hwy SW  
206-463-5590  
www.redbicyclebistro.com

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# Club O New Year's Eve

We had an awesome time last year rocking into 2014, so we are doing it again! Join us and welcome 2015 with family & friends!

Dress Up, Have Fun and DANCE!!! Don't want to dress up? That's OK! Come as you are. We will celebrate New Year's Eve 4 times starting with New York at 9pm and moving West from there!

We'll have confetti and a special surprise or two, plus our regular fabulous Teen VIP Room, Club Light Show, Shadow Box, Kids' Play Area, and music from m2domus Productions (aka DJs MirageSix and Whitmore).

Cost is \$10 for Adults and \$5 for Kids - All Ages Welcome! And as always, No One Turned Away for lack of funds!

December 31, 7pm to late.



# Shakespeare Festival's ShakesKIDS: Hamlet

The Vashon Island Shakespeare Festival's ShakesKIDS are proud to share their work on their one hour version of Hamlet, by William Shakespeare.

This version of Hamlet, stripped of it's political storyline, leaves all the questions of how we each individually cope and move forward in the face of a radical shift in circumstance.

When is action preferable to inaction? Does love end? What is love? When is loyalty more important than self preservation? When is self preservation more important than loyalty? Who am I when tested by fate? Who am I at all? These are questions that are asked by Shakespeare, and by all of us. The children in Vashon Island Shakespeare Festival's ShakesKIDS, who are between the ages of 9-12 find themselves, perhaps, feeling those questions out for the first time since they came to earth. Almost



every child takes a turn playing Hamlet himself and ask with this exploration: I AM HAMLET, what do I do?

Come join us DECEMBER 19th at OBER PARK PERFORMANCE SPACE for a 7:00pm showing of our work.

This production is offered to the community free of charge through Vashon Island Shakespeare Festival's "FREE WILL" program. Children welcome, it is their world, after all.

# Rumor Has It



Rumor Has It began in 2009, when a group of long-time island musicians began loitering around a cabin on Vashon. From diverse musical backgrounds, they started jamming, pulled a rabbit out of a hat, and realized their musical destiny was string-band rock.

Five years later, after surprisingly few personnel changes, the band is still kicking it.

Roger Taylor - on guitar - came from the folk-rock world, where well-crafted songs and harmony vocals are king; Steve Amsden - on many guitars, banjo, and cittern - commands a musical bazaar including at least rock, country, folk, Celtic, and bluegrass, and sells his soul to many island bands; Paul Colwell - on mandolin - has been in demand in Nashville, co-founded Up With People,

and is our bluegrass elder statesman; Sarah Perlman - on fiddle - still sneaks off to play with chamber orchestras when she's not ripping string-band rock solos; Dan Bruce - on drums - plays anything he can get his hands on with a steady funky groove; Gen Amsden - on vocals - the one in the band with tattoos, sings with swag way beyond her years, and Steve Meyer - on bass - never smiles, plays folk to jazz with several island groups, and keeps us in and out of time. Oh, and there's a lot of singing.

This is an all-ages show 'til 11pm, 21+ after that. Free cover!

Saturday December 27, 8pm  
At the Red Bicycle  
17618 Vashon Hwy SW  
206-463-5590  
www.redbicyclebistro.com

# The DoVE Project presents: A Classic lil' Christmas

A Classic lil' Christmas features singer songwriter V. CONTRERAS , MARTIN FEVEYEAR & DELILAH PEARL performing songs of holiday cheer at the intimate and cozy Vashon Island Coffee Roasterie, to benefit The DoVE Project. There will be some seating available plus lot's of standing room. Show starts promptly at 5pm so arrive early. A suggested donation of \$10 - \$15 will be taken at the door.

V. Contreras is known for her soulful original pop songs but to islanders, she's the vocalist for the Seattle Rock Orchestra that played to a full house at the O Space this past summer. Martin the well known record producer and owner of Jupiter Studios has produced countless albums including Brandi Carlile, Mark Lanegan and many more. Delilah Pearl - that sweet, jazzy voice. She's an island gem!

Drop by, listen to some amazing vocalists and support The Dove Project. It's a festive evening with adult beverages and pastries too! This fundraising effort



is hosted by Debra Heesch and The Vashon Island Coffee Roasterie.

Sunday, December 21st @ 5pm.

NEW YEARS EVE  
THE RED BICYCLE BISTRO & SUSHI

Loose Change

FREE COVER

WED - DEC - 31ST - 9PM

ALL-AGES 'TIL 11PM, 21+ AFTER THAT

# Hal Needs A Home...

I hurry to the door to say hello when I spy shelter visitors. Although little kids make me nervous, I'm great with older ones and adults. I can be dog-friendly, too (ask to see the photo of me and a dog I used to hang out with). I always have a tuxedo on, so I'm ready to attend holiday get-togethers. Please hand- deliver all invitations!



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Deadline for the next  
edition of *The Loop* is

Friday, January 2



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PANDORA'S BOX

Happy Holidays!

Last minute Christmas gifts galore, and who doesn't want to start the new year off with a new coat?



Bo's Pick of the Week:  
The last of the Seahawks jerseys - get yours now!

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

DANNY'S TRACTOR SERVICE 206-920-0874

- ▶ Land and storm damage clean up
- ▶ Tree Cutting and removal
- ▶ Field mowing, brush cutting and tilling
- ▶ Hauling and refuse removal
- ▶ Scrap metal removal
- ▶ Driveway repair and grading

→ Dan Hardwick  
oldredtruck@comcast.net



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

Saturday, December 20, 8pm  
Vashon Events Holiday Show

Saturday, December 27th, 8pm  
Rumor Has It

Wednesday, December 31, 9pm  
New Years Eve show with Loose Change

Saturday, January 2, 8:30pm  
High and Lonesome

Compost the Loop

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

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

Make a date with Vashon!

www.VashonCalendar.org

Vashon Library Events

Art & Music Events

Submit your Event on line at  
www.vashoncalendar.com

Loopy Laffs

LOGJAM



BY Jeff Hawley

WITH CHRISTMAS UNDER SEIGE, "MERRY CHRISTMAS" PATROLS ARE SENT TO BRING TRADITIONAL GREETINGS ...

V.I.P.S.

OK Guys, we have AntiChristmas, Anticapitalist, Lynch-Mob, MERRY CHRISTMAS! Have a sprig of Holly as a gift of this Holy Season!

HEY!! WE HAVE RIGHTS!! YOU CAN'T WISH US A "MERRY CHRISTMAS"!

Anarchists here on a Protest.

MERRY CHRISTMAS and may God bless!

