



VASHON

# THE LOOP

Vol. 12, #25

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December 10, 2015

## Will Sing For Food – Food Bank Benefit

Vashon Events presents the 3rd annual “Will Sing For Food” event, where local musicians will perform holiday carols to benefit and support the Vashon Maury Community Food Bank.

The evening marks the third 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.

Admission will be by donation and we’ll have a “tip jar” for those who wish to give more. It’s a tough time of the year for a lot of Island families and we’d like to help out.

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

Scheduled to perform so far:

Allison Shirk – Please Come Home For Christmas)

The S Curves – Unwrap Me (Steffon Moody original)

JD Hobson – Christmas Blues (Ralph Willis)

Anelaya – All I Want For Christmas Is You

Julie Mainstone – Long Way From Here (original)

Jessika Satori – Mama, Will I See? (original)

Harley, Holly, Emory – Jingle Bell Rock

Anne & Kate Atwell & Adrienne Mildon – Have Yourself A Merry Little Christmas

Ellen, Jason, Ivy Staczek – You’re A Mean One, Mr. Grinch

Christine Goering – The Christmas Song (Chestnuts)

Loren & Spencer Sinner – Mele Kalikimaka

Pearce Cobarr – I’d Still Call It Christmas (original)

Phil & Geri Royal – Christmas Must Be Tonight

Andrea Brooks – Winter Wonderland



Jessica Mae Swena Rice – What Child Is This?

Maya Krah – White Christmas

Rebekah Kuzma, Kat Eggleston & Steve Meyer – There’s Still My Joy

Maya Battisti – Santa Baby

Andrea Walker & Scott Durkee-Little Drummer Boy

Chuck Roehm – Old Toy Trains

Nick Hyde – Christmas In Your Arms

Chai & Josh – Together (original)

Kiki Means - Someday At Christmas

Roger Taylor, Evan Simmons, Joseph Panzetta - Winter Hymn

The Lori Means Ensemble - Stille Nacht

Friday, December 18th, 8pm

Will Sing For Food Benefit for the Food Bank

Brought to you by Vashon Events

The Red Bicycle Bistro & Sushi

All-age’s ‘till 11pm, 21+ after that

By donation.

## The Wizard of Oz Comes to Vashon!



Vashon Youth Theatre will unwrap its latest production – the timeless tale of THE WIZARD OF OZ – just in time for the holiday season this year.

The show, an adaptation of The Royal Shakespeare Company’s stage show featuring songs from the classic 1939 film, will have three performances, at 7 p.m. Friday, December 18 and Saturday, Dec. 19, and 2 p.m. Sunday, Dec. 20, at Vashon High School Theatre.

The show is directed by VYT founder Elizabeth Ripley, who most recently helmed the youth theatre company’s production of the musical, “Carrie: The Musical.”

This time around, she’s working with a cast that includes a dozen preschool and elementary-aged Munchkins as well as her regular troupe of more experienced high school-aged thespians.

Her version of the show, she said, will offer up some fresh surprises, while also delighting audiences with a much-beloved story and familiar tunes and characters.

“As a director, I do have a certain license to make things my own,” Ripley said. “Our witch will have the iconic green

skin– but I don’t believe in frumpy witches. My costumer designer and co-conspirator, Lillian Ripley, liked the idea of red and black. People will have to come to the show themselves to see what they think of our take on the Wicked Witch.”

Vashon’s “Wizard” will also include a special trio of trees, who follow Dorothy down the Yellow Brick Road, and special effects such a living twister, gimmicks that shoot light and smoke, and mist and fog, and tap dancing Tinman and Scarecrow.

Principal cast members include Isa Sanson Freh as Dorothy, Maria Gilmore as Glinda, Joy Gihgleri as the Wicked Witch, Isaac Hughes as the Scarecrow, Xavier Ajeto as the Tinman, Luther Martinez as the Cowardly Lion, and Drama Dock regular Toby Nichols as The Great and Powerful Wizard of Oz. A tiny, gentle chihuahua mix named Killer will play the pivotal role of Toto.

Tickets (\$15 General Admission and \$5 for Youth and Seniors) will be sold at the door and

In Advance(\$10 General Admission and \$5 for Youth and Seniors), at Vashon Book Shop.



Emma, Faith and Dora Sohl at the Vashon-Maury Island Heritage Museum for the opening day of the Marshall Sohl exhibit showing December 4 through March 20, 2016

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11:30am to 2am

**Live Entertainment**  
**Friday, December 11, 8:30pm**  
**Gregg Curry & Ragged Glory**

**Friday, December 18, 8pm**  
**Will Sing For Food – Food Bank Benefit**

**Friday, January 8, 8:30pm**  
**High and Lonesome**

**Friday, January 15, 8pm**  
**Hot Lava**

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## Making Your list and Checking It Twice

### Granny's has the Holiday DEALS!

Granny's Attic Donation Dock is open on the South side of the Vashon Plaza.

**Granny's is at Vashon Plaza!**  
17639 100th Ave SW, Vashon  
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## Rick's Diagnostic & Repair Service, Inc.

As per RCW 46.55.130 The following vehicles will be sold at public auction at 9919 SW 178<sup>th</sup> St, Vashon WA on Wednesday December 16, 2105 at 11AM viewing starts at 10AM.

None have keys

1995 Pontiac Firebird Vin#2G2FV22PLS2248779 AWA9446 WA  
1989 Ford F150 2WD Vin#1FTDF15Y6KPB47597 C47829A WA  
1979 Chevrolet SW Vin#1W35J9R5008679 193-ZQV WA

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## Now Playing

### Hunger Games: Mocking Jay Part 2



### Coming soon

Shakespeare's "Henry V"  
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Dec. 11 & 12 at 4pm

Star Wars: The Force Awakens  
Starts December 17

Its a Wonderful Life Free Showing  
December 20 at 12pm

Sing A Long  
December 22 at 6pm

## Vashon Theatre

17723 Vashon Hwy  
206-463-3232

### Call for Times

For show times and info check  
[www.vashontheatre.com](http://www.vashontheatre.com)

Find us on Skype  
Vashon Loop  
206-925-3837



# 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.

### Vashon Island Pet Protectors Holiday Bake Sale

East side of Thriftway & “old liquor store” Sat. December 12th 9a.m.-1p.m.

Stop by to purchase an array of goodies baked by some of the island’s best bakers. If you would like to contribute please drop off your tightly wrapped & labeled goodies after 8:30 the morning of the 12th. For more information please call Victoria 463-5381.

### 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/ 567-6152 with questions.

### Vashon Drum Circle

Vashon Drum Circle meets Friday, December 11th, 7-8:30 PM at Vashon Intuitive Arts. All are welcome to drum on behalf of the health and well-being of our planet and our community. Show up and drum! Sponsored by Woman’s Way Red Lodge, this gathering is open to all ages and experience.

### King County Comp Plan Update

King County is updating the King County Comprehensive Plan after many years. It’s critical that as a community we take part in this process. There will be meetings off and on through 2016 to consider specific items in the plan but the first look and first chance to comment and ask questions will be Monday, December 14th! The meeting will be held at McMurray school at 7:00 pm and many of the County staff who are working on this will be there. Please come to the meeting to let your voice be heard and your interests known. To see what changes are in the works go to King County Comp plan on the internet and read through what they have there. Some good and creative ideas coming out of the County (surprise!) and a few things some of us may not like. Zoning, CAO, housing, lots of stuff.

### Vashon Social Dance Group Monthly Dance & Lesson

SATURDAY December 19, 2015

Vashon Social Dance Group Lesson & Dance  
Ober Park Performance Hall - 17130 Vashon Hwy SW  
(Vashon Park District Office Building)

7:00 - 8:00 pm Dance Lesson - A Little foxtrot, a little swing- they make for a great partnership- a little like Rudolph and Santa Claus! Join Our Guest Instructor Lilli Ann Carey with Dance For Joy!

8:00 - 9:30 pm Dancing to deejayed music by Lilli Ann and Candy (Lilli Ann promises to play some of her favorite holiday tunes that are great dance tunes. Did you know the theme from Charlie Brown’s Christmas is a Waltz?) Some beautiful, some fun, some nostalgic.

No partner needed. Come and bring anyone interested in dancing!

Suggested donation: \$10 for lesson and dance  
No one turned away due to lack of funding. Join Us!  
Join us for a wonderful evening of social dance.  
NO PARTNER NEEDED!  
Candy  
VSDG Event Coordinator

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

### Vashon Youth and Family Services Launches Fall Appeal, Anonymous Matching Gift

Vashon Youth and Family Services launched its annual fall appeal with an Island-wide letter delivered last week, Bell-ringing Elves appearing outside of shops in town, and a \$5,000 pledge made by anonymous matching donor. This year’s appeal carries an urgent need, as the weather related cancellation of the Raft Up event in September has caused an overall funding shortfall.

“We need to raise approximately \$75,000 to meet our budget goals and start 2016 strong. Fortunately, a local family that believes in the agency has stepped up with a pledge of \$5,000 to match any gift of \$200 or more made between now and New Year’s,” said VYFS Executive Director Kathleen Barry Johnson.

The agency ordinarily raises between \$45,000 and \$55,000 during its annual appeal. “The gap is significant to us,” Johnson said. “We have extremely generous donors, but this year we need everyone to jump in as best they can.”

“We were absolutely thrilled last month when we learned of the pledge,” Johnson

said, in reference to the anonymous matching gift. “The donor was very clear that they want to inspire people to give more than they usually do, because this is an exceptional year. So they decided to only match gifts of \$200 or more in the month of December, up to \$5,000.”

VYFS operates at three sites on the Island, including the main office on the campus of the Vashon Island School District, the PlaySpace north of town, and Chautauqua Elementary School. Funding raised during the fall appeal is used to help all of the agency’s programs, including mental health counseling for youth, families and individuals, family education and support, emergency support and health vouchers, and enriched out of school time care for elementary age children.

Islanders interested in supporting VYFS can donate through their website at www.vyfs.org, by mail at PO Box 237, Vashon, WA 98070, or by visiting an Elf stationed outside of local stores during weekends in December.

### AUDITIONS for Heart of Vashon: telling our story.

Saturday and Sunday, Dec 12 and 13, 1-3 PM at Blue Heron.

Michael Barker, director, will cast 8-10 readers for Jan 24 performance reading at Blue Heron. All ages. No preparation necessary, just be ready to read. Some casting has already been arranged.

Contact Michael at lavidaverde51@gmail.com for info. Project coordinators Shirley Ferris and Mary G.L. Shackelford can be reached at heartofvashon@gmail.com

### The Christmas Cantata

Here comes the Christmas Cantata! Don’t miss “A Garland of Carols” by Jean Anne Shafferman performed by 30 voices! The presentations will also feature music and congregational carols.

Concert Dates:

Sat., Dec. 12th, 7 pm at Vashon Lutheran

Sun., Dec. 13th 7 pm at Vashon Methodist.

Directed by Marita Ericksen. Bell choir prepared by Barry Cooper. Electric keyboard: Laura Carven. Grand Piano: Dinah Helgason, Percussion: Will Forrester. Special music by Dianne Kutzke, Elizabeth Ny, Elaine Ott, Dick Paulsen, Lauri Hennessy. 30 voice choir. There will be a free will offering.



### Next Edition of The Loop Comes out Thursday December 24

Deadline for the next edition of *The Loop* Friday, December 18

#### 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

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*\*does not include slippers & Sanuk sandals*

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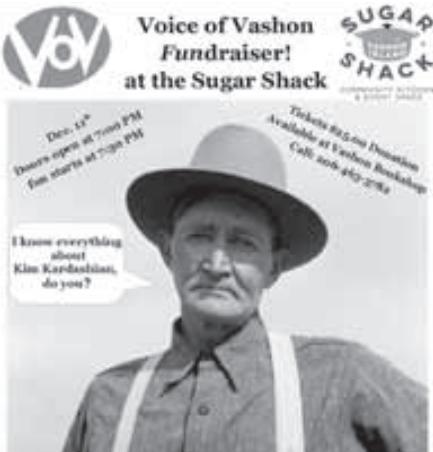


# Mostly True Trivia Contest

A fun filled evening of the island’s best trivia with the hilarious and talented host Chris Austin. Enjoy a delicious beverage from Seattle Distilling and soft drinks and snacks are provided. Fabulous prizes provided by Hinge Gallery.

Buy tickets in advance at the Vashon Bookshop with suggested \$25 donation. 21+ only.

Friday, Dec 11th, 7pm, Mostly True Trivia Night Fundraiser for Voice of Vashon at the Sugar Shack



## Mandala Session

Welcome the New Year in with Mandala Meditation.

Mandalas, or circles, are made as a mindfulness exercise with roots in many spiritual practices. For our purposes we will be working with 2-d materials and creating our own contained images within circles on paper. Paper, mandala coloring pages, and some 2-d supplies will be provided but please bring any non-toxic and quick-drying 2-d materials you’d like to use.

Valise Gallery is offering this session as a gift to the community so there is no fee but we are happy to accept donations in order to continue offering events like this. There is no need to have an artistic background. Open to ages 16-80 with a limit of 12 people. Sign-up deadline 12/31

Let’s set the intention of this mandala making experience as a silent reflection on the past year and hopes for the new year.

The session will be 3 hours long on Sunday 1/10 starting at noon.

Valise Gallery, 17633 Vashon Hwy SW. 206-463-04006



## Positively Speaking

### Heavenly Peace

By Deborah H. Anderson



The sight of the armadillo stamped on the envelope always brought a smile. Inside the envelope, I had come to know, would be a tidbit of spiritual thought that pushed the edge a little or inspired. Gordie Fisk had sent me another article he thought would interest me.

Some people have the word good written etched on the DNA. Gordie was such a one. A heart of gold, a mind that never stopped hungering to learn, and a spirit that sought God’s engagement in the world were the markers of his life.

As his pastor, I looked forward to his phone calls and invitations to discuss any point of culture or theology. A seeker who was open to the mystic, and well defined in his own person, my life was better for the topics and ideas he sought to understand. His caring heart frequently alerted me to issues and events of which I needed to be aware. His humility exemplified the mantra ‘others first’.

The world is a troubled place right now. At any point we all might get shot, or blown up. No one is safe anywhere. Not in the cities, not in the rural parts of the country.

And yet, I have been reminded many times in the last two weeks, there is much that can happen when good people gather together.

Gordie’s goodness was being deep. That’s a term that means, not skin deep. At his core he had integrity. Inside him was peace.

That makes a difference in the world. The collective peace inside of people makes a difference.

Recently I was released from a very difficult situation that had persisted for many many years. The peace of being free has been a bit overwhelming. At first my emotions bounced around a little as I registered just how truly awful it had been. Then my heart experienced the epiphany of appreciation for the wonderful new life that had been unexpectedly dumped in my lap.

Was I going to focus on revenge, on returning evil for evil? Or was I going to step into my new life, gather the memories and reality of all the people who love me and leave the past for creative release and let it float away? In short, would I choose peace?

In that same time of transition, I had a random opportunity to see people who had hurt me many years ago. Once upon a time, they held a lot of power over my life. In that recent engagement they

appeared physically bereft of any strength or health. Now, myself, I use a four toed cane right now; a wheelchair if distances are involved. With any luck, next year I will be reconstructed and freed from any assisted devices. Not so for them. Their afflictions will only cause further decline.

Life is complicated. We have many choices. Our choices influence and effect others. It’s never too late to change your responses.

If I had been focused on revenge or enjoyed their negative circumstances, I would have missed out on the new and the wonderful. Gordie was the living example of moving onto the next chapter of life looking forward to what adventures lay ahead and releasing the past into a narrative. His ability to move on past hurts and sorrows and embrace the new was stellar.

One of the special treasures of my memory of Gordie is the sharing of his experiences involving the Benedictine tradition. Those sacred moments of exploration added to his heart in ways that brought depth and meaning.

I’ve saved everything he ever sent me. Over the years to come, I’ll reread the articles. As I too moved to a fascination with and embracing of the liturgical tradition, during the prayers for the dead, I will joyfully remember dearest Gordie.

In the midst of mass shootings, a contentious presidential campaign, greed and corruption during a religious holiday turned capitalistic burnt offering, despots, genocide, injustice, rampant disease, and all the rest of the worst humanity can create I lift up the remembrance that good can overcome evil.


Let us all, as we jet about with our to do lists during these next few weeks, be conscious of the enormous influence and effect we can put out in the world from the peace within us.

Wishing you a core of peace, a heart of love, a mind that seeks, humour, faith, and a love of people.

Gordie Fisk proved it is a worthy way to live.

Love,  
Deborah





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Vashon Island

# Art Studio Tour

Holiday 2015  
December 5-6, 12-13  
Saturday & Sunday  
10 am to 4 pm

Maps and brochures available at Island businesses. To preview the art & plan your route, visit [VashonIslandArtStudioTour.com](http://VashonIslandArtStudioTour.com)

Gold Series #2 by Gay Schy tour stop #27 Seed Pod by Charlotte Masi tour stop #33

Find the Loop on-line at [www.vashonloop.com](http://www.vashonloop.com).

## Next Edition of The Loop Comes out Thursday December 24

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## Foxy Needs A Home...

Do you have kids? I like kids! Whoever adopts me will be very lucky to have such an affectionate, fun-loving companion. When people pay attention to me, I roll around and contort myself into all kinds of positions, I’m so ecstatic. I’ve even been known to drool from happiness when someone pets me and rubs my belly.

I get along with other cats, and I’m quiet. What’s not to like? Come and see if I’ll stand on my head when you pet me. That might be my next trick.



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





**Aries (March 20-April 19)**  
Most of us have another side we are reluctant to show, a vulnerable side. It would seem that your vulnerable side needs some love right now. At least to begin with, that love will probably have to come from you. Actually, that's a good thing. After all, nobody understands your needs better than you do. The question is whether you can give yourself the same benefit of the doubt you would readily provide to another for whom you feel affection. The answer lies in going back to the basics. Among other things, love entails acceptance, trust and support. Therefore, do for yourself what you would want a lover to do for you. Give yourself a warm embrace every night. Tell yourself that you are good and worthy every morning. Invite your needs to stay in your heart and be what they are.

**Taurus (April 19-May 20)**  
Participating in an endeavor with another (or others) has many fringe benefits. Among those benefits is, or should be, the right to negotiate. The next several weeks will be a good time to at least evaluate the extent to which you have pooled your efforts and resources in partnership. Is it proportional to the license you have received to influence the nature and course of these joint enterprises? If your role or position in a venture is uncomfortably subordinate, consider how it got that way. It could be that you have created or tacitly accepted a niche that is implicitly unequal. If that is the case, negotiations must begin with you asking for and taking on greater responsibility rather than simply agitating for change. Show your partner(s) what they have to gain, and they will be more likely to give.

**Gemini (May 20-June 21)**  
Personal development does not always take place at a constant rate. Sometimes there are spurts of growth. The period just before a moment of abrupt maturation or attainment is often characterized by consistency and persistence, even when there are no discernible results. On the other hand, the stage immediately after a growth spurt of some sort typically requires some adjustment. It is important for you to know where you are in the course of your own evolutionary cycles now because it appears that you are about to move from one state to another. Therefore, if nothing seems to be going anywhere, keep up with your chosen practices. If you are somehow suddenly awkward, slow down. And if the world has suddenly opened like a flower, go with the flow for all you are worth.

**Cancer (June 21-July 22)**  
It's very appropriate for you to make your place of residence both comfortable and safe. Home can be more than just a place of refuge, sanctuary and nourishment, however. Where you abide can be lively and fun. You should not have to leave your abode to have a good time. Indeed, there is no better place to take a thrilling risk or two than in the security of your own space. It does not matter whether you live alone or with others. Nor should it make a difference whether you are hosting a party or in bed by yourself. There should be some way to find both joy and adventure under your own roof. Fortunately, your imagination is capable of being quite active and very creative right now if you put it to work. Think of some ways to have the time of your life where you live.

**Leo (July 22-Aug. 23)**  
There are some who are fond of saying that "it's later than you think." Let them think that way. You don't have to. If anything, your case is that's it's earlier than you think. Even if you are in the midst of a

long haul of some sort, permit yourself to be refreshed by the distinct possibility that today really is the first day of the rest of your life. Allow yourself to at least imagine that you are only at the beginning of a great adventure, and consider what that would mean if it were true: that you have time on your side, perhaps in a way you never thought possible. It would also mean you have space to maneuver or even change direction altogether. Chances are if you give yourself the gift of positioning yourself at a starting line of some sort, it will allow you to make better decisions than if you see yourself approaching an end.

**Virgo (Aug. 23-Sep. 22)**  
Almost by definition, you have an earthy nature that should not (and ultimately cannot) be denied. You also have an inherently open mind. The combination gives you a greater proficiency than most for exploring the full range of your potential for sexual satisfaction. Paradoxically, your innate contact with the fecund Earth can often result in an over-emphasis on propriety. Similarly, your supple intellect is entirely capable of over-thinking. You may have also run into some trouble with inhibitions lately. Fortunately, however, the remainder of this year should be prime time to get your groove back. If you already have an established intimate relationship, ask about pushing the envelope a bit to liven things up. If you are without a sexual partner right now, try being a bit more risqué with yourself.

**Libra (Sep. 22-Oct. 23)**  
Being misunderstood is not a pleasant thing to go through. After a certain point, however, you have to be philosophical about what other people think so as not to lose yourself. You may be at that point now, especially if you are feeling a need to please others in order to be truly content and fulfilled. Yes, we all have a lot in common. In addition, your ideals and sense of fairness do you credit. Even so, not everybody has the same priorities as you. Therefore, if you cannot please everybody, don't think yourself a failure. Rather, think of yourself as having delineated where differences between you and others lie and what your own values are. If you can do simply that you will have more clearly defined yourself. With that definition you can finally begin to work and create to your own satisfaction to the same degree you have considered the satisfaction of others.

**Scorpio (Oct. 23-Nov. 22)**  
Being misunderstood is not a pleasant thing to go through. After a certain point, however, you have to be philosophical about what other people think so as not to lose yourself. You may be at that point now, especially if you are feeling a need to please others in order to be truly content and fulfilled. Yes, we all have a lot in common. In addition, your ideals and sense of fairness do you credit. Even so, not everybody has the same priorities as you. Therefore, if you cannot please everybody, don't think yourself a failure. Rather, think of yourself as having delineated where differences between you and others lie and what your own values are. If you can do simply that you will have more clearly defined yourself. With that definition you can finally begin to work and create to your own satisfaction to the same degree you have considered the satisfaction of others.

**Sagittarius (Nov. 22-Dec. 22)**  
If the sky is right, you are now settled into a smoother routine than was your situation only three months ago. If that's not true for you, put on your thinking cap. Next, set aside all doubts about what can



and cannot be done as the next order of business. Think as if anything were possible for you, even if it does not seem that way. Then, simply ruminate about the single most simple and easy thing you can do to make your life more simple and easy. What your free-range thinking comes up with may be something you don't want to do. Let that be okay — because after all, you have a choice. That way, if you do decide to eschew the simple and easy in favor of a more difficult but palatable path, you will at least have come to a greater understanding of what makes you tick — and that alone will come in handy sooner than thinking can reveal.

**Capricorn (Dec. 22-Jan. 20)**  
For astrologers, your element is earth. What you might want to meditate on right now, however, is what it means to be in your element. You have been around long enough to know when you feel most confident and relaxed. You also have enough experience to know what fields of endeavor allow you to demonstrate impressive competence yet also experience authentic fulfillment. Once you are clear about when and where you are in your element, you can begin making some plans to spend more time there. Don't put pressure on yourself — you don't need any more of that. Conceive of moving more fully into your element as a gradual process that should rightfully take years to complete. That way not only can you make adjustments as you go, but also change course altogether should you have a change of heart.

**Aquarius (Jan. 20-Feb. 19)**  
Yes, some might be judging you unfairly right now. If you are fair to them, however, you probably must admit you have given others some small reason to judge you. This does not mean there

is anything wrong with you, so don't compound your situation by judging yourself. Neither, in all probability, do you need fixing. It might do simply to be more transparent about your situation. Admittedly, revealing more of your circumstances and taking responsibility for them could mean swallowing your pride, or even risking embarrassment. Even so, it is almost certainly better to take a chance that depends on the understanding and compassion of others than to maintain the unsustainable, doing damage to yourself or your cause in the bargain. Give the truth a chance to set you free, and it probably will.

**Pisces (Feb. 19-March 20)**  
Travel beckons, but not in the conventional sense. For sure, traversing greater distances than your usual commutes and opening yourself up to new experiences should be in the cards for you sometime around the middle of next year, maybe earlier. For now, however, it's time travel that is waiting for you at the curb with an open door. You may argue that time travel is the stuff of science fiction, but all of the work you have done on yourself in recent years makes a trip down memory lane not only safer but also potentially more productive than at any other time in your life. The same labors of loving yourself with diligence and purpose for so long have also made you better able to visit possible futures more clearly than most people can ever do. So when you get the time, take some time to explore time itself — and enjoy a payoff that has been long in coming.

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





# Spiritual Smart Aleck

## Irony

About twenty-four years ago I was enrolled in an Episcopal course given by the Diocese of Olympia called Formation for Ministry. It was meant to equip lay people to live out their call.

What is a call? Your call is the inward pull toward living out your most authentic self in your most authentic life. In the classes I took we were focusing on what God was calling us to be and do.

If you are uncomfortable with the G-word, go back and read the first sentence of that last paragraph. For the purposes of today’s discussion, that is my definition of call.

Almost everyone in that diocesan class was exploring some sort of call to ordination. Many were certain they were called to priesthood, or the diaconate. I was thinking I might be called to the diaconate.

Then I found out that when you are ordained to holy orders, the emphasis is on “orders.” As in: you take orders from those above you in the church. Learning that was one of those “Uh oh,” moments for me.

If spirituality is a gift like any other gift I did not get the “humble obedience to my superiors” part of it, but I did get the “I don’t feel inferior to these bozos” gift. I can respect people on an individual basis, but I knew I could not be obedient to someone simply because I was outranked.

So after I realized that I probably was not called to be a humble cog in the mighty machinery that is the institutional church, I figured I was called to do the best job I could living the life I already had.

I have always believed that the example you live attracts more converts than sermons, same as the way you live teaches your children more than what you tell them. Unfortunately, my example often pisses people off. Oh well. I’m doing the best I can here, all right?

In one of the theology classes we were given the assignment of writing an autobiography, and then presenting it to the class. Most people in the class were, like me, in the middle of life, and hearing our stories about how and why we had come to be enrolled in this class was pretty



By Mary Tuel

interesting.

There was a woman in the class who was in her seventies. She had worked as a nurse. Her husband had been an alcoholic. “It was very hard, but that was all years ago,” she said, with a dismissive wave of her hand. She said she felt called to the diaconate because she wanted to be of help to people.

She was amazing to me because she had obviously lived a long and sometimes tumultuous life, and had seen many sad things in her work as a nurse, but she elaborated less about her life than those of us who had lived much shorter and perhaps not so helpful or traumatic lives.

At the time I was pretty sure I had suffered more than anyone, ever, in the world, and wanted everyone to know it and feel sorry for me, or admire me for being such a gosh darn courageous gal overcoming all that adversity. When I told my life story, I went on and on, talking about my hard times and how I suffered. Then this seventy-something woman summed up her life, which obviously included some hard times, in about five minutes. It was humbling. The irony to me was that a longer life made a shorter story.

I thought about that class and that woman lately, because I am finding that the longer my life is, the shorter the telling of it is. I realize now that everyone has suffered, and there’s no comparing one person’s suffering with another. Whatever bad has happened to you, it has been bad enough. You know what it feels like to hurt and because you do you can feel compassion for other people who hurt.

These days my calling includes being a steady grandmother to my grandchild, hanging around with good friends, and singing, and writing. There is also an awful lot of laundry and dirty dish washing to do. Not exactly inspiring chores, but someone’s gotta do them.

Right now all those activities seem like plenty enough to make a full life. I have been through some hard times, but so have we all, brothers and sisters, so have we all. May you have a long life and a short interesting story to tell.

# Ink + Mylar

## Brightening the Winter Blues

by Rachel Waldron

I’ve been lovingly referred to as a Grizzly Bear because I eat, eat, eat in the winter, and hibernate (or try to!). I could sleep through all of winter with a bowl of fettucine if I didn’t have two wild little boys to chase around and keep after. And, how does anyone feel when they just want to curl up in a ball and sleep but their sleep continues to be interrupted? Tired and cranky.

Winter is beautiful. It offers us icicles on our windows, sparkling evening snow, and those brown patches in our lawn

incandescent lamp does nothing to brighten the space. It is this time of day when I tend to run around the house turning every light on. Whenever a lamp burns out, an LED goes in, and let me tell you- the light is crisper and brighter, but it can still be warm. These are pricey lamps, but worth every penny, and their lifespan is phenomenal.. I recommend a warm white!

Review the placement of your fixtures. A light in the center of a room will leave a room feeling dark because it is unable



spring back to life. But, it also brings us darkness, greyness, and weather that can be less than pleasant for outdoor fun. As someone who doesn’t like cold, but likes to make every outing into a walk in the woods, or a visit to the beach, winter gives me pretty severe cabin fever, and hopping from one interior environment to the next just doesn’t cut it. I feel relief and freedom when I spot a patch of blue sky, or when the sun shines in through the window.

*Good interior design can help get us through these dark days*

Interior design is so much more than picking pretty pillows (although that can be fun!) and dressing an interior space. Interior design considers your health, your safety, the function of a space, the ergonomics, the architecture... I could go on forever here. But, what can YOU do in your home to improve your well-being?

*Let in the light*

Everywhere you look in reference to “winter blues”, you will be told to focus first and foremost on light. It’s true. I’m going to back that up here. Every interior space should have at least three levels of light (windows count!). This is a minimum, and lighting should happen at different heights and consider the different tasks it will be applied to. So, if you’re wondering if you REALLY need that floor lamp- YES. Even as a small accessory- a “nonfunctional” light will provide atmosphere and contribute to the feeling of your interior environment.

Consider replacing interior lamps (bulbs) with LED’s. I know the trend is for the fluorescent lamp and we all miss our now banned incandescents. But, honestly, the incandescents were dim. The hardest part of my day is early dusk, when it’s getting darker, but turning on an

matter what wonderful, lively colors we use, we need life to feel alive. Bring in some greens and enjoy the fresh air they circulate through your home and the excuse to take a break from your daily work to water and nurture them. Not a green thumb? No worries! There are several easy to care for indoor plants that will give your home the energy it needs.

*Color*  
Color is tricky because it is very personal. Some people look for release in a monochromatic space with bright splashes of color. Others desire a warm, rich palette, where someone else prefers a cool blue escape. The important thing here is knowing what you need, what energizes you, and do it! Color absolutely enriches our lives and our emotions.

*Fragrance*  
Our sense of smells is our strongest sense, and it amazes me that more Seasonal Affective Disorder references do not mention this sense in uplifting our mood. Have you ever been in a glum mood, smelled something wonderful and felt instantly uplifted? I have a dish soap that is sunflower scented, and I keep it tucked away, using the boring, “regular” brand intentionally so that when I need a little light in my day, I pull out the sunflower soap and wash my dishes, deeply inhaling the wonderful scent. It always makes me grin, if even for a second.

Use some essential oil on your TP roll for a release of scent when the roll is used. Try some of those herb-infused sachets in your dresser drawers or in the linen closet. Light a scented candle. Or, simmer up a delicious-smelling meal.

So, the next time you’re feeling a little cabin fever or as though you’ve been swallowed by a grey fog, try these tricks to liven up your interiors and enhance your well-being through interior design! Take a look at my blog this month- I will be featuring articles on bringing warmth to your interior space!

To learn about Rachel Waldron’s interior design services, contact her at 206.249.9860 or [rachel@waldrondesigns.com](mailto:rachel@waldrondesigns.com)





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Island Epicure



By Marj Watkins

A One Dish Pre-Christmas Dinner

The first column I wrote for this newspaper, ten years ago, gave readers a requested recipe for Pad Thai. It's okay for people sensitive to wheat because it uses Thai rice noodles. One Christmas I gave the recipe and the non-perishable ingredients to my grandson James, who loves to cook, and to eat, gourmet dishes. His delight when he opened the box earned some envious glances. The preparation for it can be done any time during the day you plan to serve for dinner. Soaking the noodles and cooking takes only a few minutes. It can be as simple or as elegant a presentation as you wish. The simplest form was cooked and sold on street corners in Bangkok the first time we were there. I didn't see those pad Thai vendors the last time, though. Perhaps those vendors had jobs driving tuk-tuks, the two-bench taxis, or long-tailed boats, the water taxis on the river. I'll bet they still eat Pad Thai, though. It's too good dish to forget.

Pad Thai  
4 servings

- 3 hanks skinny rice noodles
- ½ cup coconut oil or olive oil
- 5 to 6 cloves garlic, minced
- 1 cup small cooked shrimp
- 2 Tablespoons Nam Pla (fish sauce)
- 3 Tablespoons ketchup
- 2 eggs, beaten
- ¼ teaspoon red pepper flakes

- ½ cup chopped roasted peanuts.
- 2 tablespoons lemon juice
- ¼ cup cilantro leaves
- 1 cup bean sprouts

- Garnish:
- Chopped roasted peanuts
  - 2 green onions, sliced
  - 1/4 cup chopped cilantro leaves
  - ¼ cup chopped parsley
  - 2 to 3 tomatoes, sliced
  - 1 cucumber, sliced
  - 4 or more wedges of fresh lemon or lime

Soak the noodles in hot water for 15 minutes. While they cook, mix the fish sauce and ketchup (A Japanese tea cup is just right for this). Line up all the ingredients except the noodles in small bowls alongside your stove. This permits the whole recipe to go together fast in a large frying pan or wok.

Heat the oil in pan or wok. Fry the minced garlic just until it turns golden. Add the shrimp. Heat 1 minute. Add the fish sauce and ketchup mix. Stir. Add the beaten eggs. Stir to scramble. Drain the soaked noodles. Add to the pan. Stir-cook 2 minutes. Add half the peanuts, half the cilantro, and the red pepper flakes. Add the bean sprouts. Stir or toss. Cook just until the bean sprouts are barely cooked. Sprinkle with lemon juice.

Turn out onto a platter. Arrange the garnish ingredients atop the noodle combo in this order: Peanuts, green onions, cilantro, and parsley. Ring with tomato slices. Place the cucumber slices either on the tomato slices or between them. Tuck in wedges of lemon or lime.

This makes a beautiful presentation with entrée and salad on the same platter, truly a one-dish meal. In Thailand, limeade is the usual beverage served with it. For desert, fresh fruit is offered--strawberries if available. Frozen strawberries could be substituted, half-thawed and topped with whipped cream.

Gregg Curry & Ragged Glory

For Gregg Curry, Ragged Glory was a sound birthed from the radio of a Mercury Montego he drove down Southern highways in summer with the windows down. It was Dylan, The Stones, The Band, Neil Young, Tom Petty, and so many others making something raw sound so perfect. He just grinned and turned it up louder.

Now, Ragged Glory is the band Curry says he's "lucky to work with because they get where I'm coming from and understand where the songs seem to want to go." The band (Curry and Rick Dahms on guitars and vocals, Kevin Almeida on bass and vocals and drummer Emory Miedema-Boyajian ) has evolved a sound around Curry's original songs that is their own – a sort of rock-and-roll tent revival/minstrel show that mixes the sacred, the profane, and the in-between into a musical stew, new and familiar at once. The words may make you pause, the music may tempt you to dance, and chances are good you will grin like you do when you hear a song on a car radio and you want to turn it up.

This is an all-ages free cover show 'til 11pm and 21+ after that.

Friday, December 11, 8:30pm  
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A Charlie Brown Christmas

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Inside Vashon at The Hardware Store Gallery, "Inside Vashon, oil paintings of interiors, still lifes & figures around the island." It opens December 4th, 7-9pm, and will be up until the end of January. There will be paintings of public and private spaces on the island, and just island life in general. Daryl Redeker will accompany the opening with guitar music - from his lofty perch above the gallery. The show is part of the Vashon Island Art Studio Tour, Saturdays and Sundays, Dec. 5-6 & 12-13, 9-4.

TRASH TALK

While 3 out of 4 Americans wish the holidays were less materialistic, we still generate 25% more trash in December. Green your holidays! Ideas abound online for earth friendly re-use of household objects as presents, decorations and gift wrapping. Google King County EcoConsumer.

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