



VASHON

THE LOOP

Vol. 12, #26

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December 24, 2015

Future Ball

Join us, and travel into the... FUTURE!

On December 31st, Club O morphs into a fabulous, fantastical New Year's Eve Future Ball...

Fave DJs MirageSix and Whitmore will be spinning, lights will be flashing, and Vashon's biggest dance floor welcomes all ages. Islanders and visitors alike, join us to ring in 2016 with family & friends. FUTURISTIC Dress encouraged!! As is fancy dress, masquerade dress, or just comfy dress - everyone, wearing anything, is welcome.

Our last two New Year's Eve events were fantastic, and this one promises to be even more. Adults and kids alike have a fantastic time; we celebrate the New Year 4 times, starting with New York New Year at 9 PM and making our way westward. This allows parents with little kids to ring in the New Years without having to wait for midnight.

Our DJs MirageSix and Whitmore complement each other in a fabulous way. Whitmore's collection of music consists entirely of vinyl records. MirageSix works with an entirely digital format. Music played at Club O spans many decades from the beginnings of rock and roll to the latest hits. The DJs aim to create an electric atmosphere in which club-goers dance to their heart's content. Dancers of all ages enjoy shadow dancing in a specially constructed light box. Club O offers all aspects you would expect from a club: lights, lasers, and fog machines, as well as a special teen section, kids area - and thanks to our



Sponsor The Hardware Store, a Beer & Wine Garden for adults!

Cost is \$10 for Adults and \$5 for Kids, All Ages Welcome - plus a special VIP Package! Package is \$30 and includes admission, two drink tickets, a reserved table and special surprise - VIP attendees must be 21 and over.

Advance tickets available at www.brownpapertickets.com and Vashon Bookshop.

As always, no one turned away for lack of funds.

Visit www.openspacevashon.com or call (206) 408-7241 for more information.

Island Life - Storyboard



By Peter Ray

pgray@vashonloop.com

There is a box on the floor in our house that arrived recently with the shipment of objects, devices, artwork, clocks and toys from my parents' house. Despite its daunting nature, I am slowly going through all of it, although compared to what got left behind, this task at hand seems rather small, but not insignificant. This particular box has become both of our cats' new prized lounge area, as it also has a folded small area rug on top and it sits within radiant (but not combusting) range of the woodstove. With the holidays approaching, I have been tasked with making all of this new old stuff go somewhere else, which is hard since we lack both a basement and a garage- the go-to storage units for those of us unwilling to commit to a rented one. The attic has been ruled out as a safe zone for valuables with rampant rodentia still an issue there. And all the usual places- my darkroom, the metal shelving in the mud room and half the floor space in my studio are already all jammed to capacity.

It is this spatial stalemate that allows me time to pause in order to contemplate my next move. It is, of course, also an excuse for procrastination and, since neither cat is currently on this new favorite spot, I can now inspect the contents of this box marked "Dad's Diaries and papers" in order to better judge where this might go once the space for it has been located. As it turns out, these were my Dad's Dad's diaries, and some of it dates back to 1909. In flipping through the browned and crispy pages of ancient newspaper clippings, ticket stubs and a sampling of speeches, I get a picture of a grandfather I only very partly knew, and begin to see which information bits I might send on to my cousins' kids who are working on assembling a family history for all to share on the more practical and useful side of the internets.

In many ways I found myself looking at the pages of these scrapbooks in the same way I have recently looked at the storyboards of Marshall Sohl, which we have assembled and are currently on display at the Vashon- Maury Island Heritage Museum, from now until March 20th. I see each page as a wealth of somewhat overwhelming information about a certain past that is, in my grandfather's scrapbooks, organized in patterns and blocks established by the edges of newspaper column clippings, photos and significant snippets from a life gone by. While the personal insights provided through

my grandfather's scrapbook window are exciting, it should be said that Marshall's wall plaques and paddles made from scrap plywood and wooden reject cores of old K2 skis are far more visually appealing than any scrapbook page I thumbed through. In remembering my first, full-on experience of Sohl storyboards at the retrospective of Marshall's work that was on display at the Blue Heron gallery back in 2002, in my mind I see a show of folk art pieces that were simply fascinating to look at just for their texture and color and form.

It wasn't until Marshall's studio re-creation was completed for this exhibit, the mobile of his paddles was all strung and hung and all the wall plaques and photos of his life had been put in their places, that I stopped and stood and read through an entire storyboard and came to realize the true meaning of his work and his quote that "you cross over the frame into knowledge." From Vashon's first women homesteaders to Indian wars to individual stories about Island people, roads or places, once you break the plane of the frame with a patient curiosity, you can't help but get sucked in to the history of this place.

A seasonal thought also came to mind in recalling Marshall's red cap and white beard and his ever present duffle bag stuffed with surprises. I couldn't help but flash back to my own youth in Leave-it-to-Beaver time when things were more simple and magical than they seemingly will ever be again. It was at this particular time of year that, along with all the other decorations and trappings, my mother would pull out an advent calendar with all the paper doors that concealed a visual surprise to be revealed each day of the season. In the same way on many of Marshall's wall plaques, the small squares of words that describe people, places and things on Vashon through the centuries are also very much like doors in that, once you have read them, you can't help but cross over to see or imagine a glacier's retreat or the bow wake of a dugout canoe as it parts the waters of the whulge or hear the tread of a ghost ship captain on some squeaky floorboard in Ellisport. As one passes from plaque to plaque, one continues to experience any number of images or visions hidden behind simple doors of words.

While many of the word boxes are verbal capsules of Island history, perhaps

Continued on Page 5

National Notoriety?

Same Old Same Old

By Terry Sullivan,

In January of 2012, I wrote a summary in that I was surprised to hear that a recent study found Vashon Island was the most liberal city in the US. It was the first time I have ever seen Vashon singled out in a national context for anything. My second thought was that I, probably like most of you, suspected as much. I expect our friends and neighbors who are conservative probably have dwelt on it more. As you may have gathered by now, I am one of those liberals. Of course, it pleases me to know that most of my neighbors think and feel the way I do on political matters. The greater the number thinking in one direction, the more likely we are to see change that reflects that.

Beyond that, there is something unsettling about receiving that designation. We have been labeled and stereotyped. We all know that Vashon is so much more than a very liberal town: we are drawn to it along with our conservative neighbors for so many other reasons. Naturally, we love it because it is a very beautiful island in a very beautiful and bountiful part of the world. We are also drawn here by the warmth and good nature of our neighbors, liberal and conservative alike. We all know people who we like, but are careful not to talk politics with.

We don't talk politics across party lines because our country has become polarized and there is no longer any way we can easily initiate such a discussion. If you

doubt that, just look at Congress, where the professionals are at each other's throats while deadly serious crises in our country and in the world go unattended.

We might point to a conspiracy being played upon us by the two major parties and the wealthy interests that control them. However, if that is the case, our conspirators have shown that they have very little foresight. They have certainly divided and conquered, but, somehow, the rest of us still want to have a say in the game. They would like us to just let business have its way and accept our subordinate place in the new corporate world, but we refuse to do so. To find this resistance in our nature has been an exciting and engaging experience. The only problem is that the solution that half of us proposes happens to completely exclude that of the other.

Truth and trust have become the main casualties of our time. W. B. Yeats wrote the poem, "The Second Coming," almost a century ago, and I suggest you look it up if you want to read a powerful description of the world we live in today. It is shocking to both Republicans and Democrats that an entertainer like Donald Trump has garnered such a loyal following, saying more or less whatever seems to pop up into his head, with no regard for verity whatever. Maybe the "reality" shows

Continued on Page 7



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Yard and food waste pilot program at Vashon Recycling & Transfer Station

Bring your yard and food waste (separated from garbage and recyclable materials) to the Recycling & Transfer Station (18900 Westside Hwy. SW).

Yard and food waste will be composted at Cedar Grove Composting in Maple Valley, WA. During the one-year pilot (Oct. 2015 – Sept. 2016), your participation will help determine if a permanent program is feasible.

Yard waste
Branches, grass clippings, leaves, weeds, Christmas trees (No flocked or artificial trees; no garland, tinsel, or ornaments) *Branches and trees must be less than 8 feet long and less than 4 inches in diameter.*

Food waste
Fruit and vegetable scraps, breads, pastas, bones, fish, meat, cheese, egg shells, coffee grounds, paper coffee filters, tea bags



Fees for yard and food waste
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- Minimum fee: \$12 per entry – covers up to 320 lbs.
- Per ton fee: \$75

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- your.kingcounty.gov/solidwaste/Vashon
- www.zerowastevashon.org

Desechos de jardín y comida ahora son aceptados en la Estación de Reciclaje y Transferencia de Vashon. Para más información, comunicarse al teléfono 206-477-4466.






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Friday, January 15, 8:30pm
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Friday, January 22, 8:30pm
Comedy Show

Friday, January 29, 8pm
Love Duets IV

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.

Alzheimer's Association Offers Caregivers Support Group

Caring for someone with memory loss? Do you need information and support? Alzheimer's Association family caregiver support groups provide a consistent and caring place for people to learn, share and gain emotional support from others who are also on a unique journey of providing care to a person with memory loss. Meetings are held the 3rd Monday of the month, 1:00-2:30 pm, at Vashon Presbyterian Church, 17708 Vashon Hwy SW, Vashon, WA 98070. For information call Regina Lyons at (206) 355-3123.

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.

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

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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Vashon Island Chorale Rehearsals

Vashon Island Chorale begins rehearsals on Tuesday, Jan. 5, 7pm at the Presbyterian Church. Carmina Burana is the opening show in the new Center for the Arts on April 30 and May 1. Limited tenor and bass positions may be available. Interested singers should contact Karen Baer at 463-9247 or vashonbaer@gmail.com.

Heart of Vashon Stories "Reading, Listening and Responding"

Sunday afternoon, January 10, 3-5 PM
An All Island Forum at Open Space for Arts & Community
Read some or all of our story to caring peers
Listen fully to each other's stories
Respond to and discuss what we have heard
This community forum precedes the literary performance reading of Heart of Vashon stories on January 24 at Blue Heron. The January 10 forum provides an opportunity for all the story submissions to be heard. If you have any questions, please contact John Runyan at jrmrv@aol.com or (206) 354-2563. Please join us!

Help wanted

DoVE seeking Admin Asst (3 month contract) and Preventionist both @ 5hrs/week. Advocacy training required for Preventionist. Send resume/cover letter to betsey@vashondoveproject.org by January 5, 2016

Next Edition of The Loop Comes out Wednesday January 7

Deadline for the next edition of *The Loop* Friday, January 1



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DSHS


THE MOBILE CSO IS COMING!

Dates Wednesday January 6, 2016
Times 10:30am to 1:00pm
& Maury Community Food Bank
Places: 10030 SW 210th
2:30pm to 4:30pm
Vashon Market
17639 100th Ave SW

AT THIS EVENT, YOU CAN APPLY FOR:

- Cash Assistance
- Basic Food Assistance
- Medical Assistance

You can also drop off paperwork, complete an Eligibility Review, Mid-Certification Review or make changes to an existing case.



TRASH TALK

Recycling Christmas trees is an easy contribution to the yard waste pilot program. Why not offer a holiday gift to your neighborhood by organizing a collection? One pick up load of 6-8 trees would probably only cost \$22. All must be under 8' in length and the wood of branches & trunks under 4" in diameter.



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Mike the Dog

By Seán C. Malone

Mike was big for a Labrador, he ran 120 pounds and loved the water. When he left the dock that was 6 feet above the harbor, the water scattered for 12 feet on either side.

He was a little thick-headed; like the day he swallowed the mouse I threw to him from the dog food bin. The mouse had been in there eating up our dog food. Mike caught him in the air, swallowed the mouse and never batted an eye, he was so pleased that it was feeding time. Mike could wolf down 4 cups of kibble, quicker than the wink of an eye.

Seeing our dogs hunting for field mice was a sight. “Big Mike as we called him”, was at one end of the mouse’s tunnel and our old Springer, Boots was digging at the other end. The mouse was underground as the dogs dug toward each other. My brother and I were cheering them on, when the poor mouse jumped 3 feet straight up and Big Mike caught him in the air and swallowed the mouse before he knew what was going on. Then he sniffed out the area still looking for the mouse, so excited, he had forgotten that he had swallowed it.

Recently, I told my brother Mike that I was writing about our dogs, and he passed along a memory of his own: “My favorite time was getting all three dogs and with a shriek of ‘Rat Patrol’, we would all run out into the field and they would begin sniffing the grass and soil like crazy. Pan was always first to find a mole hole and get a hot sniff. Boots meandered around a lot, maybe hoping to catch the recent scent of a pheasant running thru.....and Mike, he would watch Pan, then try and find the exit hole. Once he did, he would dig like a crazy dog, dirt flying everywhere. When the digging was only 2 or 3 feet apart, I would sit behind Mike, as he always just dug the mole right out and it would come flying back with the dirt, stunned!”

Dad had an old Greek friend who owned a restaurant in Seattle and exercised his Labradors on the beach at Alki. Mr. P. tied 150 pound railroad ties to his dog’s collars and then ran the dogs behind his pickup to toughen them up for hunting

season. We weren’t that religious about exercising our dogs, but we did take them hunting before the season opened.

Two weeks before hunting season, we were onto the birds and the game warden stopped by to see how we were doing. The dogs were far out in the field when the game warden looked up from what he was doing to see Big Mike trotting in with a pheasant in his mouth. The game warden said: “You know that I’m going to ticket you for hunting out of season; just kidding”. Dad had a good laugh because Big Mike didn’t know that hunting season hadn’t opened yet.

All the dogs loved chasing our cats around the yard. The cats got so tired of being run down that they would just lie on



their sides and wait for the dog to de-flea them. Old Boots, our Springer Spaniel was especially good at de-fleaing and you could hear her front teeth clacking together as she searched the cat for the invisible flea; which may or may not have been there.

Boots and Pan, both loved picking raspberries; it didn’t matter whether we were in the patch or not. Old Boots would pucker up her lips in what appeared to be a dog’s smile and gingerly pull the berries off the bushes. Her curled back lips helped her avoid the berry stickers. She and Pan, only picked the ripe ones; so when we came to the patch to pick, all the berries on the lower bushes were gone.

“Howling and screaming coming from the kitchen”, brother Mike yelled and we crashed together trying to get through the kitchen door at the same time. It looked like Big Mike was being murdered by a Siamese who had kittens. He was standing on his hind feet in a corner where the stairway turns up to the top and Chakree or Meeko, I can’t remember which, was raking his chest with her claws. The dog was in complete submission and howling for his life. Our stumbling on the tragedy stopped the fight.



Bubbles Needs A Home...

I do my best to get along with everybody. There were other cats in the household where I grew up, and I lived happily for years with a small dog friend. I showed him a lot of affection and tried to comfort him when he wasn’t feeling well. How many cats do that? I like to sit with people and purr while watching movies. My plush gray and white fur doesn’t seem to shed, so a new owner won’t have to clean up after me.



Go To www.vipp.org Click on Adopt

Positively Speaking

Piercing the Moneyball

By Deborah H. Anderson



There are exactly two chimes of the clock before the Nutcrackers start to sing, all kinds of Nutcrackers. There are ones dressed in fisherman slickers, and plaid shirts. Some look like Troll Dolls with green hair. The trick is to get the mute button on before they start to sing. It’s the same with the dog’s eyes. The minute you see the eyes, you have to descend that volume pretty quickly. Ahh...the joy of Christmas ads. If Jesus had been born today, somebody would have set up shop outside the stable to sell tickets and selfies with the Holy Family.

A person’s gotta earn a living. Lots of money is required to have even a modest lifestyle in the United States. I’ve seen people earn money all sorts of ways and this year, I have all my ‘product’ to sell and am truly moving into entrepreneurship. It’s spiritually daunting.

Some people earn their living in less than honorable ways, on the backs of others, selling half truths, or faulty products.

I sell hope and healing and Jesus and integrity and engaging with your pain in creative ways that bring blessing. In the world of literature and personal growth, that is called, ‘selling transformation’.

I sell being real and enjoying life. Much of the United States sells, inadequacy, fear, worry, lack, and jealousy.

Homes are sold by clearing out anything personal and staging them to show off windows and walls. I have spent a lifetime going into the messy complicated lives of people in their own homes (and trust me, everyone’s life is messy and complicated), and said, well...let’s reorganize this and here is a strength and here is a strength and here is a weakness that isn’t as bad as you think.

In short, I’m thinking the world is not interested in what I have to sell, and certainly not how truthfully I have to sell it. But I keep coming back to the “Moneyball”. Do you remember that book or movie? It told the story of a guy who decided to change the game of how to choose the best baseball players for a team. In a way, you looked at their shortcomings and their small successes and then placed them in optimal positions and teamed them with others who balanced their assets. It changed the game of baseball for good.

I’m looking at how popular Brene Brown is right now. She’s kind of the new Wayne Dyer. There are all the PBS shows about brain health and heart health. Then there’s Suze Orman.

How do you make transformation, soul work, spirit work popular? Especially the kind that has eternity attached to it?

Last year I was reduced to having only the option of renting an office and two storage units to get a book done I’d wanted to get done for years; had an editor waiting for my words, for years, had worked on with the illustrator, for years, and was not able to get it done because of people who were/are dishonest in how they earn their money and overextended with credit. I slept in my car...for a year.

Drastic, but nothing dozens of artists and entrepreneurs haven’t done, most notably Tyler Perry. I got ‘er done. But then I was faced with the selling of it. When the

powers that be at my office told me they didn’t want a ‘homeless person’ working at their facility, out of nowhere, friends offered me an opportunity to stay with them, have my own room to write and build my business while I made dinner for them each night, and helped them sort and downsize as I wait for my own place. In my sphere that’s what is known as a residency. Writer’s search all over for them. It’s a gigantic atta girl from God, believe me!

Now, side comment, everyone associated with me wanted to know what kind of people pitch a person they perceive to be homeless out on the streets, especially one who is working successfully, morning, noon and night? I actually hadn’t thought of that question. In the ultimate irony, I will probably recoup all my financial loss telling the story of a white crippled old woman who slept in her car for a year to get her work to the market. Especially since it happened in one of the wealthiest communities in the States. First interview request is being set up for the New Year.

But back to my main point. How do you compete with integrity against lack of integrity? Everyday we find out products have harmed us, companies have lied, offers are not genuine. Businesses make a big to do about donating products to worthy causes, when in reality there is a bean counter in the upstairs offices telling them they have to give away such and such percent in order to offset taxes on profits.

From hairspray to VW’s, we’ve bought into products that are faulty and hurt both us and the environment. So many people have died because someone at the top didn’t want to listen to someone in the trenches tell them a single part could cause an explosion. Can we talk ‘O’ rings and space shuttles, Karen Silkwood, and Erin Brockovich? You’re probably in a place now where someone is cutting the corners and nobody wants to hear about it.

Going back to the singing Nutcrackers and Dog That Goes Shopping, even I am going to go to those stores in search of a fragrance for my daughter for the holidays. I may even buy one of the new Vans when VW brings them out.

The answer is, I don’t know how I’m going to do it. I do know I’m going to concentrate on seeking people who want a better internal quality of life, want more joy and happiness, and friends and loved ones; people who find lying anathema because it keeps you from Love. People who have hearts of gold, not gold plated fears and insecurities. Then I will tell them. You’re on the right track. I’ll keep you posted about the rest.

Love and Happy Holiday wishes for what really counts in life.
Deborah



Adopt A Cat Day!

Vashon Island Pet Protectors

Saturdays 11:30-2:30

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



Planet Waves

by Eric Francis <http://www.PlanetWaves.net>



Aries (March 20-April 19)
If you keep two words in mind, you will be present with many of your most important issues. The first word is ‘means’. The second word is ‘ends’. Knowing what means you have available is very much like knowing how much money you have in your bank account. The more limited your means are, the more important it is to be aware exactly what they consist of, and how they fluctuate from one day to the next. Having an abundance of means implies that it’s less important to be vigilant. Ends are a slightly different matter. To be clear as regards to ends you must know and be honest with yourself. Hence, it would be suitable to consistently ask yourself what you want from any person, place or situation. That way you can keep in touch with who and what you are, which will in turn help you to evaluate whether you would like to be something or somebody different.

Taurus (April 19-May 20)
Proceed from your strengths, and keep an eye on your weaknesses. Easy to say, right? Not so easy to do. First, you must know your strengths. Next, you must admit to your weaknesses. It will help (at least to start with) if you think of yourself as having one strong foot and one weak foot. Then you should be conscious of how things came to be the way they are. If your stronger foot got to be that way because you favor it, then consciously using the weaker foot in its place more often should result in greater balance and a smoother stride — which will ultimately work its way up your being to make you more whole and hardy. Should your weaker foot have gotten to be that way because of injury or some other sort of affliction, you must first determine what kind of healing is possible. That way you will know if you need to resign yourself to keep pushing off your stronger foot indefinitely, or just in the interim.

Gemini (May 20-June 21)
It appears as though you are developing a ‘nasty’ streak of common decency. Fortunately, there is no cure. This is not to say you haven’t been a decent enough person up to now. Rather, you are about to plumb greater depths of the stand-up person you have always been. As with exploration of caves, you will probably have to overcome trepidation. It will mean sorting real from imagined risks in order to realize the potential you now have to reach those personal depths, and then return to demonstrate in public practice what you’ve found. Therefore, in your continuing evolution towards being a more truthful, just and trustworthy person than ever, be guided by your own resistance. You will not want to push yourself too hard all at once. Go back more than once, and just a little deeper each time, into discovering what is entailed when you do the right thing rather than just your thing.

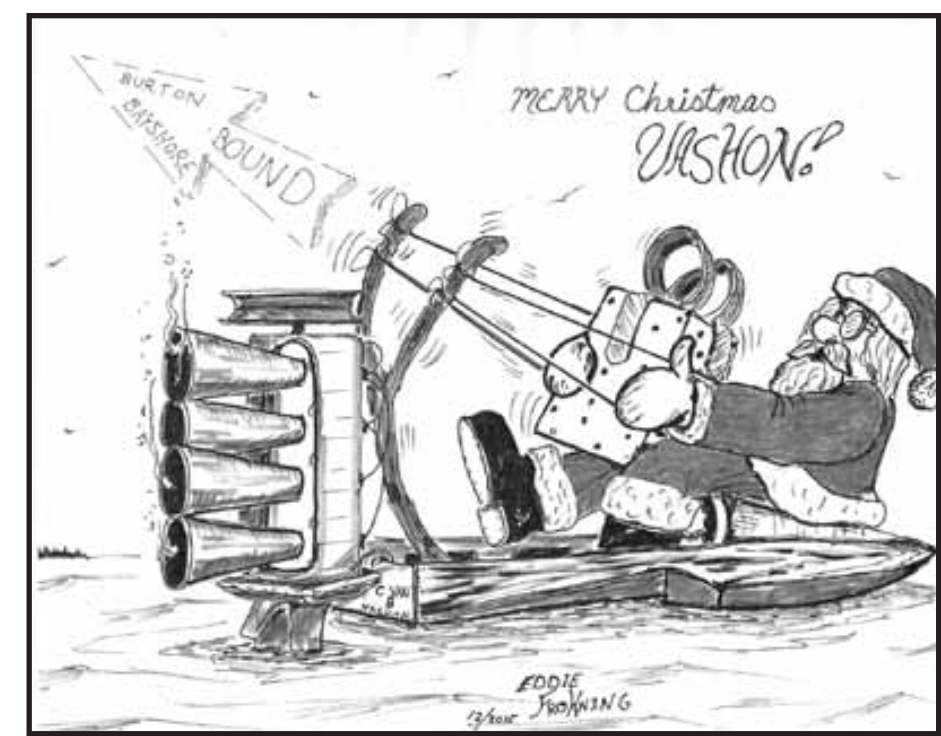
Cancer (June 21-July 22)
Unless your situation is a matter of having to fight for survival, it’s probably not a good idea to choose conflict for the time being. Rather, select from three other possible responses whenever you feel an urge to respond with aggression. The first option is cooperation. As the saying goes, if you can’t (or shouldn’t try to) beat them, join them. By working to create with those you might otherwise oppose, it’s very possible to achieve gratification while also contributing to influence the nature of what is created. Where cooperation is not possible or appropriate, consider negotiation. Give a little in order to get a little. In the process, gradually establish and learn to maintain relationships so that negotiation can be either continuous or resumed at any given time. Finally, where cooperation and negotiation are not available, try practicing tolerance and give time a chance.

Leo (July 22-Aug. 23)
If you have had to endure loss this year, it should now be possible to assuage some of the pain that came with it. As your first order of business, be gentle with yourself. If you need to mourn, allow yourself plenty of time. If you need help with or guidance through the process of grieving, give yourself the gift of finding the assistance you need. At the same time, don’t be hard on yourself. Guilt and shame are probably not your friends. Neither should you be critical of yourself regardless of what role or responsibility you have had in bringing on whatever has brought you down. Regret exists to learn from it. Remorse is to be expressed so that you can move on. Lighten your load by giving yourself credit for having done what you can in the past. Proceed to do what you can now. Especially as regards to any form of consolation or compensation that is now making itself available, endeavor to meet it at least halfway.

Virgo (Aug. 23-Sep. 22)
Repetition can get old fast, especially for you, especially now. Therefore, where repetition is necessary, look to make it also refreshing — such as is (or should be) the case with bathing. On the other hand, any forms of recurrence or recitation that do not also confer a sense of renewal deserve the patient, yet judicious, scrutiny that you are especially gifted at conducting. Purging in any form should not be a hasty matter, for once tossed is often lost. Even so, any form of reiteration that has not, in a long time, provided you with a return on the time and energy you are investing is probably not worth persisting with. Therefore seek to find a middle way between recklessly abandoning routine and reflexively attaching to it. Remember that the idea is to continuously improve the quality of your life. So ask yourself whether discarding a particular practice will, in fact, achieve that end.

Libra (Sep. 22-Oct. 23)
If you are a bit uncomfortable in your own skin, the feeling will probably pass. Meantime, you might want to make the most of whatever restlessness you feel. Indications are you have at least two options. Which you choose should depend on whether excitement or relaxation is more appropriate for you right now. Either way, you will probably need to take some unaccustomed form of action to relieve what appears for all the world to be an uncharacteristic but fortuitous itch. If you think a bit of excitement will best serve to get whatever it is that’s bugging you out of your system, it would probably be better to try a thrill that does not carry the risk of bodily harm. In other words, better to perform at an open mike than bungee jump off a bridge. Should relaxation seem like the best way to float your boat into more comfortable waters, look to do it in familiar surroundings. Better a candlelit bath or three in your own tub than a single trip to the spa.

Scorpio (Oct. 23-Nov. 22)
Put your powerful imagination to work by envisioning yourself in roles you have not yet dared to take on. For you, the most important part of your constructive daydreaming will be variety. Rather than becoming fixated on visualizing yourself as a rock star, for example, dare also to dream of being and doing many other things. As a matter of fact, no matter how strong your attachment to any particular fantasy, put it away after a day or two and allow yourself to move on to other reveries. That way, you will be maximizing the possibility of eventual fulfillment while minimizing the potential of ultimate disappointment. Unless your circumstances somehow dictate that you must soon settle on and manifest one — and only one — of the many possibilities you can see yourself becoming, take your time and wait until you have been through enough scenarios to be sure of which calls you with



greatest certainty. This is not procrastination; it is finding your way.

Sagittarius (Nov. 22-Dec. 22)
Don’t allow any perceived lack of what you conventionally consider progress to get the better of you. To the extent that you can, be task (rather than timetable) oriented. Think of yourself as making a map rather than following one. If you can arrange to see your life that way for the next five or six months, you will avoid a lot of frustration and spare yourself a great deal of wasted energy. In other words, instead of being obsessed with trying to get somewhere, focus on accomplishing something. Let that thing you are making happen justify wherever you need to go and whatever you have to do to complete your task. That way, every cul-de-sac, blind alley or dead end you encounter can be welcomed, noted and recorded as an integral part of the greater whole — rather than be a cause for exasperation. Don’t worry, by this time next year you really will have gone somewhere, precisely because you did something first.

Capricorn (Dec. 22-Jan. 20)
Expectations are not your ally, at least not for now. Better to have as few expectations of others as practicality will allow. It’s also a good idea to have only the most humble expectations of yourself. This is not to say you should abandon your ambitions or become some sort of spineless Caspar Milquetoast. It is to say that you should consider making flexibility one of your highest aspirations. If you will but reflect on your experience over the last seven or eight years, it should be clear that being rigid has not been nearly as helpful for you as being supple has. Rest assured, the goals you have pursued have left you with erudition, skills and qualifications you will retain for a long time, even if you have actually attained some very different (and almost certainly very worthwhile) objectives. In fact, nothing will have been lost if you will but combine the admirable diligence you have already shown with a more pliant perspective on your life.

Aquarius (Jan. 20-Feb. 19)
It does not suck to be you. Don’t go to that dark place except to laugh at it. You should not measure yourself according to conventional standards when, in fact, you have been unconventional. Neither is it in any way right or appropriate to upbraid yourself for having practiced your idiosyncratic ways even if others cannot or will not understand. As much as you have had to endure the pain of losing who and what you have lost to be who and what you are, you have almost certainly gained even more. At the moment those gains are probably not apparent. Rather, the accumulated stores of what your originality has built up are hidden, and not from you. There are unprecedented and (as of yet) untapped reserves of creative genius inside you. Your mission, should you choose to accept it, is to find a way to access that genius without resorting to drugs, alcohol or other forms of self-destruction.

Pisces (Feb. 19-March 20)
You probably have an excellent and widespread reputation for all the things you are best at. That’s your mountain and you have built it. For the sake of that formidable massif, don’t allow any detractors to provoke you into making their molehills of disparagement any bigger than they are. Outside of legal recourse against the most clearly actionable forms of libel and slander, your best bet is not to dignify your critics. Don’t spend any of your valuable time and energy defending yourself against their petty complaints. Rather, seek to widen the base of your achievements by exposing your best work to more people in more places. In addition, exercise the greatest care so that in any personal contacts you make, your character and not that of others is the focus. Finally, your mountain’s best bet against any forces of erosion is to continue growing even higher at a pace that no aspersions can keep up with.

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

Island Life
Continued from Page 1
calling them simple is not the best of descriptive choices as there was nothing simple about Marshall’s process of recording and displaying Island history. From the hours he spent doing research on each aspect of Island lore that he decided to delve into, to the time constructing and embellishing each frame with carving tools and wood burning pens, to the elaborate calligraphy and detailed painting that went into each piece, simple is not the correct descriptor here. And the use of storyboards in filmmaking to create an illustrated guide to the flow of the production of a film is not really a comparison here as well, since each board is its own scrapbook collection or singular tale, and often each individual historic capsule is only related because of its proximity to

the other things represented on the mapped microcosm of Vashon that is burned and/or painted somewhere nearby on the board.. They are all events to be experienced- all you have to do is cross over. The Museum is open Wednesday through Sunday from 1-4pm. It’s all there, from a tale of a trail to the roar of a road.

Make a date with Vashon!
www.VashonCalendar.com

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

Spiritual Smart Aleck



By Mary Tuel

The New Bed
The dog really likes the new bed. The new bed has a full-sized mattress. This mattress came to me as gift because I was griping about my wonky back and my old mattress that was causing the wonkiness. The person listening to my griping, a dear woman, said, “Oh, I have a mattress I was given that I can’t use. It’s practically brand new. Would you like to have it?”

Oh, yes, please. Thank you, dear woman.

The old mattress, after long years of faithful service and accompanying surrender to gravity and a bit of mold, was taken to the dump. The new mattress is nice and firm and mold free. Ah.

The dog was a little confused at first but she adjusted beautifully to the new smaller bed. The old mattress, you see, was king size. You never knew who would be in or on the bed when you woke up in the old days – kids, dogs, cats. After a few years when the kids seemed to have permanently moved into their own beds, I pushed for downsizing our bed but Rick refused. He figured as long as we had dogs who liked to sleep on the bed, he needed a king size mattress to guarantee his own sleeping space. He was a working

that had been lost in the deep recesses under the bed for a long time, and I did. There were dog toys, and two or three little things from when Rick was still alive, including a prescription container with a few sleeping pills, a roll of paper medical tape, and one of the iodine-infused caps that went on the end of dialysis tubing. Wow. Precious memories.

Rick has been gone for two years this month. I’ve been watching the date approach like a storm front coming from a long distance.

I know now I’ll never not have a profound sadness at heart because he’s gone, but things are different. It is more comfortable not being deranged by grief, for example, but that takes time and the process can’t be rushed. Gradually the changes come. I’ve been able to get the new bed, and I was able to sell Rick’s truck. Letting that go was hard. Even though I am ready to make changes, doing so ruffles up my feelings. You do not get off easy in this life.

When Rick died I promised myself not to make any big changes for at least two years after his passing. Now the two years are almost up, and I’m reviewing where I am and where I want to go. For now, I’m happy where I am.



man, dammit, and he had to get his rest.

He had a point. We had a Doberman/Pit Bull mix named Sadie at the time, and sleeping with Sadie was a lot like having a full grown deer on the bed. Now I feel like I do not need a king size bed anymore, not for me and one dog. The cat only stops by occasionally to drink out of the water glass on my nightstand, so he isn’t taking up any room. I keep a bottle of water with the lid on there for myself. Not a big fan of drinking cat spit.

When taking the old bed apart I figured I’d run into stuff

Vashon Library January Events

Children & Families

Brick Builders

Monday, January 4, 11 and 25, 4pm
Family program, all ages welcome with adult. We’re having a block party. Come build with us!

Family Story Times

Tuesday, January 5, 12, 19 and 26, 11:30am. Family program, all ages welcome with adult. Build early literacy and early learning skills while you enjoy stories, rhymes and songs.

DIY Snow Globes

Tuesday, January 5, 4pm
Ages 7 and older.
Oh, the weather outside is frightful! Hold a little piece of winter wonderland in the palm of your hand with your very own custom snow globe. All materials provided.

Winter Tales: Harp, Story & Song with Jane Valencia

Thursday, January 7, 4pm
Family program, all ages welcome with adult. Discover a snowy forest where wondrous creatures share secrets of the newly awakened year. Enter an enchanted landscape, make music together, learn some mischievous animal ways, play with poetry and more!
Jane Valencia is a bardic harper and storyteller who loves sharing nature-rooted magical adventure with kids and kids at heart. Her works include four harp CDs, a children’s fantasy novel, a kids herbal comic, and numerous blog posts and articles.

Family Movie Night

Thursday, January 14, 6pm
Family program, all ages welcome with adult. Bring the whole family to the library meeting room to watch a fun, child-appropriate movie.

Teens

Count Us In

Thursday, January 28, 3pm
Middle and high school ages. Count Us In is a county wide, point in time count of homeless or unsheltered youth, ages 12 to 25.

Adults

Opera Preview: The Marriage of Figaro by Wolfgang Amadeus Mozart

Sunday, January 3, 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 New Organon by Francis Bacon

Monday, January 4, 6:30pm

One-on-One Computer Help

Thursday, January 7 and 21, 7-8pm

Paul Benoit

December 24‘15



Paul Benoit has been playing music in the Seattle area and touring for over twenty years. He’s performed and recorded with numerous songwriters including Chris Chandler, Dan Bern, Reggie Garrett and Laura Love. After studying music and literature at the University of Washington, Paul joined the band Crosseyed, an electric/ acoustic roots rock group which released two albums and toured throughout the western U.S. with its popular, high energy shows.

Paul Benoit - guitarist, singer, composerIn 1997, Paul co-founded a band called Hanuman, a four-piece, all-acoustic instrumental ensemble. The eclectic nature of this new band, blending jazz, bluegrass, country and rock’n’roll with African beats, prompted Paul to experiment with new musical styles and instruments. He traveled throughout Asia, Europe, Latin America, and India studying instruments such as the sitar and the Indian slide guitar. Hanuman released four albums, sold over 8,000 recordings and toured the U.S., playing at clubs, festivals, and theaters, up to 200 dates a year. In 2001, the band received Best Touring Band and Best Album awards from Sounds of Seattle and was voted Best New Band by the Seattle Weekly. In 2004, various members reformed as The Hanuman Collective and recorded another CD.

In 2002, Paul recorded an eleven-song solo CD whose title, Dopamine, was inspired by the neurotransmitter of the same name. The album is a moody exploration of emotion, from love to loneliness, and draws on the style of Americana traditions such as folk, blues, country and pop. Paul’s songwriting and sound continued to evolve with the lush and complex arrangements of his second CD, Combustible, released in 2005 and named a Top-12 DIY CD in Performing

Songwriter magazine. The album features veterans of the first CD (Bill Malloy on bass, Dan Weber on drums), and other talented Northwest musicians, including Dan Tyack on pedal steel, Darren Loucas on lap steel and Lewi Longmire on Hammond organ. Paul composed the soundtrack to the film “Diggers,” which won the IFP/Seattle Spotlight award and premiered at the 2007 Seattle International Film Festival. In 2007, Paul released his 3rd solo CD, Lazy Eye, a collection of 10 new songs recorded primarily with acoustic guitar and band. In 2008, Paul released a six-song EP entitled All the Miles. In January 2009, Paul released his 5th solo CD, Bluebird, recorded at a small beach village in El Salvador. In 2010, Paul released Zibbi Dibbi Doo Zibbi Wah Zibbi Doo Wah Doo, an catchy collection of high-energy songs that will have you singing, if not dancing, along! In 2012, Paul released Ragpickers, pure contemporary Americana and flawless guitar licks.

Paul continues to perform solo and with his band and with performer/poet Chris Chandler, throughout the United States, Canada, Mexico and Central America.

Paul Benoit at Snapdragon
17817 Vashon Hwy SW
Saturday, December 26th
7-9pm. No Cover!

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.

Syncopated Classic: Seattle Jazz Pioneer Frank D. Waldron

Sunday, January 10, 2pm
Guitarist and composer Greg Ruby will be discussing the music and life of Seattle Jazz pioneer, Frank D. Waldron (1890-1955). Ruby will share archival photos including an image of the original manuscript of a saxophone tutorial book written in 1924. In addition, enjoy a live music presentation of the original manuscripts.

Vashon Friends of the Library Meeting

Saturday, January 23, 10am
Vashon Friends of the Library is a fun way to help support programs for adults, children, youth and families on Vashon Island. Come join us at our next meeting! Help plan the next

round of creative fundraisers to support the library we all love so much.

Native Trees of Western Washington

Saturday, January 23, 2pm
Join Kevin Zobrist, Associate Professor, Extension Forestry Washington State University and author of Native Trees of Western Washington. Learn about the native trees we see everyday in addition to western Washington’s rarer specimens. Books will be available for purchase and signing.

Talk Time Classes

Tuesdays starting January 12, 6:30pm
Practice speaking English with other English language learners, all levels welcome. Learn about your community and meet people from around the world. Classes are free, join anytime!

Vashon Library
17210 Vashon Highway SW,
Vashon 206-463-2069



Espresso

Latte and Wisdom To Go

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

Cash & Checks Welcome

17311 Vashon Hwy Sw

Island Epicure



By Marj Watkins

After the Christmas Dinner

Whenever we host a big family dinner, we cook much more food than the group can consume. There are leftovers for our house and for the bachelor/s at the gathering to take home. It's best to put them in glass or ceramic containers, not plastic boxers. There's no such thing as good plastic. They all leach toxins into the food, especially if said food is acidic. We save empty glass jars for that purpose. When refrigerating food we leave at least half an inch for the expansion that occurs as food chills.

Somebody in the group will be coughing. Nobody wants to miss one of the most festive family events of the year, colds or no colds. The solution to that problem was given to us in Crete the sabbatical year when my husband and two sons lived there. Two old gentlemen we encountered while exploring Crete's hills gave us a bouquet of the wild sage and thyme that grew all around them.

"Drink cup of sage tea every day and you'll never catch a cold," they told us. "If you ever feel like you're coming down with a cold, just walk up the mountain to the nearest thyme plant. Eat a few leaves. That will head off the cold."

All that winter, we followed their advice, and none of us caught a cold. The temperature in December got down to 50 F.

and our tile-floored concrete villa had no heating source except the cook stove in the kitchen. We sipped hot café Greco all day, and went to market and bought two space heaters, one for the kitchen where the boys and I hung out and one for the living room where John L. entertained himself playing solitaire. Even with the heaters and hot coffee, we wore jackets in the house. It must have been too cold for germs to survive.

The Cretans never caught colds either. At least we never a sniffle or a cough from any of them. They mostly spent their time in their kitchens, too. But now we're back in America. In the decades that past, we sort of forgot the Cretan grandfathers' advice though we passed it on to daughters Suzanna and Jeannie. Suzanna has combined that sage tea with my Magic Potion, and added ginger for digestion. Here is her recipe:

Suzanna Leigh's Magic Cold Preventer and Remedy

- 1 cinnamon stick
- 1 garlic clove, sliced or minced
- 3 or 4 slices ginger root
- 1 Tablespoon of fresh sage leaves, slivered, or 1 teaspoon dried crumbled sage
- 1 cup water that has boiled and been allowed to simmer down

Let the solution cool a little, then transfer it to a glass jar. Put a lid on it. It will keep for a long time without refrigeration, especially if you leave the cinnamon in it.

My own method for making this remedy is to actually simmer cinnamon and cloves, omitting garlic, and using 1 1/2 cups water. Let it simmer until about a third of the water has evaporated and the water is very brown. This becomes a stock that can be added to tea or hot lemonade.

Road to Resilience

Continued from Page 1

so popular on television have convinced enough of us that this is the way to deal with real problems as well, or maybe our perception of the real world has melded with make believe.

Many of us look at our "most liberal" status as a reason why Bernie Sanders is so popular here. It is true that Bernie is definitely a liberal, but to characterize him using only that label seriously misses the depth and import of his candidacy. If you watch him, you will notice that he precedes every policy statement with "In my view " or "I believe." Rather than saying "the American people want ...", or just "we need..." he invites dialogue. "In my view" implies another view, and he is more interested in finding the common ground and building from there than he is in pushing his own agenda. That is why he went to one of the most conservative places in the country, Liberty University, founded by religious conservative icon, Jerry Falwell, to state his positions. Nobody can really say what gains he made in the way of support, but he gained greatly in the amount of respect paid to him by his hosts. Bernie's mantra is

"one voice, one vote." He is not just running for liberals, but for the right of everybody to have a voice in Washington and for our politicians to be truly accountable to what we want, not the special interests.

So, rather than being the most liberal town in the US, I would rather be the community that helped begin the great coming together of America by finding the common ground that unites us. I believe that that consensus is forming now and that it will be far more powerful than the current manufactured schism that divides us.

I am still inviting my fellow islanders of all stripes to sit down and start that dialogue. I now realize that, for conservatives, coming to such a talk in the most liberal city in the country is a bit daunting. I promise that everyone will have plenty of room to explain why they feel the way they do. We really need this rapprochement and all opinions will be listened to respectfully. This really can work! After all, we are neighbors and already have a great deal in common.

Comments or interested in talking? terry@vashonloop.com or 463 2812

The Messenger

Vashon Maury Island Audubon Society Presents the Vashon premier screening of The Messenger.

Su Rynard's contemplative documentary THE MESSENGER explores or deep-seated connection to birds and warns that the uncertain fate of songbirds might mirror our own. Moving from the northern reaches of the Boreal Forest to the base of Mount Ararat in Turkey to the urban streets of New York, THE MESSENGER brings us face-to-face with a remarkable variety of human-made perils that have devastated thrushes, warblers, orioles, tanagers, grosbeaks and many other airborne music-makers.

According to international experts featured in the documentary, we may have lost almost half of the world's songbirds in the past fifty years ago. THE MESSENGER is an engaging, visually stunning, three-act emotional journey,



one that mixes its elegiac message with hopeful notes and unique glances into the influence of songbirds on our own expressions of the soul.

Ultimately, THE MESSENGER is about what the birds have to tell us about

the state of our planet and our shared future.

Tuesday, January 19th at Vashon Theatre, 6:00 PM. Free and Open to the Public. Families welcomed.

Sponsored by GreenTech and Vashon Theatre.

High and Lonesome

The High and Lonesome Band is a group of friends who've played together nearly 30 years. They've been together so long that some original band members have even been replaced by their offspring. With roots firmly planted in American Ethnic music, High and Lonesome brings an intricate, tasty brew of bluegrass, blues, and Bakersfield-style country music.

Islanders will recognize John Schubert on guitar and vocals, with Tab Tabscott on dobro and pedal steel. Will McSeveney will play the banjo, Pete Martin on fiddle, mandolin, and vocals, Terry Enyeart on bass and vocals, and Jim Bluhm on a variety of instruments.



Get ready for some good time dance music in a folky/country vein.

No cover, show starts at 8:30, all ages until 11:00pm.

Friday, January 8, 8:30pm Free Cover!

At the Red Bicycle, 17618 Vashon Hwy SW 206-463-5590 www.redbicyclebistro.com

Jazz Series Chip Parker



Performing jazz, ballads and blues for capacity Seattle audiences since 2009, Parker is a beguiling crooner whose warmth and joy is expressed in song and music. Like Tony Bennett, Mel Torme and other greats, Parker's unique interpretations convey happiness, humor, and love lost and found, all inflected with his signature charm. He is joined by Darin Clendenin (piano), Clipper Anderson (bass), and Mark Ivester (drums).

Saturday, January 9, 2016, 7:30pm

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Vashon Allied Arts PEARL DJANGO Saturday, February 6, 2016, 7:30 pm

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live indoors, that's where I'd want
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OK! We're showing up at
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we're going to push our
message NO MATTER
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MERRY CHRISTMAS!!
