

# THE LOOP

Vol. 13, #23

SUPPORT OUR ADVERTISERS THEY MAKE THE LOOP POSSIBLE

November 10, 2016

## Marine Rescue and Lifesaving Essentials Tech Talk

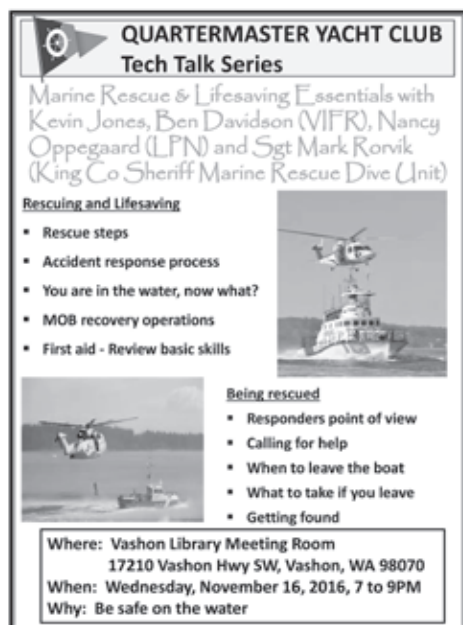
The first of our Marine Safety Tech Talk topics, Marine Rescue and Lifesaving Essentials addresses both rescuing and being rescued on the water.

The “rescuing / lifesaving” portion will review the key steps to carry out a successful marine rescue, including accident response steps, Person Overboard operations and a review of important First Aid skills required.

During the “being rescued” discussion a representative from the King County Sheriff Marine Rescue Dive Unit will talk about rescuing from the responders point of view. Other topics include calling for help, leaving the boat, what to take if you leave the boat and how to get found.

Throughout the discussion we will focus on the unique hazards you may encounter while boating and the training and equipment that will allow you to be most effective if an incident occurs.

Please bring your questions and experience to this important Tech Talk



hosted by Kevin Jones, Ben Davidson (Vashon Island Fire & Rescue) and Nancy Oppegaard (LPN) on Wednesday, November 16 at 7PM in the Vashon Library meeting room.

## Seattle International Comedy Competition Semi-finals

The Seattle International Comedy Competition is the REAL “Last Comic Standing.”

26 Days

22 Shows

18 Venues

32 comedians from the U.S., Canada, UK, and Japan

Over \$15,000 in cash prizes

Talent executives from CBS, NBC, and more: movie studios, managers, agents and producers

It's America's biggest touring comedy festival

The 37th Annual Seattle International Comedy Competition starts November 2, 2016 and continues nightly until a winner is crowned on Sunday, November 27 at the Seattle Center Cornish Playhouse.

There are two “preliminary” rounds of 16 comedians; each comedian gets 5 minutes to impress. The Preliminary rounds consist of 5 shows, and a combination of entertainment industry and celebrity judges and audience reaction determines who moves on when each performer's 5 best scores are tallied.

The top 5 comics from the Preliminaries make the semi-finals; all the semi-finalists win some cash, and get to compete for the title by performing for



10 minutes nightly for 5 shows.

At the last Semi-Final show the finalists are announced. Five comedians get to go big, and five get to go home. After two days to recover and plan, the Final round begins on Tuesday November 22. After visits to theaters in Vashon, Kirkland, Bremerton and Seattle, we will have a new champion.

## The Road to Resilience Affordable Housing?

By Terry Sullivan,

Back in 1988, Joy Goldstein strong-armed me into working with her and a handful of others on the Community Council Affordable Housing Committee. We went on to form Vashon Household (Joy's name). I put about twenty years into the effort, and despite some notable successes, such as Charter House, JG Commons, Roseballen, Eernisse Apts., and Mukai Commons, I've never felt that our efforts put a dent in the structural foundations of housing unaffordability. All of these projects were heavily subsidized, with stringent and restrictive requirements. The causes of housing unaffordability lie much deeper in the economy and the institutions of our country.

Although I got a degree in Urban Planning in the 60's, I'm afraid I was never much help in cobbling together the actual projects that now house about 400 people on Vashon. I had a marked distaste for the hoops that we had to jump through to make affordable housing happen. I apologize to my many colleagues over the years for not carrying my share of that load. I do feel, though, that I had some influence as an idealist, although I know I was a source of exasperation for many. Given the mindset and level of resolve in our society, I doubt that using my approach alone would have yielded anything but frustration.

By attending to the symptoms instead of the causes, we face essentially the same problem today that we faced back in the 1980's. We still have done nothing for homelessness, other than trying to make those poor souls a bit more comfortable despite their plight. Rental rates have far outstripped the ability of most to pay. Those of us

lower income folks who were not lucky enough to buy in in the 70's have little choice but to leave. Since the problem is much larger than Vashon, they are not receiving a great deal of relief anywhere else either.

Why is it so difficult for somebody to put some sort of roof over their head to keep the rain off? Why do we drive them back out into the open when they try? A large part is the tone deafness of our capitalist economy as well as our classist institutions that codify what is or is not suitable housing.

Like health, food, and so many other facets of our lives, housing is a commodity bought and sold on the market. If there were some degree of equity in the distribution of resources, this system might work. As it is, though, some few of us can bid up the price and afford to buy the house we want, where most of us are then bid out of the market for the house we need. There is nothing wrong with commoditization for products that we are not required to have in order to survive. If we are already adequately housed and fed, more or better housing and food are free choices that should be priced on the market. In this case, they are not necessities. If, however, you have no housing or lack sufficient food, these are not items which you can freely choose to purchase or not. They are needs. Without an abundant supply of basic shelter, our attempts to artificially lower housing prices requires us to carefully screen applicants so as not to step on the toes of housing marketers. We have no way of distinguishing utility housing as a necessity from market housing as a discretionary commodity. There will be no solution to the affordable housing

*Continued on Page 8*

## Community meeting to present updated KC landslide hazard maps


King County Department of Development and Environmental Services will hold a public meeting to present and explain the landslide hazard updates that were recently completed and are currently visible in iMap (accessible through the Department's web page). The meeting will be held Wednesday, November 16 from 7:00-8:30 PM at the Vashon Park District office in Ober Park.

The new landslide hazard mapping was created following the 2014 landslide near Oso in Snohomish County, when King County Executive Dow Constantine called for modernizing the 1990-vintage landslide hazard map. The new mapping was accomplished through the use of LiDAR imagery in conjunction with recent geologic mapping prepared by state and federal agencies. A much-improved map of potential landslide hazards was created along with a map of steep slope critical areas. The two maps together can be used to assess potential impacts to parcels from landslide and steep slope critical areas.


For information about potential landslide hazards in unincorporated King County and related permitting or land development-related questions, come to the meeting on the 16th or call the Department of Permitting and Environmental Review at 206-296-6600.







Perhaps you are ready to downsize, or your family is growing and you need to upsize, or maybe you just want a different view. No matter what the motivation, Windermere Vashon can help you live in your dreams.



Your Windermere Team:

Beth de Groen	JR Crawford	Kathleen Rindge
Dick Bianchi	Connie Cunningham	Mike Schosboek
Linda Bianchi	Cheryl Dalton	Sarah Schosboek
Dan Brandt	Nancy Davidson	Mike Shigley
Mary Margaret Briggs	Rose Edgecombe	Sophia Stendahl
Heather Brynn	Denise Katz	Deborah Teagardin
Sue Carette	Dale Korenek	

[www.WINDERMEREVASHON.COM](http://www.WINDERMEREVASHON.COM)

206-463-9148 [vashon@windermere.com](mailto:vashon@windermere.com)

**Vashon**

**ACE Hardware**



**Sale \$34.99**  
-\$5 with card You Pay **\$29.99**  
6' Fold-in-Half Table.  
29-1/4"Hx30"Wx72"L.  
8315095 Limit 1



**Sale \$11.99**  
Plastic Folding Chair  
8197097

**Sale \$34.99**  
Pillow Rest  
Queen Air Bed



Get Ready for the Holidays with Friends and Family at ACE

**Sale \$129.99**  
-\$10 with card You Pay **\$119.99**  
Butterball® Indoor Electric Turkey Fryer  
Fries Turkeys up to 20lbs.  
8492852 Limit 2



**Sale \$49.99**  
-\$10 with card You Pay **\$39.99**  
30Qt. Propane Turkey Fryer  
8108276 Limit 2



**Platinum**  
Our Best LED Reels **Sale \$14.99**  
-\$2 with card You Pay **\$12.99**  
50ct. mini lights or 25ct. C9 lights  
assorted colors and styles.  
9314618 Limit 4



**Store Hours: Mon-Fri 8am-7pm, Sat & Sun 8am-6pm**

**9750 SW Bank Rd. Vashon - Next to Thriftway**

**Phone 206-463-3852      [www.vashonacehardware.com](http://www.vashonacehardware.com)**





**Granny's Attic**

**The Comics are out at Granny's**

**Are you Ready for Green Friday? Stay tuned!**


**Granny's is at Vashon Plaza!**  
**17639 100th Ave SW, Vashon**  
**[www.grannysattic.org](http://www.grannysattic.org)      206-463-3161**

**Retail Hours:** Tues/Thurs/Sat 10-5  
**Donations Hours:** 7 days a Week! 9am-5pm


**Loose Change**  
R&B Band

Loose Change is now booking for your summer parties.  
We have dates available  
Call Troy @ 206-794-9451

**Now Playing**  
**The Dressmaker**



**Harry & Snowman**



**Vashon Theatre**  
**17723 Vashon Hwy**  
**206-463-3232**

**Call for Times**

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

**The Mostly True**  
**Vashon Tours**

Chris Austin

Licensed and Totally Official Tour Guy that Knows Gobs of Stuff

[VashonTours@gmail.com](mailto:VashonTours@gmail.com)    703-424-1481    [VashonTours.com](http://VashonTours.com)

Want To Get Rid of That Junk Car or Truck?  
Fees may apply, please call for information

**Rick's**  
Diagnostic & Repair Service Inc.  
206-463-9277

Washington Hulk Hauler's - License #0463-A  
[www.ricksdiagnostic.com](http://www.ricksdiagnostic.com)

**Local Weather**  
[www.vashonweather.com](http://www.vashonweather.com)  
Local Rain Totals  
Temperature hi/low  
Wind Speed & Direction  
Barometric Pressure  
Weather forecasts

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



# Get in The Loop

## Submissions to the Loop

Do you have an event or Public Service Announcement? Email questions or submissions to Steven Allen, editor of the *Loop*, at [editor@vashonloop.com](mailto:editor@vashonloop.com). Photos are welcome as jpeg or pdf attachments.

### Alzheimer’s Association 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 Wednesday 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.

### Vashon Resettlement Committee

Many Vashon residents share a concern that the election results will jeopardize the acceptance of refugees to the United States. Even though we are a wealthy country, we have provided safe harbor to very few of those fleeing violence around the world. While it is not easy to influence federal policy, we can work in our own community to welcome those in need of help who are coming from other countries because they can no longer remain in their own homes.

Please come to a community event sponsored by the Vashon Resettlement Committee to address the opportunity for Vashon to welcome and support refugees on our island. We can develop a model that other communities can use to take action on this important issue. Sometimes community-level, person-to-person actions are the most powerful way to be an effective advocate for our values and beliefs.

Join us on Friday, November 18 from 6 to 8 PM at the Vashon Presbyterian Church to discuss the issues around refugee resettlement. We will share delicious Middle Eastern food while hearing experts on refugee resettlement and discussing ways to prepare Vashon to meet this challenge. Tickets are \$20 (general) and \$15 (student). For information and to purchase tickets, please visit [www.vashonresettlement.org](http://www.vashonresettlement.org).

### Water District 19 Meeting

Water District 19’s next regular Board Meeting scheduled for November 8 at 4:00 PM, 17630 100th Ave SW, in the district’s board room.

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

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

### Ladies Night 2016

Island Home Center will be hosting its 12th annual Ladies Night Event on Monday, November 14th, 2015 from 5pm - 8pm.

Best Prices of the Year!!! Discount announced at the Door. This special event is considered a Private Party for Ladies Only! Doors open at 5pm - No Early Arrivals! Not appropriate for Children or Men! 21 and Over Only!

Your ticket in the door is 3 canned food items to benefit the local Vashon Maury Community Food Bank. The Family of Women will collect at the door.

Loose Change will perform at the front door and Troy Kindred will help emcee the event.

This year’s event is catered by Patty’s Tamales. Spirits and Wine Tasting available.

Many vendors have donated prizes for the night and we will have a ton of raffle items to give away.

Stop by Island Home Center now to pick up an invitation reminder and your entry into our shopping spree.

Ladies Join us for Good Food & Great Prizes.. Spotlights overhead mean it’s Ladies Night at Island Home Center...Don’t miss it.

### Vashon Island Pet Protectors Holiday Wreath & Swag sale

Stop by & purchase one or more of Vipps’ Holiday Wreaths/ Swags starting at \$25. Each year our all volunteer crew craft these holiday delights out of fresh fir, cedar, holly & lots of extras which is then topped off with a beautiful bow. To pre-order a wreath or swag please call: 206-271-5693

Vipp will also hold our annual “Nikki Champlin Neighbor to Neighbor Pet Food Drive”. Items in particular need are:

Wet or dry cat food  
Wet or dry dog food  
Clumping litter


Please drop off any donations at the Land Trust Building during the Holiday Wreath Sale.

The Land Trust Building  
Fri: Nov 25th 12-4p.m.  
Sat: Nov 26th 10-4p.m.  
Sun: Nov 27th 10-2p.m.

### Vashon Vespers Service

This 35 minute service is meditative and musical, a chance for stillness, grounding and healing. Rooted in the Christian contemplative tradition, Vashon Vespers welcomes all. For more information, contact the church office at 206-567-4488.

Vashon Vespers, Church of the Holy Spirit, 15420 Vashon Hwy. SW, Thursday, November 10th at 7 p.m.




**DSHS**  
THE MOBILE CSO IS COMING!

<b>Dates</b>	<b>Wednesday, November 16, 2016</b>
<b>Times</b>	<b>10:30am to 1:00pm</b>
<b>&amp; Places:</b>	<b>Maury Community Food Bank</b>
	<b>10030 SW 210th</b>
	<b>2:30pm to 4:30pm</b>
	<b>Vashon Market</b>
	<b>17639 100th Ave SW</b>

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.



### The Vashon Loop

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

**Original art, comics, cartoons:** DeeBee, Ed Frohning

**Ad sales and design:** Steven Allen  
Phone 206-925-3837  
Email: [ads@vashonloop.com](mailto:ads@vashonloop.com)

**Editor:** Steven Allen  
Email: [editor@vashonloop.com](mailto:editor@vashonloop.com)  
**Publisher:** Steven Allen  
PO Box 1538, Vashon, WA 98070  
Phone 206-925-3837

Published every other week  
by Sallen Group  
©November 10, 2016 Vol. XIII, #23

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



**THE COUNTRY STORE & FARM**  
[WWW.COUNTRYSTOREANDFARM.COM](http://WWW.COUNTRYSTOREANDFARM.COM)

### Early Bird Pre-Black Friday Sale

**Friday November 18th**  
**20% off Clothes, Footwear and Socks**  
**Open late till 8!**

*Layaway available November 15th-December 15th (ask for details)*



**U-HAUL**  
AUTHORIZED DEALER

**The Country Store & Farm**  
20211 Vashon Hwy SW • 206-463-3655  
Open 7 days a week: Mon-Sat 9 to 5:30 - Sun 10-5:00  
[www.countrystoreandfarm.com](http://www.countrystoreandfarm.com)

Follow us on Facebook  Twitter and Instagram

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

### Advertise in the Loop!

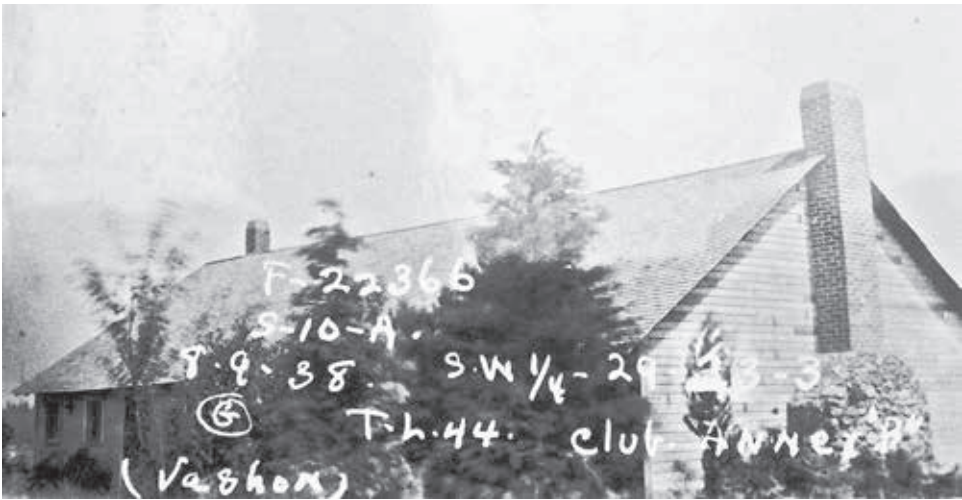
It’s a great time to get back in the Loop.  
[ads@vashonloop.com](mailto:ads@vashonloop.com)  
Next Loop comes out November 23

### Next Edition of The Loop Comes out Thursday November 23

Deadline for the next edition of *The Loop*  
**Saturday, November 19**



# Hey, Your Stick is on Fire



Our Boy Scout cabin in 1938

By Seán C. Malone

Learning to march was tough, responding to all those marching commands and not stumbling over our own feet. Drilling like an army was part of scouting. Boy Scouts had to work together so the whole line reversed direction when Uncle Bruce gave the command, “about face.” He really wasn’t our uncle, we just called him that. His manner was not commanding, but when he gave an order, you were expected to follow through. Uncle Bruce worked in the shipyard, re-furbishing ships that had come out of WWII. He came home one day with a bunch of canvass ship’s bunks which we roped tight in a pole frame to furnish the troop’s council shelter with new bunks for our adult leaders.

Every summer we worked on building Camp Thunderbird which was very complete with open-front lean-to shelters built for each of the four patrols, the Bears, the Eagles, the Raccoons and the Panthers.

We cooked for ourselves, which led to some strange dinners, bread-on-a-stick was a favorite. A large hazelnut stick was best, so the bread dough wouldn’t fall in the fire. Pour a little water into the box of Bisquick and start kneading until you have made a rope of biscuit dough that was then wrapped around the stick which had been heavily buttered to keep the dough from sticking. Getting the dough to cook all the way through was a trick, mostly we just pulled off the hard and sometimes blackened biscuit from the stick and served it with our warmed up soup or stew if we were ambitious. Chunks of meat on the end of a smaller stick were also a favorite, probably because it didn’t require pans to wash. Brother Mike yelled at Charlie Larson, “Hey, your stick is on fire.” First the hot meat drooped as the stick burned and then the meat fell into the fire. Cooking over an open fire is not for the faint

hearted, especially if it is raining. Mike always brought his dog to camp, which was also named Mike. My brother’s bedroll was thin and held together by safety pins and inadequate for the cold, so at night, “Mike the dog” would crawl into the sleeping bag to keep Mike’s feet warm. We never did figure out how the dog breathed. The trail to Camp Thunderbird was down Cedarhurst Rd. and up a trail near Nicholson Creek which is where we got our water. With 30 pound packs the trail up seemed to be a half mile long when it was probably half that. McCormick’s dynamite shack was near the bottom and an object of great interest because of the double-locked door and the intimidating look of the small shack, which belonged to the two brothers who owned the only hardware store on Vashon.

We had our weekly meetings in town at the Youth Center, a building that no longer exists having been replaced by the new library. The field to the north was overrun with scotch broom, making for abundant hiding places for games like capture the flag. We didn’t have much money so few of us were in uniform except for the richer kids who could afford shirts and scarves. After we had fallen-in and given the pledge of allegiance, Uncle Bruce would teach us knots such as a sheep-shank or how to tie a bowline. Lashing was the most fun because we could build things like a chair or even a coracle, an ancient Irish boat that was round.

To build a coracle, we first pounded stakes in the ground making two circles, one inside the other and filled the space between the circles with small brush packed tight. We then lashed all the brush together, being careful not to include the stakes. We lifted up the round donut of brush and placed it on a large tarp which was then lashed over the top of the brush. The shore of Mukai’s pond was the launching site for our little craft which we found very difficult to paddle since it always wanted to go in circles. We used sticks that were larger on one end for paddles and could feel the cold water ripple the canvass tarp under our feet.

The most remembered part of scouting on Vashon was sitting around a huge fire in the scout building and listening to Uncle Bruce tell us stories from books that he had read. One story was about a boy growing up in a cave in prehistoric times. Sometimes it took a whole winter for one story.

*Make a date with Vashon!*  
**www.VashonCalendar.com**

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

# Let’s Talk: Safe Communities & Guns

## We’re all part of the solution!

By Kathryn True

We are excited to bring public health, injury prevention specialists, gun safety experts and parenting coaches together with you, our island community, to learn about how we can all help make Vashon-Maury a safer place to live. Please join us Tues., Nov. 15 at 7 pm in the Vashon High School Auditorium to:

- Learn about how to talk to the families of your kids’ friends about securing guns.
- Know the options for securing your or your loved ones’ firearm.
- Find out how gun violence is a public health issue, and what you can do about it.

This is event is for everyone – gun and non-gun owning community members. Attendees will receive free firearm cable locks while supplies last. This event will not be about debating gun ownership, but rather acknowledging that firearms are prevalent, and that we can be proactive as a community to keep kids and families safe. Bring your questions, your positive problem-solving attitudes and open minds to make a difference!

**How did this event get started?**

Last year, in the wake of yet another mass shooting reported in the national news, I was talking to my friend, Jenna,

about feeling desperate and helpless. We came up with an idea to create something in our community to address gun safety and try to make even a small difference. We pulled together a group of interested volunteers – among them counselors, gun experts, parents, prevention specialists – and have been working together for the past year. The Nov. 15 event is the culmination of those efforts, and what we hope will launch further discussion and events in our community.

Keynote Dr. Ali Rowhani-Rahbar of Harborview is an injury prevention specialist and researcher who will speak about gun violence as a public health issue—and how we are all part of the solution, and address the role guns play in teen suicide. He has worked with communities all over the state. Woody Pollock is a family educator at VARSa who has great tips for how to navigate the possibly challenging waters of discussing firearm safety and securing guns with kids and family friends. In addition, island gun safety experts will share different methods for securing firearms in the home. We will also have specialists on hand from King County and Seattle Children’s, who can answer your questions and provide more information. Questions? Call 206-653-4181.

# Holly Daze is Happening Again - Our 26th Year

On Saturday, November 19th from 10 am to 4 pm, at the McMurray Middle School on Cemetery Road, over 65 artisans and craftspeople (most themselves are Islanders) will set up their booths and be open for business, selling their wares at HOLLY DAZE -- Vashon’s all-Island old-fashioned crafts bazaar.

Established by the Soroptimists in 1990, over the years Holly Daze has been organized and sponsored by Vashon’s Soroptimists, various churches and, since 2011, the Women’s Group of St John Vianney Catholic Church, to the benefit of many of our local artisans who keep all of the income from their bazaar sales and pay only for the table where they display their merchandise. This once-a-year-for-a-day unique marketplace showcases hand-carved items, needlework and fabric arts, pottery, art glass, dolls and handmade doll clothing, candies and nuts, bespoke pens, beauty products, vintage and antiques, jewelry and more are available and perfect for holiday gift-giving.

Come for an hour, come for the day -- men, women and children are



welcome and admission is free. Stay for lunch -- have a fresh grilled Mariner hot dog, fruit and beverage, and take home a dessert from the 1st Class Bake Sale.

# ISLAND ESCROW SERVICE

Dayna Muller  
Escrow Officer

Patrick Cunningham  
Designated Escrow Officer

**206-463-3137**  
www.islandescrow.net

Serving Washington State since 1979  
Notary  
Insured, licensed and bonded  
Discount to repeat clients

# Adopt A Cat Day!

Vashon Island Pet Protectors

**Saturdays 11:30-2:30**

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

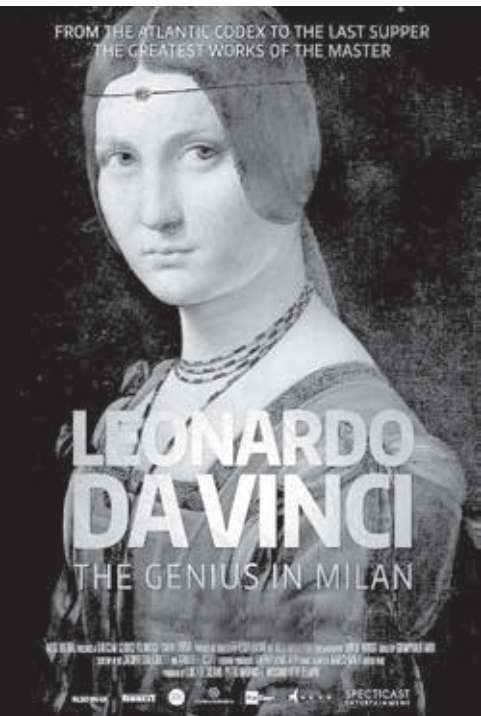


# Leonardo da Vinci: The Genius in Milan

Paris, the Louvre Museum. A spring morning. Under the watchful gaze of our 4K cameras Leonardo da Vinci’s famous painting “La Belle Ferronière” is removed from the wall, packed and sent by plane to Milan where, on the occasion of EXPO 2015, the most important cultural event of the year will be inaugurated: “Leonardo 1452- 1519”, one of the most decisive exhibitions ever to be held on Leonardo.

This exhibition-event is the result of 6 years work by leading Leonardo experts, Pietro Marani and M. Teresa Fiorio, and is divided into 12 sections, retracing with scientific rigor the multiple paths travelled by the mind of the genius: the foundation of drawing, the role of nature and science, comparison between the arts, reflection on the ancients, the utopian projects, anatomy and mechanics, the unity of knowledge, images of the divine, myths over the centuries (starting with the success of the Mona Lisa), and so on.

Presented in Italian with English subtitles



Leonardo da Vinci: The Genius in Milan  
Sunday, November 13th 2:00pm  
The Vashon Theatre



## A Time to Heal

By Penny Kimmel

Regardless of who wins in this election it is now a time to accept and move on.

There have been lies spread during this presidential campaign. Some of these lies may have had an element of truth for both candidates. Much hate has been hurdled: Hate which is the destroyer of hope. Hope is the salvation of the future, the brighter light.

It is time to reach pass the conflicts to find the common ground and move the country on a hopeful path. Both political parties are responsible although each would like to say the other has more mud or blood on its hands. It is now time to wipe the slate and start anew.

We know Bernie Sanders has increased the awareness of more progressive ideas. We know that Donald Trump has ignited the smothering anger. Both touched on what their supporters feel are the injustices of our economics system: How it is rigged against them. Elizabeth Warren is the champion of taking on the selfish corporations to right injustice. She calls it like we see it and we appreciate her for her honest view.

Hilary Clinton plays the non-transparency political game and is more politically central than progressive although the Sanders’ constituters want to move her his way. How will she govern? Will it be behind closed doors like it was in the days of LBJ and Nixon? Or will it be brought into the open for all to see and will it then move slowly forward or back depending on lobbyists and politics? Will big business and the rich be allowed to continue to not pay their fair share? Will congress decide not to support a female president like they didn’t support a black president? Will the sexism be overt or covert? All this waits to play out.

We know that Donald Trump is here to stay with his FaceBook live and his possible new TV channel. During the last debate he launched a live stream on Facebook that was just like a television channel with interviews from people that supported him and commentaries about his positions. In the future it is predicable that he would capitalize on his fame plus the Trump campaign hired Roger Ailes the former head of FOX who was fired for sexual harassment. The right leaning Fox network was only lukewarm towards Trump so the movement that he has tapped will need a media voice which Alies knows how to navigate.

to her presidency: her support for the rights of the LGBTQ communities will stay. And that people will not have to fight for respect regardless of gender, orientation, color or abilities. During her campaign she didn’t pick a fight with anyone except Trump. Hilary wants an inclusive government.

Donald Trump through his actions has brought sexism into the limelight. Sexism lives in the shadows of American where it downgrades women through pornography for one. Covert mistreatment of women will not be tolerated. Get over it as it is no longer PC and hasn’t been for quite some time. The light of that injustice is shining brightly on Trump, on Bill Crosby, on Roger Ailes to name a few; Men who try or do force themselves on women. That ego system of entitlement and sexual objectification with no regard or respect to the hurt it causes in its wake will not be tolerated. Women need no longer fear but are now more empowered to speak up even with threats of lawsuits hanging over their heads. Bill Clinton extra marital affairs were consensual. There is a difference.

Trump has also unleashed the hatred towards people of color and he feeds the conspiracy crowd, the ones who don’t trust the government. Somehow this will have to be addressed and defused.

Let us put this bitterness of the campaign behind us and focus on what is important, the respect of each other that creates hope for a brighter today and tomorrow, a future of unlimited possibilities for all. This is the human value that need to be upheld not just for political means, not just for religious means but because it is the correct thing to do. This is the America that we all love and that is admired throughout the free world. It is the American way to have the freedom to have political discourse, to express ourselves, to worship as we choose, to love who we want, free to be entitled to the pursuit of life, liberty, and happiness without fear but with respect.

## Hamlet

For a limited time only, National Theatre Live’s Encore Series brings a selection of award-winning British theatre productions to the Vashon Theatre.

National Theatre Live and the Vashon Theatre Present Stage to Screen

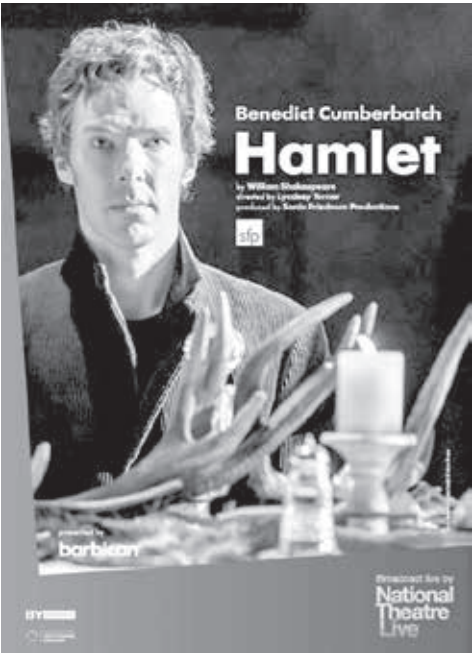
Tickets General \$20, Honored Citizen/Student/Child \$18, Advance Group Sales \$15

This collection of performances is filmed in front of a live theatre audience at various Broadway and London Performance houses. They are shot and recorded in high resolution giving the audience the best seats in the house!

Now Serving Beer and Wine at National Theatre shows, Doors open 30 before show start time.

Hamlet  
Sunday, November 20th at 1:00pm  
210 Minutes  
Academy Award® nominee Benedict Cumberbatch (BBC’s Sherlock, The Imitation Game) takes on the title role of Shakespeare’s great tragedy.

Directed by Lyndsey Turner (Posh, Chimerica) and produced by Sonia Friedman Productions, the original 2015 broadcast was experienced by over half



a million people worldwide.

As a country arms itself for war, a family tears itself apart. Forced to avenge his father’s death but paralysed by the task ahead, Hamlet rages against the impossibility of his predicament, threatening both his sanity and the security of the state.

## Martin Needs A Home...

If I wrote my autobiography, I’d call it Confessions of a Cat Burglar. I was living on my own when I started to follow two other cats as their owner took them for walks. Their house looked like it might have some good stuff inside, so I began to sneak through the cat door at night. I enjoyed all the comforts of home while avoiding the humans until the day I decided to explore a room without a cat door. Oops! That was the same day I learned what a cat carrier is.

I definitely like hanging out with other felines; after all, that’s how I lost my freedom. I’m still shy and not yet ready to be petted, although I’m way more comfortable around people than I used to be. If you’ll be patient with this ex-offender, I just might steal your heart.



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

Deadline for the next edition of *The Loop* is **Saturday, Nov. 19**

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

With Hilary Clinton being the presumed elected president we know that respecting our citizens will be central



# Spiritual Smart Aleck

## Welcome to the Apocalypse. Please Be Seated.

When this is published, the election of 2016 will be history, or at least I hope it will be history. I can’t help but remember the 2000 election when we didn’t have a result for weeks after the election. Then we ended up with George W. Bush.

Al Gore later said, “America! Where any child can grow up to win the popular vote and still not be president!”

He had a right to be bitter. So now I’m thinking about how to carry on, regardless of who has won, or not. If you are reading this, you are alive and functioning, and the world has not yet ended.

One of the advantages of getting old is being able to look back on all the crap you’ve survived. The Vietnam war, the Nixon presidency, the Reagan debacle and the steady downward plummet of the country and the middle class under other Republican administrations since, the realization that Bill Clinton was the best Republican president since Eisenhower, the terrorist attacks of 9/11, the ongoing, never ending wars in Iraq and Afghanistan, and now the tragedy of hundreds of thousands of refugees fleeing wars and many thousands of them dying in the attempt.

In my personal world there have been a few hard knocks as well, and I’m sure you have taken some hard knocks in your lifetime. We’re still here.

Third party voters said they wanted to strike a blow for deconstructing the two-party system in this country. It used to be a joke: “If you vote, it just encourages them.”

I must say that Jill Stein (Green Party) seems a decent sort, and Gary Johnson (Libertarian) may not know what an Aleppo is, but he has a great sense of humor. I saw a clip of him on a talk show where the hostess was decrying the evils of marijuana, which Libertarians want to legalize.

There is a higher incidence of heart attacks, this lady said, in the first hour after someone has used marijuana. In the middle of her diatribe, Johnson grabbed his chest and fell out of his chair to the floor. The lady did not think it was funny, but I did.

Then there is Evan McMullin, a former CIA undercover operative and Republican, a current Independent, and a lifelong member of the LDS Church (Mormon). His plan was to pull enough electoral votes to come in third, so that neither Clinton nor Trump would have enough electoral votes to win. At that point the House of Representatives would choose a winner from among the top three.



By Mary Tuel

Maybe the House would choose him, and there he’d be, president of the USA.

Well, you never know. He is CIA.

What I was thinking is this, all you Trump and Hillary haters: if you’re serious about mounting a true third party that has some power in this country and can make a difference, now is the time to get fired up and get to work.

Oh, wait. The election’s over and all is lost and you’re going back to playing video games and following your social media, blaming everyone else for everything that goes wrong now because you didn’t vote for whoever will soon be president, so it’s not your fault.

Jeepers. And you wonder why bad things happen to good people.

There is life after elections, at least for now.

Now is the time to get organized and work for your goals.

Now is the time to work to make this country live up to your ideals. The passion of the election is history. Now it’s time to work on making your dreams happen, and do it with the faith that even if you don’t see the results you want in your own lifetime, you’ve done everything you could to push things in the right direction, and there will be others to take up where you leave off.

Now is the time to deal with the schism we have seen in this country. It’s an illusion, that schism – we are all Americans and we’re all in this together. Still, we disagree about basic premises so deeply that it has come to harsh words and hard blows. How violent must our disagreements become before we come to our senses and realize we need to pull together? I am afraid that we are going to find out.

Perhaps President Trump will shoot off his mouth and then shoot off a nuclear warhead and then we’ll all die and all our problems will be beside the point, but if that does not happen, we, and our children and grandchildren, must live on in this broken world, the only world we have.

Courage, my brothers and sisters. Have compassion for yourselves and one another. We are all in this together. Honest.

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

**Have a Story**  
**or Article**

Send it to:  
[Editor@vashonloop.com](mailto:Editor@vashonloop.com)

# Shook Twins on Vashon with special guests Rabbit Wilde

After a stunning show on Vashon last year, we are thrilled to announce the return of Shook Twins to Open Space. Doors open at 7pm, Show begins at 8pm.

“I love the harmonies of the Shook Twins, the dreamlike songs that seem somehow permeated by the American Folk tradition, without actually being part of it. They make music that twines through your soul the way vines cover an abandoned shack in the woods.” - Neil Gaiman, New York Times Best-Selling Author

“The Portland, Ore., folk group is ready to rattle the music world with its What We Do album.” - USA Today

“The Shook Twins have sass and spunk to spare! Their live show is tons of fun to behold.” - Laura Veirs

“The Shooks will Shake you. These ladies have been keepin it real since the day they were born and that was only seconds apart from one another I think. Do yourself a favor and check em out. I do declare, ya wont be sorry.” - Langhorne Slim

“The Shook Twins put on a heck of a show. Keep your eyes on these folks. Im excited to hear what they do next.” - Tucker Martine

“A unique, personal music that lights up the stage with its joy and enthusiasm.” - Mason Jennings

Born and raised in Sandpoint Idaho, Shook Twins are an Indie folk-pop band hailing from Portland, Oregon. Identical twins, Katelyn and Laurie Shook, and Niko Daoussis form the bands core. Central to Shook Twins sound is their wide range of instrumentation: banjo, acoustic and electric guitars, electric bass, mandolin, electronic drums, face drum (beatbox), glockenspiel, ukulele, banjo-head drumming and their signature Golden Egg. Beautiful twin harmonies, layered upon acoustic and electric instrumentation, coupled with Lauries inventive use of percussive and ambient vocal loops, and Katelyns repurposed



telephone microphone, set their sound apart, creating a unique and eccentric blend of folk, roots, groove and soul.

Their eclectic style fluctuates from song to song; drawing from their life experience they write about being potters daughters, the sway of the subconscious, imagined superpowers and a chicken friend named Rose. Shook Twins also pull out unexpected covers on classic hits as well as their friends songs, and get-down to rhythm driven dance numbers with their 90s hits female supergroup, Sideboob (w/ Mimi Naja of Fruition, Allie Kral of Yonder Mountain Stringband and Kat Fountain). Katelyn and Laurie are the main songwriters, but they also back up their band member Niko Daoussis (Niko Slice), adding his uniquely compelling songs to the mix.

After releasing their first album You Can Have the Rest, the twin sisters moved to Portland where they released Window (featuring Bonnie Paine and Bridget Law of Elephant Revival). Both albums were recorded and produced in Santa Cruz, California, at InDigital Studios with Brody Bergholz and Mason Rothchild. Shook Twins recorded their third album, What We Do, with Grammy nominated producer Ryan Hadlock at Bear Creek Studios. They are currently recording new music at Hallowed Halls in Portland, OR with Justin Phelps.

Shook Twins have shared the stage with artists including: Ryan Adams, Gregory Alan Isakov, Greensky Bluegrass, Mason Jennings, Blitzen Trapper,

Railroad Earth, Keller Williams, David Grisman, Carolina Chocolate Drops, Sarah Jarosz, Laura Veirs, The Fruit Bats, Jonatha Brooke, JJ Grey and MoFro, The Indigo Girls, Crooked Still, Jason Webley, The BoDeans, Elephant Revival and more.

Spanning the spectrum from distinctive and genuine to amusing and whimsical, Shook Twins laid-back and fun stage presence draws the listener in, allowing them to take the audience on an adventure. 2016 is gearing up to be an exciting year for them; besides opening up for Greensky Bluegrass on a 13 show tour, they are also supporting Keller Williams for several shows in Northern California, and playing Red Rocks Amphitheater with Gregory Alan Isakov and Ani DiFranco. They are looking forward to a Spring tour in Europe where theyll be playing two festivals in Germany and six shows in the UK. Festivals for this year include WinterWonderGrass Tahoe (CA), Huckleberry Jam (ID), Safety Harbor Fest (FL), Apple Jam Music Festival (OR), Beaverstock (CA), Summer Camp Music Festival (IL), Revival Fest (MN), Northwest String Summit (OR), Fayetteville Roots Festival (AR), Summer Meltdown (WA), Oregon Country Fair (OR) and more! Keep an ear out for their new single Call Me Out, recorded at Indigital Studios.

Friday, Nov 11th, 8pm  
Shook Twins on Vashon with special guests Rabbit Wilde  
Pre Show Acoustic Set by Ron Hook.

Tickets available at:  
<http://shooktwinsopenspace.brownpapertickets.com/>

## PERRY’S VASHON BURGERS

Celebrating 10 years Serving Vashon Island

17804 Vashon Hwy SW

Open 11am to 8pm Monday-Saturday  
12pm to 5pm Sunday



## Get In The Loop

Send in your Art, Event, Meeting

Music or Show information or Article and get included in

The Vashon Loop.

Send To:  
Editor@  
[vashonloop.com](mailto:vashonloop.com)

## Advertise in the Loop!

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

[ads@vashonloop.com](mailto:ads@vashonloop.com)

Next Loop comes out November 23





**Aries (March 20-April 19)**  
Success is a conspiracy. Work with your others to make it happen. There’s no abstract concept of fairness that you must adhere to, which leaves you free to get the help of people who believe in you and who support what you’re doing. It’s possible that you will be an asset to someone, and that would be another reason for them to facilitate your progress. What matters is sincerity, and your willingness (and ability) to come through with what you offer. One theme of the times we’re living through is an extreme form of everybody doing their thing. Understanding of the strength and pleasure of cooperation and collaboration is rapidly evaporating. But those qualities have the same value they always had. Define success for yourself, and then plan for it with others who have a similar idea as you do.

**Taurus (April 19-May 20)**  
The next few days are likely to take you through a stream of new, different and even strange feelings. You may experience everything but stability, though it’s clear that you’re held by a larger container than emotions and physical sensation. One way to read your astrology is that by letting go into the flume ride of your experiences, you will discover how wide and how deep your spiritual context really is. The fact that you can let go of control and still not have everything suddenly go out of control is some evidence that you’re working with your deeper intelligence. Said another way, you’re opening up and allowing that intelligence to flow through you, body and soul. Pleasure is meaningful, and it contains wisdom. There’s nothing more spiritual than feeling like you belong on the planet, and knowing you’re safe.

**Gemini (May 20-June 21)**  
You’re in a good position to buy, sell or trade secrets. Your chart is the very picture of intrigue. Just remember, you would be playing with fire. Looked at another way, you have access to inside information for a reason. That would be to enhance your ability to succeed and to help others succeed. This is about gaining an advantage — but not an advantage over anyone. Use your information honestly and fairly. You must be mindful of a few things, one of which is making sure that your facts are correct. Proceed only with data that you’ve verified a few times. Get other viewpoints and assemble your own picture. Also, people are likely to reveal to you sensitive information that they might regret having said. Like a competent journalist, you must protect your sources. And it’s never good form to take any pleasure at all in the pain or struggles of others. Rather, help any way you can.

**Cancer (June 21-July 22)**  
Where money is concerned, you want to get yourself onto level ground; that is, with people who are much more successful than you currently are. What New Agers call ‘poverty consciousness’ — that is, the idea that there’s not enough to go around — is a serious trap. There is plenty to go around, and it’s helpful to observe and learn from people who have figured that out for themselves. Central to this is addressing the idea of sacrifice. The people to rub yourself against are those who work with the concept of mutual benefit rather than win-lose. Neither you nor others have to sacrifice anything to have things turn out

well. Yet this depends on your state of mind, which you can enhance greatly by sharing what you have. Yes, sometimes it’s necessary to offer to someone else something that you really need. Most of the time, though, you can offer from a place of excess, and you have plenty.

**Leo (July 22-Aug. 23)**  
Your solar chart is a study in how to have fun without over-committing. Borrowing from that old joke, you don’t need to bring a U-Haul on the second date. The kind of pleasure you want, and can have, is based on your freedom of movement. Go from experience to experience if you want to keep the sense of adventure alive. The thing to be cautious of is jealousy. It’s easy to get caught in that loop if you feel like a playmate is having more fun than you are. Pay attention to your own experience and train yourself to take pleasure in the fun that other people have. This is one of the most enlightened states of mind; or rather it’s the door that opens up a realm of true liberation. Mostly what gets liberated is you. One positive experience leads to the next, and you get some freedom from negative fixations.

**Virgo (Aug. 23-Sep. 22)**  
You are walking a fine line emotionally. You’ve been holding back and holding fast for a long time; now you’re feeling the inclination to cut loose. So far you’ve been able to manage that, but you might not be able to contain yourself. Therefore I suggest you plan a safe space to let yourself blow off some steam: emotional, creative, sexual, spiritual — it’s all the same, and you want it all. Your astrology is urging you not to judge yourself. One of the great quests of this time in your life is setting yourself free from the expectations of your parents, whether you consider them negative or positive. Most of the time these expectations are internalized: they have an origin somewhere else but they exist inside you. You are your own person with your own desires, living in your own time and place. Make room for that fact of your life.

**Libra (Sep. 22-Oct. 23)**  
You have a wider safety buffer than you may think. It’s true that you like to err on the side of caution (that is one likely explanation for the somewhat-famous challenge Librans have making decisions). However, you don’t need to take the safe route all the time. You would be well served to consider the possible implications of what you choose, though sometimes you must spin the wheel. You must be especially cautious under the influence of alcohol or substances, though. Those can mess with your sense of appropriateness. So if you can, consider what you want in a few different states of mind. That of course is not always practical. Sometimes you have to spin the wheel and do something because it’s the thing to do in the moment. Sometimes it’s necessary to break conventions and taboos.

**Scorpio (Oct. 23-Nov. 22)**  
Watch your spending, and don’t let others spend your money. There’s something in your chart describing your boundaries as being a bit loose in these areas, so you’ll need to tidy up the edges and refrain from loaning anyone your debit card. That said, you’re in an unusually opportune moment to plan future business ventures. But keep your plans to yourself or limited to a

# Voice of Vashon works to Keep Islands Safe in Winter

It may not feel like it, but winter will soon be upon Vashon-Maury Islands. The October windstorm was just a rehearsal for tougher weather ahead. And, that means power outages, ferry disruptions, road closures and more. For years, Islanders have counted on VoV’s 1650AM Emergency Alert Service to provide information on weather events and their impact on daily life. In fact, VoV’s Emergency Alert Team members post over 150 safety and comfort alerts every year – a majority of them during the winter months.

When bad weather hits, VoV is on the air with forecasts, safety tips and power repair status reports around the clock. And, when ‘the big one’ hits – earthquake or storm – VoV is the Islands’ lifeline to critical information. 1650AM Alert Team members participated in the regional Cascadia Rising Earthquake drill this June and helped Vashon earn high marks for community preparedness. This community MUST be well prepared – the islands could be isolated for weeks after a major disaster. And, Voice of Vashon will be there to ensure all islanders

*Voice of Vashon's "Old Man Winter" fund raising campaign starts now and runs through December 31. All donations are tax deductible and can be made online at [www.VoiceOfVashon.org/Winter](http://www.VoiceOfVashon.org/Winter). Or send a check to P.O. Box 2397 Vashon, WA, 98070*

have the critical information needed for health, safety and even survival.

VoV needs basic funding each year to keep the alerts going, so now through December, every islander can help to make sure 1650AM Alerts go on via AM and FM radio, Facebook, email and online. If every islander participates in VoV’s Old Man Winter campaign with a \$10 or \$20 donation, the VoV structure that supports 1650AM Alerts will continue.

Participants can donate at VoV’s Old Man Winter web page and, at the same time, get VoV’s free KVSH and 1650AM mobile app to carry Voice of Vashon everywhere.

[www.VoiceOfVashon.org/Winter](http://www.VoiceOfVashon.org/Winter)

carefully selected group of people. This is less about someone stealing your ideas and more a caution against scattering your energy by talking away your ideas. What you want now is a sense of containment, so that you can think clearly and seriously. Involve others on an as-needed basis. You don’t need to reveal your whole plan to any one person; you just need to know, develop and respect your ideas yourself. You set your own ethics, your own schedule and your choice of whom to involve.

**Sagittarius (Nov. 22-Dec. 22)**  
Keep your mind on what you’re doing, not what others are doing, or expect of you. You’re in a rich creative moment. Once you tap that well, there will be no stopping you. Therefore, don’t get distracted, or dissuaded from painting, writing, practicing your new song or planning a trip you’ve been wanting to take. Don’t let anyone dampen your enthusiasm. If you discover that a commitment to another person is getting in the way of your self-expression, it may be time to question that commitment, or to look more closely at what’s going on. The first question to ask yourself is: what do you want or need to say that you haven’t yet said? Then the second: what do you fear would happen if you speak up? The thing you fear the most may be the right outcome.

**Capricorn (Dec. 22-Jan. 20)**  
In a few days your plans and sense of the future are likely to open up. With that, you may start to get the feeling that you’re painted into a corner. You’ll feel fine as long as you don’t seriously entertain the idea of stretching your possibilities. You may feel boxed in the moment you want more or extend yourself into the future. You might think that this is about social acceptability, though that’s a trap. Whether you’ve got the approval of others is the last thing you need to worry about. That’s not because you have or do not have that approval, but because you don’t need it and don’t want it. You are the person who needs to approve of yourself. This is not about telling yourself something you

don’t believe; it’s about going deep into your feelings and connecting with your commitment to your mission.

**Aquarius (Jan. 20-Feb. 19)**  
Whatever you do or say over the next few days could go viral. That could be by internet, rumor or reputation. You’ll want to choose what you say and to whom you say it. That means paying attention and making choices. Be cautious about what you say that’s motivated by fear, because your concerns will probably turn out not to be true. You might take advantage of the situation and promote your own cause: a project, your business or some social message. Keep spin control by selecting your words carefully. Yet more significant is choosing your feelings, or at least knowing where you’re coming from. You can understate your case; no need to push anything too hard. Your words and your ideas have influence, and even impact. Keep it positive. Look for solutions. Better yet, focus on your best ideas.

**Pisces (Feb. 19-March 20)**  
You have an opening to take charge and make some significant professional strides. There are two parts to this process: how you feel inwardly, and what you do externally, and the order in which you take them. Start from the feeling, and only do what you truly feel aligned with. Then make your moves carefully, one by one. Choose selectively, and pay attention to what you do first. Preparation is essential, while you have the chance. While you’re busy doing this, you may notice that things seem to happen unrelated to what you’re doing: that you get results on projects started long ago or investments of effort that you forgot you made. In fact, you would be wise to consider projects you started and made progress on, and dust some of them off. The time has come for at least one of them to come to fruition.

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



# Publish The Quest



Publish the Quest, a band with deep Vashon roots that has made a name for itself worldwide as both a musical and philanthropic force, is coming home to Vashon for another epic show at the Red Bicycle Bistro.

Publish The Quest blends groove music melodies with vocally driven compositions that continually question social issues through story telling. Publish The Quest is destined to make a difference both at home and abroad. Working with a nonprofit called Learn Africa, Publish the Quest has made several recent trips to Cape Verde, Zimbabwe, Mali, Poland, Portugal and Spain where they performed in music festivals and venues alike.

After three years of traveling, recording, and collaborating, Publish The Quest released a full length album titled ‘A THOUSAND KINDS OF GOLD!’ It was recorded in Seattle, Zimbabwe, Mali, and Nigeria... The album features Oliver “Tuku” Mtukudzi, Vieux Farka Toure, Nneka, Edith WeUtonga Katiji, Jeff DeMelle, Caleb Cunningham, Mark Oi, Mike Marlatt, Bill Jones, Matt Chamberlain, Izaak Mills, and others. If you don’t have this in heavy rotation in your CD player, you’re missing out.

Opening for PTQ is hip-hop sensation Colin Loch.

Colin Loch is a self-taught hip hop recording artist who pens all of his own lyrics, mostly on his cell phone. He likes to call himself an “actionable poet,” a term he coined to describe his art. He is currently mastering his first project which will be called “Home is Where the Art Is.”

Colin was born in Scotland, has lived all over the United States and Egypt. Today, he calls Vashon Island his home and has lived there on and off for 22 years.

Among the artists that influence his music are Eminem, Jay Z, Lauren Hill, Logic and Atmosphere. But it was Colin’s older cousins that first introduced him to rap music. Later, his friend Beau gave him a copy of Eminem’s album “The Slim Shady,” and he was hooked. Many of Colin’s lyrics draw on his past experiences struggling with (and overcoming) addiction. With this new-found clarity has come a new set of obstacles that he navigates which inspire his music today.

You can hear lyrics about Colin’s time working in the restaurants and bars - - which is how he pays for his music habit. Not only is he a great lyricist, Colin is a skilled cook and bartender.

Next up: look for his first music videos for “Bartender” and “Kitchen Life,” to be shot on Vashon Island in the next few months!

“My addiction to this music  
Beat the ones I had for using  
And the beats you hear me using  
Keep me from the streets of  
Losing this momentum heaven sent me  
Won’t forget it ‘cause you let me  
Find the person hiding  
Deep inside of me  
It was a blessing.” - C.L.

Friday, Nov 11th, 8:30pm  
The show starts at 8:30 p.m. at Red Bicycle Bistro. It’s an all-ages show until 11 p.m., and for ages 21 and older after that. I.D. is required. There is a \$8 cover charge.

TICKETS: <http://www.brownpapertickets.com/event/2707738>  
Get them now and you’re in the door! This show may sell out by the night of the event. Beat the rush!

## Road to Resilience

*Continued from Page 1*

problem until our society shoulders the problem of extreme income inequality and recognizes that any being born on this planet has a right to basic shelter and other survival necessities.

The second problem I want to discuss has to do with the institutions we have developed to define housing and access to it. A tepee or a prairie sod house, economical and efficient housing systems as they are, would not pass code today nor would they be worthy of (or need!) a bank loan. One is not allowed to construct a primitive shelter. We now have thousands of houses across the country, probably a few on Vashon, that lie vacant and mouldering away, while there are thousands out on the streets that badly need that housing. There are some very innovative non-profits that buy these houses for pennies on the dollar like the banks do, and then sell them at the same bargain prices to low

income homebuyers. Barring that, we have an irrational situation where we as a society deem that someone must remain out on the street if a shelter that could be accessed isn’t up to the standards of what our society or the market considers a viable shelter. The illogic of this situation screams at us and yet we are unable to correct it.

Vashon Household, along with Voice of Vashon, is putting on a forum on affordable housing on Nov. 14, 6:30-8:30 pm, at the Penny Farcy Bldg. Too often these meetings come and go with never a recognition of the 800# gorilla in the room. We may not come up with any practical actions, but let’s at least recognize the institutional, societal cause and start a movement that may someday address this ridiculous situation.

Comments?  
[terry@vashonloop.com](mailto:terry@vashonloop.com)

# Ink + Mylar

## Lighting is Serious Business

by Rachel Waldron

*Lighten up these shorter days!*

I love lighting and think it may just be the most important aspect of design. That said, I am not a lighting specialist. I use a consultant for my difficult projects and even on the ones I’m comfortable with, just to have that extra set of experienced and knowledgeable eyes.

I took a lighting course back in college. We learned to measure foot candles with light meters. We learned about the “cone of light” and how important the placement height of the fixture is in relation to the surface it is meant to light. We learned that lighting needs to be placed in FRONT of the user in a task-oriented situation so that shadows aren’t cast by us standing in front of the light. After all that, I must be honest, I realized that I should major in lighting alone to truly understand how to design with light.

What I do know is that color temperature and lumens are WAY more important than wattage. All the wattage will tell you is the amount of energy that bulb is using. So, throw out everything you ever thought you knew about lighting, and let’s grace the surface together.

Lumens describe the brightness of the light (yup, what we always thought watts were). A general rule of thumb is:

Floors: 20 lumens/square foot  
Tables & Counters: 30 lumens/square foot  
Desks: 50 lumens/square foot

Imagine a living room that is 200 square feet. In this hypothetical living room, two tables with lamps are on either side of a sofa, a floor lamp, and a ceiling fixture. We’ll want 4,000 lumens from the ceiling fixture (20 lumens x 200 square feet). We’ll want about 200 lumens to cover 4 square feet of lighting at each end of the sofa (50 lumens x 4 square feet). Note that this is a task area, not a “table”. The floor lamp will give us another 200 lumens. Now, let’s head into the dining room and look at the size of the table. A 3’ x 6’ table would require 540 lumens (30 lumens x 18 square feet).

So, we have the rule of thumb for brightness, but what about temperature? This ultimately depends on the function and placement of the fixture. Most of us prefer warmer color temperatures, and I tend to err on the cooler side of warm. ). I keep things cooler because this more closely resembles the exterior environment. I think that in the Northwest,



we have the urge to warm things up, and in doing so, we end up with spaces that feel like caves, dark and closterphobic. While this feels nice in the evenings to walk into a warmly lit space, it makes the transition from midday to dusk difficult, and does not provide optimal task lighting. Here is my approach to providing the optimal lighting for all times of day.

Aim for a temperature of 3500K in the general lighting (recessed and in kitchen and bath ceiling fixtures). I like to bump it up to 4000K in office spaces and in kitchen task areas. Another tricky thing I like to do is to choose a few lamps throughout my home (floor lamps and up lighting work particularly well for this) and add the 4000K bulbs in these. I use these lamps at dusk or on grey days when the dark seems to be creeping in and I find myself wanting a flashlight next to the window! I find that these lamps also help me transition from daylight hours to the evening hours. Right about dusk, I flick them on. As the sun sets, I’ll add in the warmer lamps and eventually turn off the cool ones. An important tip is to put every possible fixture on a dimmer.

Knowing that, take inventory of all your light fixtures, your spaces, and hit up the local lighting store (please shop local and support your fellow islanders!!) and update your fixtures to provide optimal lighting in your home! Let me know how it goes, and if you have any questions along the way

To learn about Rachel Waldron’s home design (interior and architectural design) services, contact her at 206.249.9860 or [rachel@waldrondesigns.com](mailto:rachel@waldrondesigns.com) or make an appointment to stop by and visit us as of December 1st behind Giraffe! Don’t forget to listen to Rachel Waldron and Emily Herrick’s show, “Inner Space” on Sundays at 2pm on 101.9, KVSH.

# Longtime Vashon Center for the Arts Executive Director, Molly Reed, to Retire

A show opens. The show goes on. And the day comes when the show closes. After a run of eleven years, Molly Reed, the Executive Director of Vashon Center for the Arts has announced her plans to retire.

Molly started her career as founding Managing Director in the early days of Seattle Children’s Theatre. She later held marketing positions in broadcasting and banking, including serving as V.P. of Community Relations for U.S. Bank, where she advocated for non-profit groups. In 1997, she returned to her roots and rejoined Seattle Children’s Theatre as Chief Development Officer, lending her funding expertise to raise \$7.4 million to build the Allen Family Technical Pavilion, adjacent to Seattle Center’s Charlotte Martin Theatre. In 2006 she joined what was then known as Vashon

Allied Arts as its Executive Director.

Says Denise Katz, President of the Board of Trustees, “I asked Molly the other day what she was most proud of. She said, ‘Of course our fabulous new Katherine L White Hall. But even more than that I’m proud of our amazing staff, the fabulous programming, the more than 120 classes we offer every year, and the level at which we are able to fund arts scholarships on Vashon. We have come a long way and most importantly we have laid a foundation for many years to come.”

Along with Karin DeSantis, Katz will be leading the search for a new Executive Director.

Says, Katz, “We are so thrilled for Molly and what’s next, and yes, more than a little sad that we won’t see her nearly so often.”



Island Epicure



By Marj Watkins

Beef Eaters Delight  
Chocolate  
for Cheer

A chilly, gray drizzly, depressing day cheers right up with a cup of hot chocolate. It gets even better when you stir it with a cinnamon stick. Chocolate chips are great snack food. I keep a ramekin filled with assorted nuts and chocolate chips on the kitchen counter. The nuts crunch satisfyingly and supply a little protein. The chocolate ups one’s mood.

Chocolate not only lifts your spirits, it contains an antioxidant that may protect you against heart disease and cancer, and augments your immune system. Just don’t overdo it. Because of its natural bitterness, any food product made with chocolate has to have sweetening put into it. That, and chocolate’s fat, could work against any efforts you are making to get or to stay slim. Trader Joe’s chocolate wafers have the highest percentage of cacao. Not going off the island? Shop at an island grocery for bittersweet chocolate, the kind with the most cacao; 72% is ideal.

The other night when my

daughter Suzanna and her husband were here for dinner, I made chocolate pudding for dessert, a smootn, egg-free pudding served up with whipped cream topping each portion. Later, Suzanna reminded me of the fluffy chocolate pudding I used make for her and her siblings when they were kids. It had little egg white clouds in it. They all loved it.

For Suzanna, and all the rest of my readers, here is the Chocolate Fluffy Pudding recipe. Make it far enough in advance of dinner for it to chill, or make it along with the rest of the supper cooking and serve it hot.

- Chocolate Fluffy Pudding
- 4 to 5 servings
- 2 ½ cups milk
- ½ cup coconut sugar
- 1/3 cup chocolate powder
- 4 teaspoons salt
- 3 eggs, separated
- 1 teaspoon vanilla

In a 6-cup saucepan, mix dry ingredients. Add the milk and the egg yolks. Beat in. Stir-cook over medium low heat until the pudding thickens. Stir in the vanilla. Beat the egg whites to stiff peaks. Fold into pudding just off the boil so it cooks the egg whites. Serve warm.

Eggless Chocolate Pudding: Omit the eggs: include all the other ingredients, but stir 3 Tablespoons of cornstarch into the sugar, chocolate powder, and salt. Stir in the milk. Bring to a boil, stirring constantly. Turn off the heat. Stir in the teaspoon of vanilla. Divide among four small bowls. Chill. Just before serving, top with whipped cream.

Ed Frohning, cartoonist

By Mary Litchfield Tuel

“In twenty-six years, I’ve never had a cartoon turned down,” says Ed Frohning. “Sometimes I get tired and say I’ll quit, but then people tell me how much they love the cartoons, and how they follow me, and I keep going.”

Ed Frohning grew up on Vashon. When he graduated from high school. He never took any art courses. He became a printer and later went to work for Starbucks, and commuted to Seattle five days a week for years.

About twenty-six years ago, on the long commute into town on the passenger ferry, he began doing drawings. People liked them, and he gave them the drawings.

“Then I did cartoons for the north end coffee stand, the Second Wind Café. Sandy would put them up to give customers a shot of humor to go with their espresso.”

Soon his work was appearing in the Clam Cove Report, a much loved but short lived alternative island paper. Then his cartoons ran in the Ticket, the Loop’s predecessor, and now his work appears in the Loop.

His cartoons also appeared in the Vashon-Maury Island Beachcomber, and in 2001 he won the first-place award for editorial cartoons in all regional Washington state newspapers. He smiles with pride when he speaks of that award.



there.”

He quit working for Starbucks, and since then he has lived on the Big Island in Hawaii, and in northern California, and he has traveled, doing work as needed to support his cartooning habit. Occasionally he comes back to light on Vashon.

“I carry a drawing board and supplies like a backpack so I can draw and send in drawings where ever I am. I do the cartoons, and I do free-lance portraits of people’s houses, setting them on little islands.

“That is a combination of architectural drawing and

“My goals right now are to get the strip launched, and to get published in the New Yorker, and my big goal is to do whatever I can for the environment through art, especially the ocean and the marine environment.

“There are small Hawaiian Islands that trail off to the northwest of the main islands, and I’d like to go to Kauai to work in the refuge.” Ed was referring to a marine sanctuary which President Obama expanded to about four times its previous size this August. It is now the largest marine sanctuary in the world.

“I’ll always be attached to Vashon. My kids are fourth generation islanders. My parents (Helen and Don Frohning) were high school sweethearts and graduated from Vashon High in 1949, and my mom taught third grade here forever.”

At the time of this interview, Ed was on the island, but soon he plans to be traveling again, first to California where he has a temporary home, and then, who knows?

Where ever he goes, he’ll have his drawing board and supplies, so we can look forward to Ed Frohning’s cartoons continuing to make us laugh, at ourselves and the absurdities of our world.

If you would like an Ed Frohning portrait of your house, he would be happy to discuss it with you. Contact him at edfrohning@gmail.com



“It felt good to get that recognition.

“I got to know Berkeley Breathed when he lived on the island, and he has been a huge inspiration to me, both in drawing and attitude.

“When I was in New York I went and spoke to Bob Mankoff, the cartoon editor at the New Yorker. I called the magazine, and a guy answered, and I asked if Bob Mankoff was there. He said he’d go check and see if he was in. Then he came back and said, ‘Just kidding, it’s me.’ I asked if I could come up and see him and he said he had about twenty minutes, and to come on up.”

“He has the original of his most famous cartoon on the wall in back of his desk.\* When I walked in and saw that – wow,” Ed said, shaking his head. “We talked for about half an hour. He said they were looking for cartoonists, not cartoons.” Ed aspires to be one of those cartoonists.

So what set Ed on his current life, traveling and cartooning?

“About four years ago, I visited my son in Hawaii, and loved it and decided to move

cartooning. The advertising for the house portraits is by word of mouth. Someone has a party, a guest sees a house portrait, and they want one. I’m hoping to get more of those commissions.

“Music inspires me. I link each drawing to a particular song and play it over and over until the drawing is done. I like to do drawings inspired by Grateful Dead lyrics.

“I’m developing a cartoon strip now called ‘Splashon Island.’ I’m developing characters and stories.

FOR ORCAS AND FOR ISLANDERS  
PLEASE REPORT LOCAL  
WHALE SIGHTINGS  
ASAP TO  
**206-463-9041**  
Vashon Hydrophone Project  
Orca Annie Stateler and Mark Sears  
Vashonorcas@aol.com  
Support Vashon-Maury Island Whale Research  
Sightings NOT Disclosed to Whale Watch Boats  
**vashonorcas.org**

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

Have a Story  
or Article

Send it to:  
Editor@vashonloop.com

Find us on Skype  
Vashon Loop  
206-925-3837

**Suds**  
**LAUNDROMAT**  
**OPEN DAILY**  
Open Sunday to Thursday ,9am to 6pm  
Friday/Saturday from 9am to 7pm  
17320 Vashon Hwy SW  
(Located across from Pandoras Box)

**TRASH TALK**  
Could you be the new Mr. or Ms. Trash Talk?  
We’re seeking a new volunteer to create these tidbits in *The Loop*. It’s fun, you’ll learn a lot & be helping our community reduce, reuse & recycle.  
Time commitment is 4-6 hours **per month**.  
Contact [will.lockwood@zerowastevashon.org](mailto:will.lockwood@zerowastevashon.org) for more info.  
  
[www.zerowastevashon.org](http://www.zerowastevashon.org)

Advertise in the Loop!  
It’s a great time to get back in the Loop.  
[ads@vashonloop.com](mailto:ads@vashonloop.com)  
Next Loop comes out November 23



# OneNiteStand



You may have been there for the July show at the Red Bike and witnessed this band’s incredible show. OneNiteStand is gaining ground with more rocking tunes and incredible vocals by Terri Cole – and the good news is, they’re ready to show off the new polish!

This band is ‘nothin’ but rock & blues with the emphasis on classic rock tunes as well as some originals sprinkled in there. They’ve all got blues chops, from growling it to flat-out rockin’. The band will knock your shorts off and leave you crying for more. They’ve been playing for a long time and have musical histories too long to mention here.

This is a free cover all-ages show ‘til 11pm, then 21+ after that. Friday, November 18th, 8:30pm, OneNiteStand

The Red Bicycle Bistro & Sushi

# Rippin’ Chicken



It doesn’t get any better than this when it comes to a funky dance trio, coming to your right here on Vashon. The day after Thanksgiving is ALWAYS a rockin’ good time at the Red Bike – people are home for the holidays and everyone is ready to cut loose...so we’re bringing you something to dance to!

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

After performing and recording together for the better part of a decade in groups such as The Funk Revolution, The Lucky Mystery Now Orchestra, and The Bucks (all under the

direction of the great Lucky Brown), Rippin’ Chicken presents this power-house rhythm section as the center of attention, playing the music they want to, in a style that is all their own.

“A soul-food Organ trio gone Rippin’”

Friday, November 25th, 8:30pm

Rippin’ Chicken

The Red Bicycle Bistro & Sushi. All-age’s ‘till 11pm, 21+ after that. Free cover!



**Sporty's**  
RESTAURANT & BAR

*Where the Locals Go!!*

Family run business for over 30 years  
17611 Vashon HWY SW  
206.463.0940

Live Music

Homestyle Breakfasts  
and  
Plate Size Pancakes  
*Breakfast served till 5pm  
Fri, Sat & Sun*


Sports on 5 HD TV's

*Open 7 days a week 6 am til 2am*

# Vashon Island Chorale Sings “Messiah”



The Vashon Island Chorale is preparing to sing three concerts of Handel’s “Messiah” at the Vashon Center for the Arts in the Katherine L White Theater on Thursday, Dec. 1, 7:30, Saturday, Dec. 3, 7:30 and Sunday Dec. 4, 3pm. There will be a pre-concert lecture 45 minutes prior to curtain for all three events. Tickets are being sold online at [vashoncenterforthearts.org](http://vashoncenterforthearts.org), at the Center for the Arts ticket desk, at the Heron’s Nest, and at the door if still available. Prices are: \$20 general, \$18 VAA members, \$15 senior, and \$5 youth (16 and under).



**Bramin Freeze**  
FROZEN YOGURT

6 flavors, 31 toppings,  
and Hot Chocolate!

Open Sunday to Thursday  
10:00 to 7:00  
Friday/Saturday from  
10:00 to 8:00

17320 Vashon Hwy SW  
(Located across from Pandoras Box)

Find us on Skype  
Vashon Loop  
206-925-3837

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



**AJ's**  
Espresso  
Latte and Wisdom  
To Go

17311 Vashon Hwy Sw

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

Cash & Checks Welcome

17311 Vashon Hwy Sw



**Barber & Beauty Shoppe**  
(206) 463-7212  
Family Hair Care ~ Sensible Prices  
Colors, Perms, Hair Cuts

Parker Plaza 17232 Vashon Highway



**Olympic Instruments, Inc.**

- Custom Manufacturing, Machining, Welding, Fabrication, Repairs
- Short & long run production
- Prototyping
- Length Meters for Wire & Cordage
- Cunningham Air Whistles

Your Vashon Neighbor Since 1946  
Monday – Thursday, 7:00 AM – 5:30 PM

16901 Westside Highway SW  
Vashon, WA 98070

Phone (206) 463-3604  
[www.olympicinstruments.com](http://www.olympicinstruments.com)  
[www.cunninghamairwhistles.com](http://www.cunninghamairwhistles.com)

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

Advertise in the Loop!  
It’s a great time to get back in the Loop.  
[ads@vashonloop.com](mailto:ads@vashonloop.com)  
Next Loop comes out November 10



# Comedy Night! At The Red Bike

COMEDY NIGHT IS COMING !!!  
First Friday, December 2nd at 8pm, at the Red Bicycle Bistro and Sushi bar. The evening is osted by local humorist and provocateur, Steffon Moody, and features an All-Star crew of locally famous on-island comedians, plying their craft as only locally famous amateur comedians can ply.

Comedy Night is, on average, more fun. If you haven't been, here's the setup: we invite jelly-kneed first timer's, practiced amateurs and professional comedians to appear on the same stage. The newbies only get a few minutes of stage time because, well, it's just better that way. Then we trot out some faces you may have seen performing around town and we finish up with a couple of pros.

Performing in front of an audience is one of the top universal fears. And of all performance forms, Stand Up comedy tops the terror list; right up there with Evil Knievel style motorcycle jumping.

In general, comedians are expected to get a laugh about every 15 seconds. That's 20 punchlines in a 5 minute routine. Or, looked at another way, 20 opportunities for failure.

In no other performance form are performers held to such a standard. Many experienced performers, usually comfortable in front of an audience, look like a deer in the headlights when asked to do Stand Up. The pressure of evoking the laugh can be unbearable.

That's why comedians do it. That's why audiences come. It's risky, dangerous, almost life- threatening. It's an on-stage reality show, where the possibility of failure is integral to the show itself.

Expect the usual ribald, tasteless,



eccentric, and life transforming experience that is regularly delivered at regular Yuk fest. These island comedians will sink or swim in death defying comedy routines. That's right! Death Defying Comedy! Please don't try this at home folks. Only untrained amateur professionals are qualified to run the gauntlet of a notoriously ruthless Vashon audience.

The headlining comedian and local comics will be announced soon!

There will be a cover charge, and the show starts at 8pm, but show up early and get a seat, because it is always packed!

This show will most likely have adult content, so please use your best judgment when bringing children with you.

See you then and there!

# Free Range Folk Choir Thanksgiving Concert

Come celebrate the spirit of Thanksgiving with the Free Range Folk Choir on Monday Nov. 21st, 7pm at the VHS Theater.

"I am that I am, I am beauty, I am peace, I am joy, I am one with Mother Earth. I am one with everyone within the reach of my voice. In this togetherness, we ask the divine intelligence to eradicate all negatives from our hearts, from our minds and from our actions. And so be it....Ashe." - Babatunde Olatunji

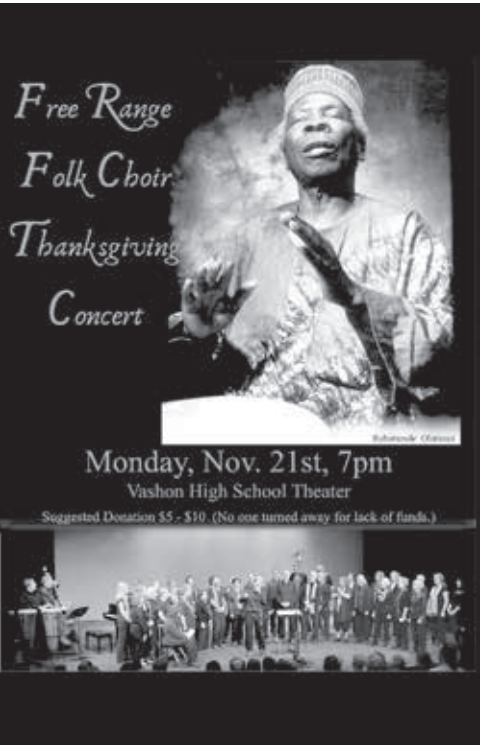
On November 21st, the Free Range Folk Choir will premier a new choral work, arranged by Shane Jewell, based on Olatunji's Uhuru. This song will feature the voices of the 70-member Free Range Folk Choir and the percussion of Gordy Ryan, a long-time member of Olatunji's band, Drums of Passion. The song's title, Uhuru, translates as "Freedom to the World Now", and epitomizes Olatunji's world view.

"While his Nigerian homeland fell into the hands of bullies and thieves, [Olatunji] toured the world and spread love and forgiveness, with song, wild bell rhythms, and cracking sticks on the way-way-off beat that sent shivers through a thousand spines and probably through the forests and cities themselves.

"He played for presidents and kings, figured into Bob Dylan lyrics, and his spirit still resonates in the children, who danced in the corners of his workshops and then grew up to fulfill their own dreams of being a real drummer. He was a vision of Mahatma Gandhi and Miles Davis in the body of a giant.

"I still recall that voice that could split the molecules of the air and open some great emptiness that held all our failures and our greatest moments in a wisp of breeze or a crescendo of pure energy.

"Rhythm is the soul of life," Baba often said. "The whole universe revolves in rhythm. Everything and every human action revolves in rhythm." Once, when I



felt disappointed by the actions of others, Baba told me, "Everyone's heart is good. Give up your point of view, and you find your heart."

-Rex Weyler, Hollyhock co-founder, author and journalist

During his life, Olatunji toured the American south with Rev. Martin Luther King Jr and joined King in the march on Washington. When he performed before the United Nations General Assembly, Soviet Premier Nikita Khrushchev took off his shoes and danced.

Join us Monday, November 21st, 7pm in the VHS Theater for an evening of song featuring the intricate rhythms of drummer Gordy Ryan and vocal harmonies of Africa, America, and Europe. This is a family-friendly show, so bring everyone for the audience sing-along. Sweet Honey in the Rock's "Breaths" and freedom songs of South Africa will round out the evening.

Suggested donation \$5 - \$10 (No one turned away for lack of funds.

# Art History Talks with Rebecca Albiani

## American Sublime: The Hudson River School

Art History Talks with Rebecca Albiani. American Sublime: The Hudson River School. Tuesday, November 15, 11:30 am

Nature has been an irresistible subject matter for artists ever since humans began painting bison on cave walls. This series will explore how a range of artists have taken on nature-inspired themes.

In the 1830s and '40s American painters, led by Thomas Cole, began depicting the Hudson Valley, capturing the fast-disappearing wilderness and elevating the art of landscape painting in the United States.

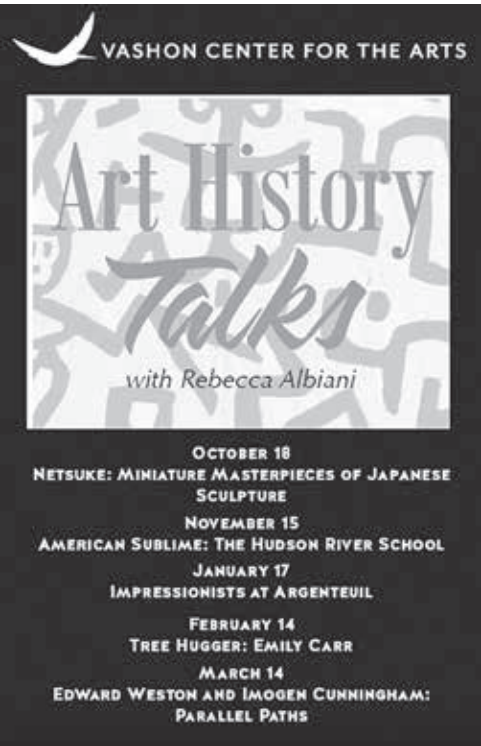
5-Talk Series

\$60 VCA Member/Student, \$70 Senior, \$80 General

Individual Tickets

\$14 VCA Member/Student, \$16 Senior, \$18 General

Tickets: VCA, The Heron's Nest Gallery, VashonCenterfortheArts.org



## Compost the Loop

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

Deadline for the next  
edition of *The Loop* is  
**Saturday, Nov. 19**

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

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

Frame of Mind

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

## Local Weather

www.vashonweather.com  
Local Rain Totals  
Temperature hi/low  
Wind Speed & Direction  
Barometric Pressure  
Weather forecasts

## Make a date with Vashon!

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



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



**HISTORIC ROASTERIE**  
**THE VASHON ISLAND**  
**COFFEE ROASTERIE**  
40 YEARS OF ROASTING HERITAGE

ALL ORGANIC PASTRIES,  
BREAKFAST & LUNCH FARE.

ESPRESSO & TEA BAR  
COFFEE ROASTED DAILY

OVER 350 BULK HERBS,  
SPICES & TEA.

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



**DIAGNOSTIC & REPAIR SERVICE, INC.**  
206-463-9277

Shop Hours  
8am-6pm  
Monday - Friday

**24hr Towing & Road Services**



Lockout Service,  
Flat Tire Change,  
Gas Delivery and  
Jump Start.



**We Have Rental Cars!**

*If you are visiting the Island, have out of town guests, or just need a second car for the day Vashon Rental Cars, Inc. is here to serve you.*

Conveniently located uptown in Vashon.  
Vashon Rental Cars, Inc  
463-RENT (7368)

**Cerise Noah**



Professional,  
Knowledgeable  
Fun & Friendly  
to work with.

**360-393-5826**  
cerisenoah@windermere.com



Windermere Real Estate/Whatcom, Inc.

**WET WHISKERS**  
**GROOMING SALON**  
**PROFESSIONALLY TRAINED**  
**CERTIFIED GROOMER**

**We Offer:**  
**Wash and Go**  
**Bath and Brush out**  
**Thin and Trim**

**CALL TODAY FOR AN APPOINTMENT**  
**(206) 463-2200**

**17321 VASHON HIGHWAY SW**  
CONVENIENTLY  
LOCATED INSIDE  
PANDORA'S BOX



**Foxy Needs A Home...**

Now that I'm done arching my back and symbolizing Halloween, I want a home to celebrate all the other holidays in. Do you have kids? I like kids! When people pay attention to me, I roll around and contort myself into all kinds of positions, I'm so happy.

I get along with other cats, too. And did you know that in some cultures, black cats are considered good luck? Let me bring good fortune to you!



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



Next to the Post Office  
10015 SW 178th St.  
(206) 463-0555

**Island Security Self Storage**  
*Full line of moving supplies*

· Radiant Heated Floor · On-Site Office · Rental Truck  
· Climate Control Units · Classic Car Showroom  
· Video Monitoring · RV & Boat Storage

**PANDORA'S BOX**

Enough excitement around here  
to last Bo the rest of his nine lives.

**Big, big, big annual customer appreciation sale event upcoming!**

Save the dates: November 18-20



**Bo's Pick of the Week: Yet another freeze dried meat treat. This one from Merrick. Looks delicious. Get yours now.**

**(206) 463-3401**  
\$8 Nail trimming with no appointment  
17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch

**DANNY'S TRACTOR SERVICE 206-920-0874**

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

→ **Dan Hardwick**  
oldredtruck@comcast.net



**ISLAND FORESTRY**  
TREE REMOVAL, TOPPING, LIMBING, ETC  
LICENSED, INSURED, FREE ESTIMATES  
**206-653-5415**

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

Deadline for the next  
edition of *The Loop* is  
**Saturday, Nov. 19**



Sunday - Thursday  
Bistro & Sushi service  
11:30am to 9pm  
Lounge is Open  
11:30am to midnight

Friday & Saturday  
Bistro & Sushi service  
11:30am to 10pm  
Lounge is Open  
11:30am to 2am

17618 Vashon Hwy SW  
206.463.5959  
[www.redbicyclebistro.com](http://www.redbicyclebistro.com)

**Live Entertainment**  
**Friday, November 11, 9pm**  
Publish The Quest

**Friday, November 18, 8:30pm**  
OneNiteStand

**Friday, November 25, 8:30pm**  
Rippin' Chicken

**Friday, December 2, 8pm**  
Comedy Night!

**Adopt A Cat Day!**

*Vashon Island Pet Protectors*

**Saturdays 11:30-2:30**

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

**KVSH**  
**101.9 FM**



**Voice of Vashon**

**Listen At Home In Your Car At Work Worldwide**

**Schedule & VoV App at [VoiceOfVashon.org](http://VoiceOfVashon.org)**