

Black Light Ball New Years eve!

Open Space's New Year's Eve extravaganza returns, in a fabulous black light event...

Music 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. Fancy dress, masquerade dress, or just comfy dress encouraged - everyone, wearing anything, is welcome.

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.

Our New Year's Eve events are fantastic, and this one promises to be even more. 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

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Fly Me To The Moon



Back Row: Emmi Sarkola, Lauri Hennessey, Martin Feveyer, Lori Spears, Michael Shook, Adrienne Mildon Front Row: Marita Ericksen, Erica Wagner, Gretchen Neffenger, Xavier Ajeto, Sarah Cummings White, Shannon Flora, John de Groen. Photo by John de Groen.

The local theatre group, Drama Dock, presents "Fly Me To The Moon", an original production that showcases island singers, musicians and dancers as they present the old standards of Frank Sinatra. Director and Choreographer, Elise Ericksen, has loved listening to Sinatra's music over the years and she is delighted to have the opportunity to set original choreography to some of her favorite tunes. For the past five years, Elise has worked with PDX Dance Cooperative choreographing and dancing many styles of dance, including contemporary, ballet, modern, and musical theater dance. All of these styles, plus some ballroom will be present in the dances for the show. Many island singers will lend their voices to the production including, Steven Denlinger, Marita Ericksen, Martin Feveyer, Shannon Flora, Lauri Hennessey, Gretchen Neffenger and Michael Shook. Dancers include Sarah Cummins White, Emmi Sarkola, Lori Spears, Erica Wagner and guest dancers, Rachael Singer and Ismael Sonanes. John de Groen, Adrienne Mildon, and Xavier Ajeto will lend both their voices and dancing talent to the show. In addition to the many fabulous dancers and singers, we will also have a small group of musicians including Diane Krouse playing clarinet, exemplary pianist Evan



Emmi Sarkola and Xavier Ajeto. Photo by John de Groen.

Stultz, Barry Cooper on Trumpet, Todd Zimberg on drums and Marita Ericksen as Music Director. Some favorite songs in the this review include "Let's Fall In Love", "The Way You Look Tonight", "New York, New York", and, of course, "Fly Me To The Moon", just to name a few. Come enjoy the start of the new year with song, dance and merriment.

"Fly Me To The Moon", a Drama Dock fundraiser around the songs of Frank Sinatra.

January 7th at 7 pm and January 8th at 3 pm.

Vashon High School Theatre
Tickets available at Vashon Bookshop, Brown Paper Tickets and at the door. \$18 for seniors and students; \$20 for adults

The Road to Resilience

The Nature of Things

By Terry Sullivan,

Last column, I wrote about tribalism being a force that encouraged suspicion and hatred between different racial and ethnic groups. A friend pointed out that our indigenous people, who call themselves tribes, are now doing a tremendous service for us in standing up to the oil interests at Standing Rock. I knew immediately that I would need to clarify that my discussion of the concept of "tribalism" was not intended in any way to cast aspersions on those peoples who use that term to describe their polities. In thinking further about it, I realized that tribes, nations, communities, and families, had a much more primal role to play in our world. In keeping with the bipolar nature of our reality, tribes are not exclusively good or bad. They are both.

I'd like to posit the argument that tribes, or any organizational unit, represent a set of dynamic relationships that fundamentally create the world that we know. An atom or a living cell has attractive forces that hold them together. At the same time, there are repulsive forces that keep them separate from the matter around them. In addition, there are higher order attractive forces that hold those entities in a cooperative relationship with similar entities thereby creating higher order entities, i.e., atoms become molecules, molecules become cells, cells become organisms, organisms become communities, communities become nations, and nations become a united world. It is the repulsive force in between that insures that each individual entity maintains its unique character. Without the contrary repulsive force, there would be no individual entities, and, therefore, there would basically be nothing distinguishable at all! I think my friend, Rod Smith, has a term for

that set of relationships, but my glimpses into his world are fleeting even though meaningful.

In retrospect, my discussion about tribalism in the last column had to do with problems that arise when these three forces are out of balance. If the repulsive force is too strong, then a group tends to see all outsiders as threats. If the repulsive force is too weak, then the tribe will simply disappear into the melting pot.

The Standing Rock Sioux have been facing unremitting pressure for 500 years to disappear into that melting pot, to forget their language, philosophy, and customs, to assimilate into the dominant culture. Fortunately for us, their resistance to that pressure allowed them to preserve their view of the sacredness of nature, which we so desperately need today.

Through a perhaps misguided interpretation of our Judeo-Christian tradition, Euro-Americans (most of us) of the dominant culture have decided that people (men) are the masters of the world, which is here to serve us. The arrogance of this point of view has given us the notion that we can do as we please and that nature will ultimately bend to our will.

If there is any doubt as to who has the more successful model of how to live on this planet, remember that the first peoples were here in the Americas for at least 13,000 years. When the Europeans showed up, they encountered a world that appeared to be pristine: undefiled by man. The fact that they never encountered more than a couple million people in the vast expanse of North America gave credence to that

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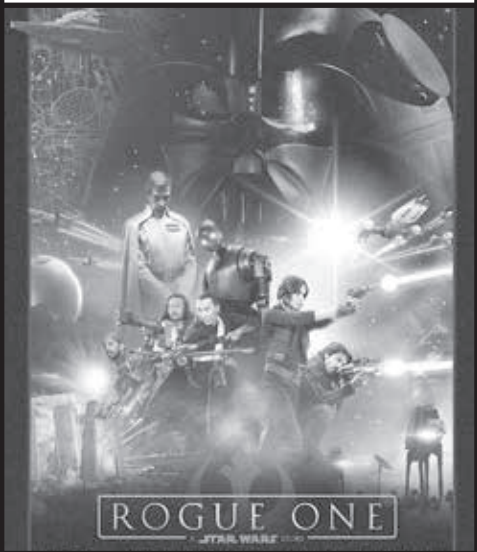
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Bolshoi Ballet: The Nutcracker
Saturday, Dec. 24, 12pm

National Theatre Live Encore:
War Horse
Thursday, Dec. 29, 8pm
Friday, Dec. 30, 4pm

Greentech and Women's Way Red
Lodge Present "Embrace"
Tuesday January 17th at 6pm

Vashon Theatre
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NYE with Loose Change

New Years Eve Menu

Salmon Béarnaise
Bacon Wrapped Sea Scallops
Wild Rice
Fresh Asparagus
OR
10oz Hand Cut Broiled Ribeye Steak
Honey Citrus Baby Carrots
Garlic Mash w/ Wild Mushroom Sauce
Served w/ Tarragon Horseradish

Join Vashon Golf & Swim and Loose Change for a night of dinner and music. We will be seating for dinner at 5:00 and 7:00. Dinner is \$45/person. Loose Change will start playing at 8:30. \$10/person for the band only. (after 8:30)

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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 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.

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

Vashon Island Chorale Call for Singers

Vashon Island Chorale under the direction of Dr. Gary D. Cannon will register singers (without audition) for its next session on Thursday, Dec. 29 from 5 to 6:30pm and on Saturday, Jan. 7 from 10:30-noon in the smaller Windermere office west of the coffee stand. Singers can also register by arriving early to the first rehearsal on Jan. 10. Weekly rehearsals are held on Tuesdays from 7-9:15pm at the Presbyterian Church. Dues are \$55 and music costs are \$25. Franz Joseph Haydn’s “Lord Nelson Mass” will be sung along with the world premiere of Abraham Kaplan’s “Song of Songs”. The concerts will be take place in the Katherine L White Hall on Saturday, April 29 and Sunday, April 30. info@vashonislandchorale.org.

Vashon Island Community Church Christmas Eve Service

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

SAVE THE DATE

Change, Choice and Opportunity
RESPONDING TO THE MAELSTROM

Join in a community conversation to consider how we are impacted, personally and as a community, by these divisive times we are living through.

SUNDAY, JANUARY 15, 3-5 PM
VASHON LIBRARY

ALL ISLAND FORUM
LISTENING, LEARNING AND WORKING TOGETHER FOR OUR COMMUNITY

Triangle Improvement Project Call for volunteers

WSF is now seeking volunteers for the Triangle Improvement Task Force. The task force is the citizen advisory group that will be charged with:

- Examining the situation on the Fauntleroy/Vashon/Southworth ferry route
- Recommending “quick wins” to improve service by summer 2017
- Coming up with recommendations for the long term

The task force will begin meeting in January and will consist of nine volunteers, three each from the Fauntleroy, Vashon and Southworth communities. For more information on the process and to apply to be a task force member, please visit our volunteer application page. Applications for volunteers are due Dec. 27, 2016.

Senior - people with disabilities Food Bank distribution changes

The Food Bank Distribution time set aside for ‘seniors and people with disabilities’ has changed from Wed 4:30-5 TO Wednesday 10:30 to 11, as it is still light and a little less cold.

Of course, everyone is welcome at the other times: Tuesdays 1-3, Wed 11-1 and Wed 5-7. The waiting area is heated although warm would be a stretch!

I Saw Death Out Walking In Memory of Leonardo DeBlasi

I saw Death out walking
I thought it would be silent
I turned to it,
“What did you expect?”, It seemed to ask
“A hooded figure in black”, I thought
“But no”, Death answered,
“I am always here
All around you
Inseparable from Life”

Which I initially took to be the message-
Death is the silent majority
Life a little bell sounding,
for such a little time

I asked Death,
“Is this true?”
And the world answered back,
“Inseparable from Life,”
and the echo was taken up by
the cacophony of the waves
striking the shore,
The seabird dropping the shell,
on the hard rocks of the beach,
And the clouds dancing swiftly by

By Gayle Kellner

The Vashon Loop

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Next Edition of *The Loop* Comes out Thursday January 5

Deadline for the next edition of *The Loop*
Saturday, December 31

A Christmas Story



By Seán_C._Malone

“Mom, Mom, the cats are climbing the Christmas tree,” yelled brother Mike. Our two Siamese cats, Meeko and Chakree were chasing each other up the tree and when Meeko reached the top, the tree fell over with a crash. Smoke was coming from the broken lights and broken ornaments were all over the floor. “Pull the plug on the lights,” Mom yelled from the kitchen. What a mess. The paper on one of the gifts ignited and Brother Mike threw his “wuzzy” blanket over the fire to put it out. Mike’s “wuzzy” was worn out and dirty and full of holes as he had been dragging it around the floors ever since he was a baby, always sucking one corner of it. He was four years old and the “wuzzy” now had a big burn hole in the middle where Mike had put the fire out.

Centuries ago, Meeko and Chakree were Siamese kings who were known to have given Siamese cats to visitors to the court and these two cats bore all the charms and foibles of royalty. Every year Mom would buy them catnip mice which they would tear up by tooth and claw until the green catnip was all over the floor and Meeko and Chakree ate it for the way it stirred them up. Round and round the kitchen they went, slipping on the corners because the linoleum was so slick. They had more traction in the living room, sinking their claws into the straw matting. Over the packages and up the tree the cats went.

To make the poor tree look better,

Mom made popcorn and showed us how to string it with a needle and thread. The only problem with stringing popcorn was that Mom wouldn’t salt or butter it and it tasted awful, stopping us from eating it, but it didn’t stop us from throwing popcorn at each other. Around and around the tree we hung the threaded popcorn until the tree started looking good again.

Dad was very particular about the size and shape of the tree. If the tree wasn’t full on all sides, he would turn the less attractive side to the wall. The trees were almost always Douglas Fir which we got from our Grandfather’s property down at Dilworth. He had forty acres and called it “Mountain View” from which he tried to sell lots from a little pole and cedar shake hut he built up near the road. He gave lots to all his five children, none of which has ever built a house there.

We had three French sailors with us for Christmas one year. Mom had seen something in the paper and called the consulate to invite the sailors who couldn’t speak English and Mom’s high school French was tested to its limits. She was always inviting foreign visitors to our house for dinner to introduce her children to the world outside Vashon. There were Greek sailors who taught us Greek dancing, Chinese, Koreans and Sikhs who wore turbans and never cut their hair. Our house was Christmas International.

Sean@vashonloop.com

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Capital Project Q & A

The Vashon Island School District Board of Directors will hold a number of community engagement events about proposed Capital Project improvements that would appear on a bond in the near future. Upgrades include Vashon Island High School Track and Field renewal as well as various district-wide facility improvements. The public is encouraged to drop by one of these events to ask questions and interact directly with board members who will be drawing up the bond. They will have information and hand outs. Events are as follows:

Community Engagement Q & A: Saturday, January 7th outside of Granny’s and IGA Market from 11am to 2pm.

Community Engagement Q & A: Saturday, January 14th outside of Thriftway from 11am to 2pm.

Community Forum: Saturday, January 21st at Vashon Island King County Public Library beginning at 10am.

Water quality victory in Quartermaster Harbor

Thanks to improved water quality, the Washington State Department of Health (DOH) has opened 180 acres of shellfish beds in Quartermaster Harbor at Vashon and Maury islands to commercial and recreational shellfish harvesting for the first time in more than 20 years. The opening is considered a tremendous victory for homeowners, for the Puyallup Tribe, which has reserved treaty harvest rights in this area, and for everybody who wants a clean and healthy Puget Sound.

Since water quality rules were instituted more than two decades ago, Quartermaster Harbor has been closed to shellfish harvest because of fecal contamination primarily from faulty or failing septic systems. In response, Public Health began working eight years ago to ensure the homes surrounding Quartermaster Harbor have functioning septic systems.

Primarily using federal and state grant funding, and with assistance from King County Department of Natural Resources and Parks, Public Health staff addressed the problem through water sampling; educating shoreline homeowners about the need to inspect and fix their septic systems; holding numerous product fairs and presentations about new septic technologies; and providing other technical assistance to homeowners so that they could be in compliance with state and local clean water laws.

Homeowners have responded by complying with the regulations, which led to the continued monitoring and ultimate approval by DOH to upgrade previously closed areas.

“Cleaner water in Quartermaster Harbor is a victory for the Puyallup Tribe, the people of Vashon and Maury islands, and everyone who wants a healthier Puget Sound,” said Executive Constantine. “The success we celebrate today is the result of years of effort by our dedicated staff who worked closely with

the island communities along with state and federal agencies. We will continue to work together to ensure that this shared victory is a lasting one.”

Improperly treated wastewater from septic systems can flow into waterbodies and contaminate shellfish with human disease-causing bacteria. Thanks to improved water quality, homeowners can collect shellfish from their beaches and the Puyallup Tribe can resume harvesting from traditionally fished shellfish beds.

In a statement, the Puyallup Tribe of Indians called the shellfish bed upgrade good news. “King County staff worked very hard with very few resources, and it is our hope that this success can lead to additional upgrades. There are still large areas of Quartermaster Harbor that are prohibited. We are looking forward to the day when the entire harbor is clean enough for everyone to safely enjoy recreating and clam harvesting.”

“This is wonderful news because Quartermaster Harbor is an essential asset for the Tribe and community” said Patty Hayes, Director of Public Health – Seattle & King County.

A key priority for Public Health will be to maintain this success in Quartermaster Harbor. The DOH regularly samples marine waters for fecal coliform bacteria and evaluates the watershed for pollution problems.

Homeowners can help assure that the area continues to meet safe standards by having their septic systems inspected annually, reporting inspections to Public Health as required by law, and making prompt repairs in consultation with Public Health and certified onsite septic system maintainers.

Bacteria are not the only threat to health from shellfish. Toxins like paralytic shellfish poisoning can cause temporary closure of harvesting. Always visit the Shellfish safety website before harvesting shellfish anywhere in Puget Sound.

Deadline for the next
edition of *The Loop* is
Saturday, Dec. 31

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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

Island Life Infinite

By Peter Ray
pgray@vashonloop.com

There is something conflicted in thinking about infinity on the shortest day of the year. I suppose one could say there is something hopeful in it. But with the next delivery of hope balanced on the edge of some event horizon and threatening to disappear down a black hole, I guess hope is a requisite commodity once again.. In the short term, thoughts of the shortest day turn to the hope of a return of the light and not to the point six months from now that although might be warmer and brighter, will also signify the point where the light again begins to wane.

Earlier this year I put together a meditation on darkness and light-Vashon by Night was the name of the photo show, and it was about finding light in the darkness, both literally and figuratively, by using long exposures, a tripod or monopod and the light that exists either from artificial sources here or a reflected light from the urban areas that surround our rural, somewhat darkness. It was also a snipe hunt of sorts since the final recorded frame was not visible or readily obvious until the magic of digital recording and instant replay revealed whether I had gotten it right in assuming there was something to be found over time in that darkness, or if I should let that location go and move on to others that had seemed promising in a daylight passing.

Another consideration at the forefront of show preparations was how long the resulting printed image might be expected to stay around. I suppose that the infinite and the ambition and illusion of immortality come into play here as well, as one would hope that the trueness of color, let alone the image itself, would hopefully outlast the person who captured the image to begin with through acid free papers and colorfast inks. When one starts obsessing on the archival properties of materials one is indeed reaching out to the infinite and engaging in the hopeful wishes that the thought or form or juxtaposition of objects within the frame would still have the power to capture someone’s imagination

long after the artist’s hand had ceased to move, let alone produce anything more of interest. If one were to be truly looking to have the infinite or something like it to view and judge one of their creations, one should probably not stray too far from rock carving or depicting two dimensional painted or scratched scenes upon a wall inside a cave and out of the reach of graffiti artists or passing strangers wishing to inform the future that they were there as well, without concern or respect for the aesthetic that they didn’t care to leave well enough alone.

The recording of moving images is perhaps the most transitive and fleeting of the media types available. Starting from the early days of nitrate film that had a tendency to ignite and explode, through the “safety” films and on to tape and now digital imagery, it would seem that moving pictures are best left to human memory, story telling and the active imaginations required to fill in the blanks. We do, however, have all these fun and relatively inexpensive toys these days that allow us to record, manipulate and create a certain amount of moving image magic in a way we have not been able to before.

Along these lines I have recently been engaged by one Harmon Arroya or Ike Harmon, depending on whether

he is off or on stage, to create a series of twelve video recordings as visuals for twelve of his songs. We have completed half the set so far, and mostly these have been fairly simple constructs because, as they say, simple is better. This past weekend, however we moved to a larger scenario which involved closing the main highway uptown for a short period on Sunday morning, hoping that the weather would grant us relatively clear skies and relying on as yet non-committed Islanders to form a “spontaneous” parade down main street. To say the least, the layering of variables was a bit more stressful than with any of the other pieces we had done so far, and then there was the drone shot.

With the song title being “Into the Infinite”, the working concept was that we would start with a small group of people at the beginning with more and more people joining in as we moved down the street, ending with a shot from a drone taking off over the crowd and going straight up into what some might perceive as the infinite or the semblance thereof. I had practiced the night before and had sent the drone higher than I had flown, all without an incident. I had affixed two cameras with both wide angle and normal lenses to the front of one of my old nursery carts to capture the parade, and had the drone on the cart deck ready to take off as the song reached its conclusion. When we reached the end of the parade route however, I hit the touchpad that was supposed to initiate drone flight and got no response other than a notice to download a firmware upgrade and something about a magnetic field interfering that disallowed the flight. This of course caused a bit of consternation and confusion on my end as it had worked fine the night before.

A part of the guiding set of premises on this project was that we try to do each one in one take. Three of the videos adhered to that guideline, one required us to start over after a stumble and two had two takes, this one being one of them, with this street scene being done over in large part because people just wanted to do it again. Once again the body of the song flowed down the street and once again, after doing the firmware thing and whatever else came to mind, the drone failed to launch. I continued to attempt to diagnose the situation as the crowd peeled away. I stared at the magnetic interference notice on my screen and thought that perhaps launching from the street surface might be better than the metal cart, although it had taken off from the cart the night before. With the drone sitting in the middle of the street, I went through the launch sequence, hit the takeoff button and of course, now that everyone had left, it lifted off without a problem.

What I have found in my short time in video is that a big part of getting things done involves improvisation and damage control, which generally means shooting incidental stuff (B-roll) and overall butt-covering. With the street now back open I had Harmon lipsynch the end of the song with the drone overhead in the movie theatre parking lot and proceeded upward into the proverbial infinite, and that, as they say, was that. One can see the result on the Youtubes under “into the infinite-street version”, or on our very own Voice of Vashon website. For now, we will take a holiday break and continue on in the new year. As for the infinite, that seems an awful long ways away.

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



The Nutcracker: (Christmas Eve)

Audiences across the globe will be able to enjoy these outstanding performances with the Bolshoi principals, soloists and corps de ballet, in cinemas only.

General Tickets \$15. Honored Citizens, Children \$ Students \$14. Groups of 20 or more \$11 each. Tickets online or at the Box Office.

Presented by BY Experience and Pathe Live, Bolshoi Ballet opens its doors to North American audiences in cinemas only for a 2016-2017 season boasting impeccable classicism and daring performances. With timeless story-ballet classics, such as The Nutcracker, The Sleeping Beauty, and Swan Lake, productions signature to the Bolshoi including The Golden Age, The Bright Stream, and A Hero Of Our Time, and an evening dedicated to modern choreography, A Contemporary Evening, the Bolshoi proves it is the world’s preeminent ballet company.

On Christmas Eve, Marie’s wooden nutcracker doll transforms into a beautiful prince who takes her on a magical journey. Before they leave, they must confront the Mouse King whose army is threatening Marie... Christmas would not be complete without the enchanting tale of young Marie and her Nutcracker prince! Danced by the Bolshoi’s principals, E.T.A. Hoffmann’s fairytale staged by Russian ballet master Yuri Grigorovich will transport children and adults alike to a world of magic and wonder for the holiday season.



Captured live on Dec 21, 2014
Running time 2:15
Music Pyotr Ilyich Tchaikovsky
Choreography Yuri Grigorovich
Libretto Yuri Grigorovich (after E.T.A. Hoffmann and Marius Petipa).
Cast Denis Rodkin (the Nutcracker Prince), Anna Nikulina (Marie), Andrei Merkuriev (Drosselmeyer), Vitaly Biktimirov (the Mouse King), and the Bolshoi Corps de Ballet.
The Nutcracker: (Christmas Eve)
Saturday December 24th 12 Noon
The Vashon Theatre

Goose Girl Needs A Home...

I’d like to be your Christmas Goose - but not the kind on the table! I’ll stay on the floor so you can pet and talk to me.

I’m such a special cat that I get to live in the lobby of the shelter and greet visitors. I take my job very seriously, and as soon as I hear a car in the driveway, I run to the door to see who’s there.

Before my person moved far away, I lived with dogs so I might be able to get accustomed to new dog friends. I’ve been living with other cats in the lobby for a while, too. Humans are my favorite species, though. Let’s get acquainted; I’ll be the first cat you see when you come. Don’t keep me waiting!



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Spiritual Smart Aleck

When to the sessions of sweet silent thought

Dear hearts and gentle people, it is coming on Christmas (if you are like me, you will now have a Joni Mitchell song running through your head), and I have been clobbered by a virus. I'm spending lots of time asleep, which seems to be the best thing.

So I was trying to think of what to write this week, and realized that writing is not easy when you're not awake most of the time and feeling lousy when you are awake.

I was thinking it would be nice to publish one of my husband Rick's cartoons, so I include here a Christmas cartoon he did in 1978 as an ad for Al & Tony's Pizza. Merry Pizza to you.

Then this evening I remembered a Christmas greeting I received many years ago. It was a post card that was sent from Jack Hamilton's wife. Jack Hamilton was my high school



English teacher, and a family friend despite his liberal politics, which my parents abhorred.

Jack had died just before Christmas that year, and the postcard had been meant to be his Christmas card to his friends and family. His wife decided



By Mary Tuel

to send it to everyone who sent her a sympathy card. It had Shakespeare's Sonnet 30 printed on one side.

I confess that the first time I read it I was flummoxed. The English of Shakespeare's time was not transparent to me. I had to read the sonnet over and over, and as I did the profound meaning and love and human vulnerability in it came clear and sharp to me. The sonnet, and all it touched within me, has stayed with me all these years. As I grow older, its meaning deepens.

So before I head back to bed, I send you greetings, and wish for you the peace of love described in the last two lines of William Shakespeare's Sonnet 30:

When to the sessions of sweet silent thought

I summon up remembrance of things past,

I sigh the lack of many a thing I sought,

And with old woes new wail my dear time's waste:

Then can I drown an eye, unused to flow,

For precious friends hid in death's dateless night,

And weep afresh love's long since cancelled woe,

And moan the expense of many a vanished sight:

Then can I grieve at grievances foregone,

And heavily from woe to woe tell o'er

The sad account of fore-bemoanèd moan,

Which I new pay as if not paid before.

But if the while I think on thee, dear friend,

All losses are restored and sorrows end.

National Theatre Live's Encore War Horse

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.

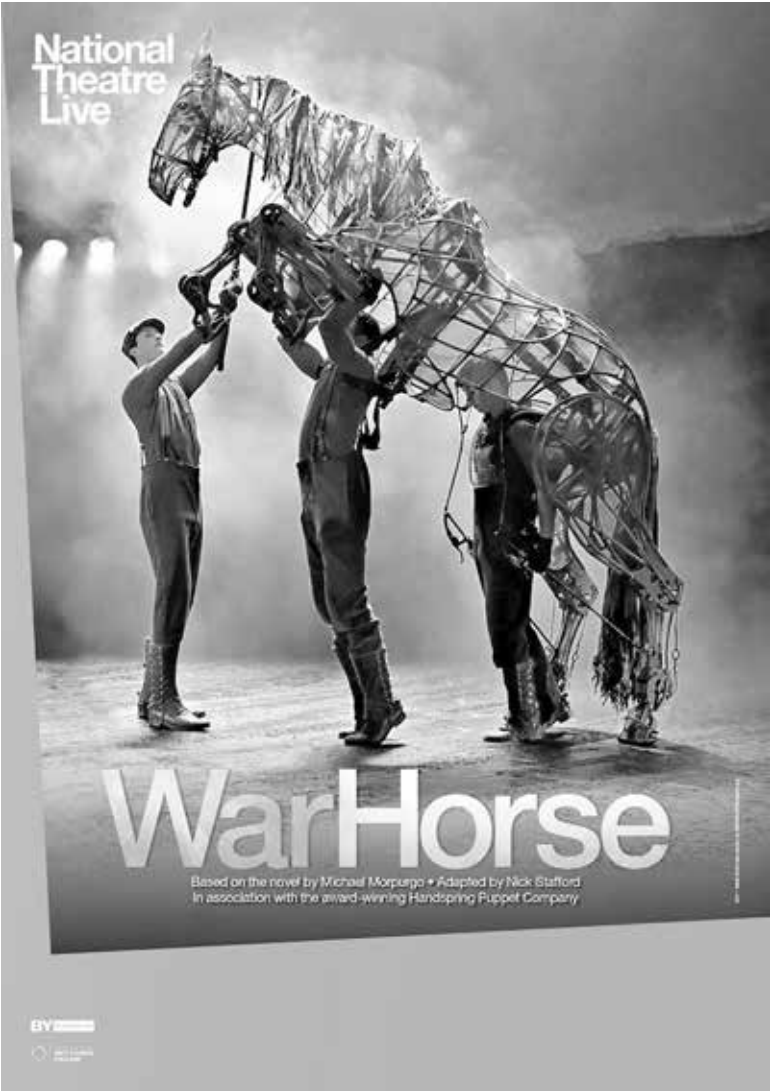
War Horse
Thursday, December 29th
8:00pm

Friday, December 30th at
4:00pm

Running Time 190 Minutes.

Since its first performance at the National Theatre in 2007, War Horse has become an international smash hit, capturing the imagination of millions of people around the world.

Based on Michael Morpurgo's novel and adapted for the stage by Nick Stafford, War Horse takes audiences



on an extraordinary journey from the fields of rural Devon to the trenches of First World War France. Filled with stirring music and songs, this powerfully moving and imaginative drama is a show of phenomenal

inventiveness. At its heart are astonishing life-size puppets by South Africa's Handspring Puppet Company, who bring breathing, galloping, charging horses to thrilling life on stage.

Vashon Chamber Music

Vashon Chamber Music Artistic Directors Rowena Hammill and Douglas Davis announce an exciting concert season at the VCA in 2016-17.

Seattle's Girskey String Quartet will continue the Vashon Beethoven Quartet Project with a program featuring the mighty 1st Rasumovsky Quartet--the first of Beethoven's middle period masterpieces.

4-Performance Series: \$72 Member, \$32 Student (18 and under), \$72 Senior, \$88 General Individual Tickets: \$20 Member, \$10 Student (18 and under), \$18 Senior, \$25 General



Tickets available at VCA and The Heron's Nest Gallery, by phone 206-462-5131 or online VashonCenterfortheArts.org

Vashon Chamber Music Sunday, January 8 at 7:30 pm. Katherine L White Hall at VCA

Find us on Skype
Vashon Loop
206-925-3837

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

Black Light Ball

Continued from Page 1

ring in the New Years without having to wait for midnight.

The BLACK LIGHT BALL - the hottest spot on Vashon to ring in the New Year, with friends and family; lights, lasers, and fog machines - as well as a special teen section, kids area - and FABULOUS FOOD from Orca Eats! Tantalizing tastes to keep your energy up on the dance floor and sublime desserts to tickle your taste buds. Thanks to our Sponsor The Hardware Store, there will also be a Beer & Wine Garden for adults!

Cost is \$10 for Adults and

\$5 for Kids, All Ages Welcome - plus a fantastic VIP Package! Package is \$30 and includes RESERVED PARKING right by the building, two drink tickets, a reserved table and special swag surprises. 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.

Open Space for Arts & Community is located at 18870 103rd Ave SW, Vashon. Call (206) 408-7241 for more information.

PERRY'S VASHON BURGERS

Celebrating 10 years Serving Vashon Island

17804 Vashon Hwy SW

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



Have a Story or Article

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Aries (March 20-April 19)

Cooperate with people of power and influence in your life, even if it means temporarily setting aside your personal goals. Collaboration is the key to your success, and your astrology is suggesting strongly that you take a long-range perspective. This means investing your energy in demonstrating that you’re helpful and reliable to people more advanced in their professional activities than you are. These people become your professional network, which can serve you for the rest of your life. Developing such a network is not merely about knowing people’s names or collecting business cards. It’s about establishing common cause, and supporting the projects of others because you can. Many people these days are asking how they can make their living doing something they love. The answer to that is to start by learning skills and making yourself useful. Worry less about getting paid and more about getting established, and being good at what you do.

Taurus (April 19-May 20)

Opportunities of a social, creative and professional nature will come to you from odd angles where you may not have been looking, such as right next to you. Often people look for these things at a distance, or consider them far-off possibilities. Your chart suggests that people like neighbors, colleagues and existing partners will have something for you — such as ideas for how to make your life easier. For the next few weeks, easing the pressure on your mind and removing some of the purely repetitive work will be helpful. Yet there’s the question of where you’re going from here. Revisions and updates to your existing business or creative plan will serve you better than scrapping anything and starting over. There are facets of what you deal with that are simply annoying, or that you never seem to get right, and those are the ones to address first.

Gemini (May 20-June 21)

Set all of your commitments into pause-and-review mode. You seem to have various contracts, agreements or understandings with people that need a think-through. For some of these, the issue boils down to dollars and cents. The numbers simply must add up, or nothing else will work. For others, the question is one of willingness, particularly your own. You have time to consider this, and it will be better if you bring the question to the front of your mind rather than having it lurk and linger at the back. Can you deliver what you’ve promised? Do you want to? If the answers to both of those questions are yes, then you may have a third question that’s not so easy to articulate. Going forward with your plan will require you to change and deepen. You might feel like you have to give something up to gain something else. Yes, you will need to give up the past to gain the future.

Cancer (June 21-July 22)

Your relationships are a map, and they point you to an inner door. That door is guiding you to a level of psychic and emotional healing. If you remember that it’s not your relationships that you’re working on but rather your own growth and maturity, things will be a lot simpler. If you make your own growth about other people, you’ve entered a paradox that is difficult to get out of. Yet those other people hold clues, and you’ll gain significantly if you’re listening. Over the next few days you may notice that the lights are coming on, and you understand

much better how you relate to people and what you can do to get along with them better. If you’re willing to ask honest questions and be open to answers, you will discover that you have plenty of common ground with those you care about. There will be points you don’t agree on as well, though these are not necessarily deal-breakers.

Leo (July 22-Aug. 23)

Focus your efforts. Rather than trying to get everything done at once or in time for the holidays, choose one project that simply needs to happen, and focus on that. It may be the one that nobody else wants to do, or that has resisted your best efforts. It may be something that’s been delayed a few times. Clearing up this one bit of stuck energy will help get things moving. Remember, though, if you feel like you’re working too hard, or like your effort is going nowhere, change your strategy. The chances are you’re missing some vital information. It might relate to some technical aspect of what you’re doing, or you may not understand why something has to happen. In fact, there’s a chance that it’s not necessary, or that there’s a workaround that solves the problem even better. Take the time to do some research, and ask for help if you need it.

Virgo (Aug. 23-Sep. 22)

You’re approaching a point of total honesty. You might feel you can go even closer, which is true. For now, though, you’ve revealed enough, and you will benefit from a deep review of what you’ve said, what you’ve heard, and how you feel about it all. With Mercury stationing retrograde today, you might take these next three weeks to consider your current developments. At the heart of the question is your sexual truth. You now understand that you are who you are. It’s not so much that you ‘cannot change’, but rather that you don’t want to. You seem to have gotten the hint that there’s great pleasure in actually being who you are. And there’s little point being anyone else, unless you feel like wasting years of your life trying. It’s true that others have the choice of whether to accept you or not. And like you, you can bet that they’re committed to being who they are as well.

Libra (Sep. 22-Oct. 23)

The planets now emphasize family matters, yet you don’t have to get caught in the dramas of others. Where family is concerned, this can be difficult to discern. Someone can try to make their issues into yours, though that doesn’t make it so. You might take as proof the fact that your buttons can get pushed, or that people seem to have the power to upset you. This is the very thing you now have the opportunity to address. Consider that any family weirdness is like flakes of ancestral DNA bursting to life. People around you are living out facets of the past that are so distant in time, nobody actually remembers their origin. You have the option to see all of this for what it is, summon your maturity, and move on with your life. The controversy is that you’re betraying your family. Well, looked at that way, you have to betray either them or yourself. They’ll get over it.

Scorpio (Oct. 23-Nov. 22)

At a certain point, you’ll want to reveal your whole sexual reality. When that time comes, you might feel ready or you might have to take a leap. That means revealing who you are, what you’ve done, what’s happened to you, and what you want. It feels good to do this; that’s the nature of intimacy. However, you may

RJ’s Kids Kenpo Karate Classes

Kenpo Karate self-defense spring season classes for adults and children will start January 9th and 10th at the Ober Park Performance Room. Classes follow the curriculum of the American Kenpo Karate System. Participants who attend this course regularly will develop street awareness and prevention skills in addition to learning practical self-defense techniques. Participants of all abilities, ages, and experience are encouraged to attend.

Beginner children’s classes, with recommended ages from 7-12, will meet from 4:15 to 5:15 pm every Tuesday starting January 10th until May 16th. Tuition fees for 17 classes will be \$90 and will take them to their yellow belt and continuing level class in the next season.

Continuing children’s classes will meet every Monday and Wednesday from 4:00 to 5:00 pm from January 9th to May 24th. Tuition fees for 36 classes will be \$180.

Adult classes (ages 13+) will be from 5:15 to 6:15 pm every Monday from January 9th to May 24th. Fees will be \$90 for 18 classes. This class is for beginning white belts to expert black belts.

Registration and payment by cash or check for all classes begins 30 minutes before the first class meets. Participants may join at any time during the season if space is available. Every Wednesday, from 5-6 pm, are free drop-in classes for all students with once-a-month sparring offered for all students above yellow belt.

The classes will be taught by Senior Instructor Alex Echevarria, American Kenpo Karate 4th Degree Black Belt. Mr. Echevarria has over 27 years of experience in the martial arts and is a retired public school teacher.

For more information, visit the Vashon Park District website and Vashon Kenpo on Facebook. Sponsored by RJ’s Kids: an island-centered nonprofit for all people of Vashon.

fear that someone’s ego will be hurt by knowing the truth about you. Actually, it’s much more personal: this is about you. By going deep into your personal reality, you summon up old material for healing. That takes courage, and few people go here willingly. The result will be to release old pain or self-blame that you’ve been holding, and that feels good. Pleasure begets healing and love brings up everything unlike itself. So as you get realer and realer, you’re likely to have those moments of release, and of wanting to go deeper. This is about you, not anyone else.

Sagittarius (Nov. 22-Dec. 22)

Dream big to get big. Why size? Does size matter? Yes, for a Sagittarian it does. Or perhaps better said, your ideas need to find their correct proportion and their correct scale. And that is likely to mean scaling up. You may feel limited by issues around financing your ideas, though that is a matter of planning. It’s a matter of communication and of outreach. Meanwhile, there are many small steps you can take that utilize resources you already have, in the way of people, community and physical needs. One problem with the current world philosophy is the belief that everything can be solved with money. However, cash is useless without ideas about what to do with it, and it’s more often wasted than not. Think efficiently. Use what you have well. Get one or two intelligent people involved. Then figure out what you actually need, and you’ll get ideas how to fund the project.

Capricorn (Dec. 22-Jan. 20)

There’s a concept I learned in Hakomi Therapy training, which they call ‘efforting’. It describes a counseling room phenomenon where the therapist or the client is working too hard emotionally or intellectually to get a desired result. You know, the conversation that goes on too long, or that seems to get nowhere; the problem you keep banging your head on; the person who you cannot convince; the question you cannot answer; the habit you cannot let go of. Often this gets conflated with ‘having integrity’ or ‘working on yourself’. I suggest you be cautious about anything that’s draining your emotional or mental energy. The solution is unlikely to be doing more, but rather to stand back

and do less. The mere acknowledgement that ‘this is harder than it’s supposed to be’ is an excellent start. There’s something you’re missing — information you need, or a shift of perspective. Start with the obvious. What do you really want?

Aquarius (Jan. 20-Feb. 19)

You know that you have to love yourself, though this often exists as an idea rather than as a feeling. The idea is a starting place, though the feeling is what you want. Often something gets in the way of your positive regard of yourself: some inner voice, some doubt, some question that nags you. If you’re experiencing that, you need a strategy for how to handle it. The chances are that it’s coming from the distant past, which means something you were told in childhood, or memories passed down from parents and grandparents. You don’t have to take on their psychological burdens. You don’t need to take on the role of oppressor, standing in for people who said or did mean things to you or to your older relatives. You live in a different world, you’re a different person and you have more options open. One of them is to seek understanding rather than accepting your supposed lot in life.

Pisces (Feb. 19-March 20)

Desire is controversial. Merely allowing yourself to explore the idea of freedom, by which I mean freedom to feel, can provoke others. Yet you’re reaching for this like a plant’s leaves reach for sunlight, and like its roots reach for water. There’s no changing this fact about you, certainly not now. And it’s not as easy a path as many people make it out to be, because the freedom to feel implies taking responsibility for what you feel. And that, in turn, implies making choices and taking responsibility for them. Only you can determine what is right for you, and in the end, others may have little say as you respond to the truth of your heart. Do not be deceived by those committed to deception. Just remind yourself that you’re on your own journey, which will take you deeper into your healing process, your self-awareness and your creative passion. Go boldly.

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

Deadline for the next edition of *The Loop* is **Saturday, Dec. 31**

Compost the Loop
The Loop’s soy-based ink is good for composting.

New Years Eve with Loose Change

Join Vashon Golf & Swim and Loose Change for a night of dinner and music. A longtime Vashon favorite, this band aims to entertain you on the hottest dance night of the year with non-stop danceable tunes and a commanding stage presence. The band's leader and powerful front man Troy Kindred is an entertainer in every sense of the word. His infectious energy and enthusiasm gets the crowd into the act – and his vocals will tear the paint off the back walls. Kindred is backed by a tight 10-piece band that includes the big organ sound of keyboards, an inspired lead guitar, solid bass and drums and a dynamic threepiece horn section. And let's not forget the female singers. Not only can these ladies sing, but they've got the moves too. The sheer size of Loose Change



Photo courtesy of John Sage

makes for a big sound and a great onstage look. Come out to Vashon Golf and Swim Club on the biggest night of the year out on the dance floor and celebrate with Loose Change. Hope to see you there! We will be seating dinner at 5:00 and 7:00. Dinner is \$45/person. Loose change will start at 8:30pm. RSVP 206-463-2005

Vashon Community Scholarship Foundation 30 year anniversary



Members of the Vashon Community Scholarship Foundation, November 1986. Back row: Susie Kirschner; Beth Robinson, Jan Solandros, Pat Minier; front row: Colleen Sherlock, Berdie Krimmel, Andrea Aldrich, Norma Dunn, Marcia Arthur and Coral Rice

Thirty years ago now, Madonna's "Papa Don't Preach" neared the top of the music charts. "Peggy Sue Got Married" was on the big screen and "Family Ties" was still a TV hit. The "Oprah Winfrey Show" had just aired for the first time, and Cindy Crawford was launching her modeling career.

Also thirty years ago, during the fall of 1986, Vashon Island High School seniors, much like today's VHS seniors, were planning life after high school. One fall day they were gathered together and given green cardboard notebooks. The Vashon Island Community Scholarship program was launched, and the class of 1987 was the first group of island seniors fortunate to receive the generous scholarships donated by fellow island community members. A dedicated group of caring parents came together in hopes of helping students further their educations and follow their dreams. The original committee members included Susie Kirschner, Beth Robinson, Jan Solandros, Pat Minier, Colleen Sherlock, Berdie Krimmel, Andrea Aldrich, Norma Dunn, Marcia Arthur, Paul Macapia, Nancy Weinstein and Carol Rice. That year, twenty-nine students from the class of 1987 received over \$12,000.00 in scholarships, donated by island professional groups, service organizations and individual families who valued education. Students still remember receiving their scholarships almost thirty years later. "I think I got two or three scholarships... each made me feel appreciated by my community. I still have my green scholarship notebook!" (Jennifer Myers Hammer, class of '87).

Over the past thirty years, the Vashon Community Scholarship program has grown tremendously. The majority of the members of the senior classes now make notebooks each year. Last year, 178 awards were given to over 100 students, totaling \$151,925.00. Over 2 million dollars has been distributed since 1987. Scholarship money is donated through individual community members, businesses, non-profit organizations and memorials to honor love-ones. Money is also raised by events, such as spelling bees, put on through VCSF. Many generous donors, including J. Matthews Memorial, VEA, Rotary, Thriftway, Unitarians, Health Center Volunteers/Granny's Attic, PEO, Fair Isle and the Vashon Pharmacy have been donating all, or close to all, thirty years.

All seniors graduating through the Vashon Island School District (including Running Start, Family Link and Student Link) who are interested in continuing

their education or training beyond high school are invited to make a notebook. Scholarship selection is based on a variety of criteria, including scholastic achievement, work experience, future goals, or school and community activities and interests. Scholarships are not based on need, and every applicant receives some money. The notebooks themselves include resumes (which include work experience, interests, hobbies and future plans), personal essays, transcripts and letters of recommendation. Students also include collages of photos, awards, certificates, art work, newspaper clippings, or hobbies showing their creativity and talent. Many students look back positively on the process of making a notebook. "I vividly recall that it was the first time I had been asked to sell myself- which helped in the future. It forced me to go out and ask for recommendation letters and built self-confidence. It helped set the stage for me later on in interviews. It made me realize how much I'd accomplished- personally and academically, even with the odd jobs I held throughout high school. It felt good to see them all written down in one spot." (Jennifer Myers Hammer, class of '87).

Each spring, non-profit and memorial donors are able to view the notebooks and select their own scholarship recipients. The remaining scholarships are selected by a Community Selection Panel made up of community members. They choose the best matches based on contributors' criteria. An awards ceremony is held at Vashon High School in May, where awards are presented by donors, teachers and committee members.

One hundred percent of the money raised for the scholarship program goes towards students' tuition. As the cost of tuition rises, financial help becomes increasingly important to students. According to the National Center for Education Statistics, the average cost of tuition and fees for in-state residents at four year universities for the 1986-1987 school year was \$3,042.00. Tuition at the University of Washington Seattle Campus for in-state students during the 2015-2016 academic year was \$10,768.00. As part of a community that values the education of our young people, please consider supporting our seniors and helping this wonderful program continue to grow! Donations can be made at www.vashonscholarshipfoundation.org.

Mary Blomgren McFarlin, VHS graduate and VCSF board member, received a Vashon Community Scholarship from K2 Corporation in 1987.

Stories from Junk Puppet Land presented by Zambini Brothers

Come travel to Junk Puppet Land, where a series of multi-cultural stories are adapted and brought to life through object puppetry, using whimsical characters constructed from pieces of what otherwise would be seen as household "Junk"! Presented with wit, invention, and a unique creativity that is the hallmark of Zambini Brothers Puppets, the brothers have performed at festivals, schools, libraries and events throughout the Pacific Northwest and beyond, including events at Microsoft, Bumbershoot, the Bellevue Arts Fair, and The Point Defiance Zoo. Bill Jarcho is one of the founders and puppeteers with a background as a designer, writer, performer and animation/video. His puppet pieces have received critical acclaim from the Seattle press and he has received grants from the Jim Henson Foundation. Bill has also written and directed many spots, commercials, and videos for MTV, Nickelodeon, and Comedy Central as well as directing episodes of the national TV show The PJ's on Fox. His commercial work has earned a variety of honors including several Clio nominations, Telly Awards, and a Broadcast Designers of America award. Junk Puppet Land is a funny and interactive story suitable for the entire



family. Stories from Junk Puppet Land presented by Zambini Brothers Saturday, January 14, 10:30 am Katherine L White Hall \$6 Youth, \$8 VCA Member / Senior, \$10 General

Road to Resilience

Continued from Page 1

notion. Most recent evidence suggests that there were at least 60 million people here before European diseases decimated them. The point is that the equivalent of the population in all the Americas by 1900 existed here before 1492, yet it is apparent that the first peoples' impact on the environment over 13,000 years was so benign it appeared to be nonexistent. Although they are suspected in the demise of much of the early megafauna (mastodons, giant sloths, etc.), that argument is itself suspect as it would be unlikely in that case that millions of bison could somehow have survived the next 10,000 years, not to mention the abundant smaller fauna. We know that they greatly modified their environment to suit their needs as well as their prey, but they did it in a way similar to permaculture, working with nature rather than trying to dominate it. Europeans of the Judeo-

Christian tradition have come close to trashing this continent, and soon the world, in about 300 years. Diversity is good because it preserves the greatest number of ways that nature has devised to adapt and coexist successfully. Tribalism preserves that diversity, but can also be the basis for arrogance and aggression toward outsiders. The balance between opposites (attraction / repulsion, dark/light, male/female, hot/cold, capitalism/socialism, etc.) is all-important. In the world of opposites, the world of form where we find ourselves right now, the dark defines the light. The darkness of this time of the year and that of these times in human affairs call out to us, joyously, to create light, to act.

Comments? terry@vashonloop.com

Island Epicure



By Marj Watkins

Christmas Morning Breakfast

On Christmas morning seven of the of the eleven people who came for dinner and gift giving on Christmas Eve will be here for breakfast. What could I serve them with the least effort, yet achieve the expected gourmet touch? A couple of quiches can be made ahead and refrigerator space found for them. They’ll rewarm in the oven Christmas morning.

I intend to also present a bowlful of those delicious miniature oranges that are in season now, a choice of dairy milk or almond milk, dry cereal for those addicted to that breakfast feature, and a choice of tea or coffee or hot chocolate. A tomato and spinach quiche makes a fine presentation in Christmas colors. Cheese is traditional but in our family it’s optional. I’ll make one quiche with and one without cheese..

Tomato and Spinach Quiche
4 to 6 servings

- 1 pastry shell
- 2 firm ripe Roma tomatoes, washed and sliced
- Several small spinach leaves, washed and dried
- ¼ teaspoon salt
- ⅛ teaspoon
- 3 eggs
- ½ cup milk, dairy, soy, or almond
- 2 tablespoons shredded fresh basil leaves
- 10 pitted and halved black olives, optional
- 1 cup grated Parmesan, cheddar, or Swiss cheese, optional
- 1 teaspoon dried, crumbled oregano leaves

Garnish; chopped parsley
Preheat oven to 375 degrees.
Bake pastry shell 15 minutes.
Remove and set aside.

Prepare the vegetables. And have them ready in small bowls. In a larger bowl, whisk the eggs, add the milk and whisk until well blended.

Stir the remaining ingredients into the egg-milk mixture. Put the pastry shell in the center of the center rack of the oven. Carefully pour the egg mixture into the pastry shell. Arrange the tomato slices and spinach leaves on top of the quiche. Punctuate with olive halves, cut side up. Bake the quiche 25 to 30 minutes, or until a sharp knife inserted in the center comes out clean.

Arrange a ring of small parsley spriggs just inside the circle of the pastry crust Serve warm or cold.

By Kathy Abascal

Fish can be one of the healthiest foods in our diet providing long-chained essential fatty acids (e.g. DHA, EPA), vitamin D, iodine, important minerals, and more. Unfortunately, seafood is also a source of persistent toxins so we must choose our seafood carefully. But there is yet another problem as well: We are frequently sold seafood that is mislabeled and far too rich in toxins and bacteria to be a welcomed part of our diet. And this can dramatically impact our ability to make healthy seafood choices.

Bad Shrimp

Americans eat a lot of shrimp; more than we should given that shrimp tends to be richer in toxins than in essential fatty acids. While this is true for all shrimp, farmed imported shrimp – and most shrimp we encounter at restaurants and in the grocery store are farmed in other countries – present huge health problems. These shrimp are usually raised in ponds filled with fecal matter, chemicals, and decaying food. The shrimp end up sick causing the farmer to use antibiotics and other drugs that leave a residue in the shrimp. The shrimp are packed and shipped in ice that is not always (or even typically) as clean as it should be and the general hygiene on foreign shrimp farms is often lacking. As a result, 60% of shrimp tested positive for bacteria in tests run by Consumer Reports. More drug resistant bacteria were found on shrimp than were found in similar studies done on chicken, pork or ground turkey. Heaven knows poultry comes with lots of troublesome bacteria so the fact that shrimp come with more is very bad news.

Sustainability is also an issue. Ecologically important mangroves – wetlands that support biodiversity and absorb significant amounts of greenhouse gases – are cleared for shrimp farms that eventually are abandoned, leaving behind toxic cesspools.

While shrimp destined for the US market are not supposed to be exposed to any antibiotics

or banned pesticides, oversight is lacking. The government only tests about 0.7% of shrimp entering the country and this is not enough: Consumer Reports found prohibited antibiotics and pesticides in the shrimp it tested. An FDA sampling also found unapproved drugs in imported shrimp. Despite the higher price for wild shrimp, Consumer Reports concluded that wild shrimp from US waters are worth the extra money but even US shrimp are exposed to toxins resulting from things like the Louisiana oil spill.

The author of Real Food, Fake Food, a book I highly recommend below, says he rarely eats shrimp at restaurants and never orders it at Asian restaurants. He only buys domestic, wild-caught shrimp at fish counters and then only if he has good reason to believe the shrimp actually are what the fish monger claims them to be. His friend, a food fraud specialist, based on the current state of affairs, simply recommends giving up eating shrimp altogether.

Fake Fish

A huge amount of fish sold in this country is not what it claims to be. In a New York survey, 58% of stores, 39% of restaurants, and 100% of sushi restaurants sold fake fish. Even in Seattle, one in five fish is not what it claims to be. Less expensive species are frequently substituted for more expensive varieties and farmed fish is often sold as wild, especially at restaurants.

When it comes to, for instance, white tuna on a sushi menu, you have a 94% chance of getting a non-tuna fish. Most often you will instead be served escolar. Not only is escolar much less expensive than the white tuna you ordered (which means you are overpaying), it is also known as the “Ex-lax fish” because it often triggers days of diarrhea and digestive upset.

Grouper is another frequently substituted fish. Most “grouper” is farmed, previously frozen tilapia or, worse yet, ponga, a farmed Asian catfish. Here, just as with shrimp farms, these fish farms adhere to dubious standards at best and have been shown



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

to frequently use unapproved for banned antibiotics and drugs. One indication of how widespread ponga substitution is comes from the data showing it is one of the top 10 fish imports. It is a top import even though few Americans actually shop for ponga and fewer restaurants have it on their menus. Instead, ponga is resold as more expensive, healthier fish such as American catfish, sole, flounder, cod, or grouper.

The award for fish species most frequently adulterated actually goes to red snapper. In our largest fish study, real red snapper was found less than 6% of the time. Experts are unanimous: Never buy red snapper; it is usually either tilefish or farmed tilapia. Tilefish is especially problematic because it is high enough in mercury to be on the do-not-eat FDA list for children and pregnant women so definitely avoid “red snapper” if you are pregnant, breastfeeding, or raising children.

I’ve only covered some of the types of seafood adulteration; I’ve not covered the problems with farmed fish being sold as wild or scallops injected with chemicals. If you would like more information on this, I recommend: *Real Food, Fake Food* by Larry Olmsted. That book covers all types of food adulterations from Kobe beef to Parmesan cheese to sushi fish to truffle oil and is a very good read.

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TRASH TALK

Presents can be wonderful, but presents have a down side. What to give that person who has everything? Or to that friend in the tiny house? Will your best effort be thrown out, the ribbons and wrappings in the trash. So, how about giving tickets to a concert, a play, a Sounders game, the Vashon Lecture Series? And an invitation for lunch is a gift of friendship as well as food. Best of all, no waste.

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Deadline for the next
edition of *The Loop* is
Saturday Dec. 31

Gregg Curry & Ragged Glory

Ragged Glory has evolved a sound around Gregg Curry's original songs that is uniquely theirs — a sort of of rock-and-roll minstrel show/tent revival that mixes the sacred, the profane, and the in-between into a musical stew, new and familiar at once.

They recently released their debut CD, "With a Bullet", and they are armed (and perhaps dangerous) with a host of new songs as well. Their concerts are energetic and explore a varied landscape of moods and feelings. The tunes are catchy; the words will alternate between making you laugh and giving you pause; the music will make you want to dance; and chances are, you will grin a lot — like you do when you hear a song on the radio that makes you want to turn it up.

As an added bonus, the band is frequently joined



onstage by a Who's Who of Island talent. Come out and see them. Bring your dancing shoes.

Friday, January 6th, 8:30pm
Gregg Curry & Ragged Glory
The Red Bicycle Bistro & Sushi
All-age's 'till 11pm, 21+ after that
Free cover!

Vaudeville Etiquette & The Massy Ferguson Duo

You may remember the Vashon Events produced Concert in the Park last year with Vaudeville Etiquette — it was a blast, with many of us getting to participate with our very own Vaudeville Etiquette kazoo. We're super excited to announce that this band will be coming to the Red Bike on Jan 13th, right before they head off on their European Tour! Not only that, joining them on this bill will be The Massy Ferguson Duo, with Islander Tony Mann and Ethan Anderson. Mark your calendars, this one's going to be fun!

Vaudeville Etiquette's dynamic sound pushes the boundaries of psych-folk with grit, passion, and come-hither wit. The Seattle quintet fills timeless melodies with modern lyrics, heady harmonies, and a potent country-meets-classic-rock chemistry.

Their live performances are magnetic and provocative. Duo lead vocals and a wailing pedal steel dive from energetic anthems to wistful ballads and back again with psychedelia and fearless on-stage improvisation.

"Seattle music's bright new face." Charles Cross, The Seattle Times

One of "The 50 Bands Rocking Seattle Music Right Now" — Seattle Magazine

Vaudeville Etiquette has been covered in USA Today, CMJ, Seattle Magazine, Relix, Yahoo! Music, American Songwriter, No Depression, Vinyl District, and more, including the Seattle Times, who called Vaudeville Etiquette "Seattle music's bright new face" and a "New and Noteworthy" spotlight on iTunes.

Joining the bill is the Massy Ferguson Duo — Ethan Anderson and Tony Mann!

You know only good things can come from a band that named itself after a farm-equipment company. But Seattle's massy-ferguson2Massy Ferguson is not as hayseed as you'd expect.



Their songs are steeped in the classic Americana of the Uncle Tupelo, the Jayhawks, and the Backsliders. Rich with imagery of highways, truck-stop coffee, whiskey, road-weariness, and bad motels, Massy Ferguson make cinematic roots music about the blue-collar aspects of our nation. This is what Jay Farrar might sound like without his thesaurus

Singer-bassist Ethan Anderson says the sound is Americana that leans more toward rock than country, and that's a pretty good description. Think Drive-By Truckers or some combination of Son Volt and The Hold Steady. Think Springsteen's "Greetings From Asbury Park" or "Nebraska." Those influences, 1970s Southern rock and good-time classic rock bands like Thin Lizzy, have also helped them to land gigs at festivals and clubs in Australia, Iceland, Germany,

England and Mexico.
Friday, January 13th, 8:30pm
Vaudeville Etiquette
The Massy Ferguson Duo
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Will Sing For Vashon

Vashon Events is once again partnering with the Red Bicycle Bistro & Sushi to host a showcase of holiday songs to benefit Island nonprofits this holiday season. The Fourth Annual Will Sing for Vashon will take place on Friday, December 23rd beginning at 8pm. The event is an open call from Vashon Island musicians to perform a holiday song. In the past over 25 acts perform through the night.

This year, Vashon Events is opening the event up to allow audience members to donate money to any nonprofit organization they choose by specifying the name of the nonprofit on envelopes that will be distributed. This way, all the nonprofits on the island can join in the fun, and benefit from the extraordinary night of song and community.

The event is produced by Pete Welch and Allison Shirk of Vashon Events with Allison emceeing the night. Musicians who want to participate should sign up via the online form at <http://www.vashonevents.com/ve-specialevents/>. Singers must arrange their own accompaniment and musicians are asked to limit their performance to only one song as the lead singer.

Some of the musicians signed up so far are: Jessika Satori, Kristin Chambers, Kevin Pottinger, Allison Shirk, Gus &



Camille Reeves, Adrienne Selvy Mildon, Amy Cole, Daryl Redeker, Scott Carness, Wes Peterson, Jamie Riley, Chuck & Jess van Norman, John Van Amerongen, Dona Munday, Michael Shapiro, Mary Litchfield Tuel, Chuck Roehm, Lauri Hennessey, Christine Goering, Kat Eggleston, Rebekah Kuzma, Joseph Panzetta, Kevin Joyce, Ainslie MacLeod, Christine Love-MacLeod, Michael Whitmore, Barry Cooper, Bob Krinsky, Loren Sinner, Kiki Means, Martin Feveyear, Sarah Howard, Harmonie Chapman, Jenn Schmidt, Jason Dean, Maya Battisti and more!

Songs picked so far:
 12 Days of Christmas
 18-Wheelin' Santa
 1913 Massacre
 2000 Miles
 A Christmas Carol
 Baby It's Cold Outside
 Bow and Be Simple
 Christmas in Prison
 From A Burning Building (Angel
 Song)
 Frozen Heart
 God Rest Ye Merry Gentlemen
 Happy X-mas (War Is Over)(John
 Lennon)
 I'll Be Home For Christmas
 It's Just Another New Year's Eve
 Little Drummer Boy (Bowie/Crosby
 version)
 River (Joni Mitchell)
 Rudolph, The Red Nosed Reindeer
 Santa Baby
 Sleigh Ride/Merry Christmas Darling
 medley
 The Christmas Song (Chestnuts)
 The First Noel
 There's Still My Joy/Joy To The
 World Medley
 What Are You Doing New Year's Eve
 White Christmas

Friday, December 23rd, 8pm
Will Sing For Vashon
The Red Bicycle Bistro & Sushi
All-ages 'til 11pm, 21+ after that
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Friday, December 23, 8pm
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Friday, January 13, 8:30pm
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