



THE VASHON LOOP

Vol. 13, #3

SUPPORT OUR ADVERTISERS THEY MAKE THE LOOP POSSIBLE

February 4, 2016

VoV's Storefront Studio nears completion



VoV's Storefront Studio nears completion for an open house, ribbon cutting and live broadcast during First Friday Gallery Cruise on Friday, February 5 from 6 to 9PM.

Granny's Attic Celebrates Two Anniversaries

By Karen Pruett

Granny's Attic will celebrate our First Anniversary in Vashon Plaza and mark the end of our fortieth year of service during the Reopening on February 6, 2016. The store will be closed for the annual facility maintenance, January 27 to February 5.

It has been a very busy year for this beloved non-profit.

On June 13, 1975 the Health Center Volunteers, doing business as "Granny's Attic," opened to the public. The first month's profit was \$1,120, of which \$500 was granted to Vashon's new medical clinic. Their efforts marked the beginning of a remarkable support system that gave Island residents access to services without making a trip to Seattle.

From that first year's gross of \$1100 to last year's of \$800,000 plus, Granny's legacy is the support of the medical center for decades and, in recent years, bequeathing grants to medically related non-profits serving Island residents. Something everyone can be proud of because our donations and purchases have played a part in the phenomenal success of Granny's Attic.

The successful relationship between Granny's and the Vashon Maury Health Clinic ended in 2014 when Franciscan Medical took over daily operations and no longer needed the financial support. Granny's profits are now exclusively used for the community, in 2015 over \$271,000 was granted to Vashon Community Care Center, the Senior Center, the DoVE Project, the Scholarship Foundation,



Tim Johnson (not facing camera) oversees the Granny's Attic Make over. The Store re-opens February 6th at 10am.

Youth and Family Services and others.

We have made ourselves at home in the larger and much more functional space and gained many more shoppers. Productivity was boosted because everyone was now in one building and the flow of donations became much more efficient.

What hasn't changed is laughter is ringing out in the sorting area along with oohs and aaahs of admiration as we examine what new delights have been left at the donation dock.

Thank you Vashon and Maury Islands for your continuing support, we look forward to the next forty years of serving this wonderful community.

The Road to Resilience

Its All About Power By Terry Sullivan,

The differences between Bernie Sanders and Hillary Clinton are becoming apparent. Unlike the Republicans, the Democrats have had some good debates that have clarified their positions on specific issues. I am disregarding O'Malley at this point because, as appealing as he is, he is not seriously in contention right now. In my mind, all three are islands of sanity compared to Trump and Cruz. I think a lot of Republicans would agree with me on that.

What we have are two options that are equally worthy of consideration. Clinton promises to be the more moderate candidate, the one that will preserve continuity with the status quo while continuing to incrementally improve the state of those not currently being served. On its face, this is a reasonable strategy in a time of great uncertainty. Some would say it is a mature response that recognizes that change is complex and is best approached incrementally. She also is clearly well connected and known by all the establishment players.

On the other hand, Sanders offers a clear break with the status quo. He sees a democracy that has been hijacked by the wealthy. He seems to be offering "a chicken in every pot" with promises such as universal health care as a right and tuition-free college. Pundits readily deride his proposals as extreme and unrealistic. They see his enthusiastic supporters as naïve. Mostly, his detractors see him as another fringe candidate that could be very destabilizing if he got the nomination.

Much to the dismay of the pundits and the rest of the "establishment," the electorate this season is demanding a clear break with the status quo, and it will be destabilizing. As much as I hate to mention Bernie Sanders and Donald Trump in the same sentence, the motives of their supporters are not that different.

Both groups feel that government does not listen to them and see that a political revolution is in order. While Trump supporters seem to be drawn to the appeal of a "strong man," Sanders supporters want to wield the power themselves. Even if the moderate candidates prevail, this popular dissatisfaction will not go away.

Has the power in this country been hijacked by the wealthy? Consider this from an article by Robert Reich:

"A study* published in the fall of 2014 by Princeton professor Martin Gilens and Northwestern's Benjamin Page reveals the scale of the challenge. Gilens and Page analyzed 1,799 policy issues in detail, determining the relative influence on them of economic elites, business groups, mass-based interest groups, and average citizens. Their conclusion: "The preferences of the average American appear to have only a minuscule, near-zero, statistically nonsignificant impact upon public policy. Instead, lawmakers respond to the moneyed interests - those with the most lobbying prowess and deepest pockets to bankroll campaigns." *"Testing Theories of American Politics, Elites, Interests Groups, and Average Citizens."

This study considered data from 1981 until 2002, before Citizen United, Super Pacs, and Dark Money. If our influence was near zero before, what could it be now?

Robert Reich goes on to make a very important point: "The upcoming election isn't about detailed policy proposals. It's about power - whether those who have it will keep it, or whether average Americans will get some as well."

He goes on to compare Sanders and Clinton with this in mind: "In my view, [Clinton] is the most qualified candidate for president of the political system we now have."

Continued on Page 9

Lit Lounge... Love

Lit Lounge returns...

Since debuting early last year, Lit Lounge has become a smashing success. Islanders and visitors from all walks of life have come to share stories moving and funny, surprising and poetic.

And we return to kick off 2016 with a very special Lit Lounge event...

LIT LOUNGE... LOVE

Come spend a Valentine's afternoon ruminating on LOVE, in all its myriad forms. According to Wikipedia, LOVE is a variety of different feelings, states and attitudes; a feeling that ranges from affection (I love my mom!) to pleasure (I love that cake!); an emotion of strong attraction and personal attachment; a virtue representing human kindness and compassion.

We love our families, our friends, our cats and dogs, our shoes, our gardens, the act of gardening, of cooking, of dancing.... The diversity of uses and meanings combined with the complexity of feelings involved makes LOVE unusually difficult to define in any consistent way.

In other words, LOVE is BIG. We look forward to hearing what LOVE means to you, our neighbors and friends.

The brainchild of Islander Cara



Briskman, Lit Lounge was inspired by similar events in other parts of the country and by programs like the Moth Radio Hour. Cara began working with Maria Glanz at Open Space to craft this new program for Vashon.

At our past Lit Lounge events, stories Continued on Page 8



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- National Theatre Live:
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- Room - Starts February 12
- Bolshoi Ballet: The Taming of the Shrew, February 14th at 1pm
- When Marnie Was There
Starts February 15
- Short - Starts February 19
- The Bow and the World
Starts February 19

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Friday, February 26, 8pm
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Next Edition of *The Loop* Comes out Wednesday February 18

Deadline for the next
edition of *The Loop* is
Friday, February 12

Find us on Skype
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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 Offers Caregivers Support Group

Caring for someone with memory loss? Do you need information and support? Alzheimer's Association family caregiver support groups provide a consistent and caring place for people to learn, share and gain emotional support from others who are also on a unique journey of providing care to a person with memory loss. Meetings are held the 3rd 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.

Chicago Auditions

Drama Dock is bringing the Broadway hit Chicago back to the island as its first musical on the new Vashon Center for the Arts stage. Opening on July 21, and running through July 24, 2016, the Tony award winning musical promises "... murder, greed, corruption, violence, exploitation, adultery, and treachery: all those things we hold near and dear to our hearts."

Island actors, singers, dancers and musicians need to begin "warming up" early. The show is a demanding masterpiece that gives both principals and chorus members shining moments in the spotlight.

Acting auditions will be held at McMurray Middle School cafeteria on February 17, 18 and 19 from 7:00 PM to 9:00 PM. Actors should be ready to read a scene from the script and to sing, if auditioning for a principal role. Dance auditions will be Saturday, February 20 starting at 2:00 and concluding at 5:00, also at McMurray Middle School cafeteria. All potential principal actors and chorus members need to participate in the dance auditions.

Orchestra auditions will be held February 24 from 7:30 to 9:00 in the McMurray band room. Contact Gaye Detzer or Sue Wiley.

There are seven principal roles (Roxie Hart, Velma Kelly, Billy Flynn, Matron Mama Morton, Amos Kelly, Mary Sunshine, and the MC). In addition, a large ensemble (7 women and 7 men) is needed, with dance experience if possible. A band of 10 to 12 instrumentalists will be on stage for the entire production. Characters are aged 18 to 60.

Join us for an exciting trip back to the 1920's, "And all That Jazz."

Water District 19 Meeting

Water District 19's next regular Board Meeting scheduled for February 9th, at 4:00 PM, 17630 100th Ave SW, in the district's board room.

Chorale Guest Bartender Night

Join the Vashon Island Chorale for Guest Bartender Night at The Hardware Store Restaurant on Thursday, Feb. 18 from 6 to 9pm.

Chorale singers will be serving beverages and promoting their production of "Carmina Burana" slated to be the very first concert event in the Vashon Center for the Arts in late April. A cocktail titled "The Naughty Monk" will be the featured drink with lots of other fun promised for the evening.

Vashon Drum Circle

Vashon Drum Circle meets Friday, February 12th, 7-8:30 PM at Vashon Intuitive Arts. Everyone welcome! Show up and drum on behalf of the health and well-being of our planet and our community. Sponsored by Woman's Way Red Lodge, this gathering is open to all ages and experience.

Family Support Group

An astonishing event of serendipity and urgent need occurred recently on Vashon. Two support groups for families with a member who has a mental illness, arose, unknown to each other in Jan 2016 to greet the new year.

Both had made arrangements to meet at the Vashon Senior Center but upon discovering each other and finding that their aims were identical, decided to merge and continue meeting as one support group.

Mental illness has invaded Vashon as it has everywhere, and takes on many forms. Some forms can permit a person to live a life of family, friends and work, while other cases can devastate a life and make achievement and everyday happiness crippled. The same possibilities hold true for the entire family and can make it difficult for all it's members to have control over their futures.

There is still very little known about the causes of the different mental illnesses, but it is known that they are never caused by family relationships, but stem from the workings of the billions of neurons in the brain and their trillions of synaptic connections that are

governed by the working of a person's DNA and the many, as yet to be discovered, triggering mechanisms that put genes to work in order to make up a complete human being.

When the mechanisms of the forming human structure goes awry the body acts against itself and causes diseases, many of which we have no control or cure. Among these are those we label mental illness, actually more accurately called malfunctions of the brain.

This newly united Family Support Group will join families struggling to support their ill and loved family member to lead as happy, healthy, and fulfilled life as possible while helping the family structure to maintain it's integrity so the too can have a loving and healthy life of it's own.

This new unified group for the families of those affected by mental illness, whose purpose is to promote support and sharing, will be meeting on the 3rd Thurs. of each month at 2:00 pm in the Senior Center on Vashon. Whether you are veterans or newcomers to these illnesses, you are most welcome.

For more information please call Bette Kimmel @ 463-4594

Seed Starting Seminar

How start seeds indoors, when to transfer them outside, how to harden them off to transition from inside to outside. What materials to use and how or when to use heat mats. Seeds and supplies will be available for purchase. Country Store and Farm, 20211 Vashon Hwy. SW, 206-463-3655.

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What's in a Clam

By Seán C. Malone

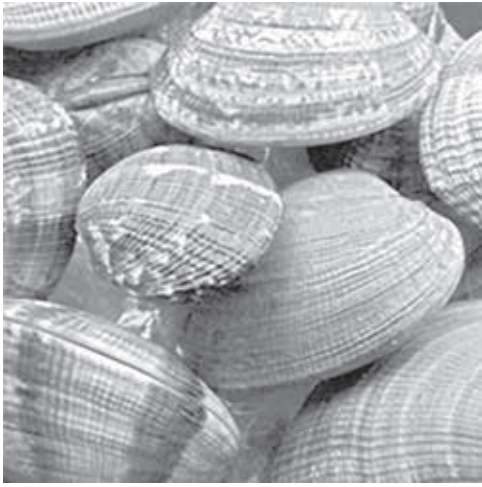
Bach's "Ode to Joy" poured out of the windows of the homestead at Portage and onto the beach. The sun was setting and the clams were all squirting in time with the music, as if they sensed the rise and fall of the notes.

"I see one, I see one", brother Mike yelled. He was only four and on his knees in the sand. The hole was mostly filled with water as Dad turned over the mud and Mike dove in the hole to find his clam. We were too young to run the shovel much, but loved clamming as we thought of the feast ahead. Cappy Berard, a boyhood friend from Seattle, had never seen a clam on the beach before and ate 35 that day.

There are many official clam names in Washington state. We only knew them as butter clams if they were small and oblong. If their ridges were concentric and heavy, they were cockles and too tough except for chowder. The horse clams were huge and only good for fritters or chowder. Their stomachs we threw away. Little necks are another variety. In fact, we called all small clams, butter clams, because their edibility was our criterion.

The best way to eat the little steamers was right out of the pot and dipped in a bowl of melted butter and garlic. The clams signaled to us that they were ready to come out of the steamer, when their little shells opened up to reveal the delicious morsel inside. There were two other signals that the clam could give you. If you found a closed clam in the steamer, it was thrown away as having died along the way. On the other hand, if the clam was partially open on the beach, he was left behind for the crows and the seagulls. Only the closed clams were safe and even then we were sometimes fooled by a "muddy".

A good clam can't be opened with your thumbnails, but a "muddy" will come apart in your hand. A "muddy" is a clam that has been eaten by some other critter and the two shells remain hinged, but full of mud. It wasn't good to have



them in your bucket as they came apart in cooking and sanded the other clams in the steamer.

On the day of the catch, the clams were fed cornmeal sprinkled on the fresh saltwater in their 5 gallon bucket. They love cornmeal and it sweetens their stomachs. If they were kept overnight in the house, then newspapers would have to be spread under the clam bucket because the clams would squirt with glee as they siphoned the cornmeal and spit out the water.

Geoducks are the king of clams with necks that can stretch for over 3 feet. They can weigh 3 or 4 pounds and live for over 100 years. At low tide, they stretch their necks above the sand and can be distinguished from the more common horse clam by their clean necks. Horse clam necks are dark with barnacles and seaweed clinging from them.

Grandma Ada was out on the tidelands and yelling "help" in Danish as she had a geoduck by the neck and wouldn't let go. "it's getting away, I can't hold on, hurry up", Grandma yelled. We circled Grandma and her geoduck and went to work with our shovels, being careful not to cut the neck, until Grandma was proudly holding up her catch for all to see.

Cousin Jim screamed like a banshee, having stuck his finger in the mouth of a cockle, and the clam had resented

Continued on Page 8

How to be Mistaken for a Local on Vashon Island

By Gayle Kellner

When you run out of almond milk and have to go purchase more put on a loose fitting dress and a mismatched sweater, preferable hand knit. Finish your outfit off with a pair of rubber boots. No, nothing fancy. If they look new, walk through a couple mud puddles on your way to your Subaru before going to run your errands.

As you walk out the door note to the nearest person within earshot that you are going "up town". There is a distinct difference between that and going "in town" which means you'll have to be catching a ferryboat onto the mainland.

No need to brush your hair before going "up town". The brushing of hair is optional before going "in town".

Brag to anyone that will listen that you got your clothes second hand, and drop names like "Granny's Attic" if they ask you where.

Don't wash your car; unless it is to support a local school fund raiser. Months of built-up dirt will be a close enough approximation to Island cars that

haven't been washed in decades. The scrapping of moss once it has taken over more than 50 percent of the windshield is permissible every few years, as is the removal of small saplings- sprouting in crevices, so long as you replant them.

Run at least 5 minutes late everywhere you go - Be exceedingly polite at the one and only stoplight - The likely reason you will now be late if you weren't already.

Regularly; recycle, listen to Voice of Vashon Radio. Buy local produce, eat kale by the bale, strongly consider getting your own chickens. Take a stab at doing yoga and expressing yourself with watercolors or clay.

If the blackberries are actually threatening to swallow your house and yard, rent a goat to beat them off. Don't worry, the blackberries, and probably the goats, will be back next year.

Pronounce Maury Island with a long "o" sound and consider a tattoo if you don't already have one.

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Island Life Dream of Fields

By Peter Ray
pgray@vashonloop.com

When a clarion call rang out from the opinion pages of the Beachcomber last fall that terrorists had bombed the athletic facilities at the high school, I decided I should probably go take a look. In truth, David Hackett's warning about the sorry state of many aspects of the VHS athletic facilities wasn't really about terrorists, although the shock and awe contained therein smacked of sensational rhetoric. Having just come through all the nonsense at Vashon Parks regarding the VES fields and noting David Hackett's pivotal role in all that, it really made me wonder if this was not just another bill of goods being sold to the Island populace. With the football field and track being termed "hardly acceptable" and the gym being declared ancient (50 years old) with "crumbling locker rooms, disintegrating bleachers and a worn out floor", when I dropped by the school one afternoon I expected to find legions of refugees fleeing the rubble, along with countless others dragging themselves from the "muck". I was relieved to find that no emergency services were in need of summoning, that the entire expanse of grass and gridiron striping was wholly intact, and that the bleachers stood sound and sturdy in the afternoon sun.

I have since stood behind my camera at a number of school board meetings while details of the upcoming vote on the athletic facilities financing has been discussed. We have heard of re-orienting the football field and track in order to make a regulation track fit

field, shortening the track by a little more than six feet by moving that inside edge inward should not be a problem at all.

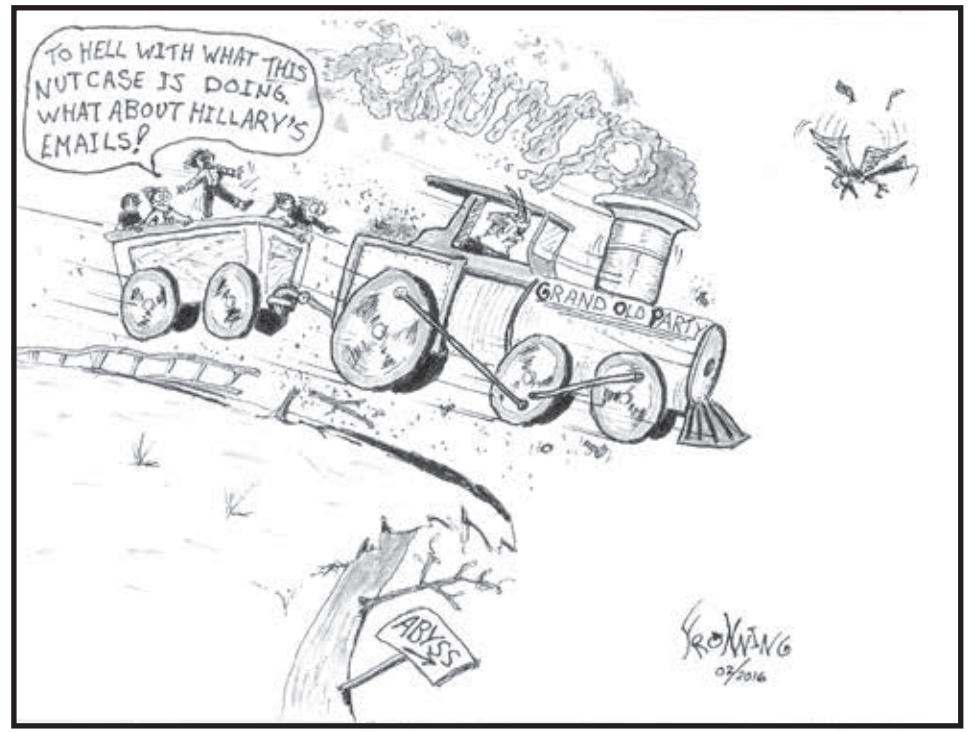
It also seems that fake grass as opposed to the real stuff is now the order of the day. When it first came about, I remember it being called Astro turf, mostly because the original need for a grass replacement occurred when real grass refused to grow inside the Houston Astrodome. Now it is just Turf, which blends nicely with the thought of real turf, until you Google "Turf" and find all the latest research into the connections being found relating to the ground tires, or "crumb rubber" used on these fields as faux soil to soften the impact of landing on this surface and a rise in cancer rates among athletes, especially soccer goalies. The alternative to this is something called "Nike Grind" which is ground up used Nike shoes and is supposedly safer.

One might step back here and consider a bigger picture in the light of a more recently recognized problem, that of brain trauma and concussions and the long term effects that this aspect of the game of football has on the health of its athletes. There is also the problem of simply fielding a team with the Island's dwindling youth population. One could say that players for a football team could be recruited in the same way the current student body is being supplemented by off Islanders, but do we really want to create a facility to draw students simply for their athletic prowess? In talking with one of the board members about a year 'round pool and how the school might be involved in that I was told that the primary concern he had was for scholarship, not sports. It seemed to me that life skills, swimming included, were an important aspect of student development. Outside of the rare NFL prospect, football as a life skill seems a



into the existing space. Recently I have received emails regarding the dispute over the length of the track, with the gist of those being that the track is already long enough at 440 yds. to accommodate what is now a regulation 400 meters. In checking my free conversion tool, 440 yds. is 402.336 meters, and since it seems that that distance is measured at the inside edge of the track and there appears to be a wide margin between the track and the edge of the football

far cry from having the basic ability to swim, especially on an island. A lot has been rethought in the building of the new school- it is time to rethink the physical as well as the intellectual needs of Island students and not just roll out the plastic turf and tire crumbs because everybody else does. Who knows, if it comes down to bringing in football ringers, who's to say that having a real grass field might not just be a draw rather than a detractor in the end?



King County to form Community Advisory Group

King County recently resumed its long-range community planning services after a long hiatus, and we're happy to announce that the Vashon-Maury Island Community Service Area (CSA) has been slated as the first CSA plan to be prepared under this program. Throughout 2016, we will be creating a CSA Plan Profile (which is defined below) and updating the Vashon Community Plan and Vashon Town Plan. To be successful and meaningful, the process requires the voices, ideas, and engagement of as many island residents and business owners as possible. This means there will be several forms and levels of opportunity to participate, including in-person forums, social media, face-to-face conversations, and in writing. One of the opportunities to engage in the planning process is to volunteer to be part of a Community Advisory Group.

What is a Community Advisory Group?

The Community Advisory Group is a working committee of 12 to 15 people representing a diversity of interests, disciplines, and community needs that will work closely with a King County staff team to develop the CSA Plan. The Community Advisory Group will provide local advice, expertise, and recommendations on land use, environmental, housing, public facility, open space, and related topics. The advisory group will meet every month from March 2016 through September 2016. Additional meetings may be scheduled as needed. We expect meetings will be in the evening and will be two hours long. All meetings will be open to the public.

We are looking for volunteers who:

- Reflect the diversity of the island and our region;
- Have an interest in the long-term quality of the community through the implementation of community development policies and decisions and how those affect the lives of all people in King County;
- Can participate openly, collaboratively, and creatively with group members whose views may be different from their own;
- Have a commitment to ensuring that underrepresented populations have opportunities to participate in the planning effort; and
- Can support the planning process by attending regularly and supporting other community outreach efforts.

What is a Community Service Area Plan?

Vashon-Maury Island is one of King County's seven unincorporated Community Service Areas. Long-range planning services are conducted within each CSA on a rotating, eight-year cycle. CSA Plans are comprised of a "CSA Plan Profile" and a "CSA Subarea Plan." Profiles address issues that are generally CSA-wide such as aspirational goals, demographics, zoning, and major land use changes which impact most CSA residents. Subarea Plans address issues

that are generally smaller in geographic scope and require a more detailed, in-depth analysis. These plans have a strong action bias, typically incorporate goals and policies of prior community plans, and impact only residents within a defined area. CSA Plans reflect the values of the local communities and will help to guide the development and capital improvement decisions of King County over the next 20 years.

When will meetings be held?

The first meeting will be held on Thursday, March 10 at 6:30 p.m. on the island. At this first meeting, we'll identify the best meeting time and place for advisory group members. We anticipate meetings will be held in the evening and at locations easily accessible by transit. We will accommodate special needs as requested.

How to apply to be part of the Community Advisory Group?

If you would like to participate in this group, please complete the online application on the Department of Permitting and Environmental Review's web site at <https://www.surveymonkey.com/r/G57N8W6> no later than 5:00pm on Wednesday, February 17th. Paper copies of the application form are also available at the Vashon-Maury Island Community Service Center located at 10011 SW Bank Road. We will follow-up by February 22nd to let applicants know if they have been selected.

What are other ways to be involved?

Beyond the Community Advisory Group, there will be many ways to engage in the Vashon-Maury Island CSA Plan process:

- Attend and participate in one of the upcoming community forums to be held at McMurray Middle School. More information to come on these events.

- Join the project email list to receive notification about project milestones or events.

- Attend a Community Advisory Group meeting even if you do not become a member. While there may not be time available for public comment, forms will be provided for comments and questions that will be shared with the advisory group.

- Visit the Vashon-Maury Island CSA Plan web site (under construction) to submit ideas and feedback and/or take an online survey related to the proposed plan.

We appreciate your time and commitment to developing a vibrant, sustainable, and relevant community plan for the island. We hope to hear from you as we move forward with the planning process. If you have any questions, please contact Bradley Clark, Subarea Planner, at bradley.clark@kingcounty.gov or 206-477-2449.

Sincerely,
John Starbard
Director

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

Find the Loop on-line at
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**Next Edition
of The Loop
Comes out
Thursday
February 18**

Deadline for the next
edition of *The Loop* is

Friday, February 12

Spiritual Smart Aleck

Rainy Camp



By Mary Tuel

This past weekend a folk singing retreat called Rainy Camp was held in the foothills of the Cascades, out beyond Maple Valley.

The attendees were mostly people of a certain age - my age, or thereabouts, although there were some younger adults in attendance.

What all these people had in common was a love for group singing, and specifically a love for singing folk songs of all kinds.

There were old lefties and folkies galore, and as my cabin roommate said, Rainy Camp is an opportunity to meet and rub shoulders with a lot of unconventional people.

The camp started right out on Friday night with a big song circle. If you've never been in a song circle, it is exactly what it says: people sitting in a circle. You go around the circle giving each person an opportunity to sing a song, or to pass.

Not everyone goes to or stays at the big song circle. Like all music events, this one featured a lot of small groups of people getting together in various rooms and hallways to sing. I ended up in a lounge with three other women to sing Irish music.

A lovely younger woman named Lisa accompanied herself on guitar while she sang a song called, "The Mountains of Mourne." My husband Rick used to sing that song, and I found myself experiencing a sweet sadness hearing it again. If you want to hear it there are several versions on youtube. None of them, of course, is as good as Rick's version.

My big surprise was that I couldn't get my CPAP machine to work after lights out on Friday night.

After fumbling around in the dark making sure everything was plugged in and turned on, I thought the machine had died and sadly turned in and disturbed the other women in the room during the night with my gasping and snoring. I got up Saturday morning exhausted, and complained about my terrible plight at breakfast.

"Go ask Raffi for help," someone said. "He'll be able to tinker with it."

Raffi is the son of one of the retreat organizers, a young man who is about 6'4" with long black hair. He wears a kilt. He was easy to find.

I asked Raffi for help and

he cheerfully accompanied me back to the dorm room where I was staying. First thing he did was check to see if the machine was getting any electricity, and it wasn't. Turns out that the outlet I was using was on the same circuit as one of the light switches, so when people turned off the lights to sleep, the outlet turned off.

Well, rats.

A friend invited me to share her cabin, so I moved my stuff, plugged into a working outlet, and went to bed right after dinner. I missed the Saturday night concert, which was a shame because it's the big event of the retreat, but I had a much better and safer night's rest and woke up feeling great on Sunday.

I went to various workshops at the retreat. At the Humorous Songs session, I was asked to sing "The Way of Sex," a song I wrote about thirty years ago. It's about, well, sex. It was well received, which was gratifying. I'm afraid that if I am remembered after I'm gone, it will be for that song.

There was a parody song circle that was fun. My favorite parody was of Tom Paxton's song, "The Last Thing on My Mind." It was the lament of a person whose memory was going: "I can't remember the last thing on my mind." Many of us could relate.

The food was good. The coffee was good! I do not believe I have ever experienced good coffee at a large gathering where the coffee was produced by the gallon, but the people in that kitchen pulled it off.

After lunch on Sunday afternoon we packed up and went our separate ways. Last night I was thinking how great it was to be home and that there is a reason I don't go to many events like this one. Large groups of people being social is not my idea of fun, usually. I'm more into one-on-one conversation, or reading, or watching sit coms or PBS dramas. I wondered how many people left that retreat trying to get home in time to see last night's episode of "Downton Abbey." Some of us, anyway.

Still, it was good to go there and step out of my routine. I saw some old friends, met some new people, renewed some old acquaintances, and even met someone who used to live on the island. It was a good weekend. Nothing like doing something that's a little out of your comfort zone to shake up your marbles and give you a fresh point of view.

A Community Conversation About Health and Responsibility: Vaccines and Beyond

Unintended Consequences - Learning From History

by Karen Crisalli Winter and March Twisdale

Right now, we are facing a serious threat to our safety and freedom. As is so often the case, this threat is coming from good people, well-intentioned people who seek only to protect society. But good intentions aren't enough.

In the 1860's, the United States had a serious problem with alcohol. Whether drinking beer, wine, or stronger spirits, the average adult drank the equivalent of two and a half gallons of pure alcohol per year. (2) After decades of preaching against the evils of alcohol, the Temperance movement abandoned education in favor of legal coercion: the complete ban of alcoholic drinks. In 1919, the 18th amendment to the constitution was passed, and Prohibition began.

The effects were disastrous. Prohibition gave us organized crime and corrupted every part of the justice system. In 1933, Prohibition was repealed as a failed experiment. Today we're back to drinking about two and a half gallons of alcohol per person. (3) But now we have AA to help people who wish to stop. We have MADD and SADD to prevent drunk driving. We have laws restricting the sale of alcohol to children. While there is still much progress to be made, we are learning to live with alcohol in a way that limits harm.

Prohibition was a simplistic response to a complex problem that endangered us all and continues to cause problems to this day. Corruption and organized crime are not in anyone's best interests. Even those who choose to completely abstain from alcohol are safer in a nation in which alcohol is legal.

There are well-intentioned people who believe that the only way to save society from disease is to force vaccination on each and every person, child and adult alike. But like Prohibition, this is simplistic and dangerous. It's also based on several pervasive myths.

Myth 1: There is an increasing fad of refusing all vaccines that, left unchecked, will eliminate the benefits of herd immunity and cause outbreaks of dangerous diseases.

What a terrifying idea. Who wouldn't support forced vaccinations if the only

alternative was epidemics? But this myth is not true.

Reality: There is neither a downward trend nor a future likelihood of mass vaccine refusal. Vaccination rates are actually holding steady or increasing for most vaccines.

So what about all these unvaccinated children we hear about in the news? They're mostly vaccinated! Consider a group of ten kindergarteners which contains one child who skipped the chickenpox vaccine, one child who deferred a Hepatitis B vaccine, and one child who has received only 4 of the 5 pertussis vaccinations. That group of children is marked in the statistics as 30% unvaccinated. This is absurd. In fact, these children represent only 6 missed vaccines out of 390 vaccines administered which equals an "unvaccinated" rate of .01%. This group is 99.99% vaccinated and herd immunity is strong!

Myth 2: Forcing people to use a beneficial medical intervention could not possibly cause harm.

Reality: Direct force is a dangerous tool that often has unexpected negative side effects.

Prohibition was not intended to strengthen the Mafia, but it did. Even if vaccines had no risks whatsoever, the risks of undermining Informed Consent vastly exceed any potential benefits. Especially given that a group reported to be 30% unvaccinated can actually be 99.99% vaccinated!

Myth 3: We are in the middle of a public health crisis that can be resolved with higher vaccination levels.

Reality: Every disease that can be effectively controlled with an existing vaccine is being effectively controlled with an existing vaccine.

Even with 100 percent vaccination levels, measles outbreaks are inevitable if a contagious individual goes to a

crowded place like Disneyland or New York City. Even perfect herd immunity does not prevent these kind of outbreaks, it just keeps them small. Large outbreaks of diseases like pertussis and influenza result from vaccine failure, not vaccine refusal (1).

So, let's talk about Informed Consent.

When you meet with your doctor, your doctor will make various health recommendations. You may choose to follow or decline those recommendations and you may ask to discuss other options. But you don't need your doctor's permission to make those decisions. That's what Informed Consent means.

It's a violation of Informed Consent for your doctor to obtain your compliance through threats. It's an equal violation for your school, employer, or government to do so. Attacking your education, your employment, your custody of your children, and your housing are all forms of coercion that infringe upon your right to Informed Consent.

Informed Consent means you have the right to say "yes" or "no" to a medical recommendation without fear of punishment for either answer. Vaccine medicine is powerful and has the potential for great good. Coercion does not. Let us learn from the mistakes of the past. Let's keep our vaccines available, affordable, and voluntary.

- (1) <http://www.fda.gov/NewsEvents/Newsroom/PressAnnouncements/ucm376937.htm> (baboon study)
- (2) <http://druglibrary.net/schaffer/History/e1920/consumption.htm> (alcohol consumption 1850-1983)
- (3) <http://pubs.niaaa.nih.gov/publications/surveillance102/CONS13.htm> (alcohol consumption 1935-2010)

"A Community Conversation About Health and Responsibility: Vaccines and Beyond" is an ongoing series written by two close friends with a passion for improving community cohesion and building respectful relationships in a diverse world. This article was co-created by Karen Crisalli Winter and March Twisdale.
 BLOG: vaccinesandbeyond.blogspot.com
 Email: KarenandMarch@rocketmail.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

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**Aries (March 20-April 19)**

You can have a formula for success, though it requires that you focus many different talents and capabilities simultaneously. The one that stands out is using positive vibes rather than power to persuade people. One way to do that is to get people turned on by what you want. This may seem self-centered, but it's really saving people the trouble of originality while they get to contribute to something larger than themselves. Therefore, I suggest you know your objectives and know what's appealing about them — and make a point of both feeling good and being open. In many respects, the more radical your plans, the better. By that I mean that the more you are challenging yourself and others to think in a different way, the better. There is another piece to this, which is about ethics; or rather, teaching ethics. Focus on doing the right thing because it's the right thing to do. This notion is starting to become popular, but it remains mostly an idea because the skills are not readily available. Yes — what I am saying is that people need both teachers and examples for how to do the right thing: how to be devoted, honest and faithful. There remains the question: is it possible to teach ethics? That's debatable, but you may find yourself needing to do just that. Start by setting the best example.

Taurus (April 19-May 20)

Relationships, family matters and your professional ambitions are showing up on the astrological radar right now, though there is a common theme: can one person exercise property rights over another? This seems like a ridiculous question here in the age of political correctness. Of course they can't! That's just wrong! But the problem is that people do, and often in ways that are not accounted for. Many of the social behaviors we take for granted involve some measure of this, even if it's just an underlying assumption or two. One place to start the discussion is with jealousy. Although this is lauded as the token of true love, I would propose that it's the thing most antithetical to love. Jealousy wears many masks, though from a metaphysical perspective I can say this. If you look at the way the topic of death is handled in any relationship, you will have a way to make transparent the many other themes associated with jealousy. Is it even spoken of? Is it bargained with? Is it something that makes you feel more alive (because your time with anyone is finite) or is it something that sends you into control mode? These normally difficult topics are unusually accessible right now. And if you have the courage to bring them up, or to go with the conversation when it arises, you will learn vital lessons to last a lifetime.

Gemini (May 20-June 21)

Start paying attention to financial matters. It could pay off, and it could also save you a lot of hassles. What exactly happened the past two months? Do the forensics; for example, study your bank statements. Yet the real highlight is on shared resources and investments. There are clearly opportunities available, though to get to them, you may need to go back over some points of disinformation that entered your consciousness recently. You might have the feeling that you don't want to know the truth, but you will directly benefit from knowledge. More to the point, the more information about your own affairs that you're working with, the more independent you will feel from the influences of others. This is crucial for you now — it is perhaps the deepest ongoing theme of this long phase of your life. You need to not be under anyone's thumb, or under their financial thrall. That doesn't mean that mutual support, or being helped by someone, is out of the picture. This really is a question of power. The problems begin when one thing becomes another, and that thing is not questioned. What seems like sex, for example, can often be seen, more truthfully, as a matter of money and consequently of

power. The first step toward transcending this is being absolutely honest with yourself about what you're experiencing and how you feel.

Cancer (June 21-July 22)

The trick to making the most out of the current extraordinary astrology is to consider your wildest and most visionary plans, and then condense them down to some tangible concepts. You don't even need to act on these ideas yet; you just need to know about them and take the time to get clear. For what may be the eleventh time in this column, I suggest that this be in writing, in a notebook; to wit, not on some kind of digital device. And I suggest you write in pencil, to have in your body that all plans are subject to revision and improvement. Part of the tangibility factor, the thing that makes your ideas real, is having a physical relationship with them. You also want to think in a non-linear way; that is, to have the ability to scribble and sketch. I don't know what this is about, but it's big. Let that aspect not stop you, remembering how many great things were first sketched on napkins and paper bags. You must remember how moved you are, and then go right to the point of the humble beginning — and stay there for as long as you can. Many stages of this scenario will unfold over the next two years, and right now you're at the most important step: understanding your concept. Or, you might say, becoming your concept.

Leo (July 22-Aug. 23)

Leave room for a little madness in your life. Leave yourself room to cut loose, and be a bit Bacchanalian. Real mental stress sets in when people are wound too tight, or become obsessed by control. You need to loosen up, however you define that, though I would say that you need something better than alcohol. You need to feed your imagination and get into that space where you really can share yourself with others, and receive what they offer you. Generally this is called intimacy. But I don't mean it so much in the sense of pure fidelity as I mean it in the sense of an experiment and a celebration. To go there, you may really need to convince yourself to relax, and set aside any concerns related to work or health. You are already doing what you can, which may mean that you're doing quite enough. What you would benefit greatly from adding is the quality-of-life piece, which may feel like a throwback to a much younger age. But that is who you were, and in many respects it's who you still are. What you have now that you didn't have then is a degree of confidence. Your self-esteem is much stronger. It's true you built that on your accomplishments. You'll appreciate it more if you take a breath, slow down and play.

Virgo (Aug. 23-Sep. 22)

Seen one way, it would seem like the challenge you face in a relationship is not being swallowed by another person. You might be worried you're trying to 'be like' them. Yet I would propose that the challenge is taking advantage of a good example when you have one. Now, there may be many examples around you at the moment, and some are better than others. Yet there is one that stands out, someone with some wisdom, experience and independence, who may be more smitten with you than you think. Indeed, the more intelligent the potential suitor (or suitee), the more likely their feelings are to be deep and authentic. If this is not a romantic situation, it could also be a close friendship or partnership based on learning. You are especially open to new ideas now; but closer to the astrology, you are open to being reminded what you already know. One thing you may know is not to be hung up on the seeming outcome of any human encounter. You have no need to plan, speculate or control. No need to make a head-trip out of anything you feel, wondering what it might mean. Just cup your hands into the waterfall of life and drink up. Humanity is in the midst of a long, chilly winter of discontent. Some hydration will do you good.

Libra (Sep. 22-Oct. 23)

You've been through many seasons of changes that seemed beyond your control. This has, many times, left you wondering the degree to which you're really safe, living here on our strange old planet. Yet your solar chart is describing a scenario where you feel right at home, not merely despite all the intensity but thanks to it. Said another way, you're learning to feel safe in the midst of nearly constant change and adaptation, and if you have not felt that way so far, you can take a big step this month. We could say as an understatement that the Libra charts have been intense, particularly starting in 2012. But really, the story of your life is the story of the world. It's just that you're getting it in a particularly focused way. Lest you feel tempted to believe that your life is especially challenging, consider the possibility that you're particularly gifted at adapting to such a rapidly changing environment. This puts you in a position of leadership, because you're accustomed to territory that people are just getting used to. Yet you have an added benefit: discovering some unusual source of nourishment in the midst of this all. You're likely to be in a position to affirm that deep personal investigation, going through changes and, most of all, standing on your own foundation, are actually worth the fuss.

Scorpio (Oct. 23-Nov. 22)

With Mars moving slowly through your sign right now, you're unusually persuasive and are endowed with some serious, deep-down drive. This is, therefore, a great time for you to make some choices about what is actually right for you, because you have the energy to make any necessary adjustments. The whole theme of this year is threading the needle between your motives, your deepest values and your actions. There is no longer room for cognitive dissonance or neurosis. You simply must act in accord with who you are. Doing anything else is no longer an option. Astrology that develops from April through July is all about going deeper into those already-deep values and motives, but you are likely to discover what you already know. You can save yourself time by having confidence in your knowledge, without needing to relearn anything, whether it's the hard way or the easy way. Time, as you know, is your most precious resource, and it keeps moving even when you sleep at night. I suggest you live as if you have an honest relationship with life's many uncertainties, and its finite nature. This alone will be the thing that motivates you to make the changes you need to make, to say what you must say, and to do what you must do. The realer you get with yourself, the happier (and more productive) you will be.

Sagittarius (Nov. 22-Dec. 22)

Let your fears inform you. You might try an exercise where you transform them into some kind of opposite outcome. Imagine that each worry or concern is really an explication of what might happen in the best possible outcome, but reversed. For example, "I fear my partner might leave me" would translate to something like, "This could be the best relationship I've ever had," or, "I am ready for the right relationship in my life." All fear has a source, and I would propose that it's a kind of ego reaction to your currently incredible creative potential. However, apropos of understanding and working with that potential, remember that at the moment, building your life is in part about what you're adding, and partly about what you will be subtracting. This is not about going forward in all directions, or the nonstop bull market. Nor is it about magical alchemy. What you're doing is more like an industrial process of experimenting, synthesizing and putting in the time and discipline to get something like the result you're looking for. Don't be attached to one outcome — there are better things possible than what you might be imagining. Yet underneath it all, both the objective and the result is confidence in yourself. This is not about a test but more about a process of temperance: of gradually conditioning yourself to be in actual possession of the strength you know you already have.

Capricorn (Dec. 22-Jan. 20)

You can now be the bold, lusty being you've always wanted to be. Forget your carefully groomed image. Forget prim and proper. Life is not a pageant, nor is it an integrity contest. Anyway, if you associate integrity with being real (that's the standard, in this astrology lab), then be a real goat. That means mischief, and accessing your somewhat devious/deviant side, and considering anything potentially edible; you don't know until you try. But most of all it means throwing your image to the four winds. Basically, you're a prisoner of how you think you appear, which you will only discover the moment you decide, even as an experiment, that it doesn't matter. The sensation of cracking out of your shell will feel so good, you will wonder how you could have ever waited, or what you were waiting for. The best discovery is likely to be that as you are real with people, you will discover that they are real with you. You have the power to subvert the social media public relations department in the simple gesture of connecting your voice, your words, and your facial expression with your feelings. This will liberate so much energy that you're likely to do something like make a film, write a novel, foment a revolution or get out of whatever you think is dragging you down. Is freedom dangerous? You will have to see.

Aquarius (Jan. 20-Feb. 19)

Whatever you're doing or working to succeed at, turn your soft side to the community. You are in one of those phases where you must be gritty and serious in order to get the job done, to establish yourself or to go to the next level. But make sure the public aspect of what you're doing is all compassion and empathy. Think of Fred Rogers, who was at once the central figure in Mr. Rogers' Neighborhood and at the same time one of the pioneers of both public television and children's television. On camera, people met Mr. Rogers, the gentle and kindly friend to the kids. Off camera, people had to work with a shrewd developer, director and businessman. He never confused the two roles, and you would be wise to know which scenario you are in at any given time. What you're doing requires an all-wheel-drive, brass bolts (and perhaps balls) approach. Yet community relations is where you will actually make contact, and your skill will determine the degree of success you are able to attain. Work on this as a special topic, and develop it as a distinct skill. Study people who are very, very good at it and learn everything you can. When you write for the public, make sure you rewrite until your message and presentation are smooth, clear and authentic.

Pisces (Feb. 19-March 20)

A constellation of forces is now aligning in your favor. If you can keep your focus from day to day, get enough rest and eat actual food, you'll be able to make great strides assembling the many parts of the whole you've been designing. This will call on you to be at your best in every skill you have, as well as to attend to both one-on-one and group relationships. You have everything you need, you have momentum and you have some significant cooperation. Using your resources wisely has two parts — the wisdom piece and the actual use piece. Put it all to work intelligently, and remember who is doing the coordinating. Yet one interesting fact of your charts is the extent to which the scenario is directed toward the exterior world rather than your inner experience. Therefore, take the time, care and effort to maintain your inner focus. Know how you feel at all times. Pause and assess your inner weather. Track your currents, your tides, your appetite, your libido and your dreams. Pay attention to yourself. The more that's happening in 'the world', the more urgent that is — especially for a Pisces. One other thing: hang out with people who nourish you. If depleting people are buzzing around, put out the Do Not Disturb sign, and stick to the people who show up with food, love and music.

Positively Speaking

Snow White and Black History

By Deborah H. Anderson



Donald Trump. Well, my goodness is he just something or what!?

My host family for the year and I have divergent views on politics, but this we agree on: Donald Trump requires the shaking of the head. Yes, he is scary. But what is really scary is his following.

So probably on Vashon I'm going to get a pretty hearty Amen! But there is this. We are a floating Island of white privilege and we are not encouraging anyone but a Syrian refugee family to move here. Under the heading, "why I am sometimes unpopular" is my deep commitment to the active recruitment of cultural diversity here on the Island. The average for King County is 35.2%. So... how do we get three thousand people of color to want to move on the Island?

Can you imagine?

I'm on a one, possibly two, year writer's residency in a very populated, culturally diverse area of civilization. The first time I went into the grocery store, without exaggeration, I heard at least two dozen languages just in the produce department.

Slowed to a dead crawl by my ever degenerating hip until surgery this Spring, I ride in one of those little scooters now. I reduced my speed to practically nothing just so I could peruse the aisles of foods from all over the world. It was WONDERFUL!!!

But hey you say..." We're diverse! We have such an acceptance of gay people. Highest in the country! And look out how the Jewish Havurah shares with the Zen Center." Admirable yes. But A. both those groups still experience hate crimes here and B. that's not diversity, that's equity. Equitable Vashon is not.

"But it's such a kind place!" Not really. Get cancer or have a tragedy and maybe yes. But we are fueled by gossip and innuendo and self admiration. People are typecast, tagged they call it. I was once harassed so severely I had to quit my job. The solution had been to put me on night crew which, as a single mom with a nine year old at home alone, was not a solution. I might add the guy who was harassing me was given protected status.

No...we're white privilege through and through. Look at the website, blog, 'Things White People Like' and it's pretty much us.

Somebody once said to me, "You just want to rub our wealth in our faces!"

Not true. I want us to be the best

we can be. I know some fantastic people here on the Island. They are not here for the privileged status Vashon affords a person. They are here to offer their children the best they can have. But our children need diversity. They need three thousand people of color to move here. They need to hear two dozen languages in the produce department. They need to not think that vegan and gay and Jewish is diversity. We are not preparing our children to be citizens of the world on this Island.

Are people of color going to bring crime? Nope. The white methheads have captured that market just fine here on the Island.

Are they going to make it less easy to relax because they bring other cultural norms? My guess is that they will like the Farmer's Market, Arts Auction, and cribbage at the Eagles just as much. AND they will add. They will bring new music to the Bike. New requests to Snapdragon. New selections to IGA and Thriftway. New styles of dance to the studios. New fashion on the streets.

It's too expensive to recruit people to live here? Well maybe we ought to deal with that. Do we say 'Retired people shouldn't move here because we have transportation issues to the mainland and they're always having coronaries and getting cancer'?

You know I sit in meetings where the overcrowding issues on buses that run in less affluent areas than Vashon are constant. How DID we score those nifty buses that run so frequently with so few?

If you look at what causes we take up, what our culture is, we look like Donald Trump's extended family. I know in our hearts that is not what we want. Rethink Vashon culture. Prepare our children to be world citizens. Bring the three thousand.

Next time I'll write a funny one, I promise. But for the beginning of Black History month, I'm going to talk about Vashon giving up being Snow White in an isolated cottage where seven dwarfs adore and serve her.

Love,
Deborah



Women's Self-Defense Class Sponsored by VARSA and RJ's Kids

All women, ages 13+, are invited to join a five week self-defense class. The class will give the participants the physical and mental training for avoiding and confronting dangerous situations. Participants will learn practical defense against a variety of attacks, with an emphasis on sexual assault. Participants will be given "hands-on" practice for defense against a variety of grabs, chokes and holds, as well as fighting when on the ground.

All classes will be held on Thursdays, from 7:00-8:00 pm, beginning February 25th and ending March 24th, at the Ober Park Performance Hall. Participants should wear loose-fitting clothing and may wear indoor rubber-soled shoes. All women (ages 13+) regardless of age or physical ability are encouraged to attend this class.

This class will not focus on physical fitness; the purpose is to gain awareness, practice practical defense, and empower the individual.

The class will be taught by Lisa Bruce and Alex Echevarria, both certified martial arts instructors. The cost for the five classes will be a \$30 suggested donation. All proceeds will benefit VARSA and RJ's Kids.

For more information and to register, contact Lisa Bruce at #206-300-8133 or lisaonvashon1@gmail.com.

Lit Lounge... Love

Continued from Page 1

have ranged from the poignant to the outrageous. We invite tales of truth (or at least a kernel of it.) Stories should be no longer than 5 minutes.

The act of storytelling can be risky; to sit or stand in front of others and share your story can be intimidating. But there is a strength and power in speaking. For Lit Lounge, we have made a space that is intimate, safe, where you are free to share and not be judged. Lit Lounge takes place in an unusual setting, one rarely used at Open Space.

People who bring a story will drop their name in a hat at the door when they enter - and names will be drawn as the

event unfolds. If your name is drawn, up you come to tell your story. Between 10 to 12 names will be drawn - and it's up to fate and the storytelling gods and goddesses to determine whose names those are.

Lit Lounge - LOVE

Sunday, February 14th, 4pm. Doors Open at 3:30pm.

Admission is \$10, and tickets are available at Vashon Bookshop, brownpapertickets.com, and at the door. As always, no one will be turned away for lack of funds.

All ages are welcome, but the event is not intended for children. Stories may include mature language or themes.

Lit Lounge was created in part due to a grant from 4Culture.

What's is a Clam

Continued from Page 4

the invasion and clamped down tight. Cockles lie on, or near the surface of the tide with half open shells, their necks lying limp on the sand.

We were on the beach by the Portage store when it happened and Jim screamed all the way to the store to ask Cliff, the butcher, to cut the clam off his finger. He carries the scar yet. I still don't know why he just didn't bang the cockle between two rocks.

Our clam steamer was in two parts, a double boiler and the bottom had a spigot for the clam juices, called nectar. When the clams were about ready to pull off the fire, Dad would draw the liquid from the steamer by opening the petcock and distributing it to our waiting cups. Clam nectar is sweet and mild, the nectar of the gods.

The World's Champion Clam Digger, was a contest at Portage and our Grandfather won it for two years running, that I can recall. The Sportsman's Club sponsored the event, and awarded my Grandfather a trophy, but accused him of hiring his grandchildren to help fill his bucket to win. We still have the trophy.

Foxy Needs A Home...

Hmm, I wonder how I got this name. I look more like a panther than a fox (but not a Carolina panther - I shouldn't have mentioned that species).

Do you have kids? I like kids! Whoever adopts me will be very lucky to have such an affectionate, fun-loving companion. When people pay attention to me, I roll around and contort myself into all kinds of positions, I'm so ecstatic.

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



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Island Epicure



By Marj Watkins

A Diet to Defeat Diabetes

Diabetes seems to be edging into epidemic status. Native Americans and people with African ancestors are the most at risk, but none of us is immune to that disease. People in my family are susceptible to it. My mother and her grandmother had it. (Her mother died young of tuberculosis, another disease that's making a comeback.) One of my two sisters and one of my two sons are diabetic and one of them is currently undergoing a series of eye surgeries related to the disease. One of my two daughters has been diagnosed with "pre-diabetes". She's seriously reduced her consumption of carbohydrates and lost a few pounds. That helps but can't be carried too far. Some carbs are necessary for energy; cut back too much and your heart will stop.

Conventional medicine has chemical remedies for symptoms of diabetes but declare it "incurable." I put quotes there because I believe it is possible to cure it using Hypocrates' protocol. He was the doctor in ancient Greece famous for curing his patients with diet and fresh air.

So: two things to keep us free of diabetes and most if not all other diseases, plus leading to a life with energy, physical and mental, enough of it to accomplish all we need and want to do.

In Hypocrites time food did not come in cans or freezer boxes. Everybody cooked from scratch. He gave his patients lots of fresh vegetables and fruits and everybody slept on a long porch at his hospital.

A doctor in our time, Dr. David Eifrig who holds PhD's in both Medicine and Economics, says, "Read labels. If I pick of

a can or package of good and its label lists sugar, corn syrup, molasses, or any ingredient with a nam that ends in 'ose' I put it back on the shelf."

That's good advice, but he –and we– need to watch out also for such sugar substitutes as Splenda (which is actually sucralose, a derivative of cane sugar) and aspartame. That has been implicated in brain cancer.

My diabetic son's doctor, along with Dr. Whitaker of California, recommends eating half a cup of beans every day for their folate. They're fine for omnivores, vegetarians, and vegans. Cook them from scratch and avoid the plastic that may be lining cans beans come in. Besides, cooking them yourself saves (a) money and (b) exposure to plastic can liners or at least to the metal that acids in foods can leach into foods. Accompany them with a helping of a whole grain food and you have complete protein.

I sprout beans which lets them build up their Vitamin E and shortens cooking time. If time doesn't permit the two or three days beans take to sprout when soaked until they stick out their little white tails, I just bring them to a boil, turn down the heat and let them soak two hours. They then cook in an hour or two, depending on the size and kind of bean you are using. Don't let the beans grow their tails any longer than a bean is wide or they will turn bitter. Many people spurn beans because they fear flatulence, read 'gas'. Here is an example of an easy home-cooked bean dish that should not cause gas:

BLACK BEAN CHILI:

2 cups cooked black beans,
1 Tablespoon dried onion flakes,
1 Tablespoon salsa,
¼ cup chopped green bell pepper.
1 teaspoon ground cumin.

Simmer 10 minutes. Divide between two bowls. Top each with 1 Tablespoon chopped red onion, 1/2 small tomato, diced, and 2 Tablespoons grated cheddar cheese. Serves 2.

Serve with a salad of lettuce, diced pear, and crumbled Gorgonzola cheese. Dress with extra virgin olive oil and red wine vinegar.

Road to Resilience

Continued from Page 1

But Bernie Sanders is the most qualified candidate to create the political system we should have, because he's leading a political movement for change."

Do Sanders' proposals resonate with the public? They are so popular that, in almost all cases, solid majorities of both parties concur. This is not coincidence; throughout his life he has advanced the proposals that most people of both parties want, i.e., single payer health care (71%), government renegotiation of drug prices (79%), infrastructure jobs program (71%), debt free college at all public universities (71%), new green deal, millions of clean energy jobs (70%), disclosure of

corporate spending on politics/ lobbying (91%), public campaign funding (68%).

Obviously, there is more than enough support for all these proposals. Were they rejected because they were unrealistic and unaffordable? Many would claim so, but we only need to look at most of the other developed countries, that are not as wealthy as we are, to see the fallacy of this. There are several reasons we have not pursued these proposals: they are either too costly or not profitable enough for the wealthy, and they diminish the power of the wealthy to control the distribution of valuable assets. One thing is for certain: our interests were not considered.

By Emily Browne

In February the gallery features two artists who use light, shape and color to express movement and emotions. The exhibit showcases paintings by Allison Crain Trundle and stone sculptures by Jon Schmidt.

Allison Trundle is a Vashon Island painter. Her work is the result of being and painting outside most of the time, plus interaction with those around her. Neighbors popping in and discussing in-progress work and family challenging her to push boundaries help move the artwork forward. "My eleven-year-old son has one of the best eyes for art I know, and he's keeping me on my toes working towards less predictable mark-making and fresh paint. My daughter and husband provide me with insight, patience and support along with all the others in my community."

The relationship between people and nature is especially present in this body of work. "In this show, I am exploring issues regarding our immersion (and separation) in the natural world," she says. "Design and

February in the Gallery

Allison Crain Trundle and Jon Schmidt



"Missing", Jon Schmidt,
Fossilized coral

the viewer's response to design elements in the paintings are a key element to my work." Animal prints and cell/nature patterns represent our wildness and a machine-made line is used to evoke a sense of modernity or duplication.

Jon Schmidt is a sculptor based in Everett. The sculptures in this show are created from a variety of stones. "I am drawn to interesting stone, which in turn inspires to some degree

the creative process," says Schmidt. The type of stone used influences the form of the finished sculpture. This show includes sculptures carved from fossilized coral from Australia, Aphrodite marble from Alaska containing large clam shells, and blue alabaster from the Netherlands.

Classically trained in sculpture, Schmidt's work ranges from literal representations of the human form, to completely abstracted shapes that evoke the feeling of movement through the curves and form. "Many of my later abstract works have become somewhat figurative although that was not my intention for the carving," he says. "I enjoy the freedom of allowing the stone and my feelings to guide me as I work."

February in the Gallery
Allison Crain Trundle and
Jon Schmidt

February 5-25
Opening Reception Friday,
February 5, 6-9 pm

Music by: Richard Person,
horns; Tom Wilkins, piano; and
Stephen Meyer, bass

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Maybe these proposals are too ambitious for us? If President Kennedy said that we should put a man in orbit for a week in ten years, instead of landing on the moon, that would be all that we would have accomplished. Accomplishing all of these proposals will take time, but if we don't declare these as our goals, they won't happen.

So, we need to see that the Sanders' candidacy is about the transfer of power back to the average citizen. With that transfer, we are free to pursue the proposals that are clearly popular among the rank and file of both parties.

Comments?
terry@vashonloop.com



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OneNiteStand & The Sirens



OneNiteStand is gaining ground with more rocking tunes and incredible vocals by Terri Cole - 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. Terri's voice certainly fits the bill of a powerful entertainer and vocalist! You'll be saying "Oh yeah!" when you hear them! Can Blues/rock be this much fun? It is for the players and it will be for you when you join this band of musicians who will be playing the Red Bike on February 5, 2016.

They've all got blues chops, from growling it to flat-out rockin'. And wait 'til you hear Terri! She has pipes like nobody's business. 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. The all-island players present a nice mix of talent:

- Luke's guitar screams the blues like a down-hearted frail and goes raw at just the right

times. And when he sings, he knows most of the words too. Amazing!

- Our horn section of Slab and Adrian will pump out harmonies, solos and general foolishness if prompted.

- Gib, well, has that strong backbeat that keeps things smoking as he's laying down the beat.

- Percussionist Fletcher creates those additional rhythmic pulsations that enhances Gib's driving sounds

- Ainslie lays down our bottom end with enthusiasm and oomph!

- Terri will blow you away with the power and clarity of her great voice!

You'll love OneNiteStand and you won't forgive yourself if you miss this. February 5th, 2016 starting at 8:30pm. See you there!

This is a free cover all-ages show 'til 11pm, then 21+ after that.

Friday, February 5, 8:30pm
At the Red Bicycle,
17618 Vashon Hwy SW
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www.redbicyclebistro.com

Bill Brown & The Kingbees

Join Bill Brown & The Kingbees for a fun night of music.

Steve Minzel, 35 years behind the keyboard, has played all over the Pacific Northwest. Leslie Shelton, 40 years on bass guitar and a vocalist in the band who has written and recorded an album and back in the day toured with Bo Diddly and from 1990 to 2000 played with Bill Brown and the Kingbees. He currently performs about 40 weekends a year with his own group, The Tonze. Everybody loves his spirit, playing and vocals! Tony Handy not only has been playing with Bill for a decade, he also has his own jazz group, HD fusion. They play at Emerald Queen Casino, and many other big venues in the Pacific Northwest. John Gaborit is often likened to Eric



Clapton, in his finesse and style. He is known for mesmerizing crowds! He's been playing with Bill for two decades.

Bill Brown, lead vocals and harmonica. Folks love his spirit on stage and his ability to connect with them. He also has a knack for attracting top notch

players!

This is an all-ages free event until 11pm, then it will be 21+ after that.

Friday, February 12, 8:30pm
At the Red Bicycle,
17618 Vashon Hwy SW
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www.redbicyclebistro.com

The 2nd Annual UMO Circus Spectacular!

The UMO Circus Spectacular will be full of spectacular fun: performances by UMO School students, the UMO Ensemble, our good friends Acrobatic Conundrum, and fabulously quirky music from Miles and Karina.

In true midway fashion, kids will be able to play the hat toss for prizes - and try out some circus fun with UMO instructors on our tumble trak and balance beam!

The evening will unfold with fun for all ages, kids and grown-ups alike. From 6pm to 7pm the Circus Midway will be open for play - with snacks and beverages available for purchase - as Miles & Karina serenade the crowd, and everyone has a chance to buy RAFFLE tickets.

At 7pm, fabulous performances will begin, followed by a chance to support the work of UMO, a Dessert Dash at 8pm and Raffle Drawing!

All proceeds from the evening will support the UMO School of Physical Arts - including purchasing equipment for our new Parkour course, scholarships, and additional classes.

UMO students have the chance to learn extraordinary skills at the



School. One longtime student says: "I don't want to do anything where you win or lose in public. Aerial and circus gives me a chance to pursue a challenging sport AND a form of expression in one activity. I don't have to beat anyone in order to perform - the more the merrier. And I can go as high as I want to go."

The evening will also benefit the artistic work of UMO Ensemble, including future performances of the acclaimed FAIL BETTER:

Beckett Moves UMO - which recently won its second Footlight Award from the Seattle Times.

The artists of the Circus Spectacular are just that - spectacular. UMO advanced aerial students have been studying for over 7 years and are truly glorious to watch.

Acrobatic Conundrum, Seattle's premier contemporary circus arts company, creates ensemble-based performances that engage and amaze audiences with virtuosic circus skill, dance and physical theater. <http://www.acrobaticconundrum.com/>

Miles and Karina are a delightfully quirky musical duo, whose most recent work includes composing silent film scores for the Seattle International Film Festival and more. <http://www.milesandkarina.com/Home.html>

And the UMO Ensemble artists will pull tricks both old and new out of their deep, bold sleeves of physical, outlandish art.

Saturday, February 6th; Doors open at 6pm. Open Space for Arts & Community, 18870 103rd Ave SW, Vashon

Tickets are \$25 for Adults, \$10 for youth, and \$50 for a family (including up to 2 adults and up to 3 kids). Tickets are available at <http://circusspectacular.brownpapertickets.com> and at the Door.



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Maggie Laird

Maggie Laird and her band perform an all-original set at the Red Bike, including the songs from her new CD release, *One More Manhattan*. Recorded last June in Nashville, this set was first performed to a standing-room-only crowd at Maggie's album release party at the Skylark Café in Seattle. The music displays her roots in rock, pop, cabaret and the theatre while always having the spirit of jazz. -Scott Janow, author of "The Jazz Singers." Familiar to Vashon audiences as vocalist for Island Jazz Quintet and the Portage Fill, Maggie has done extensive recording with other groups, while *One More Manhattan* is her first solo project.



Songs of orphans, prostitutes, murderers and lovers: for the opening set, Maggie interprets the music of Kurt Weill with her sultry style and theatrical flair. This show was first performed at the Full House Cabaret series in Philadelphia, and later at Kenyon Hall in Seattle, and in 2012 had a sold-out performance at Vashon Allied Arts. Enjoy Weill favorites such as *Mack the Knife* and *September Song*, as well as some lesser known works including songs in French and German. Come to the cabaret!

Maggie Laird is one of the most talented cabaret performers Philadelphia has been lucky enough to see in recent years. With her impeccable musical abilities and uniquely quirky presence, she fills the stage with humor, drama, and magic. There couldn't be a better

combination than Laird and Kurt Weill, and she understands the work-its humor, its pathos, and its pure musical magic-better than any performer I've seen.

-Rich Rubin, Full House Cabaret Series

All-age's 'till 11pm, 21+ after that
Free cover!

Friday, February 19, 8:30pm
At the Red Bicycle
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Classical Concert Series Beethoven Sonatas



Angelo Rondello is a powerfully expressive pianist whose career has brought him across the United States and the globe, playing locally with Bainbridge Symphony and Lake Union Civic Orchestra. Brittany Boulding has appeared as a soloist with the Northwest Sinfonietta, Auburn Symphony Orchestra, Pacific Northwest Ballet Orchestra and internationally.

Together these two outstanding musicians embark on an exciting journey of Beethoven sonatas, beginning with the splendid *Spring* sonata and ending with the captivating *Kreutzer*.

Classical Concert Series, Beethoven Sonatas
Sunday, February 7, 4 pm, Vashon Allied Arts
\$20 Member, \$22 Senior, \$24 General, \$5 Student
Tickets: VAA, VashonAlliedArts.org

Pearl Django



Pearl Django, one of the most highly regarded Hot Club style groups working today, returns to the Blue Heron stage in February. The internationally known ensemble, and enduring Island favorite, continues performing as they have for more than two decades.

Although the band's roots are firmly in the gypsy jazz genre made famous by Django Reinhardt and Stephan Grappelli, their extensive repertoire includes traditional jazz classics and original compositions.

Jazz Series
Pearl Django
Saturday, February 6, 7:30 pm
Vashon Allied Arts
\$16 Member/Student, \$18 Senior,
\$20 General
Tickets: VAA, VashonAlliedArts.org

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Deadline for the next
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