

David Orton Photography in January show at Cafe Luna Page 18



Music: Eggleston,
DeMarco, and
Brazen
Intellectuals
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THE VASHON COP

Vol. 2 #25

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM

December 21, 2005



The Kiwanis' Annual Christmas Dinner on December 11 had a big turnout as usual. Diners were entertained by the Vashon Youth Chorus singing Christmas songs.



Disaster Prep Loses \$35,000

Sims veto wipes out budget

On Friday, December 16, King County Executive Ron Sims made a partial veto of the 2005 Fourth Quarter Supplemental Budget, including \$35,000 for Vashon Disaster Preparedness.

Vashon Disaster Preparedness President Rick Wallace said, "The phone lines to Ron Sims' office are burning from all the folks who have been hit by this."

"Don't bother contacting Dow Constantine's office. The various Council members, including Dow and his staff, are studying the legal protocols to see what their options are. No decision has been made yet, but it would not surprise me at all if there was an override vote. However, this just happened a few hours ago and they need to study how to go about reversing the veto. Calls to Dow and Sharon Nelson will be a distraction. They are already on the case."

The \$35,000 item would have supported disaster preparedness on Vashon Island. Perhaps this escaped the County Executive's





Students pictured from left to right are: (standing) Natalie Vandevanter, Corinne Blair, Joshua Davis, (back row) Aubrey Kraabel, Eva Cyra, Meg Sullivan, (front row) Forrest Miller, Sinath Hurd, Gennevieve Rauma, Lily herrington.

French Feast at Chautauqua

Chautauqua Elementary School multi-age students invited friends and family to a French Feast on December 9. Students studied French language, geography, music, art, and etiquette as a precursor to the event. Guests dined on savory French cuisine ranging from bouillabaisse to quiche while students entertained with poetry readings and music.

Opportunity Knocks for Island Teens

Over 20 Island teens are closer to achieving their dreams, thanks to funding and encouragement this spring and fall from Development of Island Teens (DOIT).

Opportunity Knocks is a DOIT project which offers small grants to island teens to pursue creative projects of their own choosing. They range from business ventures to artistic endeavors to deepening their passions for knowledge, experience, and for pursuits already in progress.

This year, Island teens presented DOIT with over 25 proposals. "We were struck with the level of thought and creativity of the applications," said Maryam Steffen, a member of DOIT's Opportunity Knocks committee. "This reminded me yet again, Vashon Island has some

Continued on page 9

Loose Change Plays Last Gig

(Of 2005)

And it promises to be the party of the year. The Vashon Sportsmen's Club has teamed up with Vashon's favorite R&B dance band to co-sponsor a New Year's Eve party that will rock the moose heads and stuffed bass until the wee hours. Members and volunteers will be serving hors d'oeuvres (and we're not talking chips and salsa here), grilled oysters on the half shell, mixers for the BYOB bar,

champagne, party gear, and the everpopular Midnight Balloon Drop.

Loose Change knows how to entertain a crowd with its big, showy 10-piece band that features some of the most talented musicians and singers in the Northwest. Frontman and lead singer Troy Kindred







Santa Claus

How I Became Santa Claus

George and Sandy Eustice are the best neighbors anyone could have. George always has a good word and a helping hand. It only follows that these days he's Santa Claus, a role he obviously loves.

How did he become Santa Claus? "Well, I had some time on my hands."

George worked as a Teamster until September 1, 1997. That was the day he was burning brush on the side hill behind his house. While walking with an open cottage cheese container of gasoline in his hand, he says, "I slipped and fell and the gasoline sprayed all over me and went POOF! All I could see was fire. I rolled down the hill to get away from the fire, pulled my shirt off, and it disintegrated as it came over my head, then I put dirt and leaves on my pants to smother the fire. Then I walked back up to the house and told Sandy to call 911. Then I sat down on front stairs and waited for the aid car."

Continued on page 2

In This Issue: Paris Hilton's soul; Bird Count; Gluten-free chocolate cake; apples; labyrinth walks, AND MORE!!!

Get in The Loop

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in an emergency. Cut out this card for your bulletin board, refrigerator, or wallet and

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ISLAND CHANNEL

Citizen's Band - Channel 2 Marine VHF - Channel 71

FRS/GMRS - Channel 2

462,5875 MHz - turn Privacy Codes OFF) Are your batteries fully charged?

to 1 - Using an PRS-GMRS radio on the GMRS char uloss an POC license.

Christmas Services

Bethel Evangelical Free Church

Sunday, 12/25 Christmas Day Service

Church of Jesus Christ of the **Latter Day Saints**

Sunday, 12/25 Service at 9:15 a.m. Tuesday, 12/27

Sing-along Messiah at 7 p.m. **Episcopal Church of the Holy Spirit**

Saturday, 12/24 7 p.m. Family Christmas Pageant and **Holy Eucharist**

11 p.m. Traditional service with Holy Eucharist

Sunday, 12/25 Holy Eucharist 10 a.m. Wednesday, 12/28 Holy Innocents Public Service of Healing 7:30 p.m.

Recognizing that the holidays are often a time of pain, loss, and myriad hurts for many, this is a place where people can acknowledge brokenness and not have to put on a face of false celebration. All are welcome, regardless of spiritual inclination.

> Saturday, 12/31 New Year's Eve Labyrinth Walk for Peace, 7-9 p.m. Friday, 1/6 Epiphany Evensong, 7:30

St John Vianney Catholic Church Saturday, 12/24 Christmas Carols at 9:30; Christmas Mass at 10:00 p.m.

Sunday, 12/25 Mass at 10:00 a.m. Masses will be celebrated on the

regular schedule on New Year's weekend. **Vashon Island Community Church** Saturday, 12/24 Candlelight Service

Sunday, 12/25 Christmas Service 10:00 a.m. (no Sunday School) Children's Church during the service for preschool - 3rd grade Sunday, 1/1 New Years Day Service 10:00 a.m. (no Sunday School) (Children's Church during the service

for preschool - 3rd grade) **Vashon United Methodist Church** Thursday, 12/22

Blue Christmas Service at 7:00 p.m. A special service for those and their loved ones who may be blue this Christmas season because their lives have been touched by illness, death or sadness.

Saturday, 12/24

5 p.m. Family Christmas Eve Service 11 p.m. Christmas Eve Candlelight

Sunday, 12/25

10:30 a.m. Christmas Day Worship

Vashon Presbyterian Church

Saturday, 12/24 Family Lessons and Carols Service at 5:30 p.m. Sunday, 12/25 Christmas Morning Service at 10:00 a.m.

Chanukah Potluck On New Year's Eve

The Vashon Havurah invites the Vashon community to a Potluck and Party on New Year's Eve beginning at 3 p.m. Besides food and good company, there will be a lighting of the menorah, plus a special program for children.

Dear God: Why do humans smell the flowers, but seldom, if ever, smell one another? Love, The Dogs

Two Labyrinth Walks

The Episcopal Church of the Holy Spirit invites the Vashon community to a Winter Solstice walk by candlelight on Wednesday, **December 21** from 6 to 8 p.m.

Circle of Sound will play as part of a Global Harmonization ceremony. Sets of crystal bowls will be played at sites all over the world with the musicians prayerfully



sending out the intentions of Harmony Acceptance, Unity and Joy among beings on earth. All are welcome to join the walk

without regard to faith or spiritual background. The labyrinth is located at the north end of the church grounds at 15420 Vashon Highway SW.

Walk for Peace

A second labyrinth walk, the annual Walk for Peace, will be held on New Year's Eve between 7 and 9 p.m.

For more information on either walk, contact Betty Hawkins at 463-5062.

Radio Club **Holiday Potluck**

The Vashon-Maury Island Radio Club will meet on Tuesday, December 27, beginning at 7:00 p.m. at the Presbyterian Church.

The white elephant book exchange was a hit last year, so we will try that again. If you want to participate, the only rule is that participants must provide a wrapped book that they themselves would actually enjoy reading, and it needs to relate in some way to amateur radio.

Please bring a favorite holiday food item, hot dish, dessert, or snack, as well as your own utensils, plate, and cup. Spouse/partner and family members are welcome! The food is always excellent, the programs are stimulating, and the book exchange should be a lot of fun. For more information, please call Ward NOAX at 463-9173.

Pictured from left to right: (back row) Ian Home Chautauqua Vice Principal, Greg Allison McMurray Principal, Melvin Cooley Vashon High Asst. Principal, (front row) Amy Eveskcige Chautauqua Principal, Susan Hanson Vashon High Principal, Stephanie Spencer Curriculum

How I Became Santa Claus

Continued from page 1

"They put me on the stretcher, and into the ambulance and that's the last thing I remember for five and a half weeks."

"After three months in the hospital I came home. I couldn't rotate my hand anymore, so I was classified disabled, and retired. One day I turned on TV, and saw a request for volunteer Santas to raise money for the Juvenile Diabetes Foundation. I called them, told them I was mildly handicapped and recovering from burns, but could still hold a kid on my lap and be Santa. That's how it began."

"This is my eighth year. The first seven years everything I earned went to the Juvenile Diabetes Foundation. This year everything I earn is going to Vashon Senior Services. They had a budget shortfall, and I'm on their Board."

"I truly enjoy it. Every year there are moments that really highlight your holiday season. I go basically all over Western Washington as well as Vashon. I stay pretty busy in December. Naturally weekends are my busiest time. I always leave the house dressed as Santa and return that way. I always go up on the boat and greet kids and pass out candy canes if I have them."

"I do a couple of other things. I've talked to school kids about fire safety. I'm the "don't do what I did" guy. Every year I return to the Burn Center at Harborview where they helped me so much, go around and pass out gifts to patients there. I do one performance for K2 that benefits the ski school and I work with the ski school after Christmas; and I do the town Santa Claus for the business community. I do private parties, nursing homes, day cares, any other little function.'

"I shave off the beard on the afternoon of December 24 for Sandy's benefit 'cause she doesn't like it, keep it off for three months or so, then start it growing again for next Christmas. I couldn't do it without Sandy. She answers the phone, does scheduling, keeps me on schedule, everything."

"I'm considered disabled, but none of it shows in the suit. I love it and fortunately can afford to donate my time and travel expenses. I don't usually see the money; it goes directly to Senior Services. It's a fun way to spend time in December. Even the homeless guys, people holding signs at the side of the street, smile when they see me drive by."

"What more could I ask for?" To book Santa Claus for your event, call (206) 567-4064 and talk to Sandy. com

Audobon Christmas Bird Count Needs You!

This year's Christmas Bird Count actually takes place on New Year's Day. We invite anyone interested in birds to take part, no experience necessary. Observers are helping in two ways: 1.) Join one of the groups counting local parks and other hotspots; 2.) Take note of the birds in your own yard and then pass on the numbers to the count compiler. You can spend



an hour or up to the whole day on the count. Contact Sue Trevathan at 463-1484 or sue.trevathan@centurytel.net if you would like to be part of the Christmas Bird Count. You can also help by reporting any owl sightings or calls heard in the last two weeks of December so that we can stop by and hear or see them the night of the count.

League of Women Voters To View UN Peacekeeping Video

The League of Women Voters will show a videotape entitled *United Nations* — *Peacekeeping* at their monthly meeting to be held on **Thursday**, December 15, at 2:30 p.m. in the Vashon Library meeting room. The community is invited to attend.

The League of Women Voters, a nonpartisan political organization, encourages the informed and active participation of citizens in government, works to increase understanding of major public policy issues and influences public policy through education and advocacy.

Educators Still Learning

By Mary Kay Rauma

Vashon Island School District (VISD) administrators attended a conference at the Shoreline Conference Center presented by the Association of Washington School Principals on December 7th. The conference focused on building a culture of collaboration within a school and district. The VISD administrative team is working to guide the District into becoming a professional learning community, based on authentic communication and trust, with the recognition that we are all learners, regardless of our role in the community.

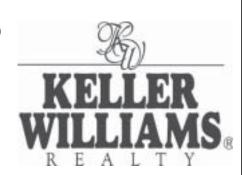






Troy and Marie Review 2005

Marie: Troy, has this been a great year, or what? It has been so much fun helping people buy and sell homes here on Vashon and points beyond. And it feels really good to be able to make significant contributions to Hurricane Katrina victims because of our commitment to donate 10% of our commissions on new listings to Keller Williams Cares. Just this week I sent a check for \$850.



Troy: Giving back is definitely what it's all about, and there sure is a big need. Our customers can feel good knowing that when they choose us to represent them in the sale of their home, they are helping their fellow Americans who are still struggling down there in the Gulf Region. People have also told me that they appreciate all the tips for homeowners that we've been sharing throughout the year. We should remind readers that if they've missed a Tips for Homeowners newsletter, back copies are available on our website, at www.kwvashon.com. And people can ask to have each current issue sent via email so they don't miss one.

Marie: We'll gladly take suggestions for future topics to cover. Several readers have asked us to explain homeowner's insurance, so we'll definitely do that. It seems to be a subject on everyone's mind after Katrina. We'll also be covering roofs...

Troy: That might be over my head.

Marie: Very funny. We'll basically be continuing to write about topics that have to do with buying or selling real estate and with home maintenance and remodeling. There is plenty of information to share!

Troy: I'm also really happy about the excellent customer reviews we've been getting.

Marie: This is one of the best things about working as a team. There is always someone available to answer questions and to take care of business. And people should know that we've added a third person to Home Team Realty - my smart and talented daughter Sarah Browne, who recently passed her real estate exam. So now we have three people on our team who can help our clients.

Troy: That's right. I don't know why real estate business should be done in any other way. It only makes sense that a client will get better service from an agent who works as part of a team.

Marie: Definitely. Here's to another year of great service and making sure every client has a fantastic experience working with us.

Troy: If you are thinking of buying or selling, give us a call at (206) 463-LIST. We'd love to add you to our list of happy clients.

Happy New Year from Home Team Realty!

Come celebrate with us on New Year's Eve at the Vashon Sportsmen's Club!

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The Vashon Loop, p. 4 December 21, 05

LoOp-Ed

My Radical Politics

By Mark Goldman

I read articles all the time where journalists refer to people as "left wingers" and sometimes I get email from folks who call me "radical." If it weren't so ridiculous it would be humorous. I wish someone would explain to me what I say that makes me a radical.

I think what makes me seem radical is that so many other people uninformed, irresponsible, or unconscious. I've never suggested anything other than that the rule of law ought to prevail in the United States of America; that politicians ought to be removed from office if they lie, cheat, kill people unnecessarily, or otherwise engage in levels of hypocrisy that would make any honest person puke.

I know people who think of themselves as progressive, who call me radical. Why? Is it because I think Bush and others ought to be impeached for impeachable crimes? Am I a liberal because I think public funds ought to be used for the public good? What exactly does it mean to be a conservative then? That you will protect and defend criminal behavior if it benefits you personally? It seems to me that it is actual behavior that defines the term. Conservative members of Congress trashed their own rules in order to get legislation passed. In other words they cheated to get it passed. Is that what conservatism is? Cheating to win? It's well documented that cheating was widespread in the last two presidential races. How many people have been prosecuted for their illegal acts?

What makes me radical apparently is that I am willing to say the obvious. I'm certainly not alone. Isn't that one of the blessings of freedom? To be able to share your observations without fear? By the way, I think Bill Clinton should have been impeached, too. I'm not so sure that having sex with an

Disaster Prep Loses \$35K

Continued from page 1

attention because the item was included among many others in the category of Human Services for Non-Governmental Agencies.

Money for disaster preparedness on Vashon is not a "pet project" as some news accounts have described the items in the supplemental budget. This veto has cut a number of incredibly important elements of the Vashon disaster preparedness plan. The list includes: Equipment for neighborhood emergency command centers and support centers (LACCs); 300 shelter cots and care kits for helping people left homeless by a disaster; emergency medical supplies that would be needed to care for the injured; essential ingredients of an Emergency Broadcasting System to be operated by the Voice of Vashon radio station.

Letters to the Editor: editor@vashonloop.com

intern in the oval office was, in and of itself, an impeachable offense. Perhaps it was. It sure ended up hurting our country. But carrying out the sanctions in Iraq long enough to result in the deaths of over half a million Iraqi children...that was a terrible crime. That was an impeachable offense. That offense among a number of others is what brought down the twin towers. But the Bush administration has taken impeachable offenses to a new level. The damage done will not be found just by counting the number of

You are afraid of the truth, so you make up labels.

You are afraid of truth...because if you were willing to acknowledge the truth you would have to do unpleasant, dangerous, or uncomfortable things to help clean up the mess.

You are afraid other people will judge you.

You are afraid of losing your job. You are unable to be who you are...afraid to be what you always hoped you would be for no other reason other than...you are afraid.

I'm not saying your fears are unjustified. The more people that are afraid, the more dangerous courage becomes...the more radical the truth becomes. But for it to be radical to simply be a vocal, honest, decent human being...that's not good. We can do better than that. We should try to do better than that. Do you understand? I love you. That's my politics. You probably won't hear from me as often as you're used to. I've got to go back to work now. I know you'll understand. Thank you for allowing me into your life.

Mark A. Goldman is a financial planner on Vashon Island and his latest book of political commentaries, now available as an e-book, is called, Broke and Broken: How We're Failing and How to Turn Things Around. The book is available at www.gpln.com or call Mark at (206) 463-2019.

This small amount of money, a tiny percentage of the funds vetoed, would make an enormous difference to the Vashon community and will be desperately needed in the event of a disaster.

What can you do?

"Call the County Executive's and express disappointment with this decision. That's 206-296-4040. If you prefer email instead: ron.sims@metrokc.gov.," says Rick Wallace, President of Vashon Disaster Preparedness. യയയ

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The Kneejerk Conservative

About 35 years ago the newlyinstalled president of the university I had just entered suggested that liberal and conservative had lost their descriptive function, indeed that they had become nothing more than baseball bats to clobber an opponent with. I don't think the situation has improved much.

Don't know much about Anne Coulter, Bill O'Reilly or Rush Limbaugh—but I do know that I tend in the conservative direction (Where are the Everly Brothers when I need them?). Perhaps this column will shed more light than heat, perhaps not. Perhaps I'll just put a lot of backs up and raise a lot of hackles and dirty looks in the Thriftway line.

This is *A* conservative viewpoint not *THE* conservative viewpoint it is not monolithic anymore than the other end of the spectrum tends to be. Nor is it going to be any more

consistent than any other human being. I'll certainly strive to get my facts straight and keep my emotions under control and my tongue civil. If you don't agree with me I hope you will at least have some understanding of why I hold a position and will do me the courtesy of examining the underpinnings for it before blasting away. I will make a valiant attempt to do the same.

So my family and I are going to have a Merry Christmas—may you have a lovely version of whatever holiday you celebrate this time of Email ham2hand@yahoo.com.

We are pleased to introduce Fran Gordon's column this issue. The editor believes that this is a small couple of islands, that we are all in this together, and we need to talk to and listen to each other. Fran has graciously agreed to provide The Loop with a more conservative viewpoint, and we appreciate her for doing that. - mlt

Loop Letters

Dear Vashon Neighbors With **Holiday Lights:**

You know who you are. I meant to send this letter last year, but time got away from me. I don't want another year to pass without saying, "Thank you!" to all of you out there who spent time, effort, and, of course, more on your electric bill to share light in the winter darkness with the rest of us. At this time of year, I revel in the overabundance: the lawns filled with every symbol that might even possibly be a part of the season, the roofs covered with multiple Santas, the glowing red heart on The Little House, Rudolph's red nose on the reindeer pond. I look uplifted; I am grateful.

Debbie Butler

Lee Ockinga of the Chamber of Commerce shared this email exchange:

From: LISA SMITH

To: lee@vashonchamber.com Subject: The Red Ranger Came Calling

We read The Red Ranger Came Calling and we would like to know if the story is real or not. We wondered if we came to Vashon Island could we see the bike stuck in the tree? Did Saunder Clos really live in the lighthouse on Piont Robinson about to die becuase no on believed in Santa? Please reply to us and let us know. We are 3E from Stephen C. Foster in Dallas, Texas.

We look forward to hearing from you, thank you for your time.

Regards, Lisa Smith and the students from 3E

Dear Lisa and Students,

Yes, there really is a bike in the To see it email pfortner@centurytel.net. Ray has taken some good pictures of it. Pt Robinson lighthouse is still around. Anyone can stay in it now, it is a bed and breakfast run by the Park District. The Aunt Vi in the story is Vi Biel, she owns the Country Store and Gardens. Yes the story is real, these places and people are/were really here. We are an Island that strongly believes in Santa, we don't at all that light and color and am want to make the same mistake again!

> Lee Ockinga Dear Lee,

Thank you so much for responding, my whole class is so very excited about hearing from you. The population at our school is pretty low income and the kids do not get to take a lot of vacations, I hope this experience has made the map of the US a little more meaningful to them. It was great to hear from you and I would love to take my own children to stay in the light house and see the "tweed bike" one day when they are a little older. How lucky you are to live in such a unique little corner of the world.

Thank you again, Lisa Smith





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Kitty Boy Needs a Home

Kitty Boy was abandoned by his family in the middle of winter. I lured him in so I could take him to VIPP. It took several weeks just to get him to venture inside because he had been so traumatized by being abandoned and homeless. VIPP arranged to have him neutered and while at the vet he was found to have feline AIDS. This meant it would be difficult to get him adopted. He was still very frightened, and it seemed very cruel to confine him to a cage while he waited for someone to adopt him so instead I brought him back to my greenhouse/garden room. It took yet more weeks before he would venture out and allow me to pet him and he gradually ventured to sitting on my lap. He is much less afraid but still hides when other people join me in the greenhouse. He is healthy and sweet, showing no sign of any AIDS symptoms but he cannot be outside as he might transmit the disease to other cats. I cannot keep him in my house as I have two other cats who come and go through a cat door.

The greenhouse makes for a very lonely existence for Kitty Boy. It is too stuffy in the summer and too cold in the winter. He needs a home and companionship. With winter approaching he should have a warm home with room to move around. Isn't there someone willing to have a loving indoor cat? Call Jeanne Shull, 567-4539.

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PANDORA'S BOX

Well, another year bites the dust. How'd those New Year's resolutions work out for you? 2006 will be the year of the superhappy pet. Come see us and find out how. Happy holidays to you all, and thanks for your support. It is truly appreciated.

Horus' Pick of the Week: Yogurt-dipped designer Christmas cookies for your dog. He's been busy licking them.

> 463-3401 \$5. nail trimming with no appointment.

\$5. nail trimming with no appointment.

17321 Vashon Hwy. Big Red Building w/Animal Stuff on the porch

When Giving Up Your Cat is the Only Way

By Jeff Hawley

Has it become necessary to relinquish your cat? Doing so may be one of the toughest decisions a pet-owner must make. Rest assured you are not alone, and Vashon Island Pet Protectors is here to help. VIPP is ready to take loving charge of your cat, and the following tips are designed so that you will be ready, too.

Notify VIPP in advance and make an appointment to relinquish the cat. Call 206-389-1085 or email us at Info@vipp.org. We are always willing to accommodate your schedule, as we know that the moment of relinquishment is a sensitive one for both you and your cat. Let us help you make it as easy as possible.



Waiting for a home

Please do not bring the cat to one of our "Adopt-A-Cat" days at Pandora's Box without first making an appointment. Our volunteers on these days have their hands full running the adoption program and may not be able to process unexpected incoming animals.

If possible, please have a veterinarian bring the cat up to date on all shots and tests, before relinquishing it to VIPP. Cats go to new homes only when they have been spayed or neutered, are current on FVRCP vaccination, and tested for FIV and FELV. If your cat is already current, so much the better! And, if you do visit the vet, be sure to get a copy of the animal's medical records to take with you.

If available, give VIPP any and all medical records. Records will speed our ability to find a new and loving home for your cat.

Consider a donation to VIPP! While there is no cost to relinquish your cat to VIPP, donations help us to continue providing services to the community. Remember that donations are tax-deductible charitable contributions, but even more importantly, remember that VIPP relies on the generosity of the

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community. All funds go toward the cost of housing, feeding, and meeting the medical needs of the animals in our care. We can't do it without you! Our mailing address is P.O. Box 245, Vashon, WA 98070. Thank you.



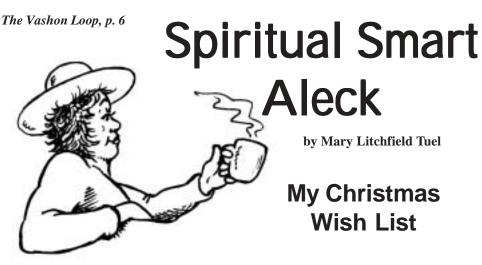
Catherine's kitty at home

Human brain cells working in mice

-- headline in Seattle Times December 13, 2005

It's a start. Maybe science can figure out how to make them work in humans.





Comes the turning of the seasons, the shortest days of the year, the official arrival of winter, although we've had winter weather for lo, these many weeks.

We Christians welcome the coming of the light in the birth of Jesus; Jews observe the Festival of Lights, Chanukah, a remembrance of light that did not fail; African Americans honor their culture, heritage, and values in the week of Kwanzaa; and you pagans will be out there dancing around the solstice bonfire tonight. Blessed be, you all.

At this coldest, darkest time of the year in the northern hemisphere we respond by speaking of and singing about and celebrating the light. We remember that Spring is right around the corner, even if it's a mean corner called January and February.

Those of us on the Gregorian calendar look back over the year past, and think about who we lost, how we were blessed, what we learned, what we all went through time being. Don't give me any thing

together. Most of us will remember 2005 a year disasters. It leaves one's senses almost numb with the overwhelming fact of how many lives were randomly destroyed uprooted this year by tsunami, hurricane, earthquake, and war.

Meanwhile, millions Americans live in poverty, go hungry and homeless, and can't afford medical

I'm feeling this cranky Christmas season. I'm tired of people about whining political correctness,

when what really bothers them is for Christmas. I have too many that they aren't allowed to be smug, entitled bigots anymore. I'm tired of hearing people say, "Support the troops!" when what they mean is, "Don't question, don't think, I'm scared, you be scared, too."

So here's my Christmas wish list: I want the war to end; I want our country to get off the oil teat and develop fuel sources based on things like corn, canola, soy beans, and hemp; I want national health care for everyone; I agree with Norm

Stamper that all drugs should be legal, that we should be making the black market in drugs into legitimate business (as in the sale of alcohol and tobacco) and start to make money, instead of spend it, on people's drug use. How can a country as moneycrazy as this one blow money opportunities like alternative fuels and drugs?

I want this wealthy country to stop letting people die for the sin of not being wealthy. I want everyone to have food to eat, and a home to live in, and clothes to wear. Why doesn't every American have food, shelter, and clothing? I want everyone to be able to go to the doctor if they need to. Why are so many of us "health insurance poor," or without health insurance? I want the people who are running this country to do a better job of taking care of the people who pay the bills. That would be you and me, brothers and sisters. Can I get an amen?

OK, I guess I'm ranted out for the



things, and I'm trying to get rid of them.

For Christmas, please, feed someone who is hungry; give a coat to someone who is cold; write a letter to a service person to say thank you or thank a vet (and their families) face to face; give money to someone who is broke, and tell them to pay you back by giving money to someone else who needs it someday; give someone you love a poem or letter telling them how much you

love them and why, you know if (Someone appropriate, not, for example, some married person you've had your eye

> on. They have enough trouble). Give yourself the gift of acknowledging your own worth. Give each other real things from your hearts. That's what I want for Christmas.

Merry Christmas, or whatever you're celebrating. Here comes the Light.







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Don't Forget the Birds

By Ed Swan



Photo by Jim Rosso

Snowbirds

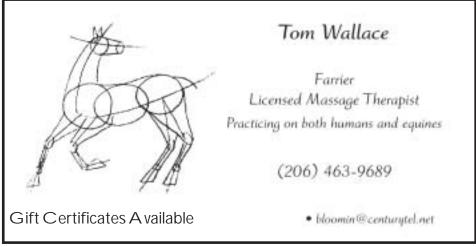
Snowy Owls invaded Western Washington over the last month, staging flights all along the coastline of the outer coast and Puget Sound. Seven major irruptions took place in Washington over the last 110 years according to the recently released Birds of Washington State. Echo flights, flights occurring the year immediately following an invasion, happened after three invasions. The invasions have been taking place about once a decade over the last fifty years. Ornithologists continue to argue inconclusively as to the cause for the Snowy Owl's southward range expansions in some years.



Snowy Owls in Western Washington usually visit areas along major river deltas and other farms/ open field areas near shorelines. They often perch on drift logs on the edges of meadows or within fields. They hunt both small mammals and birds. They take water birds such as grebes and ducks and land birds as large as Ring-necked Pheasants. On Vashon, the only definitive sighting is one in a field in the Colvos area back in the 1940's found by Rich Siegrist. An old Beachcomber article mentions one in the 1930's or 1940's but I have yet to read the article for details. The mostly likely places to look include KVI Beach, Pt. Robinson, Maury Island Regional Park, Manzanita, the little public access point at the end of Cross Landing Road off of Reddings Beach Road and Lisabeula. The fields above Lisabeula and the Colvos and Westside Highway areas create other possible locations. If anyone finds one first and shows it to me, I'll give them a free copy of my recently released Birds of Vashon Island book.

Sue Trevathan recently went on





checking out the driftwood at Pt. Robinson on December 6th, she discovered a Snow Bunting, a northern sparrow species. The old name for this species is the Snowflake. In breeding season their plumage becomes almost entirely white. In winter, the head and upper body appears as streaked golden brown and the breast and belly show all white. The outer wing feathers are black and the inner wing feathers are white.

Snow Buntings form large flocks of several hundred birds in the wheat stubble fields of Eastern Washington in winter. West of the Cascades they are rare, with single birds or small groups appearing along shorelines, like the Snowy Owl. Weed seeds seem to be the most common food item. Sometimes they apparently forage like sandpipers and eat small crustaceans or sand fleas. While Snow Buntings probably have visited Vashon before, Sue's sighting is the first recorded observation for the island. The bird represents the 240th species on the Vashon checklist.

If you see a Snowy Owl or other interesting bird, call me at 463-7976 or email at edswan@centurytel.net. To find out more about Vashon birds,



Photo by Jack Dowdy

my book The Birds of Vashon Island is still available at local stores or directly from me for a personally signed and delivered copy. Thanks to your interest, more than two-thirds of the printing has sold and I may be out of books by the end of January or February. A second printing is unlikely.

Join the Audobon Annual Bird Count! See pg.2 for details!



 $\omega\omega\omega$

a search for Snowy Owls and found Photo by Jack Dawdy a different snow bird instead. While Across 26. Compass point 54. Feign 57. Bullfight cheer 1. A spinning toy (2 wds.) 27. Acid 59. Fall mo. 5. Fence of bushes 30. Thousand (abbr.) 33. Scrambled food 10. Note___(plr.) 61. French city 14. Knife 35. Object 63. Not organic 15. Gods 37. Ballet manager 69. Preposition 16. Tortoise and the 70. Deck 42. Silent actor 17. Place 43. Gorilla 71. Mash 44. Defend 18. Zealot 72. Legal claim 19. Asian country 45. Innocently 73. Embankment 49. "First in, first out" 20. Lengthens 74. Women's magazine 22. Puffs 50. Hand tool 75. Peak 23. Last month of year 76. Sulk 51. Imbued 24. Compass point 77. Killed 53. Neither's partner 10. Day-time tv's Mr. **Down** 29. Prefix for half 48. Longed Donahue 1. Can 31. Asian nation 52. Shoveled 11. Baseball player 2. Grind 32. Made higher

54. Birds "thumb" Hank 34. Hook 55. Faultfinder 3. Fake butter 74 12. Haggard 36. Plateau 56. Indian pole 13. Pick up 38. Depend 58. Down duck 39. Stable gear 21. Understand 60. Sports

Solution on Page 17

7. Former magistrate of Venice

9. Time zone

4. Throb 5. Japanese brazier 6. Alter 22. Pleads 25. Spelling contest 8. Polish 27. Wilted

28. Uproar

40. Intelligence 41. Smell 46. Duces 47. Ailing

62. Not any

64. De __ (anew) 65. Brand of sandwich cookie 66. Void

67. Island 68. Chomp

70. Loose gown worn at mass

Island Life

Text & photos by Peter Ray

Thank You For Sharing

I originally had another title in mind for this pieceit was going to be called "Hit By a Truck" — but I thought better of it. The thing is, I only feel like I've recently been involved in a mishap of that order. The truth is — I just got sick. I really wasn't sure what was going to fill this space this

from wandering around, camera in hand and, uh oh, look at that, another Kodak moment (of sorts) that I just happened to be here for. While wandering tends to carry with it a somewhat care-free connotation, the only movement related stuff I've been involved with for the last four days has either been a slow shuffle around the house with great effort and some pain, or the back and forth, toss and turn between some rather bizarre fever dreams. Neither of these situations made for good photo-ops.

I have been staring at that first paragraph for the better part of two hours now, wondering where I will go next. Actually, that isn't true. I've wandered off to make tea, read articles about the swim coaching techniques of the late, great Doc Councilman and let the dogs in and out a number of times. Every time I came back I saw two quotes that have fairly recently gone up on the wall above the monitor. The first is from playwright Harold Pinter and his acceptance speech in being presented this year's Nobel Prize for literature. It is a long speech, but well worth looking up and reading. Only a fragment of it is quoted on my wall — a bit about a writer's life. A part of what Pinter had to say, which is glaring back at me, is this:

"...You are out on your own, out on a limb. You find no shelter, no protection — unless you lie politician..."

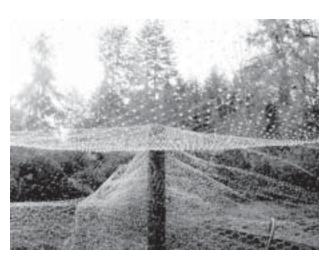
Heaven forbid. The other quote Martin Luther King, Jr. I'm not sure if it's from a longer speech or just a random quote, but what it says to me every time I look up is this:

"...Our lives begin to end the day we become silent about things that matter..."

These are the reasons I've been staring at that first paragraph all afternoon — I am putting myself out there, I do feel like crap, but does that really matter, and why should you care? One could answer with the words "chaos theory," for all the disruption and discomfort this diseased excursion has seen. A simpler explanation comes with two other words, "cause-effect."



time since inspiration usually comes We could get into other word combos like common courtesy or personal responsibility, but we wouldn't want to stretch things too far. At any rate, the long and short of this story is this: Wendy was teaching swimming lessons and a girl in the class started coughing. When Wendy grabbed her, thinking she was choking on water, the girl coughed in her face. When asked if she was having trouble because she'd swallowed water, the little girl replied, "No, I'm sick." Partly because she called in sick for the rest of the next week, Wendy's supervisor called the parents of the girl. It turned out that they had kept her out of school for the illness, but brought her to swimming lessons anyway. In the land of chaos, preventing a butterfly from flapping its wings may or may not help to avert a disaster half a world away, but keeping one's bugs at



in which case of course you have home to prevent a ripple elsewhere, it anything one wants. constructed your own protection no matter how large, doesn't seem and, it could be argued, become a like it should be a lot to ask of someone.

As it turned out, I did manage is a bit older and shorter. It is from to get two shots right before the big crash, both dealing with the idea of light. The first was in the front yard, where the new chicken house now sits, or stands, depending on your perspective. In following friends' advice, four lengths of deer fence were stitched together side by side and draped over poles in the enclosure ringed by chicken wire fencing. Overnight, the fencing collected moisture so that at each of the mesh's intersections there were uniform beads of dew. As the sun came around and struck it just right it appeared that a multitude of miniature colored Christmas lights had been carefully placed over the entire enclosure. While this didn't Charles N. Pete - Designs -

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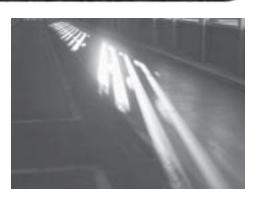


photograph very well, a shot from a different angle superimposed a silver-beaded grid over the surrounding area.

I almost walked by the second postcard. It was the glow pulsing from one of the bars of light streaming across the empty upper

car deck on the ferry that made me stop and go back. At the time, I really didn't question the narrow-barred format of the light, and in looking at it now I can't really explain it — this point and shoot moment just kind of came and went. In looking at it a little closer, I suppose one could get into all kinds of seasonal symbolism and rabid religiosity, but I won't. One can read into

The last photo came about because I chose to stay in the truck and not spread my good cheer through the food aisles while Wendy went in to shop. It was one those high pressure (meteorologically speaking) kind of Winter days with an abundance of sun and an absence of clouds. His St. Nickness had been standing there for quite a while, lashed to the flagpole kind of like, well, I guess the plastic Santa that he is — it was neither windy nor rainy enough to liken this scene to any tale of mariners, ancient or otherwise. The sky was deep blue, and Santa and most of Old Glory were screaming red, both vibrating at their respective ends complementary color scale of things. And there was also the scale of things and the starkness and it just



said...well, something about the holidays. One could say that maybe I wouldn't have been there at that moment and would have missed this magic altogether if I hadn't gotten sick and was forced to sit in the truck like a dog without a bone — that's not exactly true, I did have my camera. One could say that I should simply stop whining and take my flu medicine like a man. I did, and I am, and it doesn't seem to help very much.

Postcards this time -- #3 -- one or all available at one dollar each. Send inquiries to 10322 SW 165th St. Vashon Island, WA 98070.



Dear God: When we get to heaven, can we sit on your couch? Or is it still the same old story? love, The Dogs

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Downtown Vashon next to the Post Office



Photo by Jim Ranstrom

Youth Talk, Adults Listen

At November's Youth-Adult Dialogue on "Connection," one part of the evening involved teens talking among themselves about what helps them feel connected. Said one youth, "If this Island got rid of the drugs we'd be more connected to each other. You can't stay connected when you're connected to the drugs."

Other kids said racism, assumptions, technology, and insecurity sometimes got in the way of authentic connections with other youth and with adults.

Island Teens DOIT

Continued from page 1

amazingly talented young people. They show a sense of giving back to the community.

"We could write stories about each one of these kids!"

Among this year's recipients:

Benjamin Fulton is building a cobb (earthwork) studio with help from Sustainable Vashon.

Workshop" so that Chautauqua students can find presents for their families at a reasonable price.

Jordon Soltman will produce a computer film titled A Day in the Life of construction. McMurray Middle School for incoming students.

Shawnee Gable has been rescuing horses slaughterhouses, and will get special "Natural Horsemanship" training to make discarded horses' lives useful. grant cycle will most likely be in

Lora Reid is continuing her work spring, 2006. with 4H, training and equipping puppies who will become guide dogs.

Kevin Sudduth bought tools to develop his carpentry skills sufficiently to become independent builder.

Nicholas Wiesnet is exploring non-verbal storytelling using triptychs of black-and-white photographs.

Anna Gilbert and Nathan Gilmour are helping to upgrade the darkroom at Vashon High School, as they each pursue their interest in photography.

Jazmin Bailey will focus her talent in art by illustrating children's books and sewing.

Max Wigley is restoring a 1963

Alex Gustafson is taking a special course which will prepare him get his private pilot's license. (See his flight simulation demonstration and radio-controlled planes at the PTSA Science Fair.)

Zach Smith is restoring a 1984 El Camino.

Amber Guthrie is producing a scrapbook of her life.

McKenzie Bomber is pursuing Lara Yelken is creating a "Santa's her passion for horseback riding and equestrian history.

Ezra Blake and Nathan Combs are pursuing their interest in technology

Sam Waits is producing artwork using 3D animation.

Eric Richardson upgraded his from ability to blast music with a new amplifier.

The next Opportunity Knocks Watch your newspapers for notices.

Development of Island Teens (DOIT) is a nonprofit organization that supports and develops the unique potential and contributions of Island youth through funding of activities created by and for youth. It has received financial support from King County, Vashon Rotary, and many individuals on the Island. Year-end contributions from interested Islanders will be gratefully received at DOIT, P.O. Box 2278, Vashon Island, Washington 98070. Questions? Call Stephen Silha at (206) 567-4363.

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Dear God: We dogs can understand human verbal instructions, hand signals, whistles, horns, clickers, beepers, scent ID's, electromagnetic energy fields, and Frisbee flight paths. What do humans understand?

Love, The Dogs

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Vashon Loop Staff

Writers: Kathy Abascal, Deborah Anderson, Marie Browne, Eric Francis, Jeff Hoyt, Troy Kindred, Melissa McCann, Orca Annie, Rex Morris, Peter Ray, Jonathan Shipley, Ed Swan, Mary L. Tuel Guest writers: Devon Atkins, Rachel Bard, Marj Watkins

Photographers: T Kindred, P Ray

Original art, comics, cartoons: Richard Carson, Ed Frohning, Rick Tuel, Jeff Hawley

Ad sales and design: Troy Kindred and Marie Browne; ads@vashonloop.com; (206) 463-9207

Editor: Mary L. Tuel Publishers: Marie Browne and Troy Kindred

PO Box 253, Vashon, WA 98070 editor@vashonloop.com; (206) 463-3327

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The Vashon Loop, p. 10 December 21, 05

The Dorsal Spin:

Lend a Fin for J, K, and L Pods by Orca Annie Stateler

When I spoke to Mark Sears at the beginning of the month, I told him to be prepared for the Southern Residents to maintain their custom of visiting Vashon-Maury during the first days of December. I joked that it was time for J Pod to return with K Pod.

On December 2, we got up early and watched a sleek California sea lion snoozing and snorting a few feet off our bulkhead. He lazed for more than an hour, drifting back and forth, comically raising his hind flippers in a head stand at times. We were tickled he felt safe enough to nap in our "yard."

Mark called around 9:00 a.m. Orcas were milling off Three Tree Point. Several observers reported seeing many whales, leading us to suspect more than one pod was present.

We soon found J and K Pods extremely spread out, foraging and meandering north in East Passage. Odin saw individual orcas surface with salmon in their mouths. The J's were closer to Vashon and easier to ID from shore. Mark later confirmed IDs on K Pod, including esteemed 80-something matriarch Lummi (K7).

Orca babies are adorable, yet I am awed by the Southern Resident elders: Lummi (K7), Granny (J2), Spieden (J8), and Ruffles (J1) to name a few. They are the repository of indigenous wisdom for their community. These whales endured multiple captures and many perplexing changes in human attitudes toward killer whales in the 20th century.

I have been privileged to learn the traditions of orcas from these pod elders since 1992, and I am still thrilled to see them. May they persevere well into the 21st century.

The Vashon Hydrophone Project (VHP) thanks Jeanette, Ed, Jan, Bekah, Jessika, and several anonymous callers for whale



reports on the 2nd. Remember to call the VHP when you see orcas from the ferries, because you make a difference when you report local whale sightings ASAP to 463-9041.

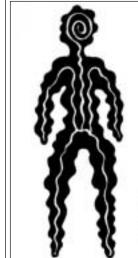
Out of respect to the late matriarch Olympia (L32), I must correct a typo I made in the last Dorsal Spin. L32 was born around 1955, so she was 50 when she passed, not 55. When he scrutinized his film, Mark discovered that her grandson Skana (L79) and other family members were traveling with J Pod in early November, shortly after she disappeared.

What are the killer whales teaching us about their family ties and their culture when a matriline from one pod briefly spends time with a different pod? Is this a grief ritual or a clue to paternity? So much remains unknown.

If you enjoy reading about orcas and whale issues in this column, please consider making a year-end tax deductible donation to the VHP. We are resourceful at bartering and scrounging, but sometimes we must spend money on equipment upgrades or repairs. To date, every dollar donated to the VHP has been matched with in-kind contributions.

You can "lend a fin" for Island whale research with a check payable to ACS/Puget Sound Chapter, specifying VHP in the memo section. Mail to ACS/PS, Attn: Ann Stateler, P.O. Box 1202, Vashon, WA, 98070.

Read more about the history and mission of the project on the VHP page at www.acspugetsound.org, or contact Orca Annie at 463-9041 or Vashonorcas@aol.com. We are grateful to Islanders who support our work and share our concern for the fate of these endangered killer whales. $\omega\omega\omega$

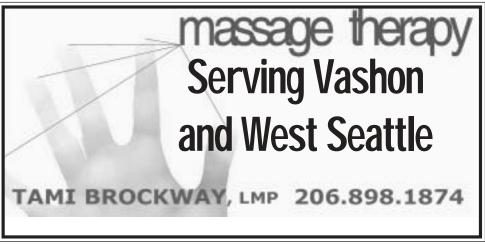


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Pamper Yourself this Holiday Season

The holidays are a stressful time for many of us. All the added stress of the season can really take a toll on our bodies. You may find yourself feeling tired and sluggish, or more prone to catching a bug. But there are things you can do to help take care of yourself.

Drink plenty of water. Eight to ten glasses of fresh water a day will help your body function smoothly and will help you feel better.

Take time for quiet. Find time in your day to let go of the busy-ness, even for just for a few minutes, and be still. Let your mind rest by simply watching and listening to your breath.

Do something that makes you feel good! This can be as simple as a warm bath at the end of the day, a walk with your kids, or a call to an old friend.

Another idea? Schedule a nurturing massage! A massage can do wonders for your stressed out body. You will feel relaxed and invigorated while your nervous system will find increased balance and your muscles and soft tissue will benefit from the increased blood flow.

Tami Brockway Joyce, LMP is offering a great holiday special that will help reduce your stress level. Call before 2006 and you can get yourself a set of three massage gift certificates for only \$125, or a set of four massages for \$150. Keep them for yourself, or give them as gifts. Call Tami at 206-898-1874.

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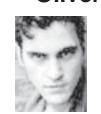
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Happy Birthday Sagittarius!

The idea that you're developing is not going to come to fruition overnight. Indeed, it may take from three to six months to even rise above the surface of its foundations. During that time, you may be involved in the practicalities and the securing of resources, at first, more than you're involved in the actual development of the idea. But an idea there is, and resources there will be, if you will have a little faith and commit to seeing this through. Though at some points you may come to doubt the value of this concept or project, over time its value will become quite apparent and demonstrate that it was worth the time and effort.

Aries (March 20-April 19): It suddenly seems that the world is much more willing to give you what you need, desire or deserve (as you prefer to think of it). What has really happened is that your inner bank accounts, that is, your sense of your own resources and talents, have suddenly come un-frozen. In the time you've been spending less and, perhaps, earning a bit more, you've come to certain specific understandings of how your personal economy does indeed function and the extent to which this is based on your self-perception. It is remarkable how people notice you when you see yourself in a good light.

Taurus (April 19-May 20): You can, if you want, have a look at how your life can be in the future. This is rare enough; most people stand facing history, turning their backs on their own potential. For a moment, you can have as clear a vision as you like. You may be able to enter the experience and get some sense of how it feels. The vision and the feeling will both contribute to the process of making what you desire the most into something real and tangible. The most important factor is suddenly discovering your innate understanding of where you actually fit into the big picture. You will not forget so easily.

Gemini (May 20-June 21): Finally, you're able to direct your attention at the real issues, and to establish communication with a close partner or associate in ways you've long awaited. You would be wise to monitor, internally, the source of distance or discord, because if you can head it off within yourself, much more of your energy will be available for creative purposes in the world around you. The Gemini New Moon will, at least, bestow you with some ultra high-beam intuition, so there's little that will escape your perception, if you turn your sight toward it and look.

Cancer (June 21-July 22): Particular arrangements that you establish this week

will have a blessed quality, and though you may want the arrangement to last permanently, it's not as transient as you think. The interval between the current breakthrough and a durable new stage of your life will take some time to arrange, but you are being granted this time to do precisely that. Certain specific negotiations, hashing out of mutual arrangements, and deciding on the extent of your commitment are all on the agenda. Take every step; leave nothing to guesswork. What you discern and arrange today will have implications tomorrow.

Leo (July 22-Aug. 23): Often the most important professional advances come through personal contacts, or within an organizational framework; you are simply favored for the strength and integrity of your character. Events this week and next are determined to prove, beyond any doubt, that you have the necessary ingredients to succeed in some unusual and direct way. Remember that the fixings for a cake don't just jump into the mixing bowl, however. You will need to put them together in the right order, and take the time to do it right — but someone is noticing, and wants what you've got cooking.

Virgo (Aug. 23-Sep. 22): It seems that life is one constant experience of getting in touch with your feelings. Really, it's that you have so many of them to make contact with, and it seems that your soul won't rest until you acknowledge them all. But herein is the catch: there can be no perfectionism in this exercise. There is no doing it right, there is no feeling the right way, and there is no need to drive yourself right to the edge of madness with any form of insecurity. Easier said than done; but while you're on the hunt for inner sensations, look for your actual, true and real sense of safety — and you'll find it.

Libra (Sep. 22-Oct. 23): Creative process always involves a confrontation with yourself, and some level of shock to your reality. This is why it's so commonly avoided, and so effectively, by so many. Paint by numbers is safe; actual painting is an encounter with blankness and the potential of uncharted meaning or inspiration. At this point, you don't really need to be inspired, you just need the experience of plunging into yourself with no real awareness of what will happen as a result. This is to say: the feeling I suggest you seek is not "creativity" per se, but rather, the sense of moving in the direction of the unknown and at least slightly daring.

Scorpio (Oct. 23-Nov. 22): The complex knot of a relationship situation that seems

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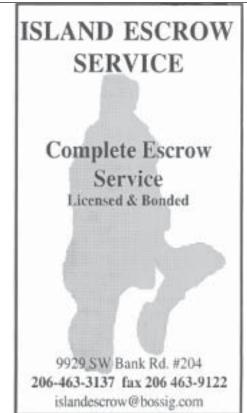


only to have grown more tangled in recent months is suddenly coming undone. There is a boundary issue to be resolved, or perhaps many; everyone involved needs to claim their projections, beginning with yourself. There may be things you've said that you want to take back; there may be things that were said to you that you want to give back; you may, at this point, have things to say that you've held back for a long time, not feeling prepared to admit. It would seem that the time is right. But this window of communication will not stay so wide open — unless you use it.

Sagittarius (Nov. 22-Dec. 22): This week, the Sun passes the Galactic Core, the heart of our island in space. This is joined by a Full Moon in your opposite sign Gemini; the Sun is conjunct Pluto. The result of all this astrology is that a full-on wave of Sagittarian energy will vibrate rocks, plants and all the critters that crawl the surface of the Earth. Not everybody is going to like it. And not everyone has to. But you have the sensitivity to rise up on the energy, to turn anger into passion, curiosity into knowledge and fear into light. Your intuition will be guiding you, but you may discover an urgent desire to write a few notes to yourself. Put them on paper, where they belong.

Capricorn (Dec. 22-Jan. 20): A set of circumstances dating back to early August are rearranging themselves in your life and have offered you another opportunity to make lasting personal changes. You more than most people need to make incremental steps toward any goal, in part because you strongly favor lasting progress over temporary changes of scene. The situation that you're working out will lead to precisely that, and help you open yourself to what I can only describe as heart energy. Yes, on one level, the heart is gentle and receptive. And there are times when you need a strong push in the right direction; that seems to be about the shape of things.

Aquarius (Jan. 20-Feb. 19): Jonathan Cainer wrote recently that Aquarius is a much less passionate sign than Pisces. Normally I would agree — but not, however, this week. Indeed, if astrology means anything at all, passion is in you and around you; emotional magnetism has turned itself to the on position and the result is that



you're making a visit to a rather different world than the one in which you usually live. Like any altered experience of consciousness, this will have the effect of demonstrating what is possible. If you find the experience humbling, let it be because your fixed beliefs have been shaken, and another vision of life revealed to you.

Pisces (Feb. 19-March 20): For quite some time, you've lived with part of your perception in a blind spot. This has at times been annoying and a source of uneasiness, and at others, has been the inspiration for needing to see so badly that you really have been able to see through a wall. Certain rare factors that are assembling in the heavens now suggest that you will be able to walk through the wall that seems to surround you. There was a time in your life when this was much easier than it typically is now, and if you follow this particular thread of experience, you'll be given a chance to reconnect with a quality of being. Don't push just be guided.

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The Vashon Loop, p. 12 December 21, 05

LIVING WELL WITH PLANTS

Text and drawings by Kathy Abascal (AHG)



Herbs for the **Holidays**

The holidays bring lights, presents, and a variety of tempting foods. We often spend our holidays with people we love in a dysfunctional way. Things may not measure up the way we think they should, and we may not have the drinking more than you wish you

money or time for all that we want to do. Even holidays at their best are stressful. The excitement of a perfect holiday is far more fun than one filled with bickering complaining, but it can be just as stressful. And holiday stress invites us overindulge in food and drink that leaves us feeling

'Tis the season for a good nervine to help us stay a bit more centered and calm. If we turn down our emotions a notch, we can avoid using an extra glass of wine or piece of pie to quiet the emotions the holidays bring up. Nervine herbs do not have a strong, dramatic action. Instead, they sweetly soothe and take some of the edge off the moment. My favorite holiday

Most of us are dehydrated in the best of times, and when we are busy shopping, cleaning, cooking, and having fun, we seriously forget to drink enough water. Without enough water, our bodies simply cannot handle the metabolic waste of stress, alcohol, and rich food. Moreover, we tend to confuse a need for water with hunger leading us to eat more than we should. Dehydration also makes it easier to gulp down wine instead of sipping it slowly. Water helps us avoid overindulgence. Enough water also helps our liver metabolize the alcohol we do drink, and can prevent hangovers. I like Gerolsteiner, a bubbly German water that is rich in calcium and comes in a beautiful glass bottle but

plain old water works just fine. And I always plan on drinking a glass of water for each glass of wine, beer or champagne that I imbibe.

Bitters are another herbal ally for the holidays. Things that taste bitter make us salivate and secrete digestive enzymes. In contrast, stress (whether from joy or anger) shuts down those same secretions. Simply adding some drops of bitters to some water shortly before sitting down to a holiday dinner will tell your body that it is time to relax and focus on eating and digesting. In fact, many traditional aperitifs are nothing more than digestive bitters dressed in alcohol for the holidays. Angostura bitters and quinine water added to gin are classic examples of digestive aperitifs. Over the years, however, the proportions of bitters to gin shifted toward more gin and less bitters, which does not work as well as a bitter herbal tincture.

If you have a tendency to end up

did, you might want to start the evening with a few kudzu tablets as well. Kudzu is a vigorous plant with a starchy root. It both slows h absorption of the alcohol that drink speed

worse rather than filled with cheer. which the liver processes the alcohol. In one study, chronic drinkers hangover headache. nursed their drinks longer and drank less than they did without the now and then to sit down with a kudzu. Thus, it could be the perfect cup of tea or a glass of water and holiday herb, allowing you to enjoy

Of course, in the end you may find that you forgot your water, did not take the bitters, and indulged a great deal more than you intended. The old Eclectic physicians used a nervines are oats or kava, and in my neutralizing cordial for these experience, a good nervine taken moments. Tummy tamer, my name with a lot of water works wonders. for the formula, combines peppermint, cinnamon, goldenseal, and turkey rhubarb in a simple syrup. This formula quickly and effectively quiets mild heartburn, flatulence, stomach aches, and other digestive evidence of too much rich food and drink. A cup of catnip, fennel, and peppermint tea will work as well — provided you remember to make and drink them.

To help abort the impending hangover, you need to drink a few more glasses of water before bed. A little Oregon grape or barberry tincture right before bed may help your liver process some of the excess alcohol. But keep some willow bark capsules on hand just in case you wake up with a headache. Willow bark is one of many herbs that contain the precursors to salicylic





acid, the famous ingredient in aspirin. Unlike aspirin, willow bark does not tax the stomach because it does not have the blood thinning properties increases the of pure aspirin (which is why willow bark is of no help in a heart attack)

and does not cause stomach bleeds. It will effectively sooth a mild

Here's hoping you find time enjoy the way all of the holiday the holiday cheer longer and better. lights brighten up the long, cold nights of the holiday season! www

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Kathy Abascal is a professional member of the American Herbalists Guild and is certified by Michael Moore of the Southwest School of Botanical Medicine. She co-authored the book "Clinical Botanical Medicine."

If you have questions about herbs, come by Minglement on Mondays or Wednesdays to meet Kathy. If you are interested in a private herbal consultation, you can pick up a brochure at Minglemen that explains her services & how to schedule an appointment

Dear God: More meatballs, less spaghetti, please. Love, The Dogs



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Dear Jayne (AKA Organic Goddess Lady) Once again I am writing to express my gratitude for your awesome food. The avocados last week were gorgeous, and the strawberries two weeks ago were a great taste of spring - unlike those monster red on the

outside white on the insde no flavor things they call strawberries now. Thank you!

December 21, 05

Book Review

by Rachel Bard

Much More than a Fish Story

This is the most-traveled book on my shelves, with the possible exception of The No.1 Ladies' Detective Agency. Friends borrow it,

Fishing with John, by **Edith Iglauer. Farrar Straus Giroux**, 1988

return it, then borrow it again for other friends to read.

I recently reread it and it still stands up as a wonderful story of a memorable British Columbia fisherman as told by his wife. She's captured everything that matters about his life, his occupation and the coastal world he loved and celebrated.

Their marriage was most unlikely. As she says, "We had absolutely nothing in common except that we loved each other." Edith Iglauer was an East Coast journalist and author, product of Wellesley and longtime writer for The New Yorker. Her research had taken her to western Canada, where through a friend she met John Daly of Pender Harbour, B.C., a commercial salmon fisherman. Both were middle-aged and divorced. During a brief wintertime fishing trip with him aboard his 41-foot troller MoreKelp, she began to learn what an extraordinary person he was and to respect him, his boat and the fisherman's hard life. Everything intrigued her. He was an omniverous reader. He had a penchant for writing quotations (incorporating his own shorthand) all over the boat's walls. E.g., "There R 3 kinds of men, those who are alive, those who R dead and those who R at sea;" "Why did God put the ocean so close to the land?" and "We have no more right to consume happiness without producing it than we have to consume wealth without producing it." — G.B.S.

She was astonished at how cramped the living, cooking, eating and sleeping quarters were, but came to admire the efficiency. John had been fishing for 40 years, usually alone, and he'd mastered the art of putting every inch to use—often two uses. Sitting at the wheel in the pilothouse (one of four wheels he'd placed about the boat so he could steer no matter where he was) he could lower his charts from their storage space overhead, pull a rope that started the automatic pilot, move the coffeepot onto the "hot spot" on the stove, check the barometer, watch the compass, steer, peer ahead for deadheads and kelp, and tune in to the weather forecast. Not to mention the daily Music Hour on CBC. He'd hooked up a speaker so he could listen while

at work on deck. Edith marveled at it all and took notes. "The strains of a Mozart sonata, a lovely sound even through the tinny old speaker, mingled with the soft hum of the engine moving us ever so slowly through the almost-still waters."

She was taken aback by the lack of a toilet. A galvanized bucket sufficed. John explained, apologetically, that he'd had to choose between a head and a pilothouse tall enough for his 6 feet 4 inch frame. Besides, he said, "Not having a head is a good excuse for not taking passengers." But he'd noted her concern. When she was back in New York after that first trip, he called her at 2 a.m. her time. He shouted "Hello! I've just bought a wooden toilet seat that I think will fit very well on top of that pail on the boat. It's sky-blue, and I paid \$8.56."

"Lovely," replied Edith. "But it's two o'clock in the morning here. What about it?"

"What about it?" he shouted back. "Marriage! That's what!"

"What a proposal," she thought. "How can I resist him? And why should I?" She laughed herself to

The next July she rejoined John at Namu, about halfway up the B.C. coast, for her first season of serious fishing. She never stopped being surprised at how much there was to learn about being John's "fishwife," as he called her. She describes all the minutiae — the lore of hooks, hoochies, spoons, plugs, leaders and flashers; gurdies and pigs; the choice spring salmon (our Chinooks) and the despised humpies. She learned even more about John. She met his friends and found how widely liked he was, generally considered the canniest troller on the coast.

The adventure went on for four years, until John died of a heart attack in 1978.

Edith stayed on at Pender Harbour. She closes the book with a strangely prescient passage from a letter John had written her before she went to live with him.

"When you attain the oneness I have with the sea and the mountains, and the B.C. coast—and you will, you will—you can face anything, and alone, if you have to. This will be my hoped-for gift to you. Neither are we parted then, nor do we die."

Edith Iglauer is still writing at 86. Look her up www.edithiglauer.com. And check this book out from the library or order it from either of our estimable bookstores; after 27 years it's still in print. Or drop by and borrow my well-used copy. Just let me know you're rachelb@raincity.com. ထထထ

Dear God, I will not bite the officer's hand when he reaches in for Mom's driver's license and registration. Love, The Dog



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Loose Change Last Gig

Continued from page 1

can peel the paint off the walls with his powerful James Brown-style voice, and he does full justice to favorite dance songs like Mustang Sally, Unchain My Heart, and Pink Cadillac. Keyboard player Kevin Pottinger (he's got a lot of kids) adds a whole lot of shakin' to the show with his Jerry Lee Lewisstyle piano and vocals. And then there's the horn section, the rhythm section, and the latest addition: two chick singers that add a whole new dimension to the band. Miss MeriMichael Collins sings backup vocals and lead on songs like Chain of Fools. Miss Tina Ferrari also sings backup, and both the ladies have the dance moves that keep the energy level high.



Luke McQuillin: Lead & vocals will be with the band on NYE

Don't miss it. For ticket information, see the ad above.

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Books by Contributors to The Loop

Check out these works by our reprinted). contributors:

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site, www.gpln.com.

Ed Swan's new book, The Birds of Vashon Island, is available at small number of cassettes and a Books by the Way and the Vashon couple of CDs of albums by Women, Book Shop (get it fast - they are

Read any good books lately? selling out and probably won't be

Mari Watkins has several books Rachel Bard, our esteemed book available, including her new one, reviewer, has several non-fiction Rotaida and the Runestone, a and fiction books in print. Where historical novel; I Remember Logging, to begin? Ask at Books by the Way history of Northwest logging told through the experiences and John Gerstle. May Gerstle memories of Marj's father Howard writes, "My husband and Susan Brunson; Moon Tales, an electronic Sullivan wrote Walks, Trails and book a collection of retold folktales Parks on Vashon. All proceeds go to from mostly Asian countries; and, for fans of her recipes, Curry Cookery, Mark Goldman's e-book, Broke subtitled Shereluck Ohlmes and the and Broken, is available at his web Case of the Curried Cookbook, a slim volume with quick, delicious recipes.

Mary Litchfield Tuel has a Women and Song. Call 463-3327.

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Island Epicure

by Marj Watkins

The K.I.S.S. Christmas Dinner

K.I.S.S. means Keep It Simple, Sweetheart. Cooking for a crowd on holidays need not leave the cook faint with fatigue, but with plenty of energy left to enjoy the gathering.

Here's my proposed Christmas Dinner menu: Munchies, unstuffed turkey or spiral cut ham, dressing if we have turkey, baked sweet potatoes, gravy, frozen peas or green beans quickly cooked with a little chicken broth, salad made by someone else, fresh cranberry relish, sparkling cider or grape juice and/or appropriate wine, dessert made the day before, or by somebody else.

If Christmas Eve day gets used up wrapping presents, dessert for Christmas dinner can be as simple as an artfully arranged fruit plate.

Christmas morning:

I'll do the antipasto; son John M. will probably bring the chips and dips, grandson James usually makes an out-of-this world gravy.

Turkey or the ham goes into the oven before we open the presents. This time it will bake in a plastic bag so I won't have to scrub the oven later. When the meat is half done, I'll stick the sweet potatoes in the oven.

Others set the table. Someone may or may not construct a salad, or one of the guests may bring it.

Fresh Cranberry Relish

1 pound fresh Cranberries, picked over

1 organic orange

Honey to taste

Walnuts, chopped, optional

Chop the cranberries in a food processor. Very thinly peel about a 3-inch strip from the orange. Mince peel. Peel and dice the orange. Add orange and peel to the cranberries and whiz them a few seconds to thoroughly combine orange and cranberries. Drizzle in honey, stopping the machine now and then to taste. When it stops puckering your mouth and makes you go, "Yummm!" the relish is essentially done. Add walnuts if using. Decant into a pretty glass serving dish.

Gluten Free Chocolate Cake

Makes 12 servings

Preheat oven to 350 degrees. Oil two 9-inch cake pans and preheat 5-6 minutes.

Sift into mixing bowl: 1½ cups brown rice flour 1/2 cup Potato Starch 1/3 cup cornstarch 2 teaspoons baking powder ½ teaspoon baking soda

½ cup chocolate powder

1 ½ cups Sugar Twin® or Splenda®

½ teaspoon salt

Beat and stir in:

2 eggs

1 cup milk, almond or soy

1 teaspoon vanilla

Combine:

1/2 cup boiling water

2 Tablespoons honey

2 Tablespoons light olive oil

Beat into batter, just until smooth. Do not over beat or cake will not rise. Transfer batter to hot, oiled pans or non-stick pans lined with waxed paper circles. Bake 35 minutes, or until a toothpick inserted in the center of each pan comes out clean. Let cake cool 5 minutes in pans. Invert onto racks, lift off pans, remove waxed paper if using, and allow cakes to finish cooling.

Spread one layer with raspberry jam. Stack second layer. This much can be done a day ahead. Just before serving frost cake with whipped cream and dot with Red Hots. Serve with vanilla or maple yogurt or ice cream if desired.

Brown Rice Flour, Glutamic Index 40

Chocolate Cake carbohydrates per 1 ½-inch wedge serving: 20



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Vashon Disaster Preparedness Photos of the Month.

Vashon Disaster Preparedness asks you to consider a storage box for supplies. This one can be locked and is water and air tight. It can store food for four people for one month. For more information, please contact May Gerstle 463-0974, or go to: www.vashonbeprepared.org.

Value Tajars

Dear Madame Toujours,

Two years ago, I pursued and captured the man I want to marry. Ivan bowled me over the first time I saw him at my friend Shirley's housewarming party, and I declared then and there that I had met the man who would be the love of my life.

I called Ivan the next night and asked him out to dinner at my restaurant where I wined and dined him. I had the chef spell his name in jumbo shrimp, and the busboys all wore "I heart Ivan" T-shirts I had made specially for the occasion.

Six months later, Ivan agreed to move in with me, and we have been together happily ever since. Now, however, I am starting to wonder if there is something wrong. At first Ivan was on fire for me, but now he seems less in love with me than he was in the beginning, and although I have suggested several times that we should start thinking about marriage, Ivan always seems to wiggle out of the discussion without committing to anything concrete.

Has he fallen out of love with me? He's such a wonderful man, I can't bear to dump him and start over. What should I do?

Sincerely, Worried

Chere Mlle. Worried,

This is not being the fault of *M*. Ivan that he is feeling the ennui, the loss of the excitement, the anxieties about the marriages.

Unfortunately, in the zeal to be snapping up the desirable lover before everybody else is getting the mitts on him, you have inadvertently robbed *M*. Ivan of the satisfaction of the conquest.

Bien sur, he was thinking it was very amusing to be for you the desirable object, but now he is feeling that if you were so eager to be having him, then possibly there is being something terribly wrong with you. For example, what if you are the devouring goddess creature who is only waiting for the impregnation before you are biting off for him the head and devouring his entrails? He is not sure this is what he is wanting for the wife.

From now on, you are the elusive prey. Stop with the proposing of the marriages. Announce to *M*. Ivan that you will not be sleeping with him in the bed tonight because you are the interesting and desirable individual who is having many interesting and important things to be doing.

It is important to be going back to the beginnings and letting him be the manly hunter pursuing the elusive prey. Let him to feel you are the novel adventure. Change the hair colors, change the wardrobe. He will feel he is pursuing the new woman. He will know it is really you, but he will feel this anyway.

Bon Chance, Mlle. Worried, and if M. Ivan is not having the interest in the pursuit and conquest, then there is always time to find the new lover.

Dear God: Are there mailmen in Heaven? If there are, will I have to apologize? Love, The Dogs December 21, 05

When you wake up one day And your spine's out of whack Come see Dr. Basile And he'll put it back!



Vashon Family Chiropractic Dr. Thomas Basile 463-1850

Garden the World

by MEarth

Henderson Llewelling

Johnny Chapman, AKA Johnny Appleseed, may be the one that gets all the press in the history books but to my way of thinking, the true hero of the story of apples—at least here in the Northwest—is Henderson Llewelling.

In 1845, Llewelling, a nurseryman from Iowa, set out with his family and partner for the Williamette Valley of Oregon. He packed seeds and 700 varieties of fruit plants into boxes in seven covered wagons—he had rooted stock, seedlings and young plants.

After crossing the Missouri, his partner died of cholera, 2 of his oxen died, and everyone in his wagon train tried to get him to ditch his plants to make the mountain crossing easier. He refused and was left behind to travel alone.

The story goes that Indians began to attack his wagons, but, seeing his leafy cargo waving about, they believed he was protected by spirits and and behaved accordingly. Of course, we have no way to know exactly what the Indians thought—perhaps they just decided he was crazy too, or that he had nothing worth stealing—but the fact remains that they left him alone to continue his journey.

He used up most of his water to save his plants. Half of them died anyway, but he finally arrived at the Williamette Valley in mid-November of 1845—after seven months on the trail. By 1853 he was selling his fruit in San Francisco for \$1 a pound.

What Llewelling knew and what tellers of the Johnny Appleseed story seem to have forgotten is that apple trees grown from seed take 20 years to mature and are all sports—meaning that since they are open pollinated, they do not breed true. Apple trees grown from seed do not produce apples like the tree the seeds were taken from and it often took those 20 years to find out whether the fruit was even any good.

I have often pondered just what that journey must have been like—wagon loads of dirt and sticks, crossing rivers, mountains and deserts. What did his wife think? Did she support him or did she nag at him the whole way? We already have a clue what the other people in his wagon train thought—they abandoned him, for mercy sake! I have wondered, too, just what we

The story goes that Indians began to attack his wagons, but, seeing his leafy cargo waving about, they believed he was protected by spirits...

missed out on here in the Northwest from his losing half his stock.

The fact remains that just 160 years ago, a man with a crazy idea changed the future. His future, my future, your future, our future. Almost no one even knows about him and I think it's a damned shame. That man was personally responsible for 75% of the early apple varieties in the Pacific Northwest—I would even venture to suggest that some of the early homesteaders on Vashon planted clones of his apple trees.

Llewelling eventually got rich and moved to California, where he founded the town of Fruitvale and became even richer. Eventually he moved to Honduras and went broke but I'll bet he had fun.

Make no mistake, I honor the history of apples in the Northeast. Chapman, or Appleseed, is known for helping homesteaders claim their land throughout the Ohio River drainage—because, according to homestead laws, one of the requirements for claiming a stead was an apple orchard. Those areas are still known for their apple production—the Great Lakes regions of New York, Michigan and Ohio —Appleseed should be remembered and honored for that.

For us, here in the Great Northwest, however, I personally think more often of that crazy man with wagon-loads of dirt crossing this country against all odds, a mad man with a dream that changed the region forever—Henderson Llewelling.

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Financial Planning, Part 13: Designing an Investment Portfolio

By Mark Goldman

Let's talk about investing money for a future goal... for example, putting money away for retirement. How should you invest those dollars?

First of all, there is no one right answer for everyone.

It's generally understood that you can only expect higher than average investment returns if you take higher than average risks. One of the keys to successful investing is knowing how to evaluate the amount of risk you are, or should be, taking.

How much risk you take will depend on how far away you are retirement, knowledgeable you are about investing, and how comfortable you feel about taking risks. The longer you have before retirement, the more risk you might be willing to take, because if the market goes down at first, you still have time to recover. Once you retire and start drawing down your savings, you might want to be more conservative. Why? Because recovering from poor investment results can be problematic. One reason for this is that if you lose 10% and then gain 10% it doesn't put you back where you started. E.g., 100-10%=90 90+10%=99. If you are making regular withdrawals from a portfolio that has negative investment returns, that makes it worse. How much worse will specific depend on your circumstances.

Other important issues are: how much money can you invest, how much are you going to need when you retire, and for how long. If you already have a lot of money...you might decide to be very conservative in your approach. Why take any risk to insure yourself of having adequate funds later, if you really don't have to? Someone else might figure that they can afford to take more risk with some of their nest egg

because they're ahead of the game and can afford to lose a little if things don't work out right away. The right strategy for you will be one that accomplishes your desired objective without keeping you awake at night.

Putting all your eggs in one basket is generally not a good idea. Obviously it depends on the basket. Bill Gates put all his eggs in one basket. Good move. Telling yourself that your basket will be the next Microsoft might be a bit more problematic. That's why modern portfolio theory suggests that the best way to protect your nest egg is to have it invested in a lot of companies, both large and small, and representing different segments of the economy, and even different economies. It's difficult to predict which companies or industries or even which countries will perform well in the future. A good allocation strategy will allow you to participate in economic growth no matter where that growth might take place.

Taxes play a roll too. Qualified retirement plans get special tax treatment. In plans where contributions offer current tax deductions, taxes will be payable when withdrawals are made. Other plans offer no current deductions but allow tax free withdrawals later on. Which plan is best is not always intuitively obvious.

It costs money to invest. People who sell and manage mutual funds are in business to make a living. Often you don't get more just because you pay more. Unnecessary costs and fees will lower investment returns.

I'll start to show you how you might factor in all these variables to build an efficient portfolio next time.

Mark A. Goldman is a financial planner here on Vashon Island. You can visit him on-line at www.gpln.com or call him at 463-2019 if you have comments or questions.

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The Vashon Loop, p. 16

Lop - Sports Ask Ernest The court jester of sport

Dear Abby:

I recently finished the long and challenging book Confessions of an Heiress by writer Paris Hilton. I found the book to have such philosophical weight and distinctive narrative structures, not to mention the use of symbolism when referring to her little dog Tinkerbell. I have one question for you as I'm sure you also have read it. When referring to character judgement on page six Paris wrote, "Being too serious is very dull, and is a sign you have no imagination or personality."* Does this mean I should stop pursuing my dreams of being a photographer? I mean, I'm quite serious about it, and I think Paris might find me to be a little shallow or boring if she ever found out. Also if you could give me a short review of what you thought of this thoughtprovoking and psychological novel, it would be greatly appreciated. Yours truly, Kal E. Holcombe

*(P.S. This is an actual quote taken out of her book word for word).

Ernest's Notes: She thinks I'm Abby, but I'm not. I'm Ernest.

Dear Kal E.,

This is a sports column and my name is Ernest. I appreciate you mistaking me for Abby. I guess. I also kindly thank you for quoting from a book that I must surely read. What sports does Paris play? I, too, am a serious person. A determined journalist who searches for truth, hoping to bring it to you, the reader, in short little snips like the following: The High School Boys Basketball Team Destroyed the Wolves of Cedarcrest on Friday the 9th of December! Or: I Beat My Brother, Efrem, in an Enormously Long Game of Ping Pong Last Night in Our Garage! I Won Decisively, 21-19, 19-21, and 27-25! It was an Ass Kicking!



We got a new digital camera and took a picture through Paris Hilton's ribcage. Our findings: a mocking, stony visage of evil. Pay her no mind.

You see how those shorts are both insightful, motivating and true! All at the same time! That's what great journalists are able to do.

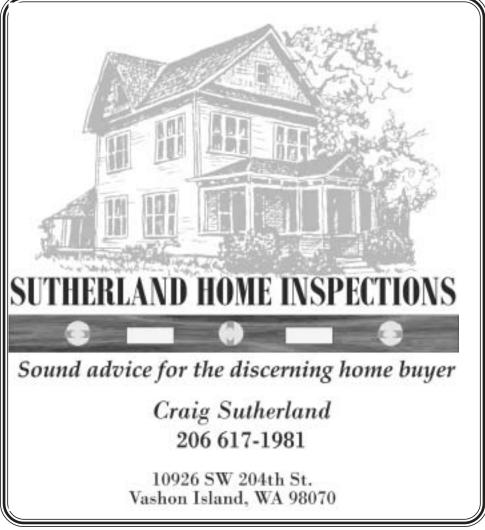
Please keep writing in, and let me know how Paris is doing in her athletic events. And you can call me Ernest, if you wish. And good luck in your career as a photographer. — E.

Ernesto, I'm taking a class in Spanish at South Seattle right now. I'm *muy bien* at it. But my real passion is wrestling and basketball. Can you tell me how the Vashon High School teams have been doing? — Darren Foxinario

Darren, The Boys Basketball team is 3-0 now. They demolished Seattle Academy and Cedarcrest and they beat Meridian (previously ranked 7th at state) on their own turf. The Wrestling Team is 2-0 now. They were lucky enough to beat Foster (78-6) and Eatonville (57-24) last week.



Our correspondent in Cappadocia reports sightings of the dignity thought to be lost by recent Pirate opponents. Look closely.



Not bad to have two undefeated teams from this lil' ol' island, eh? Keep up the Spanish class and come out to see the Boys and Girls play their Alumni Game on Dec. 22nd. And make sure you also head over to the gym to see the Pirate Wrestlers take on the best teams in the state at the Mick Guglumo Rock Tournament on Thursday, Dec. 29th. — E.P.S. Here are some late wrestling scores my secretary just text messaged to me: Hoquiam JV Wrestling Tournament: 1st Place: Scissorhands Protzeller, Latino Libido Lopez, Haymaker Campbell, and Gill Mish; 2nd Place: Jose Can You Douset, Masta' Quang Patrick; 3rd Place: Air Guitar Salazar, Terrific Travis Eberle. Blaine Battle at the Border Wrestling Tournament: 2nd: Freight Train Gateman; 5th: A Gator Gateman, Micah Jordan Sohl, Half Man Half Mayshark; 6th: Steamboat Stemer.

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Movies Benefit Youth Baseball

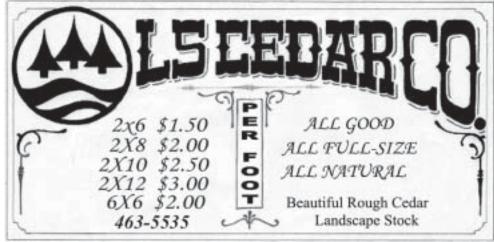
Join Vashon Youth Baseball and Softball for some indoor fun at a Family Movie Matinee at Vashon Theatre on **December 28.** Two classic family films, *Babe* and *ET* will be shown back to back, *Babe* starting at 12:00 noon and *ET* playing at 2:00 p.m. There will also be an audience raffle for some great prizes. Donation is \$5 per person for one movie and \$8 per person for the double feature. All proceeds support Vashon Youth Baseball and Softball.



Michelle Richard coaching Nick Wiesnet at the 2005 Northwest Section Age Group Championships at the King County Aquatic Center in Federal Way. Nick has been swimming competitively with the Vashon Aquatic Club Swim Team for ten years. Photo by Andrew Wiesnet

Swim Team Winter Registration Now Open

The Vashon Aquatic Club is now accepting registration applications for its Winter 2006 session running from January 9 through March 24. Registration forms are available at the Vashon Athletic Club and Ober Park. VAC provides instruction and coaching to youth of all abilities, including beginner and competition swimmers. Workouts are two to three afternoons a week at the Athletic Club. For more information please contact Gini Ohmert at 463-4792.



Wordplay

Lopy Laffs

Forbidden fruit creates many jams. Timber Wolf: An animal with wooden legs Undertaker: A man with a grave manner

Urchin: The lower part of a woman's face Volcano: A mountain with hiccups

Zebra: A horse behind bars

Whale: Proof that swimming doesn't always improve your figure

Church Signs

How will you spend eternity—smoking or non-smoking? It is unlikely there'll be a reduction in the wages of sin.

A 104 year-old woman was

being interviewed by a reporter. "And what do you think is the best

thing about being 104?" the reporter asked. "No peer pressure"

Do not wait for the hearse to take you to church.

she responded.



Meditation is not what you think. On a scale of 1 to 10, 4 is about 7. Mediocrity thrives on standardization.

If your plan is having no plan, do you really have a plan?

They became realtors because they had lots on their minds.

Those who can't laugh at themselves leave the job to others.

My photographs don't do me justice—they look just like me. Today everyone wants instant gratification, no matter how long it takes.

The best way to convince a fool that he is wrong is to let him have his own way.

I enjoy the simple little pleasures in life but every once in a while I want a big, expensive one too.

Many people have to exercise early in the morning before their brains figure out what their bodies are doing. thought one of them would have seen it.

Parking problems uptown keep getting worse. The other day I saw a tow truck hooking | up a car that was parked in a tow-away zone, and there was | some guy in another car waiting to pull into the space.

Marriage - When you try to lose your spouse in a crowded room

Love - When your eyes meet across a crowded room. • Lust - When your tongues meet across a crowded room.

 Love - When your heart flutters every time you see them. Lust - When your groin twitches every time you see them. Marriage - When your wallet empties every time you see them.

• Marriage - When intercourse is a little town in Pennsylvania.

The counsels of old age give light without heat, like the sun in winter. Marquis de Vauvenargues

Love - When you share everything you own. Lust - When you steal everything they own. Marriage - When the bank owns everything.

Love - When intercourse is called making love.

Lust - When intercourse in called screwing.

Classmates.com! There's a reason you don't talk to people for 25 years. Because you don't particularly like them! Besides, I already know what the captain of the football team is doing these days: mowing my lawn.

Stop giving me that pop-up ad for









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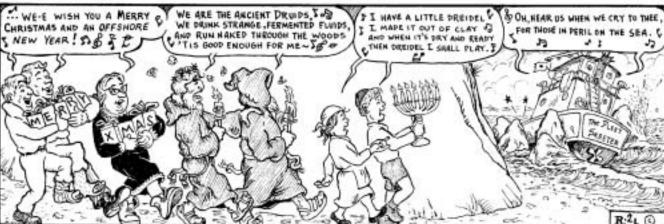


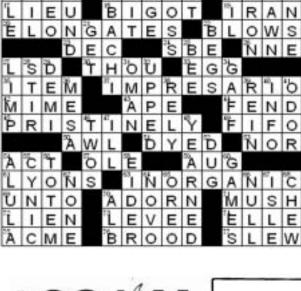






















WILD WORLD / Ed Frohning



Did you hear about the two guys who ran into a building uptown? You'd have

Dear God: If a dog barks his head off in the forest and no human hears him, is he still a bad dog? Love, The dogs

> PRIZED POSSESIONS IN HERE

LoopArts



DeMarco in Concert December 30

Brian DeMarco, a singer/ songwriter from Flagstaff, AZ, will be giving an intimate, acoustic, solo performance in Vashon featuring songs from his fourth solo album, Bend Don't Break. The new album is a superb collection of soulful ballads, acoustic instrumentals and rocking rhythm and blues. DeMarco, who has shared the bill with such prominent talent as Taj Mahal, Joe Ely, Sam Bush, Peter Rowan and Tony Rice, will showcase his signature folk/ blues/Americana fusion at Cafe Luna on **Friday**, **December 30** at 7:30 p.m. There is no cover for this show. For more information visit DeMarco on the web www.demarcomusic.com.

Read past issues at www.vashonloop.com



Kat Eggleston

Island singer/ songwriter Eggleston appears in concert at Cafe Luna this Friday. Dec. 23, at 7 p.m.

Island Jazz Quintet New Year's Concerts

Island Jazz Quintet (IJQ) begins the new year with two live shows that first week: Third Place Books in Lake Forest Park on Friday, January 6 at 7:30 p.m., and Jubilante restaurant and jazz club in Renton on Saturday, January 7 at 8 p.m. Seattle musician Michael Gotz, of Jazzukha, is guest pianist at both venues. For more information about these and other shows please visit the band's website: www.islandjazzquintet.com.

IJQ features islanders Maggie Laird on vocals, Richard person on trumpet, Tom Wilkins on piano, Todd Zimberg on drums and Seattle bassist Todd Gowers. The band, which rehearses on Vashon at the teaching studio of Zimberg and Laird, performs regularly in the greater Northwest and receives national airplay for its first two albums. At the moment they are recording a third CD at Jack Straw Productions in Seattle. Watch for a springtime release in area outlets, at the website and at CDBaby.com.

Brazen Intellectuals at Cafe Luna

7:00 p.m. The Brazen Intellectuals and alcohol problems, repent, clean will bring their original song stylings Café Luna. The Brazen Intellectuals are Brigid Fitzgerald on cello and Camille Coldeen on guitar, accordion, and keyboard. They are Island natives getting started on a musical career. Catch them now,

On Thursday, December 22 at before they get famous, have drug up, and live sober wiser lives.



New Year's Irish Ceili Dance at the Grange Hall!

Dance to live, traditional Irish music on New Year's Eve at the Grange Hall - Saturday December 31st! The regular monthly ceili dance hosted by the Vashon Celtic Dance Society will be held from 7 p.m. to 10 p.m., with a suggested donation of \$8 (\$6 for students and seniors) to cover the band, caller, and hall rental. An open Irish session will follow the ceili to bring in the new year, with "pass the hat" donations requested to cover the additional hall rental. After 10 p.m., expect some great session music, impromptu band performances, continued dancing, and some birthday celebrations as well! Feel free to come to the ceili, the session, or both! This will be a great party in fine Irish style. The Grange Hall is located in the north end ferry dock parking lot. No partner or experience required. Kathleen O'Grady-Graham will teach and call all the dances and music will be provided during the ceili by The Gold Ring & Friends. Photos of past dances can be found at www.hoilands.com. For more information about the Vashon Celtic Dance Society, or to volunteer, call Shannon Seath Meyer at (206) 774-4047 or Lori Malczyk at (206) 463-6917.

Folk Dance Classes in January/February

Martin Koenig will be teaching a series of five folk dance classes, sponsored by the Vashon Folk Dancers. Classes will be held on Monday evenings between 7-9 p.m. at The Grange Hall, at the north end, January 9 — February 6. Style, and basic dance patterns of Balkan (Bulgarian, Greek, former Yugoslav) line dances will be stressed, with particular attention paid to moving in synchrony with others. Dances from other parts of the world will also be taught. Wear soft soled shoes, bring lots of energy and be prepared to have a great time. Fees for the 5 class series: Individual: \$45, Student: \$20. Scholarships are available. High school students are encouraged to register for the class. No experience needed. No partner necessary. For further information: 463-1238.

Folk Choir Forming: Come Sing with Us!

A new folk choir is forming that is open to people of all ages (under 7 accompanied by an adult, please). Jane Valencia will be directing us on the **first and third Wednesdays** of each month from 3:00 to 4:30 p.m. for eight sessions beginning on February 1. An evening session may be added

The Folk Choir will focus on music inspired by nature, poetry, community, our imaginations, and more, and draw from a variety of world, folk, and historical traditions. Harmony singing, part-songs, chant, improvisation, sound play, rhythm, creating our own arrangements and compositions, and listening to and singing with the natural world will form the threads of our musical adventuring. Performances will center on creating music for and with community in celebration of the rhythms of the natural world and of life passages. Because of the "nature" of our music-making, part if not all (in good weather) of our Folk Choir sessions will be held in the forest or field. We'll hold a May Day performance. Other possibilities exist for performing within our community.

The suggested donation is \$45/singer (over 6) for the 8 week session (February - May). A discounted rate of \$40 for the session is available to members of the Village Learning Community.

To register or to get more information, please call Jessa Zimmerman at

Orton Photography Show at Luna



David Orton and his wife at their wedding

Café Luna brings in the New Year with an exhibition of photos by David Orton, writer and photographer. His subjects cover a wide range of subjects, including people, plants, landscapes, and rusty railroad trains. Here's what Orton says about himself on his website:

"Here we are, my wife Beth and I, at our wedding on the shore of Lake Quinault, just outside Olympic National Park. This image was taken right after we dug a hole and stuck our heads in it. Part of a Ghanan ritual celebrating the New Year, which we adapted to our June 2005 wedding. Our second "wedding", having also said vows in May of 2005."

"I am father of wonderful children and husband of an incredible woman who together are the pride and importance of my life. Following those, I am an author and photographer who makes his home in Redondo Beach, Washington."

"I am in love with mountains, desert, ocean, and everything in between. I am particularly in love with

people, and while primarily an environmental photographer find myself drawn to photograph and write about us all.'

"After all those, I am a survivor of traumatic brain injury (TBI), in my 18th year of rehabilitation. Losing myself in photography or written imaging is both the greatest relief, and gift, of my life. Why tell? Because I want you to know. TBI is a difficult condition that is, in many cases, avoidable. Wear a helmet, fasten your seat belt, have someone hold your ladder. Being careful can be cool."

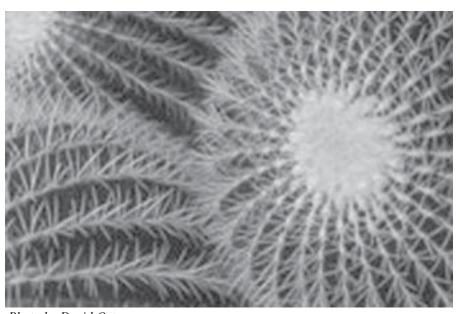


Photo by David Orton



Photo by David Orton

Vashon Library January 2006 Programs

Great Books Discussion Group Monday, January 2, 7:00 p.m.

The Great Books Discussion Group has been meeting at the Vashon Library for 30 years! The idea of small groups meeting to discuss great literature was started by the University of Chicago, and groups now meet in hundreds of cities around the country. Our book group meets on the first Monday of each month and our discussions include all types of great literature, from ancient to modern times. Please join us for some very stimulating conversations.

> **Toddler Story Time** Tuesdays, Jan. 3, 10, 17, 24, 31 10:40 a.m.

Ages 21 months to 3 years with an adult. A 20-minute program of stories and songs just right for toddlers. No registration required.

Talk Time

Tuesdays, Jan. 3, 10, 17, 24, 31

Practice speaking English in a relaxed setting. All nationalities and skill levels are welcome. Free! No registration required.

Lapsit Story Time Wednesdays, Jan. 4, 11, 18, 25 10:40 a.m.

Newborn to 20 months with an adult. A 20-minute program of stories, songs, rhymes and bounces for babies and a caregiver. No registration required.

Preschool Story Time Wednesdays, Jan. 4, 11, 18, 25 11:30 a.m.

Ages 3-5. Join us for 30 minutes of stories, songs and fun! No registration required.

Family Story Time Thursday, January 5 7 to 7:45 p.m.

This cozy evening Story Time includes stories, songs and a simple craft for children and parents to enjoy together. No registration required.

JobFind: Employment Help for Adults

Thursdays, Jan. 5, 12, 19, 26 9:30 - 11 a.m.

Your search for employment just got easier! JobFind can help you whether you are unemployed or underemployed. Vashon Youth & Family Services has partnered with WorkSource, as part of the Rural WorkSource Connection project, to help Island residents who are seeking to improve, change or find living wage jobs. Typical discussions include: networking, uncovering the hidden job market, dynamite resumes, marketing yourself with a great cover letter, polish your pitch, road blocks, and getting past "no". Co-sponsored by King County Library System. Registration not

Opera Previews: Die Fledermaus Written by Johann Strauss, Jr. Sunday, January 8, 2 p.m.

Join Norm Hollingshead, veteran Seattle-area lecturer for Die Fledermaus, for an Opera Preview. Vienna's "Waltz King" wrote 19 operettas in his long career but everyone agrees that Die Fledermaus, his first operetta, is his best. Die Fledermaus is an irresistible combination of hilarious plot and terrific tunes, many of them the waltz tunes for which Strauss was so famous. Sponsored by the Friends of the Vashon Library. No registration required.

Basic Computer Skills, Level 1 Saturday, Jan. 14 9 - 10:30 a.m.

This is a basic introduction to understanding what a computer is and how it works. Pre-registration is required and begins December 30th. Call 463-2069 to register.

Ready to Read Thursday, January 19 7 to 8 p.m.

A free workshop for parents of children age newborn to five led by Ursula Schwaiger, Youth Services Librarian, Vashon Library. Early Literacy is what children need to know about reading and writing before they can read and write. Reading to young children is important, but reading aloud is only the beginning! Research has shown that to be ready to read, each child needs six early literacy skills. Find out what these skills are and learn how to nurture a love for books in your young child through fun language activities!

For adults only. Workshop held at the Vashon Library. Please register beginning Thursday, January 5 by calling 463-2069.

> Welcome to Blogs! (Web Logs) Saturday, January 21 9 to 11 a.m.

Have you heard the term "Blog" and wondered what it meant? It stands for "Web Log" and is a way for people on the Internet to communicate about a specific topic. Comments are logged on the web, hence the term "Web Log". This class will teach you all about blogs, and how to participate in a blog discussion. Pre-registration is required and begins December 30th. Call 463-2069 to register.

Young Writer's Rendezvous Monday, January 23 7 to 8:15 p.m.

Come be a part if this on-going group and experience writing for fun in a social atmosphere. Pizza will be served! No registration required, just come when you can. Sponsored by Friends of the Vashon Library.

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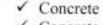
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Annie: The Making of a Musical

Auditions

Community Theater, it requires time, work, dedicated volunteers, and practical magic to pull it off.

Drama Dock held auditions for their spring production of the musical *Annie* on the weekend of were held on December 18.

Director Libbie Anthony talked about the process so far: "The Drama Dock Board wanted to do Annie over a year ago, and I was asked to direct. Because there was a national touring company of the

When you're doing a musical in show at the time, we couldn't get performing rights, so we went ahead and did *The Sound of Music* instead. I directed that, and then it was just assumed I'd do *Annie.*"

The rights to produce Annie were acquired, and librettos and scores December 10 and 11. Callbacks ordered this fall. Audition dates were discussed through September and October, and "set in stone" by early November.

> The number of talented people who showed up at auditions was astonishing, both their numbers and their obvious talent. One of the hardest parts of doing the show is not casting talented people because the cast can only be so large, or because a particular person's talents might not fit a particular part. It's tough to tell a talented hopeful, "Sorry."

Anthony talked about the heartbreak of casting: "I have late nights, and all nighters, and a huge knot in my stomach. I dream of little girls' faces."

They have been in the Youth more about the making of Annie.



Choreographer Kathy Bonner and Director Libbie Anthony watch auditions for Annie.

Chorus, or the Blue Heron Drama program, or they've worked with Artists in Schools."

Music rehearsals begin on January 3, and that week there will be a sing-through of the show with the entire cast. This begins the building of their temporary cast community, an intense bonding that is the reason many people keep coming back to do community theater.

Annie is scheduled to open in "The kids have experience now. April. Watch this space to read



Libbie passes out character traits for auditioners to act out.

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