

Vol. 4, #24

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM November 30, 2007

Artful Vashon

Vashon College Launches **New Course**

> By Joseph Meeker, a planner and convener of "Artful Vashon"

Vashon is a good place to live, but is it also artful? A new course has been developed over the past year by Vashon College to explore the question. Beginning February 10, 2008, faculty chosen from among Vashon's most artful people will teach the mysteries of artful creativity during eleven Sunday afternoon sessions. To launch the first season of "Artful



Pictured: Ela Lamblin of LElavision playing the Singing Stones, photo by Sheli Potsmesil.

Vashon", artist instructors incluce: Jim and Jackie Chobot, Kevin Joyce and Martha Enson, Julie Speidel, Ben Meeker, Paul Motoyoshi, Ann Spiers, Joe Meeker, Ela Lamblin and Leah Mann, Stephen Floyd, Libby Anthony, Lisa Breen, and Anita Continued on page 14 Halstead.





Painting by Donna Botten. One of a group of paintings as a collage assembled for the 25th Anniversay of Barnworks for the Vashon Scholarship fund, courtesy Holiday Arts Studio Tour.

Tradition of Art

Annual Art Tour Starts This Weekend

by Christine Beck

Long before the Studio Tour, the visual arts were alive and flourishing on Vashon. Although Vashon Allied Arts only became a non-profit corporation in 1966, artists had already gravitated to the Island as a serene and fulfilling place to work and, in many cases, they began to work and exhibit together. In 1977, through a grant, the government agency CETA recognized the density of artists living and working on the Island. The resulting artworks and programs jump started the already existing VAA - resulting in the formation of the Blue Heron and the germination of many of its current programs.

Over the years, artists have continued to be attracted to Vashon and to seek outlets for their art. Hence, the first Potters' Tour as a "formal group" in 1978 at the current Heritage Center, at that time the Blue Heron, closely followed by Barnworks in 1982. And, while there may be some good natured inter-group rivalry between the two as to which group was first out the door, it remains a given that these two groups formed the foundation of the Holiday Art Studio

Students Create Own Arts Sale

By Julie Adberg

"We've got artists of all kinds and all ages on this island," says Toby Welch, Head of The Harbor School, "so it's nice to be able to create a venue for middle school students to showcase their work." This "venue" is the Middle School Holiday Art, Craft Sale, cosponsored by The Harbor School, Family Link, and the P.T.S.A., and held on Saturday and Sunday, December 1st & 2nd outside at the former Ferarra Restaurant courtyard. Continued on page 19



THS students Sarah Warner and Lili Stenn work at last year's sale. Photo by Cindy Pollock.



Bet you were wondering what Assitant Fire Chief Mike Kirk does on his day off. At right Randy Tonkin is the light grey blob at the top of the tree, the volunteer crazy enough to climb up and attach the lights. Photos by Marie Browne.

Labor of Love Gets to Work

by Linda Milovsoroff

Everyone has something to give: An extra pile of dry wood and a truck to haul it. The knowhow to design a Web page. A knack for creating an amazing dessert. The willingness to spend time reading poetry to a senior. Continued on page 15

Tour as we know it today.



photography @ Mary Beba

Light Up the Holiday Tree

Volunteers Mike Kirk, Randy Tonkin, Lee Ockinga and her daughters Paula and Lauren, Troy Kindred and Marie Browne spent an icy Saturday screwing in bulbs and hanging lights from the 100 foot tree at Ober Park. Yes, we WILL have a fully lit tree this year. And the lights won't blow the circuits, thanks to Tim Lafferty's re-wiring job. The tree will be lit at the end of the Holiday Parade which begins at U.S. Bank at 5:45pm Friday, December 7. Carols, meeting Santa and lighting the tree will start at Ober Park at a little after 6:00.

From the In Good Company show at Vashon Community Care Center, see more on page

Get in The Loop

Submissions to the Loop

Do you have an announcement or Public Service Announcement? Do you have something to say about a Vashon issue or topic affecting the Island? If so, please email questions or submissions to Ed Swan, editor of the *Loop*, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.

Vashon Library December Programs

KCLS Study Zone

Mondays and Wednesdays, Dec. 3-19, 3:30pm. Presented by Volunteer Tutor, Chris Purpus. Grades K-12. Students drop-in during scheduled Study Zone hours for free homework help from volunteer tutors.

Great Books Discussion Group: Descartes' Meditations

Monday, Dec. 3, 7pm. The Great Books Discussion Group has been meeting at the Vashon Library for 30yrs! 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 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 Tuesday, Dec. 4 and 11, 10:40am. Ages 21 months to 3 years with an adult. A 20-minute program of stories and songs just right for toddlers. No registration required.

English Language Learners (ELL): Beginners

Tuesdays, Dec. 4 and 11, 6:30pm. An instructor presents a free ELL program for beginners. This is a formal class to learn English grammar, reading, writing and conversation skills. Childcare available. Sponsored by the Harold

The Vashon Loop

Writers: Kathy Abascal, Deborah Anderson, Rachel Bard, Sarah Blakemore, Marie Browne, MEarth, Eric Francis, Troy Kindred, Melissa McCann, Orca Annie, Kevin Pottinger, Rex Morris, Jonathan Shipley, Ed Swan, Mary Litchfield Tuel, and Marie Leech Fund.

Lapsit Story Time Wednesday, Dec. 5 and 12, 10:40am. 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 Wednesday, Dec. 5 and 12, 11:30am. Ages 3-5. Join us for 30 minutes of stories, songs and fun! No registration required.

English Language Learners (ELL): Intermediate Thursday, Dec. 06 and 13, 2007 6:30pm. An instructor presents a free ELL program for intermediate students. Classes run through Dec. 13. This is a formal class to learn English grammar, reading, writing and conversation skills. Childcare available. Sponsored by the Harold and Marie Leech Fund.

Microsoft Word, Level 1 Saturday, Dec. 8, 9am. Netmaster, Chris Purpus. An introductory class to Microsoft's popular word processing program, Word. No prerequisites but knowing how to use a mouse would be helpful. Registration is required and begins Nov. 24. Call 463-2069 to register.

Walk on the Wild Side with **Barbara Gustafson**

"Holiday Nature Crafts" Sunday, Dec. 9, 1-3pm. Fragrant evergreen wreaths, sparkling fir cones, watercolors, woven ornaments and more...create lovely gifts for friends and family!! All materials are provided for this free and fun annual holiday workshop. For children ages 5-11. Please register beginning Sunday, November 25call 463-2069. Sponsored by Friends of the Vashon Library.

LateNight @the Library



Get Ready, Vashon! Those winter storms are on the way.

VashonBePrepared

Figgy Pudding, December First!

Lighthouse Theatre will host the first annual Figgy Pudding Fundraiser at 6:30pm on Saturday December 1st at the Vashon Lutheran Church.

The event will include a silent auction, scrumptious desserts, and a reading of Charles Dickens' A Christmas Carol, with a script adapted by Deb Pierce. The staged reading by new and veteran performers will also involve some audience participation, sound effects, and Christmas carols. Tickets for the event are \$25.00.

Lighthouse Theatre, which was established in 2004, is a non-profit "theatrical service company" on Vashon-Maury, which uses theatre arts to explore social and environmental issues. Service projects include performances, interactive drama workshops, and training programs. Lighthouse Theatre projects are designed to inspire, educate, and empower people by illuminating individual choices in scenes and stories. The 2007-2008 season for Lighthouse Theatre includes presentations on historical figures, playback theatre performances focusing on homelessness, recovery, and other themes, an empowerment workshop, and a training program on drama therapy.

For advance tickets, or for more information, please call 206 686-4325,

Marj Watkins, Susan Wolf

Original art, comics, cartoons: DeeBee, Ed Frohning, Rick Tuel, Jeff Hawley, Alex Soriano.

Ad sales and design: Dale Cunningham,

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- **Editor**: Ed Swan, Email: editor@vashonloop.com
- Publishers: Marie Browne and Troy Kindred
- PO Box 253, Vashon, WA 98070
- Paid advertisements in The Vashon Loop in
- no way express the opinions of the
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- Published every two weeks
- by Paradise Valley Press
- © November 30, 2007 Vol. IV, Issue 24
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Saturday, Dec. 15, 6-10pm, Grades 6-12. Decorate gingerbread cookies for the holidays! Guitar Hero and Dance Dance Revolution open play will also be available as usual. Participate in the Vashon Library Cyber Café and surf the web or play a game! Refreshments! Door prizes! Security will be provided. Sponsored by Friends of the Vashon Library.

Vespers Offered

Holden Vespers will be offered at the Episcopal Church each Sunday evening of Advent. All are invited to join in this contemplative service at 7:30 December 2nd, 9th, 16th, and 23rd.

or visit us on the web at www.lighthousetheatre.org.

Santa Appears

Senior Center Holiday Open House

Take a break with Santa, nosh a homemade goodie and shop for holiday gifts from collectibles, jewelry, crafts and a large collection of regretfully appreciated re-gifted items at the Senior Center's open house Dec. 7, 5-7 p.m. and Dec. 8, 10-noon (sale only). It includes a bake sale from well-hidden heirloom family recipes. All proceeds to benefit the SC.



VIPP 2008 PET CALENDAR

The Vashon Island Pet Protector 2008 Pet Calendar is now available for \$15 at the following locations: Pandora's Box, Fair Isle Animal Clinic, The Vashon Bookshop & all VIPP fundraising events. The 2008 calendar is sponsored by: Ellen Kritzman, Annie Miksch, Maggi MCClure, Ann Walker/Curious Kidstuff, Reliable Wines, Susan Carette ABR Realtor, Dee Weedin & the Vashon Bookshop.

VIPP ADOPT A CAT DAY: Every Saturday from 11:30-2:30 at Pandora's Box. Stop by or call VIPP at 206-389-1085.



HOME TEAM REALTY **Attention Builders!**

Over four acres of lightly wooded, level land, zoned R4 (4 houses per acre), with 3 water shares and on the sewer line. Easy access, private but close to the main highway. But wait, there's more: a doublewide manufactured home to live in or rent out while developing the property. **\$525,000**

MLS # 27206954



- 🞐 4.27 Acres Zoned R-4 3 Watershares 🞐 On Sewer Line
- ዎ 3 Bedroom 2 Bath





Adorable Cottage in Beulah Park

Adorable, fully remodeled cottage with eco-sensitive finishes. Kitchen y 1 bedroom features recycled glass tile, beautiful cement counters, low voltage lighting, stainless appliances, Marmoleum floors. In the living room, Kempas hardwood floors make it cozy, the vaulted ceiling and skylight make it spacious and bright. Outside, catch a breeze, listen to the creek, and gaze at your pond from the large deck. One full sized bedroom Son Partial Basement and a small office make it perfect for downsizing or just starting out. \$329,000

MLS # 27192127

- 1 Bath ஒ
- **9** Office space

13533 SW 171st St



On the Creek



Right Next Door

This historic house was once the camp kitchen for Beulah Park Camp. Now, it's a spacious and unique house in charming Beulah Park. The 1/4 acre lot borders a breathtaking ravine; open your bedroom window and listen to the soothing sounds of the creek tumbling into Colvos Passage. It's like living in a treehouse - with a cantilevered foundation and metal roof! The interior needs fresh paint and flooring, but the house is rock-solid and ready for an owner who wants something special. \$359,000

- 🦻 3 bedroom
- 2 Baths
- .30 Acre
- 1472 SQFT
- Paint and Carpet Fixer

13536 SW 171st St

MLS # 27191401

Great Buy - Fantastic Fixer

First time buyers and investors! A cosmetic fixer that's nice enough to live in as is. This house has good bones - cute cottage style, high ceilings, full unfinished basement, on sewer. It's on a large lot in a great neighborhood on the desirable Westside, close to the beach. Tremendous potential for increasing value through sweat equity. New flooring and fresh paint throughout make it move-in ready today!

- 🦻 1 bedroom
- 1 Baths
- .20 Acre
- **Full Basement**



\$259,000 MLS # 27175260



Fresh & New

- 🦻 3 bedrooms
- 1.5 Baths
- 1 Car Garage

8804 SW 184th St. MLS # 27143323

17017 135th Lane SW

Everything is new! Adorable single level home with cozy stone fireplace is completely fresh and new inside. Maple cabinets, energy friendly Pella windows, quality flooring, gorgeous light fixtures, CAT5 cabling, new roof, all new appliances including a gas furnace and electric water heater. Ideal location and the property is beautiful. Majestic firs grace the front providing screened privacy, and the sunny back yard is dotted with fruit trees. Easy to move in, easy to live in, easy to maintain. \$385,000.



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A Tradition of Art

Continued from page 1

Studio Tour, December 1-2 and 8-9 from 10 am to 4 pm, Barnworks celebrates its 25th consecutive year of displaying its members' work during the Holiday season and is a major player on the Studio Tour. provides local crafts to delight and And, over time, other large groups have coalesced, offering central locations to display a variety of artists' work on the Studio Tour. These groups include Barnworks, the Potters' Tour, Quartermaster Press, In Good Company and Waterworks Studio. The group venues offer visitors an extraordinary opportunity to see works by a rich variety of artists in one location.

Barnworks- Celebrates 25 Years Strong !

Barnworks (#13 on Tour map), celebrating its 25th year of exhibiting outstanding art, was (and remains) the artistic brainchild of Sharon Munger, its original and founding member. Over the years, Barnworks has evolved and grown in size and scope, becoming a core group of painters working in various mediums. By the mid-1980's, the Barnworks Holiday Show was an enormously popular, standing room only, seasonal fixture with lines forming long and early at the door. While Barnworks members have changed over the years and guest a hiatus from the late 1980's to 2005 artists are often invited to show with and now mixes decorated antique the group, Barnworks quality, silver serving pieces with one vitality and sheer talent have not. The generosity of this group is often returning to her Asian training with underplayed with their support of another. While a very independent the High School Scholarship fund

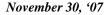
On this year's Holiday Art through the creation of a special work which is raffled off. The annual Holiday offering by Barnworks artists is rich and diverse and the Coop, added to the Barnworks show some years ago, entice guests. This year the group will kick off their anniversary festivities with a celebration preview and party on Friday, November 30 at 6:00 pm. This is a don't miss so be sure to join Barnworks and share the joy !

Potters Take Visitors on An Island Tour

The Potters' Tour (#15-Lewis, #29-Otis, #27-Hosick, #26-Beck/ Waterworks on Tour map) is a group in a geographically loose sense and, like Barnworks, some of its members have changed over time. Irene Otis, a founding member of the group has not missed a potters' tour since its inception and is most known, nationally and internationally, for her tiles. Mary Hosick, also a tour veteran, works in decorative bare clay as well as functional stoneware and porcelain. Yet another veteran of the tour for her 20 year, Liz Lewis is known throughout the Northwest for her signature "lizpots" - charming, cheerful and vibrantly colored. And Chris Beck returned to pottery after collection of ceramics while "group", the Potters' Tour is the

WATERWORKS STUDIO





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Studio Tour's window on contemporary ceramics on Vashon and not to be missed.

Quartermaster Press at the Land Trust

Quartermaster Press (#32 on Tour map) brings its printmaking annually to one of the few "town" venues and provides visitors a rich view into the world of printmaking. Quartermaster Press was founded by Valerie Willson over 12 years ago and brought together a group of printmakers who work cooperatively in a refurbished potting shed at Quartermaster. The etching press, which is the heart of this studio, was brought by Willson from Oregon when she moved to Vashon and is a true gem. The press was created by Ray Trayle, a retired Oregon machinist who wanted to contribute to the arts. He indeed did so by building numerous presses for printmakers, asking only for the cost of materials and the patience to wait for the press's construction. Trayle was awarded the Oregon Governor's Arts Award in 1997 for his contribution to the arts and Willson believes this is the only Trayle press in Washington. Willson has moved from printmaking to painting full time but, while Quartermaster Press has added and subtracted artists over its considerable years, it remains a force in Northwest printmaking. The group has shown together at the Seattle Convention Center, Macy's in Seattle, the Tacoma Actor's Guild and The Blue Heron. The Studio Tour allows visitors to view all of these talented artists in one location.

this year reaching fifteen. Pfortner was driven to create this show by three passions- his love and talent for photography, his fascination with Vashon, and his commitment to the Vashon Community Care Center and the Island elders who reside there. All of the In Good Company exhibits have included students who have worked with Pfortner over the years and both he and his colleagues will be present throughout the show to meet and greet visitors, discuss the various works, and offer both framed and unframed photographs as well as a selection of notecards, calendars, books and other gift items. For a photographic window on Vashon and other locales that have captured the eyes and hearts of these artists, make the trip to Vashon Community Care and In Good Company.

Waterworks Studio with 12 **Stunning Artists**

The studio known as Waterworks (#26 on Tour map) is a rehabilitated barn/shed/ chicken coop, and has been operating in some form as a sculpture, painting and pottery studio for over 30 years. Waterworks joined the Studio Tour in 1998. Under the guidance of Darsie Beck and during its early years on the tour, Waterworks primarily exhibited paintings and sculpture. Beck took a hiatus from the tour for a few years but returned in 2006 and, with the joint effort of his wife, Christine Beck, brought together ten artists working in all mediums, including painting, sculpture, ceramics, jewelry, photography and more. This year's group of twelve brings back last years' favorites and adds yet two more talented artists to the mix, promising something for everyone. Joining the Friday, November 30 celebrations to kick off Studio Tour, Waterworks' preview welcomes visitors from 5:30 pm on.

December 1-2 and 8-9, 10 am to 4 pm

Preview Party Friday, Nov 30, 5:30 pm on

#26 on Tour Map

In Good Company -**Photographers Capture Vashon**

At 4 years old, In Good Company (#7 on Tour map) is one of the more youthful large groups on the Studio Tour but has, like all Island groups, kept growing and changing throughout its years. The exhibit was founded and guided by veteran Island photographer Ray Pfortner. Each year Pfortner has expanded the show to include more Island photographers with the total

Continued on page 19

Art Tour Highlights

Wild West Show at Back Bay Inn

by Geri Peterson

Vashon photographer Cindy Koch and watercolorist Geri 2 : the business or work of a milliner Peterson recently combined their work for shows at Vashon Community Care Center and the Strawberry Festival. "Working together has been so much fun that we have decided to call ourselves The Vashon Girlfriends".

Vashon The Girlfriends combined Wild West show will be displayed at the Back Bay Inn and



Geri Peterson's painting Pardners, painted from a photo by Cindy Koch.

Restaurant as Number 18 on the Holiday Art Tour and also December through early January. The show consists of photographs and paintings depicting current Western people, animals and scenery.

To engage her imagination and develop her skills Cindy attended The Santa Fe Workshops, a yearround educational center for film and digital photographers. There she had the opportunity to photograph many ranch scenes. In the workshop she was encouraged to create work that flows from her heart and soul as well as from her eyes. She learned that lesson well as the photographs in her current show demonstrate.

Cindy's work has shown locally at the Blue Heron, Back Bay Inn, Vashon Community Care Center with "In Good Company", and on the cover of "Destination Vashon". Cindy has a large body of work from her time at The Santa Fe Workshops. Her ability to capture magical moments inspired Geri to create watercolors in the same genre. Some of Geri's paintings are renditions of Cindy's photographs. In addition to her watercolor paintings of western scenes and animals at Back Bay Inn, Geri's paintings of flowers are showing locally at Blooms and Things and at Dr. Basile's office. During the studio tour Geri also has watercolors of Vashon Island scenes at Barnworks. When asked about the variety of subject matter in her paintings, Geri explains, "I'm inspired by many things. Mostly I respond to images that feel joyful and light and I just paint them."

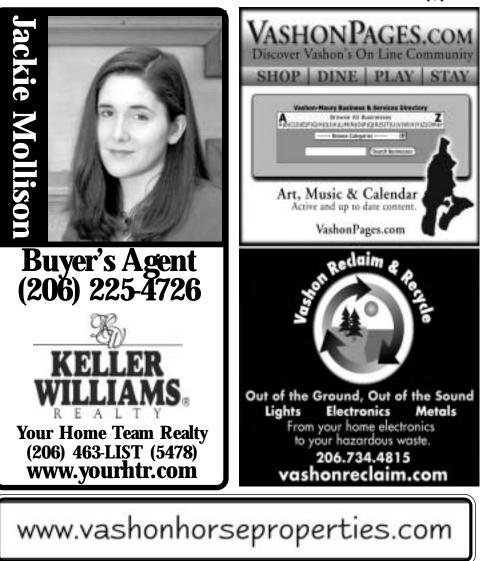
mil-li-nery

Pronunciation: *Èmi-IY-Ìner-ç*\ Function: noun Date: 1676 1 : women's apparel for the head

Arcadia Millinery and designer Laura Clampitt is a new addition to the studio tour this year. Laura grew up on Vashon and has been back on the island for the past 4 years. Arcadia Millinery and jeweller Diane Fox of DM Fox designs will be featured at Arcadia Millinery's studio on 119th Ave SW just past St, John Vianny Catholic church. Laura graduated from the University of Washington with a fine art degree in textile arts. Always a lover of hats, Laura finally found a local milliner to study with in Seattle. 13 years ago she began studying with Wayne Wichern and later with milliner Annie de Vuono in the art of hat making. "I love making hats. I work with both felt and straw, blocking them over wooden hat blocks and doing a lot of hand blocking and hand work. I love the medium, the versitility and the sculptural qualities of both the straw and felts. Each piece is unique with a specific personality of it's own. I hope we'll have a lot of guests drop by for the tour. I'm really looking forward to it."



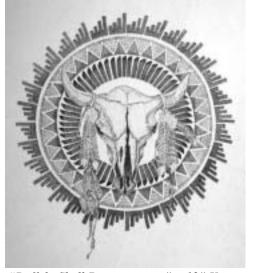
Designer Laura Clampitt displays one of her felt creations. Clampitt's hand made hats can be seen at her studio on this year's art studio tour, stop #10, the first two weekends of December.



Exquisite Crafts

Charles and Betty Gardner are number 25 on the Vashon Island Art Studio Tour held the first two week ends in December. Charles has been doing wood burning (pyrography) for several years. He started burning images on his walking sticks, and then progressed to doing very fine detailed pictures. He also makes wooden ferry boats, and other wooden toys. Betty makes jewelry from fine silver, gemstones, pearls, and luscious glass. She loves designing and learning new techniques. Chuck and Betty sell their art on their web site at www.vmislandcraftsandjewelry.com and also at the Heron's Nest Gallery in Vashon. They have both donated pieces for the Blue Heron's Auction.





"Buffalo Skull Dreamweaver," a 12" X 12" woodburning on Italian poplar wood, by Charles Gardner.

Continued on page 6



The Vashon Loop, p. 6



Spiritual Smart Aleck **Stitching Life Together**

By Mary Litchfield Tuel

OK, so I'm recovering from mononucleosis, and I have to rest. I'm catching up on my reading and movies. Being the nervous, compulsive type, sitting and reading or sitting and watching television doesn't do it for me. So after the laundry is folded, I knit. I'm a lousy knitter, but it makes me feel like I'm doing more than sitting there doing nothing.

My mom taught me how to knit when I was a girl. When she was a young woman back during the Depression she knitted several fine

cables and knots, when he was two, and then his daughter, my grand daughter, wore it when she was two. That's the sort of thing that warms the cockles of a grandma's heart.

I would never think of myself as being handy or crafty, but I am now suffering from enforced inactivity, so I have picked up the needles and yarn again. I have completed three hats and one and a half scarves. Each hat is better than the last, as my fingers remember what they are doing and why, and my brain



Stitching Life Together, photo by Mary Tuel

dresses and suits, in impossibly fine stitches on impossibly tiny needles. I was enchanted by these clothes, and asked to learn how to knit. My first project, a rectangle, looked like a web spun by a spider on LSD, but I hadn't ingested any hallucinogens. I was a kid, and I was inept.

When I was high school age, however, I got the hang of knitting, and I was off. I knitted a raglan horse blanket.

It was supposed to be a sweater for me, but I had not yet learned the importance of having the correct gauge. The gauge, in knitting, is how many stitches make an inch from side to side and how many rows make an inch from top to bottom. If the gauge called for is 6 stitches = one inch, and what you actually knit has 4 stitches per inch, your project is going to be quite a bit larger than it's supposed to be. Eventually the sweater was finished. My mother laundered it in hot water and shrunk it to the size of a pony blanket instead of a horse blanket. I wore it with the sleeves rolled up. 'Way up. It caused a bit of astonishment among my friends when they saw it - it was so large. I might still be wearing it, but it was made of good wool, and was eaten by moths one year. My following efforts were more successful, and over the years I would return to the needles and yarn for various projects. I made my older son an Aran Isle cardigan, all r e m e m b e r s how to put it all together. I'm not sure what I'm going to do with all these hats, but it is winter, and it is almost Christmas.

It feels good to be doing something productive. I feel connected to generations of people, mostly women, who

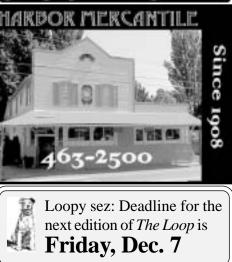
put their lives together one stitch at a time. Even if I'm not particularly gifted at handicrafts, and I'm not, it feels so good to make something with my hands and to see improvement from one project to the next.

It also feels good to reconnect with something my mother taught me so many years ago. We didn't connect on many levels, and now that she's been gone for a few years I remember her teaching me how to knit, and taking me to San Francisco to see musicals, and playing piano for my first singing performances.

One of the things I mourned when my parents died was the loss of all their knowledge of the history they had lived through, and all the family stories they could not tell me anymore. My mom's history and skills went with her. but I still know how to knit, and I hope to teach my grand daughter so she can say some day, "My grandmother taught me how to knit." That sounds pretty cool to me.



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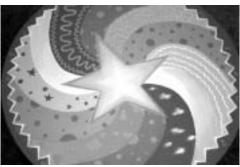
Art Tour Highlights

Continued from page 5

Reitz-Green Opens Studio

At right, Reitz-Green sits on her new studio porch.

All are invited to come by Kristen Reitz-Greens' studio the first two weekends in December to feel youthful and inspired. Kristen's Mexican influenced painted furnishings and accessories use every color combination imaginable to invigorate and spread positive





Vashon Community Care **Center Showcases 15 Island** Photographers

Vashon Community Care Center is hosting the 4th annual "In Good Company" group photography show from November 28, 2007 through January 5, 2008. The current show is the Center's largest with 15 photographers showing over 75 framed prints. The opening for the show will be Friday, December 7 from 6-9pm with

Now. You need a hat? I got hats.



Electronics Metals Lights From your home electronics to your hazardous waste. 206.734.4815 vashonreclaim.com

A rainbow-painted table showing at Kristen Reitz-Green's studio. Photo by Kristen Reitz-Green.

energy. Much of Kristen's endless energy has recently gone to making the dream of a new creative space a reality. Although finishing details will be ongoing, her new self designed space is a reflection of her art in many ways. From the five sides, to outward leaning walls, it is a new inspirational space to work in as she moves forward in her evolution as an artist. Her art is all about color, all about detail and this tour is a great chance to stop by and see a Vashon Artist enjoying her craft.



refreshments and a chance to meet all the artists. The show is Stop #7 on the Holiday Arts Tour, and will offer gift items featuring photography in addition to the framed prints. The show will also be open for viewing for the First Friday Gallery Cruise on November 30 from 6-9pm. തതത

An Island Full Of Art Galleries

by Margaret Heffelfinger

Your eyes study the little pictures while your mind is rearranging your weekend plans. You read the descriptions, already planning your route. The glossy, new Open Studio Brochure says 10 a.m. to 4 p.m., and you wonder if they truly mean 10 a.m., no early birds, or if you just park directly in front of with your headlights glaring will they be forced to come out and let you in? Pondering your options your eyes fall to the bottom of the page. There in a goldish colored box is a discrete headline saying "Shops and Galleries Showing Art Made on Vashon." Hey, you wonder, what are those gallery guys doing in the Studio Tour brochure? What's up with that?

As one of the galleries at the bottom of the page, I can tell you.

We're there because art is our life, and the Studio Tour means for those two weekends, Vashon explodes with more of what we love best. Art! The remarkable art of Vashon becomes more available because all those studios become galleries. When it comes to enticing buyers, the more venues the merrier. So whether showing paintings, sculpture, glass or silver bells, we welcome the attention the Studio Tour brings to the arts on Vashon.

The basic difference between numbers 1 through 38 in the brochure and those of us in the goldish box, (Silverwood, 070, The Heron's Nest and Blue Heron Gallery) is that the galleries are here, selling art year round. And strengthening the Island's reputation as an artistic community with shows that keep the art scene in front of the public.

It's a whirl-wind that never stops with exhibits that change monthly. Vashon galleries repeat the flurry of hanging, lighting, printing cards, making ads and getting out the cheese and crackers for an ongoing spectacle of First Friday Gallery Cruises. (Incidentally, Blue Heron Gallery and Silverwood are two of the founders of the nearly 15 year old Gallery Cruise which has grown to include a wide variety of Island locations showing art, including eateries, bookstores, and more.)

It's not unusual to see artists on the tour who have shows in galleries. It's just unusual to see them in their working studio. Lots of people like that aspect of the tour and so do many artists. Other artists would rather make their art and let someone else sell it. For them, galleries handle details like marketing, shipping, sales and returns. Insurance. Setting the price. Promoting the artist and building a loyal clientele for them. Being notified when a favorite artist has a new body of work or an upcoming show.

So who are those galleries in beige? In Vashon, 070 Gallery is the must see spot for art that is thoughtfully curated, and thought provoking. They pack the house First Fridays with their reputation for never being boring or redundant. Across the street, the venerable Heron's Nest delights with the widest assortment of art under one roof. It's the retail arm of the VAA and it's hard to think of an Island artist they haven't shown.

At Center sits the queen. The Blue Heron Gallery, home of the State's oldest Allied Arts group. The Blue Heron puts out a call for artists once a year and curates exhibits of wide ranging scope and subject. They are the go-to place for information about the arts on Vashon. Silverwood Gallery is in Burton. Family run, it has the jewelry of goldsmith and owner Eric Heffelfinger and the madcap dog paintings of his wife, Margaret.



Eric's work stays on display. Margaret shares the walls with a rotating group of well-known artists including Ted Kutscher, Joanne Bohannon, Ivonne Escobar de Kommer, Karen Hersh Crozier and Alexander Kochen. Their work is always available from the gallery even when not on display. Silverwood shows new artists, too, and every two years hosts an invitational for every artist on the Island who wants to participate.

The galleries on Vashon communicate constantly about things like do you have a spare cubicle or who printed your latest cards. We're people dedicated heart and soul to the health and future of art on Vashon. That's why we unhesitatingly support the art of the Tour and buy space in the beige box.

Margaret Heffefinger is co-owner of Silverwood Gallery and paints under the name Margaret Tylczak. Her work will be featured in the exhibit at Silverwood during December.

Green Party Meets

On Tuesday, December 11, the Vashon-Maury Green Party (VMIGP) will hold their monthly meeting at the Land Trust Building, 10014 SW Bank Rd. The main topic of discussion will be the "Power to the People" campaign of Cynthia McKinney who is seeking the 2008 Party Presidential Green nomination. With a very successful turnout at the November 11 Cynthia McKinney Brunch, local Green Party members and other Vashon residents are very enthusiastic about her candidacy and her campaign. Please feel free to join us whether a Green Party member or just wanting to learn more. Please bring your own mug as coffee and tea will be available but no paper supplies provided. For more information, contact Maryrose Asher at dmasher@comcast.net or call 567-0593.

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51 Beginning 57 Licensed practical nurse

ACROSS

- 1 Mast
- 5 Morning bell
- 10 Smooch
- 14 What a clock tells
- 15 Sheer, triangular scarf

29 Small bunch of flowers 32 Cornstalk

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27 Making a knot

- 38 Genetic code
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64 Location

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The Reigning Queen of Everything The RQE Eats Crow on Thanksgiving

Years ago my rotten family moved to Australia, leaving me to fend for myself at age 18. There is no question that they, quite frankly, totally suck for doing this. What years of therapy has taught me is that yes, they do in fact totally suck for doing this; But everyone's family has something that makes them totally suck.

[On a side note I have recently quit therapy which should make my column significantly more volatile, if not more interesting. Ha.]

Moving on.

noticeable on major events - I got accepted to college and they didn't answer the phone for over a week (no answering machine, they didn't want to be that "available"), boyfriends and heartbreak came and went unnoticed and Holidays (outside of Christmas when I got a phone call and whatever sort of presents were easy to mailed half way across the world) were usually forgotten. The first few years I was without family I mostly stayed home by myself - which was pretty miserable in my cockroach ridden apartment – and waited for them to call. They never did. They would usually call a few days later and apologize for forgetting but after a few times the apologies seemed rather hollow. I was jealous of all the people I saw going home for the holidays.

So I sucked it up and made my own way in the world. It was lonely but I moved forward in life and on the way I found friends. As luck would have it, New York City is full of damaged people. Go figure. Some were good, some were bad, but the ones who mattered stayed around. In my attempt at trying to make something out of nothing, I began having Thanksgiving at my apartment. I didn't have anywhere else to go, and hey, neither did my friends. So I made my own tradition. We would have Thanksgiving together but with one rule: no family allowed.

and gone, but the important ones have stayed. Eventually, the Thanksgiving parties have been whittled down to a core group. Donald is my friend from high school; Sarah is his long time girlfriend. Heather was my first neighbor in Brooklyn; I introduced her to John whom I met as a fellow volunteer at New York Cares. John and Heather are married now and I am a proud Godmother to their first child, Lindell. I met Laurie through another friend years ago, that friend faded off into the blue but Laurie and I are as close as ever. As we have all gotten older and more financially stable, our Thanksgiving parties have morphed into weekends away. Lots of fun; the whole crew away in a new place, eating, drinking and late night games of Scrabble and Uno. This year we



By Sarah Blakemore, RQE went to a place deep in the heart of modern American folklore, The Poconos. The Pocono Mountains which are really weather worn hills are part of a bygone era of the American Vacation. The mountains are filled with little resort towns that are straight out of Dirty Dancing, small bungalows made for families to enjoy wholesome activities. While none of us quite fall in to the wholesome category, remember my earlier note about being damaged, we were certainly up for enjoying whatever The Poconos had to offer.

And thus the drama beings.

We had a great time. We ate a The absence of my family was only fabulous dinner, went hiking and horseback riding and consumed two cases of wine and two cases of beer. Our house overlooked a lake where we got to walk the dogs; we played with the kid and caught up on each other's lives. We also stressed about the grocery buying, discussed the weight gain of one of the people on the trip behind their back, quibbled about dishes, complained because someone was talking about something they knew nothing about and outright fought over cooking the turkey.

> Our Thanksgiving tradition of smugly avoiding family stress and replacing it with the delightful relaxation of friends has turned in to the very thing we were trying to avoid; hellish holidays at home. Upon the realization that my friends have become family, I was upset. Now what? These people were supposed to be my refuge from family; they are meant to be the ones that are safe.

> So what do you do when your friends become family?

> None of us could ever stop going to the Thanksgiving trip. It would be such a coup d'état that I don't think the offended parties would ever recover, even though they would take back the offending absentee the very next year. Just like family.

> None of us could ever stop arguing, we know each other too well. We bring out the best and the worst of each other. Just like family.

With further reflection I realized Over the years friends have come why we keep going back, arguing and complaining. Because we love each other and would be lost without all of our arguing and complaining. It is, after all of these years, clear to me now. We sought out in each other what we could not find at home - the comfort of a group of people who will love you no matter what, pay attention to your life and think of you when you are far away. That's family. Some of us couldn't admit that we wanted it but now that we have it we couldn't live without it. So, really, there is nothing to do but be Thankful when you realize that your friends have become family. But even more than that, be thankful that you can admit it is what you wanted all along, or you wouldn't have sought it out.



Arachnophobia

by Susan Wolf

My daughter never liked spiders much, which her brothers used to their advantage on occasion. My family has perpetuated this nonsense through our usual hysterical and confused reaction to incidental contacts with the arachnids.

When my pregnant daughter was going through a divorce, she moved with her 18-month-old into the basement apartment of our house. Now, it's an older house, but not ancient and it mostly fit our needs however we did discover that spiders (and oh, they were plentiful



Spider photo courtesy PD Photo.org

that year) liked to crawl under the garage door into the apartment.

My daughter asked if we could put some weather stripping under the door and her father, in typical fashion, promised to do so but put it off. Time went on and she complained a time or two about a spider in the bathtub, which we all know is where spiders like to spy. On one particular day, she threw open the door to the upstairs and yelled at her dad that there were now five large Wolf spiders residing on the ceiling of the Wolf residence (where else would they be?) in her apartment. He grabbed a dish towel and casually trotted downstairs.

jumping up and down crying, "THE SPIDER IS ON THE BABY!" My husband was standing to the side with a puzzled look on his face watching her with the towel in his hand. The baby granddaughter had done a face plant in the carpet and was sobbing quietly while her little body was trembling. A very large spider was on her back and even though my husband flicked the towel at it, it stubbornly clung to the baby.

I walked over and brushed the spider off with my hand as it attempted to scurry toward the baby's face and picked my granddaughter up. I patted the baby soothingly and asked my husband what had happened. My daughter spoke up, "He was flicking the towel at the ceiling and one of the spiders flew over and landed on I looked at my husband her." accusingly whereupon he laughed. "It's only a spider, ladies. It won't eat you.'

Spiders eat other insects - up to 2,000 a year. The reason they were so numerous that particular August is that, apparently, is the breeding season. They live in your house all year long but come out in the open during that time. The most common poisonous spiders in the U.S., the Black Widow and the Brown Recluse, have not caused a death in a couple of decades. There are house spiders and outdoor spiders, but pesticides don't really work well, so why not let them stay and eat the termites that could ruin your house? Just don't in-flick them on babies; it freaks their mothers out. തതത

November 30, '07

For the record, the RQE won the Turkey argument.

Na-nuh, na-nuh boo boo.

All of a sudden I heard the baby crying, my daughter screaming at the top of her lungs, "IT'S ON HER! GET IT OFF HER!! HELP - MOM!" I ran down the stairs exclaiming, "What's happening? What are you doing?" My very pregnant daughter was wringing her hands,

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GIVING THANKS

Thanks!

Now that the official day for the giving of thanks has passed, what are we supposed to do? Are we supposed to ignore the myriad things we have to give thanks for, just as most of us ignore Black History except in February? That seems somewhat ungracious to me, considering the nature of the universe.

One of the biggest spiritual lessons of my life is that we can never give enough thanks. We could all spend every moment of the rest of our lives giving thanks from waking to sleep and we could still not give enough thanks for all that we have been given.

To start with the basics—first of all, there is life. We have been blessed to be created human beings. Not only do we get to experience each other in this seemingly unique way, we get to experience this wonderful world we have been leased to live on, and to experience the magic of this universe first hand in a way no other creature we know does.

We would also do well to remember that with great gifts come great responsibility.

Thanks!

We are also blessed with the opportunity to find the sacred in this universe, each of us in our own way. Unlike every other plant and animal species we know of, we are born unaware just how sacred our life is and it is up to us to find our way home.

One of my pet peeves concerns people or organizations that are certain they know better than I do what my path should be. Thanks anyway. If we begin with the premise there is one Creator of this universe, to me it goes without saying-or, at least, without much saying—that we all honor the same one. I mean, if you want to argue that there is only one true God, who else could I possibly be talking about?

Another is the thought that, since I honor trees as sacred—and rivers, mountains and bears-that I 'worship' trees, rivers, mountains and bears. Don't be silly. I merely honor them as being the creations of the same Creator. All of that aside, this time that we spend with friends and family should remind us how blessed we are to be in the midst of all this love and life-and feel the deepest empathy for those around us that are not. The year grows dark around us, the last leaves let go and join their comrades on the good earth, and yet we have the opportunity to move toward the lights and rejoice together in the turning of another season.



fare put up or by or away, roots would be in the cellar, the wood stacked to the shed roofs, and we would gather around the fire and share the old stories and the new jokes. We would hopefully be ready for winter's worst, safe and secure, ready to share and care for the less fortunate as though they were our own, ready to look within and seek the answers we didn't have time for in the hustle and bustle of the spring and summer.

Trees lose leaves for a reason to let them rest for a season.

Thanks!

It is the nature of the world around us that we must seek our cues and lessons in life. Good nature's power is wise, carrying the lesson of millions of trips around the sun. We, who manage only 10, or 50, or 100, would do well to learn from our eldest elders. Work when we must, rest when we can, sleep when the baby sleeps. Turn outward when it is time for that, turn inward when it is not. For everything there is a season. Circle the sun with the season and give thanks for another successful journey of millions of miles.

Millions of miles. Thanks! We live in a real community. People care more about each other here than in many other places I have been. I care more for the people here than many other places I have been. My prayer tonight is for all of you, this community where I live, where I love and where my life and work reside. I pray from the outside in—first for all that is sacred in this universe, then for all that is sacred in this world, then for all that is sacred in the land where I live-that would be you. Then I give thanks for my family and friends—you know who you are—and finally, I can give thanks for my own life. The sacred way is to give thanks for you before I give it for me. തതത



A Guitar Player's Christmas Dream

by Bob Krinsky

"It was like Christmas when we opened box after box of our first shipment of our Vashon Guitars. Each and every detail of our guitar designs was perfectly crafted." said Bob Krinsky, founder of Vashon Guitar Company. The magic name "Vashon" is inlaid in mother of pearl on each of the 29 models of custom designed guitars. Now it is Christmas for real, and so VGC is offering special pricing to Islanders wanting to own a Vashon. "We have just received our third production run of a limited number of models, hoping some lucky Islander will find one under the tree." Except for this retail promotion, Vashon is concentrating on supplying its wholesale customers, hoping to continue the steady growth it has enjoyed so far.

Vashon Guitar Company is off and running, bringing its line of 29 top-drawer acoustic and arch top electric guitars to the national marketplace. "We spent several years working out the possibility of our business, creating a line of guitars that offers old-school quality



and craftsmanship meeting the levels of the most highly regarded brands, while making the prices much more affordable. "The proof is in the playing". Compare the workmanship and sound of any of our guitars to the largest brands and Vashon will speak for itself.

"We are happy to say that our Vashon brand of guitars are being well received by retail dealers, through our alliance with a topnotch distributor of the best musical products, and most importantly, by great guitarists", said Bob Krinsky. Bob and Delilah Krinsky formed Vashon Guitar in January 2007. "We have now opened accounts for such quality stores as Ted Brown Music which has four locations around the state. Vashon's goal is to become a mainstream brand in the guitar market, catering to the independent dealer.

Vashon Guitar has a showroom and retail space opened at its building located at 1546 Market Street in downtown Tacoma. The whole line of Vashon Guitars is described at Vashonguitar.com Vashon Guitars are not available for purchase on the internet, but only through its retail dealers. Bob will bring over to Vashon whichever models any Islander wishes to see in person without having to travel to Tacoma. On the retail level, Vashon has also committed to marketing Luna Guitars that are made especially for the female guitarist. These instruments are little pieces of artwork in themselves. They feature inlaid flowers, painted fairies and other wistful designs. If you have a mother or daughter longing to create music, Bob recommends Luna as a guitar that comes with inspiration built into it. Contact Bob at Vashonguitar.com if you would like to give a gift that reflects all the virtues of Vashon Island: beauty, color, creativity and quality.

In ancient days, today the harvest would be done, the winter's

Thanks! ME

Bob with his beautiful guitars. Photo by Steve Allen.

🖎 LoOp Ed

An Open Letter to Citizens of Planet Earth

by Mark A. Goldman

Dear Friends,

I would like to say something about oil and also make a few other comments:

It took nature probably 200 to 300 million years to create the entire supply of earth's oil and we have, in approximately 150 years, already used up about half of it. To think that it is right and proper for us to continue to search for and extract more oil now is quite improper. The rest of the oil does not rightly belong to us (we have inadvertently already used much more than our fair share... the rest belongs to future generations).

It is unconscionable to continue to search out new sources of oil, or to deplete the sources we can already identify, in the face of what we now know. Any unnecessary additional oil we use for powering automobiles from this point forward, no matter where it's located, is wanton theft from our own progeny.

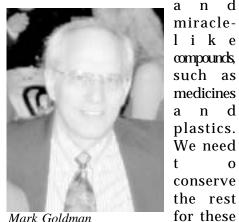
Even with our limited scientific knowledge, we know that oil can be converted into wonderful products

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Mark Goldman

kinds of uses, some of which we might not even be able to imagine right now. We should not continue to extract as much oil as we can find to burn up as fuel when other alternatives are available or could be made available if we had the political will.

Is there anything more selfish, covetous, and malicious than for us to continue to extract more oil for fuel, when our fervent hope is that our children and grandchildren and their progeny will continue to make Earth their home perhaps for as long as mankind has already been here. Whether estimates from experts conclude that the current amount www.gpln.com/citizen.htm

of oil left in the ground will last another 50, 100, or 1,000 years is not the point. We should be preserving as much of the remaining supply as possible for future generations.

Fortunately, a little research can demonstrate quite clearly that there is no need whatsoever for us to be so dependent on oil. And there's no need whatsoever for us to mismanage our land either, as we are now doing, having foolishly embarked on new projects to squander our rich soil to grow plants that we intend to convert into bio-fuel and burn for energy just like we did with oil. We and future generations will surely need that land for food.

Managing our resources the way we do now is insane when you consider that other technologies are already available or nearly so, and better suited for the purpose. Every day the sun sends us more energy than we will ever need. We would be wise to focus our sights on learning how to use it.

What needs to be done...

We need to restructure and repair our government so that our most capable, wise and responsible citizens are the ones who end up representing us.

We need to insist that corporations do not and should not be treated as if they had human rights. Only people should have human rights. People who run corporations need to be held accountable and should not be able to hide behind a corporate veil in order to absolve themselves of culpability when they make decisions that result in corporate crime.

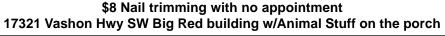
We need to believe in the power of telling the truth and we need to make justice and peace our personal and national purpose and goal... not as rhetoric, but as true intention.

Please consider these thoughts and see how you might contribute to expanding and refining them as you participate in the various aspects of your life. Very truly yours, Mark A. Goldman, http://



Buckle up for a bumpy ride! Only 26 more days to go. Don't forget stocking stuffers and new holiday attire for Fido and Furrpurrson.

Cheryl's pick of the week: New coastal kitty toys. Some are cute. Some are not. You need some of each. (206) 463-3401





🖎 LoOp Letters

Parents, Let Them Coach

We were saddened by the school board's recent decision to not renew the high school girls' basketball coach's contract, and their dismissal of a coach with over 20 years experience and a consistent winning record. While we have no personal knowledge of the conflicts that moved a group of parents to write letters criticizing this coach, we are well acquainted with Vashon's culture in youth sports after over 10 years of involvement. This is often such a thankless job, we are amazed when anyone comes forward with a willingness to coach, much less with the dedication to want to turn out a winning team. At the high school level, sports are competitive. Competition requires discipline, teamwork, a good work ethic, and adherence to rules. Winning teams are produced by challenging players to reach their potential in working for a common goal. It's all about the team.

There is a very instructive booklet by Bruce E. Brown titled The Role of Parents in Athletics that discusses parents who find themselves solving their child's athletic-related problems, and how this robs young people of the opportunity of learning how to solve those problems. If the name sounds familiar, it's because he's been an invited speaker at Vashon about the appropriate role for parents of athletes. Brown tells us that while parents could teach their kids how to talk with their coaches, the ultimate responsibility for taking action should be with the player. Another consequence of parent involvement in coaching is scaring off potential coaches. In a small community, we see what could happen to others if a harsh word is spoken to a player. It takes great courage to willingly place yourself in such a position.

The value of team sports and the lessons learned on the playing fields will teach our kids much about what it means to have others count on you for results. When the going gets tough, that's the time to dig deep and bring it, not complain that it's too hard or that feelings are hurt. The positive aggression that is required in team contact sports often runs contrary to the 'happy ball' mentality that Vashon has been known for. The teams we play off island play to win. It's FUN to be on a winning team, but you don't get there without working for it. We do our kids a disservice by not preparing them for competition, and we ought to be better role models at conflict resolution. We've lost a talented coach as a result.

Rita Santiago-Allman, Vashon Pirates Mom

Ferry Scare

Last Sunday morning I took the ferry into Seattle. Six hours later I caught the same ferry back to Vashon. Same crew both crossings. Both times they threatened to have me arrested. Why? Because I made a complaint that the boat was not tied up during loading and offloading. Last Sunday was over the top. The crew had removed the lines and run them up the ramp before they'd even started running cars into the tunnel. I stopped to take a couple pictures to include with my complaint to the ferries and the deck guy tells me he is calling the police. It is ironic and wrong that we have to listen to those recorded safety messages every time we ride the ferry. And what is with those silly gunboats doing figure eights and jumping the wake behind the ferries? Where do they go when the weather is bad? Does anyone feel safer?

Thank You Loop Community

Loop readers who offered me their support during my recent campaign for Fire Commissioner. Thank you also to my opponent, Craig Harmeling, and his supporters as well. The campaign made it apparent that most of us are on the same page when it comes to what we want out of our fire department. This island has a long tradition of volunteerism and community service, and it is clear that Islanders want that tradition

Many thanks to all the Vashon to continue with their fire department. But it can't happen without strong community support. For every one of you who has been thinking about getting involved but hasn't done so yet, now's the time. And for those volunteers who have stepped away from the department in recent years, it's time for you to come back. Volunteering for Vashon Island Fire & Rescue will be the best thing you've ever done, come and join us! **Neil Philip**

Nancy Soriano

(Note: this letter was received late and edited for length in order to fit. Editor.)



J Pod Maternity Mystery

By Orca Annie Stateler

We have a baby mystery. On November 21, neither Mark Sears nor the NOAA research vessel found Baby J43 with J Pod in East Passage. That afternoon, J Pod looked subdued, traveling slowly and surfacing in a synchronized, tight formation for several hours. We did not see even a single tail slap. The orcas changed direction abruptly in Dalco Pass and traveled north again up East Passage. Researchers observed no foraging and collected no prey remnants, only fecal samples.

Years ago, I observed similar behavior in a Northern Resident pod, the A30's, shortly after the matriarch's calf died. The behavioral difference in these typically exuberant orcas was so striking that their grief was palpable. Mark saw J Pod behave the same way when an elder male died in 1998. We surmised that J Pod might be mourning the loss of J43 on November 21.

When J Pod returned on November 23, the orcas were "pacing," just as they did on November 7 when researchers spotted Baby J43 by Blake Island. The pod ventured into unusual areas, like the mouth of Quartermaster Harbor. Instead

flopped around the snouts of concerned relatives. The orcas in the "Baby Group" had their flippers full keeping the new pod mate afloat. This behavior seems more consistent with a just-born baby rather than a weeks-old calf. Thus far, the verdict is out on whether J Pod has another baby.

Please support the work of the Vashon Hydrophone Project (VHP): **REPORT LOCAL WHALE SIGHTINGS** ASAP TO 463-9041. As ever, we are grateful to everybody who calls with timely reports. Scott, Carl, and Joan were especially helpful. Ferry riders, we want to hear from you! Do not assume that reporting sightings elsewhere is the same as contacting the VHP.

For new Islanders and readers, I coordinate the VHP. Mark Sears and Odin Lonning are indispensable VHP associates. We are the only non-profit on Vashon dedicated to whale research, education, and conservation. We also do marine mammal stranding response with Wolftown. VHP associates are the Island's "boots on the ground," striving to consistently and accurately ID Southern Residents and other marine mammals. Read more about the VHP at http://acspugetsound.org/VHP/ index.html.

On November 23, off-Island sighting reports alerted a commercial whale watch boat to J Pod's presence near the Maury Island Aquatic Reserve. Plenty of boats surrounded J Pod outside Quartermaster Harbor and off Neill Point, including a Tacoma Police boat and a boater with a huge telephoto lens. Some boats were just fishing, but others targeted the orcas.

Granted, boaters were probably unaware that J Pod struggled with a newborn, but the "Baby Group" orcas exhibited many behavioral cues to show they were not in the mood for boat



J Pod male breaches in East Passage. Photo by Mark Sears."

of brushing by Point Robinson, the encounters. Without fail, every time a boat whales hugged the mainland shore from other than Mark's approached, the "Baby Three Tree Point to Redondo as they Group" orcas dove to evade the vessel. The killer whales continued to move farther offshore into East Passage, followed by several boats. Vital opportunities to collect data are lost when research vessels must referee boaters seeking a closer look at the orcas. Mark's time could be better spent photographing the Southern Residents a stone's throw from Glacier's gravel dock, as they were on November 23. Wanted for impersonating killer whales: sea lions! The VHP is getting numerous reports of sea lions mistaken for orcas. Sea lions and orcas display similar behaviors, such as breaching, porpoising, and waving or slapping flippers. On a gray day, a sea lion's dark, extended flipper can look like a dorsal fin. Finally, call NOAA Fisheries Enforcement at 1-800-853-1964 to report boats harassing whales or other marine mammals. Contact Orca Annie at Vashonorcas@aol.com. തതത



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🖎 LoOp Letters

Polyester Pundits

I am so weary of seeing these

is when she was talking about how the media. dangerous Iran is to its neighbors. He paused the video and (to the effect) while their Macho Men talked big said:

four sides by countries with nukes could have spoken for that girl. and we are spending billions of They could have gotten the dollars to destabilize government and drawing up husbands and appealed to them military plans to use our nukes to about what an atrocity that was. stop them from having nukes, and One signature from the grizzly-THEY are dangerous??"

Revolutionary Guard were killing wouldn't be proper, and anyway American soldiers and he said:

that. It's the Iraqi insurgents who are pickle after another. killing our soldiers and they would probably stop doing it if we got out is that for all the pomp and expense of their country." www.youtube.com/ watch?v=npbftGodGGI) campaign going on to link the problems through its own ignorance current semi-reprieve from violence and makes other countries miserable to the fact that Iran isn't setting in the process. Why can't so many roadside bombs any more. No matter of those in power just use their that more than 2 million Iraqis have common sense and see that? Lives fled their country: that sectarian are being wasted here. A once great violence has already claimed tens of thousands of Iraqi people; and that Hostility and condemnation are the United States military has erected barricades designed to insensitive separate all the sects in Baghdad. condescension to other nations. All The mess we have made, the the while we have these shiny violence, is all Iran's fault and always preened faces up there babbling was. It's one more attempt to scrape away up an excuse for invasion. After all, perpetuating only more confusion that snarky AIEI keeps blowing the and accomplishing nothing. excuse that bombs are being proliferated.

Then, I read an article about the important elites up there, spiffed, Oh-So-Dignified First Couple coiffed and foofed, dribbling out the visiting with the Honcho and his same false information over and wife in Saudi Arabia. Most likely over despite evidence to the both women had gotten themselves contrary. They are agonizingly a new "do" that day along with a devoid of any cognitive recognition. manicure for such a momentous I watched a clip last night in event. Earlier they had both which Mike Gravel walked us probably tut-tutted about how through a Hillary spiel which was awful it was that a wanton nineteen so elegantly presented with year old citizen of that very country absolutely nothing underneath it but was sentenced to jail and 100 lashes gas. She reminded me of Chatty for having been gang raped and Cathy. One example I will point out then for daring to speak about it with

They probably looked adoringly talk over billion dollar weapons "Here Iran is, surrounded on all deals. Either one of those ladies their attention of their Neanderthal bearded Saudi Leader could have Then, she talked about how the pardoned her. But of course, that these miserable commoners are 'There is absolutely no proof of always getting themselves into one

So what am I saying? I guess it

traveled south in East Passage. Mark and I have never seen Southern Residents do this. The orcas routinely favor the Vashon-Maury shoreline.

That day, Mark found what appeared to be an hours-old, wrinkly newborn with fetal folds and a scrunched up dorsal fin. This baby was with a group of about six whales that did not include J43's mother, J14, or matriline, the J2's. Possible candidates for a new mother are J22 or her daughter J32, though she is slightly younger than the norm for first-time Southern Resident moms.

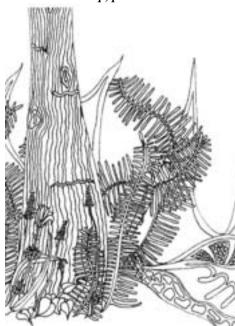
Throughout the day, different whales took turns by the baby's side, adding to the mystery. Mark and I do not believe this is J43 because of the bent fin and fetal folds, which should have faded on a calf more than two weeks old.

We saw whales doing the "Baby Nudge," nuzzling the baby and lifting him/her to breathe. Tiny tail flukes

(http:// and waste and pageantry and protocol and political demagoguery, this world is sinking into a cesspool. I notice there is now even a This country creates its own country is being bankrupted here. being heaped upon us daily for our blundering and on cruise control, Would someone please be real?

Sherry Moe

The Vashon Loop, p. 12



Herbs for Acne

By Kathy Abascal

Acne is a common ailment that is frequently treated with antibiotics. Unfortunately, acne bacteria are increasingly resistant to antibiotics and over half of the people with acne carry strains that cannot be treated with antibiotics. In addition, some acne medicines cause birth defects and other problems, so it is always best to first try to treat acne with natural methods.

People living in "stone age societies" do not have acne while up to 95% of teens in the Western world do. Nonetheless, modern medicine continues to maintain that diet is unrelated to acne when in fact it is a major cause of the problem. A change in diet is critical if you want to get rid of acne. What to do? Simple carbs and especially sugars cause surges of insulin and a factor called IGF-1. In turn, IGF-1 increases



the production of male hormones (in both females and males). These hormones cause the skin to excrete excess sebum that then feeds the bacteria that cause acne. Another good source of IGF-1 is dairy, particularly dairy from cows treated with bovine growth hormone. So, the most important treatment is the elimination of simple carbs, sugars, and dairy. Acne is an inflammatory condition. As a result fruits, vegetables, whole grains, and good fats should be substituted for sugars and dairy to quiet the inflammation. Low stomach acid is also a common factor in people with acne. The herbal answer is bitter herbs, which stimulate digestive function including acid secretion and are often important in correcting acne Taraxacum officinale vulgaris. (dandelion) leaf and root, Achillea *millefolium* (yarrow) flowering top, Artemisia absinthium (wormwood) leaf, Gentiana lutea (gentian) root, and Mahonia aquifolium (Oregon grape) root are examples of bitter herbs.

Liver function is another factor in acne. Basically, if the liver and its detoxification system are functioning poorly, the body will compensate by eliminating waste products through the skin. One of the best herbs to help the liver in people with skin problems is *Arctium lappa* (burdock) root.

Various bacteria are thought to cause acne although the same species are present on normal skin. However, once the skin begins to produce excess sebum, these microbes overgrow and worsen inflammation. As a result, antimicrobial herbs play a role in acne treatment. The best studied antimicrobial treatment is Melaleuca alternifolia (tea tree) oil. In studies, tea tree oil gel worked as well as benzoyl peroxide, a common acne treatment but had the advantage of causing much less skin irritation. A good treatment is 25-50% tea tree oil diluted in jojoba oil applied twice daily. If the scent of the herb is too strong, it can be used only in the evening or at bedtime. The tea tree oil works best if the skin is clean so it should first be gently cleansed with a soap that does not contain any pharmaceutical ingredients.

Ultimately, antimicrobials will not cure most acne and herbs that relieve inflammation are needed. Oregon grape or Berberis vulgaris (barberry) are good choices because they moderate inflammation and are antimicrobial at the same time. Another potent inflammation modulator is *Scutellaria baicalensis* (Asian skullcap). It is also a calming, centering herb which can be helpful in teenagers. A comedone arises when a hair follicle is blocked. If the lipids and/or sebum involved are oxidized it turns black (the infamous black head). If the follicle is completely closed, it stays creamcolored (thus, a white head). Skullcap taken internally is a great herb for comedones as is Commiphora *mukul* (guggul) which in studies worked as well as tetracycline.

Very often acne flares up related to the impending onset of menses. Two herbs are commonly used for hormonal acne. The first is Vitex agnus-castus (chaste tree) fruit which German research has shown can help hormonal acne, especially if combined with vitamin B6. Sometimes androgen hormone imbalance is the culprit in which case Serenoa repens (saw palmetto) fruit is the first herb that comes to mind. It is generally quite helpful in cystic acne triggered by an imbalance of male hormones and in polycystic ovarian syndrome. So, if you are plagued with acne, the following regimen will likely cure you of that disorder: (1) Increase omega-3 fatty acid, fruit, and vegetable intake. (2) Eliminate or greatly reduce trans-fatty acid, simple carbohydrate, and dairy intake. (3) Reduce animal products in the diet. Avoid iodized salt. (4) Use bitter herbs before meals. (5) Clean the skin gently with a nonmedicated soap and apply 5-50% tea tree oil diluted in jojoba oil topically once or twice a day. (6) Take inflammation modulating, antimicrobial, anticomedogenic herbs like Oregon grape root, skullcap, chaste tree and saw palmetto. തന്ന



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 has written two books on medicinal plants: *Clinical Botanical Medicine* and *Herbs & Influenza – how herbs used in the 1918 flu pandemic can be effective today*.

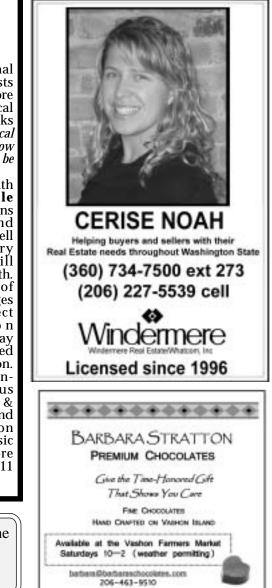
She is now available for health consultations at the **Full Circle Wellness Center.** These consultations will help you choose herbs and supplements as well



as make dietary changes that will support your health. An evaluation of how these changes might affect prescription medicines you may be taking is included in the consultation. She teaches ongoing Conscious Eating for Health &

going Conscious Eating for Health & Weight Loss classes at the Roasterie and will be adding classes on perimenopause, nervines, and basic herbalism later this fall. For more information, contact Kathy at 463-9211 or at anemopsis@yahoo.com.









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by Eric Francis http://www.PlanetWaves.ne

Aries (March 20-April 19) You may be feeling a bizarre combination of absolute confidence and deep insecurity. This is a clue that it's time to start questioning the way you relate to your fears. It's time to look for and have a conscious relationship to your past and what you learned there. Much of that data is contained emotionally, not (as you may expect) intellectually. Emotions have a way of taking over the mind, but other influences are at least providing stabilizing factors and focusing your awareness. You can afford to feel unstable as you reassess how you feel about your past, because you are actually living within a safe container. The best time to consider your fears is when you have plenty of reasons not to be worried. And, as it turns out, when you have plenty of reasons to be optimistic. Eric Francis has more of your astrology for you at PlanetWaves.net.

Taurus (April 19-May 20) It may feel like others are right near you but so selfabsorbed that they cannot hear you or see your face. Don't count on it. Someone in particular has good reason to be caught up in their own affairs and they are not, meanwhile, neglecting the possibilities they share with you. You are included, but it's really about much more than that; you have the closest thing to total access; the potential for exchange; the ability to influence the outcome of events in the most positive ways. Yet you need to maintain the flow of ideas, of interest and of involvement. Do your part to keep the dialog going, and to maintain balance in your own life. You may on one level feel like you need a written invitation to participate; what you really need is to give yourself permission to do so. Eric Francis has more of your astrology for you at PlanetWaves.net.

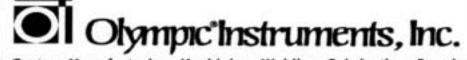
Gemini (May 20-June 21) You may be feeling like you're in a commitment that you don't really want, but I assure you that the greater possibilities of your life will render that feeling inconsequential in a very short time. In a perfect world, commitments would only be good for as long as they are working for both people. If you come to a point where you want to be freed from one, you can ask whether the arrangement benefits anyone at all. Based on this information, you can make some choices. We always assume that in any relationship, one party is the weaker and one party is the stronger. We typically assume that in any relationship where sex or money are concerned, someone must play the role of hapless victim. It has taken the stars and planets a long time to line up in your life, and point to the simple truth that another way of being is not only possible, but

your astrology for you at PlanetWaves.net.

Leo (July 22-Aug. 23) Don't pester yourself with too many details. Of course you are always interested in the details and they seem to have a keen interest in you. I am suggesting you take emphasis off of those bits and keep your mind on the total picture, the shape of your dreams and the energy behind your ideas. That will feed your creativity and your sense of potential. What kind of potential? Well, that is only limited by your imagination. Okay, that, and your willingness to dare — but that is also a product of being able to consider something new, something that has not occurred to you before, and which serves to change the scale you are working on. This is not necessarily financial in nature, but that may come with the territory. The real substance is an idea; the emotional substance is raw excitement, which you then gently refine. Eric Francis has more of your astrology for you at PlanetWaves.net.

Virgo (Aug. 23-Sep. 22) You may not know if you're at the snapping point or the breakthrough point. Count on the breakthrough. To facilitate this, do what you must to drop excess load: karmic or otherwise. Set aside unnecessary obligations, and make room in your life. Put down responsibility for all that is not yours; take credit for the gains you have made in the world; and allow the friction you feel to light the fire of your soul. Speaking in more practical terms, I suggest you get out of the house and show your face, even if you feel like sequestering yourself in the back of a walk-in closet. Be on the lookout for an old friend who comes back into the picture and reminds you of your true place in the world. The possibilities that will manifest are the ones you make room for. Eric Francis has more of your astrology for you at PlanetWaves.net.

Libra (Sep. 22-Oct. 23) If you feel that nothing could knock you off balance, you're right. It's not like you are lacking for factors that are supposed to be laying you under pressure - but somehow they are having the opposite effect, of pushing you to rise to the occasion. If you feel inside yourself, you may notice that two big pieces of your psychological development are finally assembling themselves. Over and over again, you have tried to make the pieces fit; there is an additional factor that has come into your life that has stretched you wide enough to allow you to make contact with yourself. One thing I can wholeheartedly advise is get enough sleep. You will do some excellent planning, healing and creative development as you do; you will let off most of the pressure that catches up with you from time to time. Eric Francis has more of your astrology for you at PlanetWaves.net. Scorpio (Oct. 23-Nov. 22) There appear to be significant factors pushing you to reconsider all of your long-range plans. However, consider this. What you are really experiencing is insecurity when that is perhaps the least valid emotion. If there is some kind of 'lesson' in all of this, it's the value of that insecurity. You can allow it to debilitate you; or you can use it to fuel your determination. However, if you stick to practical matters rather than psychological and emotional ones, you will see that you are in an unusually abundant place, where your resources and self-esteem are concerned. I know I appear to be contradicting myself, saying on the one hand that you are experiencing insecurity and that on the other, your selfesteem is powerful. But think of it this way — the two have nothing to do with



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one another; they are on entirely different levels. For example, plenty of people with money in the bank do nothing but worry about money. Don't fall for that one. Eric Francis has more of your astrology for you at PlanetWaves.net.

Sagittarius (Nov. 22-Dec. 22) Sometimes the momentum carries you faster than you think it's safe to go. Other times, you seem to be halted in your footsteps, and forced to make yet another set of inner adjustments. Such is life on an intergalactic journey. As Chairman Mao said, revolution is not a take-out Chinese dinner party. Indeed, there is no menu, nothing predictable, and you may at times feel you lack the very nourishment you need to keep going, and must survive on air. It is true — you are like a star that must synthesize its own fuel. It is also true that as the nuclear fission of your soul accelerates, you are throwing off unheard-of elements with strange new properties. When you get to a point when you fear you are stuck or where progress has stopped, pause there and wait, exerting as little emotional energy as possible. If you feel helpless, ask for help and pause; you will have the help you need. Eric Francis has more of your astrology for you at PlanetWaves.net. Capricorn (Dec. 22-Jan. 20) Proceed with your work in order. Take each step as you can, attending to the mundane world rather than what some call the 'spiritual' one. At a certain point in the coming two weeks, what feels like a cosmic force will intervene on your behalf, and provide you with the additional resources that you need to complete what has in truth been an exceptionally difficult, seemingly endless process. While you are busy attending to the affairs of the world, you may notice that you are resolving one of the most daunting issues that has held you back for so long. That is, you are finally undoing whatever it was that made fear the dominant force in your life. To you who looks at the world and sees an infinite number of potential threats, look

within yourself and see the simple truth that you are bigger than all of them combined. Eric Francis has more of your astrology for you at PlanetWaves.net.

Aquarius (Jan. 20-Feb. 19) Of the many paradoxes of Aquarius is that while yours is the sign of revolutions and scientific breakthroughs, you can be burdened by a sense of limitation, disbelief and thinking so structured that it can seriously depress you. You see the potential of life, and you also see how difficult it is to get there. You are only as free as your thoughts allow you to move freely in the world. No place is paradise if you are trapped in the prison of your mind. Now is the time to break free, in grand style. Now is the time to envision not a linear step forward but a jump to another dimension of existence. Slow down for long enough to consider what is possible. If you open your ears to listen, and your heart to feel, you will get a clear picture in mind of what you can create, and how it will work for you. Take the time and effort now. Eric Francis has more of your astrology for you at

inevitable. Eric Francis has more of your astrology for you at PlanetWaves.net.

Cancer (June 21-July 22) The door is open to a new world of possibilities, but you may need to violate your intuition in some way in order to see them. You may think that means violating your nature, but your nature is not just based on your sixth sense. But once you reason your way beyond your hunches, fears and instincts, you may notice that you get the same data no matter which way you look at it. Therefore, along the way to whatever may be developing for you, you need to hang loose. Don't take your own beliefs so seriously; don't take the brilliant possibilities so seriously; keep a mildmannered attitude about your own successes and don't be upset if you happen to do something besides succeed on any given day. The stars and the worlds are moving, and they are moving in your direction. All you really need is an open mind. Eric Francis has more of PlanetWaves.net.

Pisces (Feb. 19-March 20) One of the greatest fears I've noticed about accepting my own potential is that the people in my life won't accept me if I have too much fun. So I spend a good bit of time encouraging others to set themselves free. I am, however, questioning the wisdom of this. It is altogether better to live not to set an example, but merely for the sake of doing so; for your own good. As a Pisces, there is only so far you can get from honoring shared reality. There is not so far you can go from honoring the impact that your experiences have on others. Now is the time to play down that factor, and to pay attention to the thing that is often most difficult for you - what you need to do. Now is the rare moment to set the direction of events in your own favor. Trust that to the extent others need to benefit, they will. Eric Francis has more of your astrology for you at PlanetWaves.net.

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The Vashon Loop, p. 14 Island Epicure



Chicken or Turkey Dishes, Quick & Easy

By Marj Watkins

From now to Christmas, the principle of cook-once-eat-twice will shave hours off meal preparation, leaving more time for Christmas shopping, addressing cards, and other activities. I'm putting aside my old habit of cooking from scratch and taking advantage of ready-made ingredients: packaged salad greens and spinach, salad dressings that double as marinades, pre-cooked polenta rolls, pre-grated cheeses, packets of baby carrots, frozen veggies that cook fast, boned or boneless meats, chicken, and fish, ready-made stock or broth in cans or boxes, frozen shrimp for quick curries and pasta dishes, etc.

Here's a recipe that will yield a hot supper dish for a family of four, plus a cold salad for lunch or, with a soup or chowder, for supper.

SESAME TURKEY OR **CHICKEN NOODLES** Makes 6 to 8 servings or 4 servings, twice

- 2 cups cooked diced chicken or turkey or dice 1 boned chicken breast, or two halfbreasts or 4 boned chicken thighs,
- 1 cup chicken broth, or 1 teaspoon chicken granules + ¹/₂ cup water
- 1 package thin rice noodles (look in Thai grocery section or Oriental store)

Dressing:

- ¹/₄ cup sesame oil
- 3 Tablespoons rice vinegar
- ¹/₄ cup sesame seeds, ground,

onto a platter. Strew with sliced green onions. Ring with cucumber dice and halved cherry tomatoes. Serves 4.

Sesame Chicken Noodle Salad Chill remaining Sesame Chicken Noodles in a bowl covered with plastic wrap.

Decant said noodles from bowl to platter. Ring with thin slices of cucumber arranged alternately with cherry tomatoes, or with shredded lettuce and diced red or yellow bell pepper. Top with chopped peanuts, or shredded thin omelet, or toasted sesame seeds.

TURKEY TETRAZZINI Serves 8 once, or 4 twice

2 cups diced or shredded cooked turkey or chicken 1/2 lb. sliced mushrooms, sautéed in

2 Tablespoons butter 2 Tablespoons olive oil

¹/₄ cup white wine 2 Tablespoons dried parsley flakes 2 cups macaroni or 1-lb. package

linguini noodles ¹/₂ cup sliced almonds

8 medium size black olives 1 (10-ounce) can Campbell's Cream of Mushroom Soup

1-inchx2-inchesx1-inch chunk of Jarlsberg or Swiss cheese,

freshly grated

Heat oil and butter in frying pan. Add mushrooms. When they have browned slightly, add the wine and parsley flakes.

Cook the pasta in salted water until somewhat tender and no longer tasting raw.

Combine all ingredients in a casserole. Bake at 325 degrees about 25 minutes, until well heated through.

garlic bread.

Second Day Tetrazzini: Rewarm in 325 degree oven 20 to 25 minutes. Garnish with parsley or cilantro and olives or diced red-ripe tomatoes.

THE SOUP OF THE TURKEY Sometimes we're barely through eating the last of the frozen packets of Thanksgiving turkey leftovers when we put the Christmas turkey into the oven. This year, for the first time in my memory, we have no

turkey leftovers to speak of. Our

each diner. even accompanied by a whole roast wild on a small island. salmon, got gobbled. I managed about a cupful of bits to send home with our bachelor son and split the carcass with a grandson who cooks. The other half of the carcass went into the stock kettle and yielded enough broth for seven servings of soup. A couple of leeks and a carrot and potato lurking in the vegetable bin, plus a handful of frozen peas and a cupful or so of frozen corn, plus a handful of dried onion flakes and generous strewing of Italian dried herbs, a few garlic cloves, salt and pepper, and bits from the well-simmered bones yielded a delicious turkey noodle soup that served the remaining guests and us for lunch the next day. This was Cordon Bleu cookingnothing measured exactly, all seasonings and herbs "to taste".





Artful Vashon

Continued from page 1

"Artful Vashon" will address three basic questions: What does it mean to be artful? How does Vashon show artfulness? How might Vashon become more artful? Serve with a tossed salad and Artfulness is a slippery concept, and it may become more so as it is explored in depth. Examples and theories from many historical and contemporary art forms will be studied in order to understand how gifted artists use artful ideas and techniques to realize their works.

Artfulness also plays a role in the daily activities that are not "works of art," such as the design of our homes and businesses, the way we dress, our gardening, our eating, our conversations and committee butterball, bought at one pound for meetings, and the ways we conduct though the ordinary affairs of living together Some provisional definitions of "artful" will guide our studies and will be subject to revision as we proceed. Artfulness shows skills in adapting means to ends; it is ingenious. It is a creative attitude that demonstrates imagination and openness to surprise and discovery. It is honest and authentic, and seeks to avoid artificiality. It inspires rather than manipulating others. It is a way of living that seeks to disclose the meanings in things that might otherwise remain hidden. It stimulates the imagination and heightens perceptions. It is often subtle, requiring good skills for its creation and appreciation. It is friendly, and avoids aggression and humiliation.

will seek to become a model of artful teaching and learning. Faculty will present imaginative approaches to their subjects, and will provide examples and exercises to stimulate the perceptions of their audience. Theory will be balanced with practice, and students will be encouraged to use their creative imagination to find artful, original and provocative solutions to problems.

Weekly two-hour meetings on Sunday afternoons will address questions about the meaning of artfulness, and will explore Vashon's artfulness. Lectures and demonstrations by faculty artists and scholars will analyze examples of artfulness from painting, sculpture, architecture, music, literature, theater arts, and other art

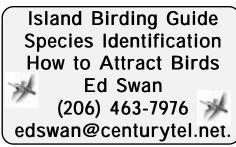
optional 2 Tablespoons soy sauce 1 teaspoon minced fresh ginger 2 fat or 2 thinner garlic cloves, minced Garnish 4 to 6 green onions, thinly sliced, tops included ¹/₂ English cucumber, diced, or halved cherry tomatoes

Poach the chicken breast, if raw, in the broth until opaque and white all the way through. Drain, saving the liquid for a later soup. While the chicken poaches, combine the dressing ingredients. Boil the noodles until fork-tender, drain, drizzle and toss with the dressing. Keep warm. When chicken is done, remove the skin and discard it. Dice the meat and mix with the noodles. Pile half

In addition to studying the dynamics of artfulness, the course

forms.

Full descriptions of Artful Vashon, its faculty, course schedule, and registration form are available at www.vashoncollege.org. If registering before January 7, 2008, tuition for the eleven-week course is \$175. Following that date, tuition rises to the regular rate of \$250. Gift certificates for course tuition can be arranged online for the art-loving people on your Christmas list. Scholarship aid is also available.





"Rescuing Bridget; or Enjoying the **Holidays Part I**"

by Deborah H. Anderson

Getting the Santa costume wet, that he was wearing that day, probably deterred him from going in after her. So I, in the living room, heard, "DEBORAH!!! I NEED HELP!!! BRIDGET FELL IN THE TOILET!!!'

Quickly walking the few feet to the bathroom I discovered, sure enough, there was Bridget floating in the fresh yellow water, having already swallowed enough to theoretically be drowning.

I say theoretically because Bridget is a rubber alligator. There were no actual lungs involved in the near drowning, although her perpetually open mouth did allow her to consume enough to make her tail point down to the threat of oblivion if flushing were to occur.

The process of explaining sterilization to a 3 1/2 year old was more traumatic than the disaster. He just wanted to get her out and get on with it. Why did she have to take a bath in hot, hot water? He wanted to know.

I delight in this child. Because of a combination of factors he, and his little friend with whom he spends his days, is capable of being in touch with and articulating his feelings in a way that eludes many grown men. Together they speak their feelings to each other negotiating the passing of toys and ideas.

So it was one afternoon, he said the most profound words I have every heard, bar none.

Sorting out a contentious situation in which he had been clearly intentional in hurting his little friend, I spoke to him of remembering his kind heart. He looked me straight in the eye and said ...

"I decided I wanted to be mean today so I put my heart in my head"

Is that not the most stunningly insightful statement you have ever heard?!!!

In that single statement he declared the solution to most of the and use your words to tell me about worlds' problems and, to extend it into the seasonal purposes, the solution to making it through the holidays.

If our hearts are in our heads we are mean and selfish and exploitive. If our heads are in our hearts, we are foolish and indulgent and capricious.

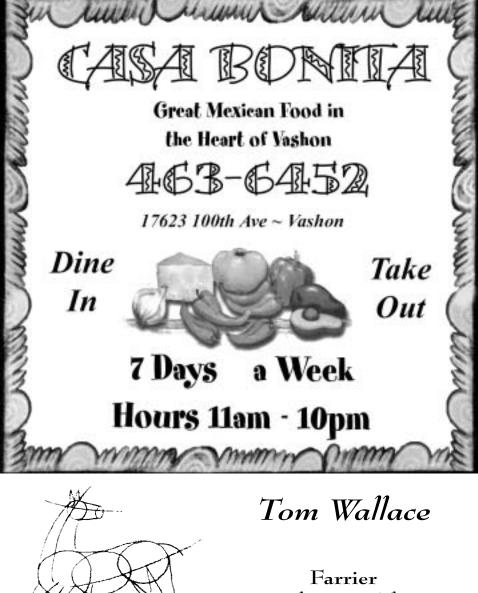
The first can leave us bitter and angry. The second can lead to flamboyance and decadence. Either can lead to arrogance and pretentiousness.

Certainly there are times when our hearts need to be quieted so our heads can make good choices. Likewise, there are moments when heads need to be bowed to the heart. Day to day they need to walk in tandem like good friends. But mostly we need balance.

If we do that, then when Bridget falls in the toilet we have reserves of resiliency and wisdom to not only deal with the situation but also move on from it to the rest of what life is bringing.

Back to the holidays: If your head and heart are in tandem, then sitting next to the one relative whose single item on the to do list seems to be pointing out your faults or enduring a relative's embarrassing binge drinking, or simply being overwhelmed trying to thank and gift all of the many people you love, will be times of reaching into your inner strength and your observation skills and your compassion and goodwill and responding in a way that keeps the holidays meaningful for you. You will have the wisdom and the emotional flexibility to roll with it. Worse case scenario if you find yourself losing it, and setting limits in primitive ways, or hitting the old cookies or kugel, then head and heart together will show you the way to forgive yourself and dust yourself off for a more graceful tomorrow.

And what did I do with my young friend? I said, "You need to apologize." Once repentance and forgiveness had danced together I clapped my hands and said, "I'm so glad you can know your feelings them." Then I scooped him up and said, "I love you!!" Next time.....the second necessity for enjoying the holidays. Till then, may whatever season you are celebrating be bright in both preparation and execution.



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Labor of Love Gets to Work

Continued from page 1

Those are a few of the things Vashon Community Care Center is the state accept only private-pay looking for this holiday season in preparation for the upcoming Valentine's Day-themed Labor of exhausted their resources for long-Love Auction, which benefits term care, Milovsoroff noted. residents of the nonprofit nursing Unfortunately, Medicaid only covers home.

On Tuesday, November 27, receive. VCCC volunteers will be calling past them to donate their special talents, services or goods to the auction.

Milovsoroff, Director

While many nursing homes in guests, VCCC accepts people on Medicaid and those who have 72% of the cost of the care residents

That's where the Labor of Love Labor of Love donors and asking service auction comes to help VCCC continue to serve seniors in need of care. In its eighth year, the Labor of "Not everyone can give money, Love, combined with other benefits but many can give of themselves by and grants, helps ensure the offering their services or goods they continued care of seniors, many of make for sale through the Labor of whom have contributed greatly to Love Auction," explains Linda the Vashon community in the past, of Milovsoroff said. New donors are also more than is coordinating the auction again this welcome to call in. For those who have not yet given in the past but The auction itself runs for two are interested, call 567-6164. VCCC weeks, starting Wednesday, January is a 501 (c) 3 organization and all through contributions are tax-deductible. Wednesday, February 13, 2008. A Islanders wishing to donate to this catalog of items and services will be cause can pick up a donation form published and items also will be at the front desk of VCCC, donate at online at www.LaborofLoveVashon.com or VCCC serves Vashon's seniors in contact Linda Milovsoroff at VCCC at 567-6164. A special thanks to Vashon's

There are two things necessary to move in the midst of the chaos and joy of the next few weeks. The first is to keep our hearts and heads interdependent; that means separate but equal.

Love

Deborah

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Waste Free Holidays

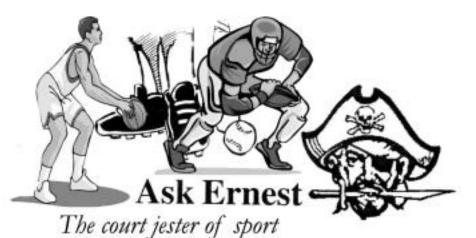
Once the Waste Free Holidays again program (www.wastefreeholidays.com) is there to help you "give experiences instead of stuff", from Nov. 15-Dec.31. You also get 15-50% discounts from the well over 100 participating businesses. It works for King Co. & Seattle, the City of Tacoma, Kitsap Co. and Thurston Co. The categories are Dance, Fitness, Museums/Visual Arts, Music, Rest & Relaxation, Restaurants, Sporting Events & Recreation, Theater. How about gifting a trip to the Seattle Aquarium, followed by dinner out, for instance, or tickets to A Christmas Carol at ACT!

Development at VCCC. Milovsoroff year.

running 30, and listed online www.LaborofLoveVashon.org.

a number of ways. Break Time is a program that operates at VCCC and helps seniors who live at home and Windermere office for allowing want to remain at home. Break Time volunteers to use their spacious offers seniors a chance to socialize meeting spaces and phones for the and stay active and healthy while November 27 phone-a-thon. offering caregivers a respite. VCCC also offers both assisted-living care and skilled-nursing care.

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So, the Winter Sports Season is upon us. Below you will find a few pictures and also please note the upcoming home dates:

Boys Basketball: Home vs. Seattle Christian on Dec. 11, at 7:00 Girls Basketball: Home vs. Seattle Christian on Dec. 11, 5:15

Guys Wrestling: Home vs. Puyallup on Friday Nov. 30 at 7:00. This is also Alumni Appreciation

Night and on Saturday the Rockbusters host a Triple Dual Meet. Make it a Double Header!



Rogen "Roger" Lopez (shirtless, returning State Champ) gets in a Vashon Style Scramble with Alex "Steamboat" Stemer (big hair, 2X State Placer).

Alfred 6ttor



Coaches Andy "Soapbox" Sears, Sean Hizoffman, and Chris Yeamonelli encourage their Boys Basketball Players to try their very best! The Boys hope to repeat as League Champions, in fact for the 4th time in a row, thank you very much.



Gatemans, Yo! Maddie and Todd Gateman take a break from their wrestling Jamboree to pose intensely.

by Alex Soriano

(SAY THAT



Picture by Ron Richardson. The Vashon Wrestling Team (both Guys and Girls) looking

Hoppers

rules

the

Hoops



spaghetti, salad, garlic bread

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especially tough in their celebration of Veteran's Day. The wrestlers hope to repeat as top 10 placers at state, placing 4th at state last year.

next edition of The Loop is 📲 Friday, Dec. 7

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November 30, '07



Live your life so that when you die, the preacher will not have to tell lies at your funeral.

When your mom is mad at your dad, don't let her brush your hair.



I had amnesia once — or twice. Question authority, but not mine.

Old age only comes to those who wait.

The best way to get ahead is to use the one you've got. For every problem there's a simple solution—it's usually wrong.+ Age doesn't always bring wisdom—sometimes it comes all by itself.

One day a guy was driving with his 4-year-old daughter and beeped his car horn by mistake.

She turned and looked at him for an explanation. He said, "I did that by accident." She replied, "I know that, daddy." He replied, "How'd you know?" The girl said, "Because you didn't say 'JERK' afterwards!"

Cats consider people warmblooded furniture.

A man sat at a bar, drinking slowly. On his face was the saddest hangdog expression.

The bartender asked, "What's the matter? Are you having troubles with your wife?"

The man said, "We had a fight, and she told me that she wasn't going to speak to me for a month."

The bartender said, "That should make you happy."

The man said, "Not if the month is up today!"

If I had known I was going to get this old I would have taken better care of myself when I was young.



A father was approached by his small son, who told him proudly, "I know what the Bible means!" "Okay," said his dubious father. "what does the Bible mean?" "That's easy, Daddy. It stands for 'Basic Information Before Leaving Earth.'"

Success is the ability to go from

failure to failure without losing

vour enthusiasm. —Sir Winston

You've got to be original, because if

you're like someone else, what do they

What a man

thinks of himself, hat is what determines, or rather indicates, his fate. —Henry David

Thoreau

Churchill

need you for?"

OFFSHORE

WILD WORLD



I had amnesia once — or twice. Question authority, but not mine. Old age comes to those who wait. The best way to get ahead is to use the one you've got.

For every problem there's a simple solution-it's usually wrong.+ Age doesn't always bring wisdom—sometimes it comes all by itself.

A husband stepped on one of those scales that tell you your fortune and weight and dropped in a coin.

"Listen to this," he said to his wife, showing her a small, white card. "It says I'm energetic, bright, resourceful and a great lover."

"Yeah," his wife nodded, "and it has your weight wrong, too."





By Ed Frohning

Loop Arts

Red Ranger Came Calling on Vashon

By Janice Randall

of Red Ranger Came Calling: A Guaranteed True Christmas Story will bring holiday joy and laughter for all ages to the Blue Heron stage, three weekends in December. The Vashonbased story, written by Pulitzer Prize-winning author Berkeley Breathed in 1994, is all about faith and belonging. It has a serious dose of comedy and a wonderful, original score, thanks to the genius of Seattle Book-It Theater's Myra Platt and musician, Edd Key.

Set in1939, the beginning of World War II, an imaginative, selfcentered little boy is shipped off to spend Christmas in the rain on Vashon Island with his Aunt Vy. He likes to be called Red, (after his cinema hero Red Ranger of Mars) and has his heart is set on owning his very own authentic Buck Tweed



Red Ranger (AKA Adam Westerman) sees the real bike in the tree for the first time. Photo by Janice Randall.

Drama Dock's musical rendition two-speed crime-stopper starhopper bicycle so he can rescue 23rd Century princesses. Island lore about an old Island hermit who lives up a steep, steep hill combined with youthful curiosity take Red on an adventure where he discovers more than he ever imagined. Breathed, in a recent interview, said, "I remember wanting a special bike so badly I could taste it. I drew on this." Breathed's colorful illustrations not only depict historical Vashon landmarks such as The Old Hardware Store, but the magical mystery of Breathed's imaginary world created around these sympathetic characters.

Directed by Phil Dunn, the talented multi-generational cast features Adam Westerman as Red and Gaye Detzer as Aunt Vy. The ensemble also includes: Dianna Ammon; Colette Ammon; Megan Hackett, Emma Hennessey, Malia Mandl, Kenese Parker, Frank Petree; Janice Randall; Anna Rose Warren; Nathan Weston; Rich Wiley; Ken Zick; and Orion Zick.

Pianists include Marita Erickson, Linda Lee and Laura Cerven. Megan Hackett plays violin. Lanora Hackett will stage manage, Sue Wiley is the producer, assisted by Tish Lopez and Head Costumer, Patricia Toovey has created many colorful costumes true to the book's illustrations.

RED RANGER CAME CALLING: A Guaranteed True Christmas

Story. Weekends, Dec. 7-23 Fridays and Saturdays, 7:30 pm Sundays, 5 pm Tickets: \$10 Drama Dock members, VAA members, seniors, students; \$15 general admission (available at Blue Heron, Books by the Way & Vashon Bookshop) Blue Heron Art Center

Blue Heron Nutcracker Opens Holiday Season

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by Janice Randall



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Jeff Ammon adopted the famed bike in the tree as his bike shop's logo. Photo by Janice Randall.

The Making of a Buck Tweed Bike

by Janice Randall

"Phil Dunn asked me about making the bike for the play quite a while ago," said Jeff Ammon, owner of Vashon Island Bicycles. "I work with a group of guys who are doing on display until Dec. 6, in The some fabrication projects and we

thing—customizing retro bikes. The old bike styles are so much more interesting.'

The official Buck Tweed bicycle, Hardware Store Restaurant window

a breathtaking evening of Ballet, when the Blue Heron Dance Company presents the holiday classic, the Nutcracker, Friday and Saturday Nov. 30 and Dec. 1, 7 pm, and Sunday, Dec. 2, 7 pm, at VHS Theater. Meg Sayer (pictured) age 12, will play Clara. More than 50 dancers, ages 8 to adult, will perform the annual production, in choreographed by Director of Blue Heron Dance, Christine Juarez.

"We've choreographed new moves for many of the dances; I like to keep it fresh for returning audience members," says Juarez. Tickets available now at Books by the Way, Heron's Nest, Thriftway and Blue Heron. VAA's Nutcracker performance is proudly sponsored by Vashon Thriftway. Please call to reserve by phone, 463.5131.



Photo of Meg Sayer by Mike Urban.

just thought this would be a fun thing to do." Ammon, along with John Sullivan and Jack Yates of Zygworks (an Island-based recreational product development company) devoted about 40 hours to create a replica of Berkeley Breathed's imaginary Buck Tweed bicycle.

Ammon, who grew up on Vashon, has been proprietor of Vashon Island Bicycles for 10 years. "I plan to do more of this sort of



will be raffled off as a benefit for Drama Dock. Tickets are \$1, available at Blue Heron and The Hardware Store. Winner will be announced December 16 and the bike will be available December 24.

Books by the Way will also have Red Ranger Came Calling books available for purchase at the Dec. 16 performance-and maybe, just maybe Berkeley Breathed will show up to sign them. "Stranger things have happened," said Breathed in a recent interview.



November 30. '07

A Tradition of Art

Continued from page 4

And There are 38 Don't-Miss **Studios On the Tour !**

And these are just the big groups who bring their talents to the Studio Tour. There are 38 outstanding studios opening their exhibits to visitors on the Tour, each offering an intimate and welcoming view into their life and work. The only question is clearing your busy schedule so you have the time to visit each and every one of the studios during the two weekends of the tour. So grab a brochure, available at any Island business or on line at www.vashonislandartstudiotour.com where you can both view and print the details, and schedule some very full Tour days for yourself! The Tour is self guided with each studio's directions clearly marked on the map.

Loopy sez: Deadline for the next edition of The Loop is 💷 Friday, Dec. 7

Students Create Own Arts Sale

Continued from page 1

"We're really pleased to partner with the P.T.S.A., and Family Link," says Welch, "We're excited about this event - a festive, holiday tradition, and further partnership between all schools for all middle school students.'

This Holiday Sale brings students together as they market their handmade crafts such as jewelry, beadwork, candles, ornaments, even birdhouses and hula hoops; their artwork such as drawings, prints, and cards; there's something for everyone including holiday treats for pets—hand made cat-nip mice and bone shaped dog cookies.

Student crafters keep the money they earn; this year there will be a group of Camp Fire Girls raising money for their club, some THS students use the funds they earn for travel study programs. Welch explains, "Travel study is an integral component of The Harbor School's

academic program: connecting what's being taught in the classroom to experiences and experts in the field to deepen student's understanding of subject matter. For instance, Spanish instructor, Sally Adam taking students to the White Center Spanish Bakery & Grocery is a good example of a practical use of their Spanish speaking skills. This year, 8th grade students will be traveling to New Orleans in the spring as part of their humanities program. Students learn a whole different set of skills by taking on the responsibility of raising money to help finance these travel study opportunities."

All participating students contribute a percentage of their profits to a charitable organization of their choice. Last year students contributed over \$250 to several local organizations including VIPP, Wolf Town, and the Food Bank. For more information, please call Julie Adberg at 463-4243.

Vashon Chorale Sings Frostiana

The Vashon Island Chorale Lauridsen's could be considered an island institution, having presented two masterworks concerts annually for the past seventeen years. The group has undergone many changes this year. Of particular note, this year's Yuletide Concert will take place at a new location, Bethel Evangelical Free Church on the northwest part of the island. Secondly, it will be performed on two successive days, December 8 and 9, rather than twice

in one day as in past years. More and better time choices are thus available for audiences, and performers will have a welcome break between performances. During an intermission, the Bethel Women's Association will provide refreshments.

This is an exciting time for us", says Jo Ann Bardeen. "We by Edna Dam Magnum

Mysterium". Solo baritone and soprano parts will be sung by islanders Andrew

"О

Jennifer Krikawa, and professionally trained singers who have performed extensively on the East Coast as well as in this area. Jennifer was most recently heard at the Methodist Church in early October in a concert held to benefit the Chorale, called "Sure on a Shining Morning".







Vashon Voices Presents "SnowGlobe" Concert

Every holiday season, Vashon Voices presents a concert of holiday tunes for the Vashon community. This year their annual holiday extravaganza entitled "SnowGlobe" includes a bevy of tried and true holiday favorites with a few surprises from other parts of the globe. From the rousing, percussive Nigerian opener, "Betelehemu" to the inspired Hanukkah number, "Light the Legend" to the familiar strains of "Deck The Hall" and "White Christmas," the Voices promise to "shake-up" your winter holidays with seasonal songs from near and far.

Concert dates are Friday, December 14 and Saturday, December 15 at 8:00pm at the Vashon United Methodist Church. Tickets to "SnowGlobe" can be bought at Books by the Way and the Vashon Book Shop starting November 26, as well as at the door before each concert. Tickets are \$10 for adults and \$5 for seniors and children. Free childcare is available. And don't forget about the audience sing-a-long of your favorite Christmas carols! For more information, visit www.vashonvoices.org.

are especially pleased to welcome Gary Cannon as guest conductor for this season." Cannon has directed several university, church, and community choirs and serves as chorus master for the Northwest Mahler Festival. He has performed as a solo singer in a number of concert and film productions and sings regularly with the Tudor Choir.

The major work for this concert also will be Randall Thompson's "Frostiana", a setting of seven poems by Robert Frost including "The Road Not Taken" and "Stopping by Woods on a Snowy Evening". Following the intermission, the group will perform four shorter works including Gerald Finzi's "In Terra Pax" and Morten

Concert times are 7:30 pm for the Saturday December 8 performance, and 3:00 pm on Sunday December 9. NOTE: Gary Cannon will give a pre-concert talk one-half hour before each performance. He has also written extensive program notes that can be accessed through a link to his website at vashonislandchorale.org. Directions to Bethel Church can

be obtained at vashonislandchorale.org, and signs will be posted at various locations on the route, starting at Vashon Highway and Cove Road. The church address is SW 148th Street and 119th Avenue SW.

Tickets are \$12.50 and \$10 for students and seniors and may be purchased at both bookstores or at the door, if available."

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