

THE LOOP

Vol. 6, #3

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

February 6, 2009



Pictured, left to right: Elias Muller and Joe Shugart building with balloons at the 2008 Science Fair.

Fun and Learning at Science Fair 2009

Strap on your jet pack, grab your safety goggles and prepare for Vashon PTSA's annual Science Fair, scheduled for Saturday, April 18th, from 10 a.m. to 3 p.m. at McMurray Middle School. This year's event will again feature a wide array of science projects submitted by 6th and 8th-grade McMurray students, as well as fascinating displays, experiments and activities for islanders age 2-102.

Returning favorites will include the Bone Factory's spine-tingling display of bones, Audubon's colorful local bird collection, hands-on science

Continued on page 10

NAPA Closes Doors

Vashon's Napa auto parts store has closed its doors. Owner Stu Luhr explained that he typically has to borrow money to carry him over to the spring and summer months, but this year the operating funds were not available. Says Luhr, "When you find yourself in a hole, the first rule is to stop digging." Vashon has had an auto parts store for years. Stu's recollection follows: In 1972, Bud Sulski ran Western

Auto Parts where Print and Design is now located. The store burned in 1977 (or was it '76?) along with the Pharmacy. Then the parts store moved to what had been Holert's Bowling Alley (now Doug's Auto Repair). Then it moved to the old Quick Stop where the Monkey Tree is now, and finally to its current spot, which had been the Vashon Bowling Alley.

Continued on page 9

King Bees Rock the Bike



Bill Brown & The Kingbees at The Red Bicycle Saturday, February 7th.

Bill Brown will be bringing his Kingbees to Vashon for their debut at the Red Bicycle Bistro & Sushi this Saturday night. Many folks in the Northwest are familiar with Bill's high energy 'rockin' blues show that he's been performing in the Northwest since 1986. Islanders will remember Bill from his performances at the Beer Garden

during Strawberry Festival in years past.

Bill has been likened to Paul Butterfield in his use of the harmonica and his vocals have garnered many a discussion concerning his cultural background. Bill grew up in a farming area outside of Columbus Ohio, listening to his Mothers Lionel

Continued on page 14

School Bond Debate

Islanders are talking about the School Bond Referendum that will be voted on in a special election on March 10. The issue placed before our citizens is whether to authorize a bond issue of \$75.5 million to provide funds to construct a new high school classroom building that would replace the current facility, renovate other buildings, install synthetic turf on the football field, install a new track, construct a new secondary gym, upgrade ventilation and technology systems at McMurray and Chautauqua and make other capital improvements. The cost of the bonds is anticipated to be \$1.91 per \$1,000 of assessed valuation of real property for 20 years.

Continued on page 10

Support The Loop!

We know you may be tired of hearing this, but we really, really need your financial support to keep this paper going. So far we have paid off almost 20% of our past due balance with our printer. Great progress, but we need to keep going. Please send your contribution to PO Box 253 Vashon etc. If you'll help pay for it, we'll keep putting it out.

Wrestling Madness

"Crazy as it is, we have two more WIAA State Athletes of the Week!" reported wrestling coach Anders Blomgren. "We have never had more than two in a year, and to have two in one week is very, very nice!" Indeed. *The Loop* congratulates both Rogen Lopez and Sylvie Shiosaki! Lopez, a senior, pinned all three of his opponents to take first place in the 140-pound weight class at the Emerald Ridge Jaguar Wrestling Tournament. Lopez also pinned his Cascade Christian opponent Jan. 22 to lead the Pirates to a 47-25 victory. Shiosaki, a senior, pinned or scored technical falls on all four of her opponents to take first at 119 pounds at the 20-team Emerald Ridge Jaguar Girls Wrestling Tournament.

A Vashon Currency Exchange

On January 19, Tom Herring made a presentation on alternate currency to the Vashon Maury Island Community Council. Herring is proposing implementing an alternate currency on Vashon, based on an existing model called Fourth

Corner Exchange, which is operating successfully in Bellingham, among other places.

Reports Herring: "The drift of some comments [at the meeting] was contrary, suggesting other approaches.

Nevertheless, the nodding of heads won the day and the committee exists. The case for joining an existing exchange versus taking a look around is that a leaden blanket of economic distress is about to fall upon the island, a social version of Joe's Big

One. Now, the chap who developed Fourth Corner has thirty years experience with local currencies in Great Britain. We do not have a fraction of that time in which to gird against high prices."

Continued on page 5



Get in *The Loop*

Submissions to the Loop

Do you have an event 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 Marie, editor of the *Loop*, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.

Six Writing Classes Offered

Do you have a story to tell? Have you always wanted to write, but haven't found the time or inspiration? How about filling these long winter afternoons with observations and reflections? Bring those good ideas and your laptop or notebook to Creative Writing for Grown-Ups, a winter series of workshops for adults available online or in the meeting room of The Harbor School on Vashon Highway. Taught by Nancy Ann Fox, classes in town will meet for 7 weeks, beginning February 7th. Writers may begin their online classes immediately.

Courses at the Harbor School include Island Portraits: Vashon Life Studies (Monday, 5:30-7:30); My Economic Self: Survival and Sustainability (Friday, 5:00-7:00); and In My Life: Writing Memoir and The Legacy Letter (Saturday, 10-12). Classes are limited to 15 writers.

The fee for any class is \$245 for 7 sessions. Courses include group seminar meetings and individual conferences, with presentation or

publication as a goal for those writers who wish it.

Online courses include an individualized portfolio course designed to suit your needs and interests, Basic Writing Confidence and Skill, and How To Create a Writer's Notebook.

Creative Writing for Grown-Ups is taught by Island resident Nancy Ann Fox (known by her students as "Professor Nan"), the founder of the award-winning Pennington Writing Seminar and a teacher with 28 years' experience in writing instruction for all ages and skill levels, in campus and Web 2.0 settings. "Professor Nan" is also a published poet and author of The Writer's Notebook, Teaching Writing As a Work in Progress, and the blog, The Good School. She and two students received international recognition with their discovery of four new puns in Lewis Carroll's Mouse's Tail.

To learn more or register for any course, call 206-660-7438 or email profesorafox@comcast.net.

Cedarsong

Cedarsong Nature School invites kids of all ages to participate in its annual Mid-Winter Break Nature Camp! Join Naturalists Erin Kenny and Robin Rogers in decorating the forest and its hideouts, creating found object art, playing nature games, running through the forest, jamming on musical instruments and story telling by the campfire.

When: Feb. 17, 18, 19, and 20, 11am-3pm

Where: Camp Terra, Vashon
Cost: \$35 for each day, \$130 for all four days

For more information or to register, call 463-3218 or check out the website at: www.cedarsongnatureschool.org

Cedarsong Nature School is a 501c3 non-profit organization operated by the Ancient Forest Education Foundation, EIN 91-1893471. Financial aid is available to qualified families.

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, Marj Watkins, Susan Wolf

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

Ad sales and design: Tamara Griffin
Email: ads@vashonloop.com

Editor: Marie Browne, 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 publisher, editor, or staff. We reserve the right to edit or not even print stuff. Deal with it.

Published every two weeks or so by Paradise Valley Press

© February 6, 2009- Vol. VI, #3

Don't miss an issue

We are starting our 6th year of publication! Wow!



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Feb. 13**



**NEED HELP
WITH YOUR
TAXES
PROPERTY TAX EXEMPTION
BASIC HEALTH
APPLICATION???**

**Come to the
Vashon Library**

on Thursdays from 11 AM - 1PM

Starting January 29th & Ending April 2nd

Taxes are a **FREE SERVICE** for people who make \$25,000 or less. You may have money coming back to you if you qualify for the *Earned Income Credit*. Don't let the government keep your money! File!

Property Tax Exemptions forms will also be available. To qualify you need to be at least 62 years of age and your income must be under \$35,000 and that includes Social Security.

Basic Health is still opened. To qualify for the state subsidized health insurance your income needs to be under \$20,800 for one person and under \$28,000 for two people.

All forms will be provided by Hilary Emmer 463-7277



Important Public Debate Pro/Con Presentations with Q&A



Sponsors:
League of Women Voters, Vashon Unit
The Beachcomber
Vashon College
Vashon Loop
Vashon Maury Island Community Council

\$75.5 Million School Bond

- construct new high school building
- renovate other buildings
- new track and synthetic turf
- construct secondary gym
- upgrade ventilation systems
- upgrade technology
- other capital improvements

**Wednesday
February 11, 7-9pm
Courthouse Square**

Pilates Open House at Studio Bliss





H HOME TEAM R REALTY

Troy and Marie Explain New Septic Requirements

We recently attended a presentation by the King County Department of Health that explained new regulations requiring septic inspections prior to the transfer of property. The new rules, which went into effect in January, are - ahem - interesting. Read on...

Troy: Marie, I don't think people understand the implications of the new King County code regarding the mandatory inspection of septic systems when transferring title to a house. We'd better explain, since it has serious implications for home sellers.

Marie: It sure does. What the new Title 13 code says is this: "The seller of any single family or multiple family residential property served by an OSS [on site septic system] shall, prior to transfer of title to the property, have a monitoring and performance inspection performed by a licensed OSM [On-site System Maintainer]. The licensed OSM shall file with the department an on-site system report and applicable fee in accordance with the fee schedule."

Troy: The intention behind the new regs is fine; it is in the public interest to ensure that septic systems are functioning properly and not contaminating the groundwater. And buyers certainly have the right to know the condition of such an important part of the property.

Marie: No one is arguing that - although one could argue that the contamination problem pales compared to the contaminants in the 400 million gallons of treated sewage pumped into the Puget Sound every day. Nonetheless, having well functioning septic systems in certainly in the interest of public health.

Troy: One problem that I foresee is that the county does not seem to be set up to handle this new requirement. As Program Manager Michelle Britt explained, they are counting on fees collected to eventually fund the staff to process the paperwork. The filing fee will be \$95, and the report has to be filed within 6 months of transferring title. They are thinking it will take a week or so to turn the report around. Of course, this does not include the time or cost of having the inspection performed. Neil Drawbridge, Vashon's only OSM, will charge \$175 per inspection. That's a very fair price, considering the amount of work that the inspection will require.

Marie: True. The OSM will have to fill out a comprehensive report about the system, as well as provide a drawing of the system if the

county does not have one. The drawing will need to include things like the location of the tank, distribution box, and sand filter, as well as the approximate length of the drainfield. For systems within the so-called Marine Recovery Area, the OSM must also expose (yes, dig up) the beginning and end of drainfield lines. More on that in a future issue. I'll bet a fair number of homeowners don't even know they live in a Marine Recovery Area.

Troy: The timing of the inspection will get tricky, too. Currently, houses often sit on the market for more than 6 months. So if a seller has the inspection done when the house is listed, he might have to have it inspected a second time when the house sells. If the seller decides to wait until he has an offer on the house, he might be running the risk of uncovering a problem with the septic system that can't be fixed in time for closing. Or might cost a fortune to fix.

Marie: Now you're talking about an even bigger problem. There is no financial help available for people who learn that their septic systems are substandard. Repairs are expensive, and this new rule will definitely add an unwelcome dose of economic hardship to people who are already struggling. In the best-case scenario, someone will pay an extra \$270 to sell a house. (On top of the septic pumping fee, by the way.) The worst case is, well, much worse.

Troy: But let's not be alarmists. Most septic systems work just fine, and will pass inspection with no problems. Our recommendation is to have the system inspected just prior to listing. Better to know what you're dealing with up front.

Interesting times, aren't they? If you are wondering if you should sell or not, give us a call. We can help you evaluate your options, as well as give you an idea of what your house would sell for in this market. No cost, no obligation. We're at (206) 463-LIST (5478), or write marie@yourHTR.com.

Easy Living, Easy Care



Two bedrooms and bath on the main floor, a third bedroom and bath downstairs. Hardwood floors, two fireplaces, workshop, bonus room - office, media room? Picture windows let the sunshine in on the renovated kitchen - cork floors, beadboard ceilings, loads of space. Two garages, serene backyard, top of the world views.

Offered at \$425,000

9515 SW 268th Street



Year Built: 1959
Sq Footage: 2,390
Bedrooms: 3
Bathrooms: 2 full
Parking: 2 Car garage
Lot Size: .62 acres
MLS # 29017457

Visit us at www.yourHTR.com. To see more listings Or call us at 206.463.LIST (5478). We would love to help you with your real estate needs.



www.yourhtr.com

Your Home Team Realty
(206) 463-LIST (5478)

Positively Speaking

by Deborah H. Anderson

“Be Encouraged”

It's been interesting to see the deep panic set in. It's the kind of panic where the situation is so serious people start to put game face on and say, "We can get through this." even which, translated means "I don't believe we can get through this."

It's the kind of panic where you don't see how the other options are going to work out even as you try every option. It's the scramble to appear normal even when everything is abnormal.

It's the realization that all your presuppositions were wrong and you haven't got a clue how to put in a new baseline of understandings and beliefs.

You worked hard and just as you are making the biggest risk to make it bigger because all signs pointed to 'yes' you find you are in a completely different stadium than you thought you were let alone different game.

Everything you worked so hard for suddenly seems to have no meaning and you watch what you have built up translate into lost and nothing.

Oh yea, I remember that. And all around you are the people you thought were giving you good advice and you find out their lives are built on shifting sand and they are lying. Yet somehow they seem to be living their same fat cat lives.

I just want to encourage you to find the still small quiet place within and be encouraged.

Loosen your grip and be encouraged.

Distract yourself with something humorous or beautiful and be encouraged.

Let what you are loosing go and be encouraged.

Look for this to get better in years not months and be encouraged.

Take a deep breath and a long walk and be encouraged.

Speak up for the Truth within you and within the world and be encouraged.

Find a private place where no one will judge you and cry and be afraid. Don't let it stay inside you or will be compensating in bad ways and will not be encouraged.

Refuse to imitate the fat cats behavior and be encouraged.

Be as honest as you can be and be encouraged.

Slow down. Panic likes to run and you will not be encouraged.

Love yourself better and be encouraged.

Find the cheapest way to live you can. The Jones just lost all their money in bad investments. There's no point in keeping up with them. And be encouraged.

Do as much as you can for others for free and be encouraged.

Read a book and be encouraged.

Don't pretend you're not in trouble and be encouraged.

This is the way to better times.

Love

Deborah

Vashon HouseHold Executive Director to Step Down

Sam Hendricks, Executive Director of Vashon Household, the Island's Affordable Housing non-profit group, recently announced he will be leaving the organization. "It's the right time in my life to pursue other passions," said Sam, who has been with VHH for nine years. He will stay on through April and will work closely with the board to choose his replacement and help with the transition.

"We'll miss Sam terribly," said VHH President Sue Gardner, "but if this change has to occur, it couldn't come at a better time for the organization." She stated that VHH is in great financial shape; has a skilled and highly motivated staff; and is actively planning and building new projects to increase the Island's stock of affordable homes.

"It's been a rewarding but demanding experience," said Sam. "There are so many challenges in getting these projects off the ground, but I feel proud to have helped make them

happen and to have built an effective organization in the process."

When Sam took the job in early 2000, VHH had two successful projects under its belt. "It was an incredible grassroots organization back then," said Sam, who reflected on the many accomplishments of his predecessor Jean Bosch, "but it was a fledgling organization: under-funded, under-staffed and without many resources to draw upon."

It is a different story today. Vashon Household is a stable, experienced and well-respected housing group that attracts a vibrant volunteer board and hundreds of committed donors each year. In the last few weeks, donors helped leverage a \$2.2 million grant from the County for the purchase and renovation of a 20 unit apartment complex. This will be Vashon HouseHold's seventh project.

Hendricks will be working with a friend on a woodworking

Back Bay Inn Sounds



February 6 Riverbend

February 7 The Geezers

February 13 The Greedy Boys

February 14 Tamara Lewis

www.backbayinn.net

24007 Vashon Hwy SW

206-463-5355

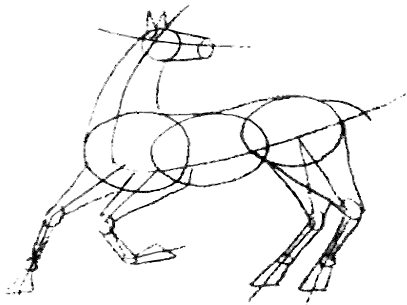
Vashon Carpet Steam Cleaning

206-919-7019



Fast Same Day Service!
New Carpet Available!
Great Rates!

New to Vashon and Tacoma!



Tom Wallace

Farrier
Licensed Massage Therapist
Practicing on both humans and equines
Because there was a crooked rider
who rode a crooked horse

www.vashonfarrier.com | Tel: 206.463.9689

Vashon Reclaim & Recycle

Out of the Ground, Out of the Sound
Lights Electronics Metals
From your home electronics
to your hazardous waste.
206.734.4813
vashonreclaim.com

The Brahman Institute



8805 SW 159th St.
Vashon, WA 98070
(206) 769-6725
brahmaninstitute@gmail.com

A Leading Center
for the Healing of Addictions in
The Pacific Northwest

venture and will pursue part-time work in project management, fundraising, public relations and other fields. "I'm excited to get my body moving again and work with my hands, but I'd also like to lend my skills to other organizations to help them meet their goals," said Sam.

The search for a new director is being organized now, but the

selection and transition could take many months. "We want to make sure the next director is the right fit for our community, our staff and the organization," said Sue Gardner. "We'll be looking for specific skills in housing development and management, but also an open, community-minded spirit that fits with the culture of the organization."

Don't Forget the Birds

Hummers Get Busy

by Ed Swan

It's almost time for the Rufous Hummingbirds to arrive. The big wave comes in March when the salmon berry all bloom. But a few get here earlier. Vashon's earliest arrival falls on February 6 and in many years they show up as early as the late second week of February. Joy Nelsen may have heard their distinctive buzzing flight in the third week of January this year near Pt. Robinson. An ornithologist in Snohomish County saw one at his feeder January 31.

The hummingbirds getting busy may already be nesting in Vashon yards. Anna's Hummingbirds stick around all year and if you kept a feeder out this winter, they definitely would have shown up during the cold. Some people attached small hand warmers to their feeders to keep them from freezing and to help warm the hummers when they sipped instead of cooling them down. I usually just bring the feeder in overnight and put it out before dawn.

The original range for Anna's Hummingbirds covered mostly California. But about mid-20th Century they started north and by 1976 Washington counted its first breeding record in Tacoma. In California, Anna's Hummingbird begin nesting in late November and time their mating for after the bloom of the local currants. So some of Washington's birds already are getting going depending on insects and the blooms of exotic flowering plants in their area. Their early breeding helps them avoid head-to-head competition for food for their young with other hummingbird species.

It would be really helpful for understanding Vashon's Anna's hummers for there to be more reports of their nesting and the dates of eggs being noted on nests and the hatching and fledging of young birds. If you have a hummingbird nest, please contact me at edswan@centurytel.net or call at 463-7976.

Both Rufous and Anna's Hummingbird males have red chins. Depending on the lighting, the red can look red, purple or black. The Anna's male coloring goes up over the chin to cover the top of the head as well but females and young males might have some red under the chin without it being on top of the head. Both Anna's and Rufous females look predominantly green above and

white or grey below. However, both the male and female Rufous also show brown on at least their undersides with the female and also on the back with the male. With the male Rufous the brown follows the name being a rich reddish or chestnut brown and with the female a lighter brown. So to definitively tell the birds apart, make sure the bird has no brown plumage. It's very obvious with a good look at the males, a careful close look for the lighter brown of the Rufous is necessary for the females.

In recent birding news, Pete Murray saw several hundred Western Grebes between Camp Burton and Dockton as well as a hundred Common Mergansers along the east shore of Maury Island on January 26. Gary Shugart saw a group of Common Mergansers about the same size near Portage as did Larry Huggins at Lisabeula the week before. All three sightings probably represent the same flock. Sherry Bottoms heard a Barred and a Northern Saw-whet Owl in the



Rufous Hummingbirds on their nest, photo by Islander Ralph Moore.

**Island Birding Guide
Species Identification
How to Attract Birds
Ed Swan
(206) 463-7976
edswan@centurytel.net.**



Espresso

It's cold outside but we have a plan...

Come warm up... Homemade soup Hot Dogs

Monday - Friday 6:00am - 4:00pm
Saturday - Sunday 6:00am - 3:00pm
17311 Vashon Hwy Sw

Island Center Forest on January 22. Jack Dawdy sent some beautiful photos of Brant at Portage taken January 18. Ross Adams observed a couple of Marbled Murrelets off the Cove Apartments on January 21. Rich Siegrist noted a Mourning Dove at his feeder for several days (this is another species that it would be great to get some nesting records on) and added to the snipe reports as well. If you have a question about local birds or interesting sightings of birds call me at 463-7976 or email at edswan@centurytel.net. In addition, I offer personally guided tours on Vashon and hot spots off-Island such as the Skagit (great for tens of thousands of Snow Geese and good numbers of swans, falcons and other raptors). I also do home visits to help identify birds in your yard and provide suggestions for attracting more birds and species diversity. For details contact me or visit my website: www.theswancompany.com.

A Vashon Currency Exchange

Continued from page 1

The presentation addressed the difficulty of making the transition from a dollar-bought society to an exchange society. The solution proposed was to establish the exchange in conjunction with investing dollars in Vashon. Herring notes that "this is synergistic because leaving those dollars in banks is risky. Investing in Vashon is not risky."

The Committee on Alternate Currency will hold its initial meeting February 10 at 7pm at Cafe Luna.

Editor's Note: The currency on the front is not necessarily recommended by the Committee. It is merely an artist's middle of the night rendition of what an alternate currency might look like. I am wondering where he found the twenty.





Aries (March 20-April 19)

It's true that your charm is peak level, but you may sense that people don't exactly trust you. Is it them, or is it you who have your identity mixed up with someone who brings chaos rather than order to the situations in your life? You seem to be operating with the perception that you have two agendas. I don't think that's true. But if you don't know what your agenda is, then you may be hobbled by the belief that you really cannot trust yourself. This is the thing that kills confidence before it takes its first step. In particular, you need to ask whether your male friends and colleagues hold you as trustworthy and vice versa. Claim back your projections. Claim back your false perceptions. Step into your right to be honest. Eric Francis has more to say at PlanetWaves.net.

Taurus (April 19-May 20)

Your chart is a setup for funneling your current sense of some great mystery of who you are into your professional goals. I suggest you be aware that you're working with a kind of deficit that will lead you to want to compensate in some other way, such as conquering the world. This is how it's usually done, but you simply cannot afford to let your attention lapse where your personal growth or self-awareness are concerned. What you don't notice about yourself you're likely to see as flaws in other people. Any sense of emotional emptiness you feel, you're likely to discern is the result of others being unwilling to maintain self-awareness. What you observe may be true, but until you're in contact with your feelings, your senses and the odd dreams you seem to be having lately, your observations will matter little. Eric Francis has more to say at PlanetWaves.net.

Gemini (May 20-June 21)

Where are you looking for inspiration? Recent developments in a close relationship, despite having worked out well enough for everyone's mutual benefit, appear to have you wanting to head for the Himalayas. I think you fear there's something, despite all the working out, that didn't quite get worked out. I would guess that you feel you're invested in the situation to a degree that you cannot support or sustain right now, and you may be feeling you don't belong there. I don't suggest you run too far. Stay in contact with the litany of thoughts, doubts and sense that you're not good enough. The astrology is moving in your favor. Developments in the coming days and weeks will gradually take the pressure off and increase your sense of freedom, but until then, be aware that you may be feeling cagey. Eric Francis has more to say at PlanetWaves.net.

Cancer (June 21-July 22)

You need to make some important financial decisions, and you need to do this with a sense of focus and adventure. The more you narrow your goals and your financial commitments, the more opportunity will open up for you.

The two are related, and the connection point involves the conservation of energy, which includes both money and mental resources. And it involves focusing your eyes, so that you can see. More than you may imagine is available to you. Let go of the standard of perfection — you may not even be aware you drag this around. There is such a thing as good enough, and you are quite close to that point right now. Someone you are associating with on some pretty important matters needs to cross about two more mental hurdles to have your full trust. Give them a chance. Eric Francis has more to say at PlanetWaves.net.

Leo (July 22-Aug. 23)

Rarely do we see the extent of projection in our relationships. A little self-awareness is all it would take. The problem is that the self-awareness that would lead to witnessing this projection would dismantle all of our ideas about relationships, the ones we think we hold so dear. Most of our rules of right and wrong would fall apart; most of our accusations placed on others would be meaningless, because in large measure, we want the same things out of life. Yet here is the question: do we proceed guided by the aspect of our awareness who is strong and healthy, or do we proceed under the authority of the aspect of awareness who feels injured? In this matter, we do have a choice, but for a while it has to be made about once every minute. Now is an excellent time to practice. Eric Francis has more to say at PlanetWaves.net.

Virgo (Aug. 23-Sep. 22)

Your desires are still running ahead of your ability to process them, but you do seem to be moving in a healthy direction. One thought at a time, you're beginning to see that you have the ability to make choices that acknowledge what you feel, what you think, and what you want. I know that this often feels like trying to thread two needles blindfolded. It helps if you turn on the lights and open your eyes. The issue of the week is likely to surface as some situation requiring you to work out an issue of devotion with someone in your life. You're in a delicate spot of examining where your ideals conflict with your true needs; and where your expectations of others are clouded by your own idea that you cannot measure up to what they want from you. Honest conversations are a good place to start. All expectations are potentially dangerous, but the unstated ones are poison.

Libra (Sep. 22-Oct. 23)

Most original works of art are created from the feeling of an inner flaw or the need to heal. I think this is an altogether better state than creation from presumed mastery, mostly because a state of growth gives us something to reach for, whereas the idea of previously attained mastery does not. Therefore, if you feel like you're creating or loving from an imperfect space, that's the space to occupy,

PERRY'S VASHON BURGERS

17804 Vashon Hwy SW

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

Best Burger in Town!

For a Burger
Emergency
463-4-911

because it's where you're going to draw on the best of your strength and your potential. You may need to get over the feeling that your own inner sense of not being fully aligned is resulting in work or expression that is not fully aligned, or making your point adequately. Remember what the Grateful Dead say in their magnificent suite of songs, Terrapin Station: that the storyteller's job is to shed light and not to master. Eric Francis has more to say at PlanetWaves.net.

Scorpio (Oct. 23-Nov. 22)

A dialog is underway between your ideas and your feelings. In your life the two have a remarkable similarity, this, despite the general consensus that Scorpio is an emotionally driven animal. Your particular form of evolution is about integrating both sides of your brain, so that you are capable of complete thought and complete feeling. Then there is a second kind of integration, which (at least in the astrological sense) is vertical in nature. It involves what you experience internally coupled with what you accomplish. You might ask why you manage to pull off such great things when you're feeling the most insecure. The next question is: do you like the feeling, or can you have the great achievements and enjoy the feeling of quiet confidence? Eric Francis has more to say at PlanetWaves.net.

Sagittarius (Nov. 22-Dec. 22)

Keep your focus and take notes. You want to document every step of whatever process you're going through: it looks like something about allowing yourself a new set of dreams or visions for your life. What you're really doing is working with some new ideas, which are evolving rapidly at the moment. I suggest you stick to simple, clear plans for what you want to do now, which are followed up by fast action. At the same time, recognize that a limit has been removed on what you can do in the long run. The sky is indeed the limit, though you need to be practical how you get there. Remember that it was bicycle repairmen who invented the first airplane, not the purveyors of the automobile. Eric Francis has more to say at PlanetWaves.net.

Capricorn (Dec. 22-Jan. 20)

A good financial plan today is better than a perfect one tomorrow. If partners are not coming through

with their end of the deal, you may feel like you're going it alone. The thing about alone for you is really a lot more: you're always thinking in terms of what benefits everyone, and the people who your thinking is designed to serve are the ones who must put up the most in the way of support and resources. If someone is bowing out of the game, trust that you don't need them. Then you will have room for new influences and partnership opportunities. Make sure whoever you get involved with is the "let's help everyone" type rather than the "let's help me" type. Eric Francis has more to say at PlanetWaves.net.

Aquarius (Jan. 20-Feb. 19)

Monday's eclipse in your opposite sign Leo may leave you feeling like your fatal flaw has been exposed once and for all. Really, it's your Golden Flaw: the one that holds the key to success, freedom or recreating yourself. The Golden Flaw always has its source in something we perceive as being the thing that can wreck everything, such as a personality trait. And for a moment, you're going to get a glimpse of how what you think of as your biggest problem becomes the thing that can move you the furthest ahead. The catch is you might forget what it was the next day. Make a point to remember; this will be worth remembering. Eric Francis has more to say at PlanetWaves.net.

Pisces (Feb. 19-March 20)

You have a state of mind available wherein you can consider any possibility for who you are; for who you might be; for who you want to be; and who it might terrify you to be. I would guess that you feel like you know things you're not supposed to know, or have access to perceptive abilities that might scare you. Remember, you're not really seeing the future; you are seeing potentials or what the Seth books call "probable selves." Why might one self be more probable than another? Well, because you want it to be (a conscious desire); because you need it to be (an unconscious desire); or because you lapse in your attention and make a choice that you were not actually planning to make. Therefore, pay attention. Eric Francis has more to say at PlanetWaves.net.

Island Epicure



By Marj Watkins

A HOLIDAY PIE FOR TWO

February brings us a month full of holidays. There’s Ground Hog’s Day on the 2nd, when we find out whether the smell of spring in the air foretells better weather, or, if the little animal cannot see his shadow, that we’re headed for a stormy spring prelude. In our family we always note Copernicus’s birthday on the 10th, which is immediately followed by son Steve’s birthday the 11th.

Valentine’s day on the 14th calls for hearts, flowers, and something delicious and either red or chocolate. Here’s a recipe for a dessert that’s equally appropriate as a finale to a Valentine’s dinner, or one to honor our presidents, past, present and future. That’s coming up on Monday the 16th, between Abraham Lincoln’s birthday on February 12th and George Washington’s on the 22nd.

I created this holiday low-carb dish with weigh-watching and diabetic and pre-diabetic readers in mind, but we can all enjoy its tart-sweet flavor and brilliant color. An eight-inch pie serves two generously, twice.

Low Gluten
BARLEY COCONUT PIE PASTRY
Single crust for 8-inch pie
Preheat oven to 400 degrees
1 1/4 cups barley flour
1/2 cup coconut shreds
½ teaspoon salt
5 Tablespoons soft butter
3 tablespoons water plus a few more drops, as needed

Mix dry ingredients. Work in soft butter. Drop by drop, add and stir in water until the pastry holds together. Spread waxed paper on counter. Roll out or pat into a 12-inch circle. Chill 5 minutes in freezer.

Invert over pie pan, carefully centering the pastry. Peel off waxed paper. Let rest a few minutes to warm. Ease pastry into pie shell forming a decorative wall around the perimeter. Prick the bottom and sides with a fork.

Bake 15 minutes, or until firm and light golden brown. Cool before filling.

FILLING FOR ONE-CRUST CHERRY ORANGE PIE
Makes one 8-inch pie (4 servings)

1 can sour cherries
1/2 cup cherry or cranberry juice
¼ cup water or additional cherry juice
2 Tablespoons cornstarch or rice starch
2 Tablespoons orange concentrate
1/8 teaspoon ground cloves
1/8 teaspoon salt
Sugar, Splenda® or Sugar Twin® to sweeten to taste
2-3 drops red food coloring

Bake the pie shell as directed above. Drain the cherry juice into a measuring cup. Mix ¼ cup additional juice or water with the cornstarch in a small saucepan. Stir-cook over medium heat until it boils, thickens, and clears. Stir in the remaining ingredients.

Transfer this filling to the pie shell. Chill. Serve with vanilla yogurt or whipped cream.*For a 9-inch pie, six servings, increase the pastry ingredients to 2 cups flour, ¾ cup coconut shreds, 1 stick (8 Tablespoons) butter, and 5 tablespoons water, added gradually while mixing. Double the filling ingredients.*

P.S. Someone recently asked me what he could do, dietwise, to help cope with his gout. My one-word answer: Cherries. Cherries seem to counteract both pain and inflammation, possibly because they’re an excellent source of the mineral boron.

YOUR NEIGHBORHOOD MEXICAN GROCERY STORE

Pre-Paid Cell Phones

Page Plus Cellular

Verizon Wireless

Virgin Mobile

Boost Mobile

Uni Wireless

Come in and ask about our prepaid refill service

11am to 9pm

17615 100TH AVE SW

206-567-5844

Barber & Beauty Shoppe

(206) 463-7212

Family Hair Care ~ Sensible Prices

Colors, Perms, Hair Cuts

Parker Plaza 17232 Vashon Highway

SERVICE REPAIRS SALES FREE TRAIL MAPS

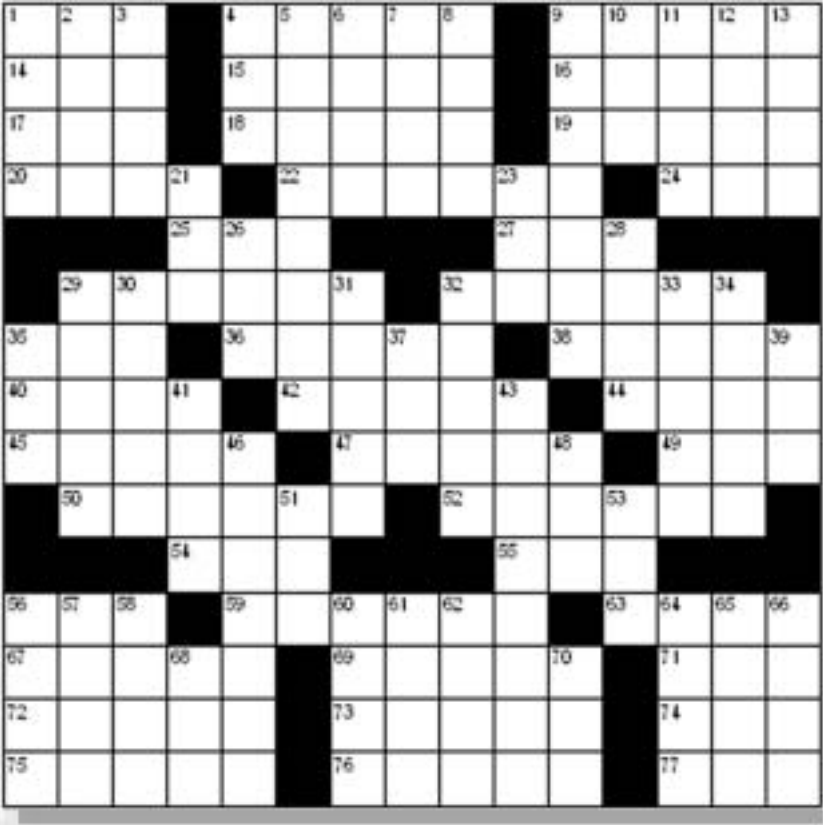
BIKE RENTALS FOR ADULTS AND KIDS

VASHON ISLAND BICYCLES

(206) 463-6225

9925 178th Ave. SW www.vashonislandbicycles.com

Across	22. Silver-white element	44. Epochs	67. Italian physicist
	24. Request	45. “I hear you”	69. Distant
	25. Body of water	47. Poet	71. Past
	27. Tenpin	49. Gross national product (abbr.)	72. Negatively charged particle
	29. Con (2 wds.)	50. Fruit	73. Price
	32. Counterfeit	52. Spice	74. Rested
Down	35. Clog	54. Bro. or sis.	75. Car trails
	36. Afloat (2 wds.)	55. Tinct	76. Jagged
	38. Shirk	56. Also known as (abbr.)	77. Bard’s before
	40. Cain’s brother	59. African expedition	
	42. Roof overhang	63. Scrape down	
	9. Hinders	28. Zap	43. Good student trait
1. Not many (2 wds.)	10. Petite	29. Wealthy man	46. Dried grapes
	11. Writer Bombeck	30. End of Greek alphabet	48. Eye infection
	12. Greek god of war	31. Japanese city	51. BB association
	13. Armored combat vehicle	32. Praise	53. Kitten’s cry
	21. Pacific Standard Time	33. Funeral hymn	56. Far away
	23. Delivery service	34. Great ape	57. Beano
6. What a clock tells	26. Environmental protection agency (abbr)	35. Jolt	58. Opera solo
		37. First woman	60. Favorite shortened
		39. Cooking measurement	61. Winged
		41. Optical device	
7. Tides			
8. Thirteen			



62. Rolled chocolate candy brand

64. Comfort

65. Seaweed substance
66. Memorization

68. Modern

70. Toll

Solution on page 13



Experience the Richness of
Fresh, Hand-Dipped Chocolates

OPEN Wed thru Sun 11am - 6pm • 206 463.2408

Spiritual Smart Aleck



By Mary Litchfield Tuel
www.spiritualsmartaleck.blogspot.com

By the Numbers, or, Do We Buy These Numbers?

Dire numbers tick by us these days – Boeing lays off employees, and Starbucks lays off employees and closes stores. Other employers lay off their workers by the tens of thousands. On the bright side, the US economy declined only 3.8% in the last quarter of 2008. Whoopee.

Tough times, and getting tougher. Something former Senator Daniel J. Evans said in an interview back in the 1970s keeps running through my memory.

Evans managed the affairs of Washington State as Governor from 1965 to 1977, and later served in the Senate, following Henry “Scoop” Jackson. Slade Gorton followed Evans into the Senate, but I only mention that so I can mention that we used to call Slade Gorton “Skeletor.” He earned this sobriquet by bearing a surprising likeness to the Masters of the Universe®™ villain of that name.

Getting back to Dan Evans: the Boeing Bust occurred during Evans’ terms as governor. In those pre-Microsoft, pre-Starbucks, pre-”let’s move the corporate offices to Chicago” times, Boeing employed more people than anyone else in Washington. When Boeing stumbled, Washington stumbled. In those days a famous sign along I-5 read, “Will the last person leaving Seattle please turn out the lights?”

I arrived on these beloved moldy shores in 1972 and missed the lowest days of the Boeing Bust. The local economy still ailed in 1972, but improved incrementally over time.

Somewhere around mid-decade someone interviewed Dan Evans about unemployment. The interviewer asked, “Are you worried about the 12% unemployment rate?” Evans replied, “Well, it depends on whether you’re looking at it on the way up or on the way down.” He pointed out that Washington was coming back from an 18% unemployment rate.

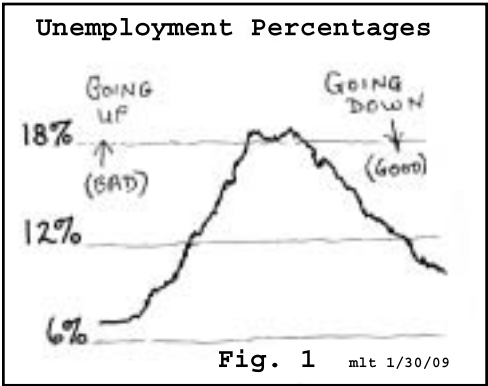
Those who lost their jobs were forced to find new paths in life. For example, Hammond Ashley, former Boeing employee, became one of the premier string bass builders in the world. I knew about Hammond Ashley because I took a cracked dulcimer to his shop for repair around 1974. His shop lay under the flight path at the south end of the SeaTac runway. When you walked from the green and gray suburban surroundings of Des Moines into his shop and saw the ranks of glowing instruments along the walls, you knew you were in a world of wonder, created from wood and glue and loving care. Although many people left the state seeking opportunities elsewhere, others, like Hammond Ashley, started a new profession, and a new life, right here.

The numbers I heard on the radio last week stated that unemployment is at 8%. Of course, if you lost your job, you experienced 100% unemployment, and the numbers (ONLY 8% unemployment; ONLY a 3.8% decrease in the economy the last quarter) comfort ye not.

We hear all these numbers, but what do they really mean? The numbers that count are: how many numbers do we have in the checking account? How many numbers do we need to keep this roof over our heads? Do we have enough numbers to buy groceries this week? Do we have jobs so we can get more numbers?

It turns out that our ability to control numbers was exaggerated. So what do we do now? All the usual remedies: we share; we cut back; we make do. We plant gardens, mend what is broken, put on a sweater, and drive less. Do these measures wound your pride?

Pride takes a lot of numbers. Pride and his brother shame may have to be two of the things we cut back in these tough times. I’m about 50% sure of that, up from 35% last quarter.



February Seafood & Crab Legs Special



Bistro Hours
Sunday thru Thursday
11am - 9pm
Friday & Saturday
11am - 10pm

Dungeness Crab Leg Appetizer:
Eight Dungeness Crab legs and
Dipping butter.....\$9.95

Pacific Steamers: Fresh Coastal
Clams Simmered in a Cilantro Sale
Broth.....\$11.95

Grilled Salmon: Seasoned and
Grilled Salmon served over rice and
burnt orange wasabi sauce and
vegetables.....\$15.95

Steak and Dungeness Crab Dinner:
5oz Steak and Eight Crab Legs,
Mashed Potatoes, Vegetable and
Salad....\$17.95

Sushi Bar & Live Entertainment Weekends
Open for Breakfast Weekends at 8am

Poker Tournaments Tuesday and Thursday 6pm

www.redbicyclebistro.com

In Appreciation of Father Richard Roach

by Mike Ivaska

“I am the resurrection and the life. Whoever believes in me, though he die, yet shall he live...” - Jesus Christ (John 11:25)

Father Richard Roach was a man who I considered a friend. He and I, as Christians, did not believe a lot of the same things. To his credit (and I hope to mine), what friendship we had been allowed to develop was not based on pretending that truth did not matter - that one truth was okay for me while another was okay for him. Not that we ever really debated much, either. Father Roach was, and perhaps still is, Catholic, and I was, and still am, evangelical. Those were the facts, and knowing that allowed us to talk - the labels themselves not being the issue so much as shorthand for two vastly different ways of understanding what our Lord wanted of us.

I think Father Roach wanted in some sense to be my mentor, and in some sense I wanted that too. His accrued wisdom and knowledge made him an enjoyable conversationalist. His barbed comments about “you Protestants” were never really combative so much as good-natured sparring. Often he had direct, personal knowledge on issues or authors I would mention to him - something I did not often run into among folks in my own church. His passion for learning excited me after having wrestled with a brand of Christianity that had nothing to offer intellectual effort except a certain distrustful

fear. At other times, to hear his almost quaint caricatures of what we “fundamentalists” are and think could only elicit a grin from me. It can be pretty funny having someone tell you what it is you think.

Father Roach endeared himself to my father because of the interest he took in my brother and I, always asking about us whenever they saw each other. I am not sure he even knew what my brother looked like. Still, he always asked. When he heard about my father’s employment issues and my mother being diagnosed with cancer, he made sure we knew he was praying for us.

I once made a comment to him about some of my fellow believers, who felt that ultimately “the gospel was not going to succeed” and that all would be lost. Father Roach shook his head and muttered, “the gospel already HAS succeeded!” Anyone familiar with the Apostle Paul would know what Father Roach meant.

I think that the only regret I have is not pursuing the friendship more. Because of unforeseen difficulties, I had no chance to say goodbye to him at his funeral. This is my small effort to speak well of a man I had come to respect and I think love. I hope with all my heart to see him again soon. And so far as our differences go, I will have to leave those things in the hands of God.

Find the Loop and its
archives
on-line at
www.vashonloop.com.

We've Got a Lot of Kids

by Kevin Pottinger

A Lotta Lotta Tools

On a sunny Saturday afternoon in mid-January, I'm lying in the wet gravel of our driveway, straining with a socket wrench, ratcheting loose a dozen bolts on the automatic transmission pan of our minivan that I've propped up in the driveway with a couple of concrete blocks. Our dull-brown peacock rounds the side yard as I'm grimacing and contorting my body to reach the farthest bolts.

The peacock cocks his head to the side, scrutinizing the situation. Standing next to me in the gravel, he examines the soles of my shoes at close range and surveys my legs sticking out from under the van. With great interest he inspects the various chrome-plated tools glinting in the sun, first with one brown-black eye, then the other. He cranes his long neck under the car to study the transmission pan operation. For several minutes the peacock watches me work. At last, satisfied that there is no food whatsoever involved in unbolting a transmission pan, he moves on to peck at things in the grass.

Our four-year old twin boy Alec rounds the side yard, squinting at the bright sun high in the afternoon sky, and falls face-first over a log. He slowly picks himself up out of the wet grass, and squats next to me, studying the tools in the toolbox. He stoops to look under the van, and his disembodied, upside-down head pops into view. "What you doing, Dad?" he asks. After I describe in general terms my plan to repair the car, he turns to again examine the assortment of tools gleaming in the sun. He picks up a crescent wrench. "Is this yours, Dad?" "Yep," I reply through clenched teeth, struggling to break a rusted bolt loose. He paws through the tools in the toolbox. "These tools are all yours, Dad. You have a lot of tools, Dad. A lotta lotta tools."

A basketball rolls lazily under the van to wedge under my head as I wrestle with the wrench. Our oldest boy Colin has come outside to shoot some hoops in the flickering January sunshine. I push his ball back out from under the minivan. "Thanks, Dad," Colin says cheerfully as he grabs his ball and dribbles it in the gravel before trying a fifteen-foot jump shot that bounces crazily off the hoop and careens straight for Alec's head. Alec bends down to address me

Fireside Hearth Dry Wood

The only guaranteed dry fuel for your woodstove is at the Fireside Hearth Shoppe. Our presto logs are 8% water weight and are stove ready immediately call 463 5995 for delivery while supplies last! Don't risk chimney fires with wet wood!

again, narrowly missing getting pasted with the basketball that's at least half as big as he is. "What this, Dad?" he asks. "What is what, Alec?" Alec repeats himself, a little louder this time.

Another shot of Colin's caroms off the backboard while Alec is mesmerized by the sunshine playing off the shiny steel of the vise-grips, and again Alec misses getting creamed with the basketball by a quarter of an inch. The ball bounces harmlessly against the house. Alec turns to look, startled by the sound of the bouncing ball, and falls over in a crumpled heap.

I hear my wife Maria's footsteps on the gravel, and presently I can see her two brown shoes as she stands next to the van. "What do you want to do for supper?" she asks. Our four-year old twin daughter Gracie pokes her head under the minivan, her disembodied head upside-down, pigtails brushing the gravel. "Hi Dad," she says. "Hi Gracie." "How about Mexican?" I offer, addressing Maria's shoes. "Colin, get off of the roof!" yells Maria. Colin offers a lame explanation of why he was on the roof that involves his best friend who once made a paper airplane that flew a half-mile.

As a kid I spent hundreds of hours holding the flashlight for my Dad while he got our various used-car-lot cars running again. It was usually cold and dark and wet, and usually after supper. It seems like the old man was always under the car, swearing. While I held the light in my yellow raincoat, my Dad grimaced and contorted in the cold, wet muck, his legs splayed on the pavement, soaked to the skin, repairing our Mercury station wagon with the fake wood panels, or the pink and black Dodge Impala sedan or the '58 Buick Special convertible, so one or both parents could get to work in the morning. I ached to go inside where it was warm and watch TV in dry pajamas. My fingers were numb. My brain was numb. But my Dad was a lot colder than I was.

Compost the Loop

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



Olympic Instruments, Inc.

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

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

16901 Westside Highway SW
Vashon, WA 98070

Phone (206) 463-3604
www.olympicinstruments.com
www.cunninghamairstwhistles.com

FOR ORCAS AND FOR ISLANDERS
PLEASE REPORT LOCAL
WHALE SIGHTINGS
ASAP TO
206-463-9041
Vashon Hydrophone Project

Orca Annie Stateler and Mark Sears
Vashonorcas@aol.com
Support Vashon-Maury Island Whale Research
Sightings NOT Disclosed to Whale Watch Boats

For your Spring Fling



206-794-9451

HARDOR MERCANTILE



Since 1908

463-2500

SCC

Sound Contracting & Consulting

SOUNDCC972K2
(206) 463-2055
Michael O. Bradley
Contracting & Consulting Services

- Detailed, cost effective building plans
- Liaison with DOES for permits, land use issues
- DOES dispute resolutions
- Remodeling ideas and installations

RUNNING NUMBERS

Bookkeeping Service



Tamara Griffin
28501 Manzanita Rd.
Vashon, WA 98070

(206) 718-1188 cell
TamaraGriffin2001@yahoo.com

LOGJAM



We do passport photos -- apply for passports at the Courthouse on Tuesdays, Noon-3:30 pm; 4-7 p.m.

THE COUNTRY STORE & GARDENS



Vashon Island, WA
EST. 1988

An uncommon place at the heart of Vashon Island

WE ARE OPEN AGAIN!

Seeds are in.
Territorial Seeds 20% off

Sales throughout the store
20 to 50% off!

Children's Clothing
New Location.

9:30 am to 5:00 pm
Mon – Sat

The Country Store & Gardens
20211 Vashon Hwy SW
206-463-3655

Napa Closes
Continued from page 1
Conclusion: Auto parts stores are the natural predators of bowling alleys on Vashon. Joking aside, eight employees have joined the ranks of the unemployed, and for that we are truly sorry. It's tough times for everyone. But nothing is set in stone. Luhr may re-open, or someone may buy the store. Stay tuned.

MadameToujours

Dear Madame Toujours,
My friend Maggie and I are having an argument, and I wonder if you could shed some light on the issue at hand. See, I have known my friend Harry for twenty years and his ex-wife Maggie for about five. They were married for about nine months and got divorced right after their son Ronnie was born because Maggie said that Harry beat her and Ronnie and she was scared for her life.

The thing is, I just can hardly believe that Harry would behave this way. He’s so nice. All his ex-girlfriends say he was totally sweet and gentle and wouldn’t hurt a fly. It gets even wierder. Sometimes after he has been around Maggie and Ronnie, Harry shows up with cuts and bruises on his face and arms. One time, I saw him in the grocery store and he tried to pretend he didn’t see me. When I caught up to him, he had a big cut on his face with about thirty stitches. He said he walked into a door, but the next day, Maggie claimed he beat her up and she cut him in self-defense, but she didn’t have any bruises or anything.

I confronted Maggie and told her I thought she had been beating up Harry. She laughed at me and said that’s impossible. Women can’t be violent against men and it never happens except when the woman is defending herself. I have always thought women were morally superior to men, but Maggie is making me doubt this basic truth about the sexes.

Sincerely,
Confused Feminist

Chere Mlle. Feminist,
Quelle damage, if only it were the truth that the female types were having the big moral superiorities, *mais non*. *Eh bien*, the female type persons, they are assaulting *les hommes* as many times as the vulgar manly persons are making the violence against *les femmes*. However, these facts, they are mostly going unnoticed because the manly persons, they are large and hairy. Everybody is saying, “But if the female type is actually assaulting him, he will defend himself, *non?* Then she will have the injuries. If she is not having any injuries, then it is that she is not abusing him.” However, if *M*. Harry, he is defending for himself the life and *la femme*, she is having the bruising, then everybody is saying, “But see, she is having the bruising. It is that he is the big abuser.”

The problem, it is that everybody is supposing that the female types, they are extremely stupid and helpless. This is the big insult. Mostly the female persons, they are noticing that they are smaller and weaker. Cleverly, however, they abandon the brute force and apply the miracles of science to the business of abusing the spouses. The dainty, small person, she is not needing the big muscles to put the poison in the beer or to sneak up behind the innocent fellow and surprise him with the knife in the left kidney. Or she may slip into the bedroom while he sleeps and remove vital portions of his anatomy.

Bon Chance, Mlle. Feminist and if you are being determined to have the friend such as *Mlle*. Maggie, you are possibly being wise to look frequently over the shoulder.

School Bond Debate

To help Islanders weigh the pros and cons of the issue and learn the facts, the League of Women Voters, Vashon College, the Vashon Maury Island Community Council, the Vashon Loop and the Vashon-Maury Island Beachcomber are jointly sponsoring a debate on February 11 at Courthouse Square from 7 to 9 PM. The debaters will be Bob Hennessey, Chair of the School Board, speaking in favor of the bond issue and Hilary Emmer speaking in opposition. Ted Clabaugh, President of the Board of Trustees of Vashon College, will moderate the debate. Following

opening statements, the two speakers will answer questions.

The sponsors expect an overflow crowd at Courthouse Square. So come early to learn, among other matters, whether the proposed facilities are needed, whether the proposed new sports facilities are important to the schools; the plusses and minuses of not passing the bond issue, the associated costs and the benefit to the island.

The debate will be taped and broadcast on Voice of Vashon and on Channel 21. Refreshments will be served.

Science Fair 2009

Continued from page 1

activities led by Barbara Gustafson, and a Vashon Island Lego Robotics Team demonstration and display and stories of their trip to state competition this year. This year there will be a rocket launch at 1:00, don’t miss it.

All islanders are invited to participate in Science Fair, whether as a spectator, active participant or presenter. Display submission forms and information packets are available at the Vashon Library during the month of February. If you plan to submit an entry you will need time to prepare.



NEW DEALS HAPPENING AT CASA BONITA

SIESTA TIME

Come take a siesta on Monday thru Friday from 2:00 pm till 4:30 pm and receive 25% discount on your entire check.
Not available on to go orders

HAPPY HOUR

Join us 7 days a week from 9:00 pm till closing, and take advantage of this great Food and Drink specials.

FOOD	DRINK'S
Side order Taco..... \$ 1.75	Regular Margaritas..... \$ 3.50
Queso Fundido..... \$ 4.75	Regular Grande Margaritas..... \$ 4.50
Hongos al Mojo de Ajo..... \$ 4.75	12 oz Tecate or Dos Equis Draft Beer \$ 2.50
Spicy Chicken Wings..... \$ 5.75	25 oz Tecate or Dos Equis Draft Beer \$ 4.50
Taco Salad..... \$ 5.75	Coronas..... \$ 2.50
Chicken Taquitos..... \$ 6.95	Shot of Puerto Vallarta Tequila..... \$ 2.50
Super Burrito..... \$ 6.95	Shot of Jagermeister..... \$ 2.50

NOT AVAILABLE ON ORDERS TO GO

Add Cuervo Gold to your margarita for \$ 1.00

AND DON'T FORGET EVERY SUNDAY
CHILDRENS PLATES ARE \$ 1.50

463-6452

17623 100th Ave ~ Vashon

PANDORA'S BOX

Marge Van Smith, Inc. is pleased to report full line of Natural Balance pet foods. We’ve been with them since their first day in business.?
And yes, Dick VanPatten is a really nice man.

*Reggie’s pick of the week:
Dogswell Happy Hips chicken strips.
Come see his new trick.*



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

PRECISION INTERIORS

When experience & results count



Skillful ~Craftsmanship
Wood Floor Finishing

Italian tradition brought to
your home by Mario.

*Installation and refinishing
of wood floors - any type,
any finish~from solvent
base to eco friendly water
based finish*

For estimate call Troy
206-794-9451

*Several of your Vashon neighbors have hired Mario to install their wood floors. Here is what Kevin and Maria Pottinger had to say:
“Wonderful craftsmanship, flexible schedule, great prices. VVe’d use him again in a heartbeat.”*



Things not to give your dog.

by Kathy Abascal

Opi, my little dog, was recently diagnosed with hip dysplasia and prescribed a non-steroidal anti-inflammatory to help him stay comfortable. I decided not to use the drug at this point because it has potential side effects that are rare, but can be serious.

Long before I became an herbalist, I had a dog with bad knees who was prescribed a low dose of aspirin. The aspirin caused internal bleeding and he nearly died which taught me to take potential side effects very seriously. My decision to use herbs for Opi is now leading me deeper into the world of herbs for dogs.

Shortly before Opi started limping, he became interested in a



w i l l o w growing by our pond. While his buddy Yodha busily ate grass, he tried to gnaw on the tree, something he had never done before. Willow bark is used as an analgesic and contains salicylates that can be transformed into acetylsalicylic acid or aspirin. Aspirin inhibits blood platelets from sticking together while natural salicylates do not. This means that willow does not have the bleeding potential of aspirin (and this means that it cannot be used to thin the blood and prevent heart attacks).

Nonetheless, many herbals for dogs caution against the use of willow bark. I suspect this advice is due to confusion over the differences between plant salicylates and the effects of the chemically altered acetylsalicylate in aspirin. Tilford, the author of a very nice herbal for animals, for instance states incorrectly that willow contains “salicylic acid (aspirin).” Of course, it is possible that dogs metabolize plant salicylates differently than we do, but I doubt it. I am researching this question but have not yet come up with the definitive answer. In the process, however, I learned to

my surprise that some seemingly harmless foods can be toxic to dogs.

For instance, onions are dangerous to dogs. They can cause a sometimes fatal hemolytic anemia as components in onions cause their red blood cells to rupture. It takes a fair amount of onions to cause real damage, about half an ounce/pound of dog. This means that Opi would have to eat about 12 ounces of onions to ensure a toxic dose – something he is not inclined to do. But even a non-toxic dose is not good for him. And the toxic dose is much lower in cats, kittens, puppies, and dogs on certain drugs (like sulfonamides or Tylenol, a non-steroidal anti-inflammatory drug. Many vets also urge caution when feeding human baby food to animals. Apparently, many of the meat products for babies contain onions or onion powder. Actually, I never fed Opi much in the way of onions and he will get even less in the future.

Interestingly, garlic has some of the same potential as onions but is much less toxic. When I learned this, I checked my dry dog and cat foods. Sure enough, both contain garlic. Not enough to cause injury but it seems silly to add an ingredient to their food that is not healthful for them. I also realized I was giving my dogs treats made of brewers yeast and garlic powder. And I know many people who feed their dogs cloves of fresh garlic in the hope of discouraging fleas. Garlic is wonderful food and medicinal but

my sense now is that my dogs do not need garlic and will do better and be happier with some fish oil capsules wrapped i n liverwurst.

I also learned that even small amounts of raisins or grapes can cause kidney injuries in dogs. They are toxic at about ¼ of an ounce per pound of dog. The ASPCA states that all dog ingestions of grapes or raisins should be taken seriously, especially if they cause vomiting, diarrhea or lethargy.

So no more chocolate covered raisins for Opi. Just joking—he likes his chocolate straight. Most of us know that chocolate is not good for dogs and have an easy time not sharing our chocolate with them (all the more for us). The theobromine in chocolate can cause seizures, coma, and death. Actually though, it takes much more chocolate than either onions or raisins to cause a problem. According to one vet site, the toxic dose ranges from 1 ounce of milk chocolate/pound of dog to 1 ounce/9 pounds for baker’s chocolate. The real problem with chocolate is that dogs, like

Vashon Pizza

Its hot outside.... let us cook for you.... Call us now

Relax...We Deliver

Located between Vashon Market and Vashon Dance

Call 56-PIZZA

Open Friday thru Monday 4pm - 8pm

humans, develop a fondness for chocolate and can easily down a toxic dose if left alone with a box of chocolate. And definitely do not give your dog chocolate covered macadamia nuts. It turns out that relatively small amounts of these nuts can cause vomiting and a weakness that prevents them from standing or using their hind legs. Typically the dogs recover from macadamia nut poisoning though.

Finally, do not use pennyroyal essential oil on your dog. People still come into the store for oil to use on their dogs. I have read far too many cases of dogs dying from this “natural” flea treatment. More often than not, it will kill the dog rather than the fleas. Even though I traditionally stay away from pesticides, I would use Advantage before I would use pennyroyal.

New Classes, New Times: Eating for health & weight loss.

By Kathy Abascal

Inflammation is a big factor in most chronic conditions including hypertension, arthritis, and diabetes. Excess abdominal fat is another inflammatory condition that takes a significant toll on your health. Fortunately, diet can effectively and easily reduce inflammation and the problems it causes. In this class you learn why some foods quiet inflammation while others increase it. Eating to quiet inflammation provides significant benefits that include a relatively effortless weight loss (if needed), improved sleep, and the disappearance of annoying aches & pains. **New classes: Wednesdays beginning February 11th at 10:30-12:00 AM and at 7:00-8:30 PM.** Each class runs for 5 consecutive weeks. Advance registration and payment (\$75) is required. Sign up at the Roasterie/ Minglement. For more information, contact Kathy Abascal at anemopsis@yahoo.com.



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 available for herbal and nutritional consultations at Court House Square. The 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 any prescriptions medicines you are taking is included in the consultation. Kathy also teaches on-going Conscious Eating for Health & Weight Loss classes at the Roasterie. For more information, contact Kathy at 463-9311 or at anemopsis@yahoo.com.

Proofreading and Editing... *from A to Z*

Publicity	Resumes	Signage	Templates	Warranties
Recipes	Schedules	Speeches	Timetables	Web sites
Reports	Schematics	Spreadsheets	Tour catalogs	'Zines
Research papers	Scripts	Statistics	Travel bulletins	
	Short stories	Technical document'n	Tributes	



EAGLE EYE PROOFREADING and EDITING

Nancy Morgan

onvash@hotmail.com
PO Box 2393
Vashon, WA 98070

206/567-5463
206/819-2795



ANN LEDA SHAPIRO

LICENSED ACUPUNCTURIST
Traditional Chinese Medicine & Herbs

Courthouse Sq., #208B
Vashon Island, WA 98070
206 463-3967

219 1st Ave. S. #310
Seattle, WA 98104
206 463-3967



Wrestlers Rock!

Vashon Wrestling Team beats Cascade Christian 47-25.

With the win, the Pirates improve to 7-2 on the year, entering the last week where they will compete against a very good Eatonville squad (at home on Wednesday; it's senior night!), and then on Thursday at Orting (the #1 team in the state.) If you want to see some great matches then go to these events that conclude the dual meet season. Brief Notes on the Cascade Christian Dual Meet: Jordan Lopez and Max Croonquist recorded "Double Doubles" meaning that they pinned BOTH their JV and Varsity oppononents! Other notable JV pins were recorded by Tucker Lazare, Maximo Mandl, and Elliot Ellingsen.

Pirate Wrestlers Bring Home Treasure From Emerald Ridge Tournament

Last Saturday, The Vashon Wrestling Team traveled to Emerald Ridge High School to compete in the prestigious Jaguar Invite— a tournament made up of three different tournaments, in one facility on one day. There was a Varsity Tournament for Guys and Girls, as well as a JV tournament. All wrestlers received valuable mat time, and all experienced some success and displayed vast improvement.

The Girls Tournament: Sylvie Shiosaki won the 119 pound title, pinning or tech falling all four of her opponents. There were 20 girls teams there, and if wrestlers and fans hadn't heard of Sylvie before this weekend, they know who she is now! Iris Spring also competed in two hard fought losses. (The Girls Team is currently ranked 3rd in state.)

The Guys Varsity Tournament: Vashon only entered 4 scoring wrestlers in the tournament, choosing to enter most of their younger

wrestlers into the JV Tournament. Once again, these wrestlers showed that quality is more important than quality, placing three wrestlers into the finals and placing the team in the middle of the 10 team pack. Rogen Lopez pinned all three of his opponents to take 1st, dominating a Kelso wrestler in the finals. Geran Webb placed 2nd after pinning his 1st two opponents before losing to a White River wrestler in the finals. Sam Chapman placed 2nd, losing a whirlwind battle, 12-10, to a Kelso wrestler. Fittingly, the match was awarded the Most Outstanding Match of the Tournament and he received a large plaque. Graeme Britz won one overtime match against a Kentwood grappler, and finished one match from placing. (The Guys Team is currently ranked 10th in state.)

The JV Tournament: Three wrestlers took home 1st place and show they are forces to be reckoned with very soon: Dominik Stemer, Jordan Lopez, and Deven Forest. 2nd place ribbons went to Maximo Mandl, Keegan Shrum, and Elliot Ellingsen. 3rd place winners were Jake Ludberg, Sjors Steneker and 4th placers were Kevin Thomas and Tucker Lazare. Pins, bonus points, and wins helped the team to a 3rd place JV team finish!



Elliot Ellingsen at the Emerald Ridge Tourney, Brigitte Webb photo.

SPORTSMAN'S

Cafe INN Lounge

Open 7 days a week 6am till 2am

Family run business for over 30 years

Breakfast Lunch

17611 Vashon Hwy SW

 Live Entertainment

206.463.0940

Where the locals go!

Wet Whiskers Grooming Sal on

Professional ly Trained certified Groomer

The Hol idays are just around the corner!

Check your schedul e make your grooming appointments early!

Cal l today for an Appointment!

(206) 463-2200

17321 Vashon Highway SW

Conveniently located inside Pandora's Box





CERISE NOAH

Helping buyers and sellers with their Real Estate needs throughout Washington State

(360) 734-7500 ext 273

(206) 227-5539 cell

Windermere

Windermere Real Estate/Winnatcom, Inc.

Licensed since 1996

Joanna Gardiner

Loving care for animals, plants and homes

567-0560



Sign Zee Paper

If you have not signed the ferry petition you have about one more week to do so. At the time we went to print, volunteers had gathered 2457 signatures - almost halfway to the goal of 5999. Petitions will be delivered to the legislature at a big rally on February 18. Stop by the library, The Hardware Store, the Chamber of Commerce or Keller Williams Realty to read the petition and hopefully add your name to the list. And you can sign up to attend the rally in Olympia. There's a bus and everything - get your civic mojo on.

100,000 sperm and you were the fastest?
42.7 percent of all statistics are made up on the spot.
99 percent of lawyers give the rest a bad name.
A bartender is just a pharmacist with a limited inventory.
A clean desk is a sign of a cluttered desk drawer.
A clear conscience is usually the sign of a bad memory.
A closed mouth gathers no foot.
A conclusion is the place where you got tired of thinking.
A day without sunshine is like, night.
A flashlight is a case for holding dead batteries.
A diplomat is someone who can tell you to go to hell in such a way that you will look forward to the trip.

A city boy, Kenny, moved to the country and bought a donkey from an old farmer for \$100.00. The farmer agreed to deliver the donkey. The next day the farmer drove up and said, "Sorry son, but I have some bad news, the donkey died." Kenny replied, "Well then, just give me my money back." The farmer said, "Can't do that. I went and spent it already." Kenny said, "OK then, just unload the donkey." The farmer asked, "What ya gonna do with him?" Kenny: "I'm going to raffle him off." Farmer: "You can't raffle off a dead donkey!" Kenny: "Sure I can. Watch me. I just won't tell anybody he is dead." A month later the farmer met up with Kenny and asked, "What happened with that dead donkey?" Kenny replied, "I raffled him off. I sold 500 tickets at two dollars a piece and made a profit of \$898.00." Farmer: "Didn't anyone complain?" Kenny: "Just the guy who won. So I gave him his two dollars back." Kenny grew up and eventually became the chairman of AIG.

Welcome Moose Lake
The Loop welcomes Steve Krueger to our ranks of excellent cartoonists. Steve is not an Islander, but he is from Menasha, Wisconsin, and we know some people from Wisconsin. He started cartooning on a dare from a friend, as the industry was short on outdoorsy cartoons. He sent his Moose Lake strip to some fishing magazines and lo-and-behold it took off!

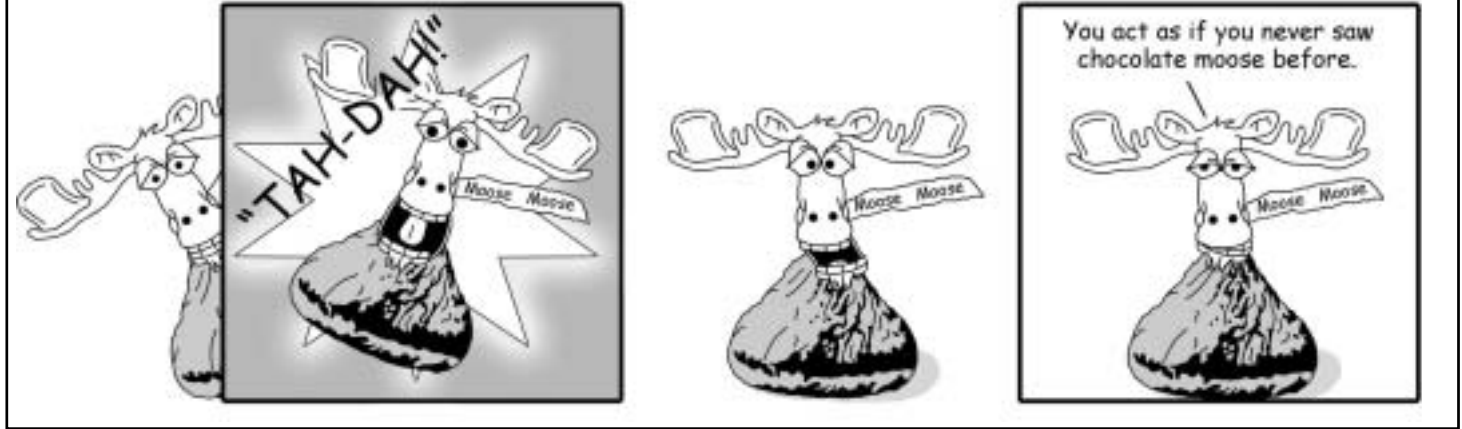


Loopy Laffs

OFFSHORE



Moose Lake



LOGJAM



Dance! Dance! Dance!

Social~Ballroom~Partner~Dancing Classes
Beginning in Seven (7) Weeks...
Call now to get in before classes fill up!
It's Easy, Fast, and FUN to learn how! Swing!
Waltz! Cha-Cha! Rumba! Fox Trot! Once you
know how to dance - you'll never forget!
In my Sessions, you'll make new friends,
get exercise w/o realizing it,
develop your coordination and sense of
confidence, and LAUGH A LOT!
Contact March @206-463-0870 or
Vashondance@live.com!
Classes begin Thur. March 12th (Beg) and
Mon. March 16th (Int.).

Loop Arts

Tamara Lewis at Back Bay Inn for Valentine's Day

Tamara Lewis performs a mix of contemporary songs that blend folk, country and blues. She describes her music as "Joan Baez meets Patsy Cline meets someone who writes her own fabulous songs and delivers her powerful lyrics with passion and a pure sound." Says



Tamara: "My songs are for grown ups. Most of us are weary of the inane lyrics we hear on the radio. And all of us over 40 are sick of the youth orientation of our culture. My songs reflect the challenges of those of us who have been around a difficult block or two." Hear Tamara at the Back Bay on Saturday, February 14 from 6 to 9 pm.



Loopy sez: Deadline for the next edition of *The Loop* is
Friday, Feb. 13

Phil Spencer

*I'm here for all your
real estate needs...*


KELLER WILLIAMS
REALTY
Seattle Metro West
(206) 679- 9859



Bill Brown & The Kingbees at The Red Bicycle Saturday, February 7th.

Hampton records. Later on, his tastes went to Paul Butterfield's Blues Band. He actually learned how to play harmonica from a guitar player, Gary Watson, while hitchhiking from San Diego to Seattle in 1969. Bill was also heavily influenced by Muddy Waters, Little Walter, and Sonny Boy Williamson. Bill's love of this genre is evident in the players he surrounds himself with. John Gaborit toured nationally with a band called Krome Circus and Mike Stango toured Asia with a band called Cece Rider. Tony

Handy toured with Rose Royce from Los Angeles; many know them from their #1 hit *Car Wash*. From time to time they are joined by Dave Cashin on keyboards. All of these road veterans of the music business are sure to entertain you! They have most recently been working on their second album, which they hope to debut by the end of the year. This is a 21 and over event that starts at 9:30pm and is absolutely free!

First Friday Art Walk Acoustic Night at The Red Bicycle

The Red Bicycle Bistro & Sushi has decided to have a live acoustic showcase night during the First Friday Art Walk, beginning with one this Friday night, February 6th. The Bike will welcome

two amazing artists, Mary Win from Tacoma and Anna Coogan from Seattle.

Mary Win was born in Bangkok, Thailand to Burmese political refugees fleeing the military dictatorship in neighboring Myanmar, but the family soon settled in Seattle when she was ten months old. Mary wrote her first "official" song after her first real heartbreak, titled "Linger", at age 15. In May, 2006 she performed at open mic's with a handful of originals. Shortly after turning 17, she experienced her first official live gig. Since then, Mary has been consistently performing all across the Puget Sound. Mary has performed on the Island before in other venues, as well as at one of the Backbone Campaign Benefit shows at the Bike and has become an Island favorite.



Anna Coogan's unexpected journey through music has taken her a long way from opera school in Salzburg, Austria. Driven by homesickness and a rush of post-9/11 patriotism, Anna left school in 2002 and dedicated her life to the pursuit of American roots music. Six years, 2.5 albums, countless shows and many long drives throughout the US later, Anna is renewing her commitment to writing and performing original Americana. Now officially beginning her career as a solo artist, Anna is refining her sound. Her debut album, tentatively titled *So Long, Summertime*, will be tracked in winter 2009, and released in late Spring 2009.

This is an All-Ages event from 7-10pm and is absolutely free! The show will be followed by Karaoke at 10pm.

Thank you for your generous contributions to The Loop!

Rock Stars

Joyce Olson
Norm and Lee Ockinga
Julia Lakey and Steve Self
Joan Erickson and Tracy Wayman
Van Crozier
Robert and Barbara Smith
Carla Decrona
Jay and Rayna Holtz
Margaret Rothschild and George Heidorn
Nadine Cadman
Dan Cadman
Pat Ritzhaupt
Kevin Joyce
Norma Stevely
Judy White
Orca Annie
Jerry and Judy Tonkin
Stuart and Catholeen Tribble
John and May Gerstle

Bent and Marie Blichfeldt (yes, parents count!)
Karina MacDonald
Yvonne Kuperberg
Jim Warren and Vashon Island Energy
Kevin and Maria Pottinger and a lot of kids
Mike and Donna Donnelly
Everyone who gave cash at the Spotlights benefit - you know who you are!
True rock stars Loren Sinner, Dan Cadman, Jerry Todo and Scott Johnson (The Spotlights)
Terri Allman (happy birthday!)
Jan Perry
Judy Pickett
Claudia Campbell
Barb Duntley
Reeney O'Reilley
Jodie OKelly

It's not too late to get your name on this list! Please send what you can to PO Box 253, Vashon, WA 98070 so we can pay off our printer and hire back Editor Ed. With your help, we will continue to publish Vashon's favorite newsmagazine. Thank you!

Lift those Winter Blahs with Artful Vashon

One wintry Sunday last year, Courthouse Square was invaded by pirates as the students in Vashon College's Artful Vashon course became the crew of Captains Jim (Sir) and Jackie (Ma'am) Chobot. That Pirate pair transformed the courtroom into a version of the 22 year old Dragonfire Pirate Camp beloved by island kids, and established piratical rules for the day. It was the first time adults who had heard youthful raves about the wonders of Pirate Camp were able to experience first-hand the piratical play those kids had loved. And they, too, raved about it.

The Chobots will repeat that opportunity again March 1st for the opening session of Artful Vashon 2009. The six week course will meet Sundays March 1st through April 5th from 3 to 6 p.m. to explore the meaning and expression of artfulness on Vashon through weekly experiences and discussions. Students will seek examples of artfulness on Vashon and develop ideas to increase opportunities for Vashon's artful adventures.

The class will tour the new "O" facility to learn of the exciting new programs and plans for the site, with internationally lauded UMO founders, physical theatre performers and community organizers, Janet McAlpin and David Godsey.

Paul Colwell will share the stories and the songs that led the Colwell brothers as musical ambassadors to countries across the globe and to the founding of "Up with People". This program involved young people worldwide performing music and songs of hope and peace, challenge and excitement.

Students will visit the home and garden of mosaic artist Claire Dohna where they will observe the imaginative work that has been featured at the Pacific Northwest Flower and Garden Show, and in Sunset, and Pacific Northwest magazines.

They will experience the indigenous tradition brought to life with award winning Tlingit artist Odin Lonning, and well known marine naturalist Orca Annie Stattler, in a blend of science, art, music and culture.

Ben Meeker and Paul Motoyoshi in their incomparable style, bring the series to a fitting close with Food as Art, with class members feasting on the artful culinary results.

Registration fee for the course is \$150. A materials fee of \$40 will be collected for all participants. Students from last year's Artful Vashon class may enroll again by permission. The class limit is thirty students. Partial scholarships are available.

If requested, clock hours may be available for this course. Please note your interest on the class application. A completed application form is needed with all enrollments and you may download a form from the website at www.vashoncollege.org or request a copy from Pamn. Artful Vashon would make a superior gift for your favorite valentine. Check with Pamn for details

For Enrollment matters, please contact Pamn Asperi at Vashon College, 206-408-8022, or email pamn.asperi@vashoncollege.org. For more information on course content and planning, please contact Helen Meeker at helenmeeker@centurytel.net.

LA PLAYA

A Family Mexican Restaurant

Try one of our especialidades de la casa!

Chimichanga Jarocha

Dungeness crab, scallops and prawns, mixed with mushrooms, tomato and onion. Topped with our secret sauce, sour cream and guacamole.

Served with rice and beans. \$14.75

Happy Hour Specials 3:00 - 7:00 pm
Tecate, Dos Equis & Well Drinks: \$2.50

Spanish/English Karaoke
Saturdays 9:00 pm - 1:00 am

7 Days a Week 11:00 am - 10:00 pm
10825 Vashon Hwy SW (206) 567-0020


Looking for a change?
If you want great prices and friendly knowledgeable help, then come see us!
We are just 5 minutes from the ferry in West Seattle!
4736 California Ave SW • 206 935-1212
www.libertybellprinting.com


Wipe Out
Carpet & Upholstery Cleaning
Randy Bruce
(206) 463-6314 Office
(206) 300-5905 Mobile
Certified Carpet Technician
Adv Truck Mount Equipment
(Environmentally friendly Formula)
Certified Upholstery Cleaner
Oriental & Antique Rugs
Pet odor control
Water Damage
Deodorization
Carpet Repairs



Milk 2 Weeks Starting Feb 6!!

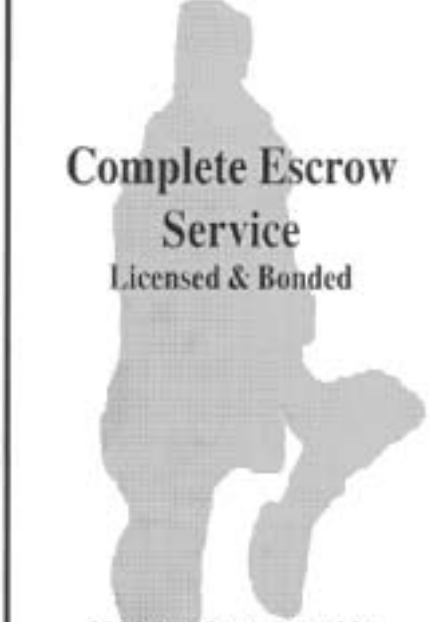
The documentary Jump, will play Sat Feb 7 @ 2:00pm


Last Chance Harvey will play one week, starting on Feb 13.

Slum Dog Millionaire will play one week starting Feb 20

Wrestler will play one week starting Feb 27


Or, for show times and info, check www.vashontheater.com

ISLAND ESCROW SERVICE

Complete Escrow Service
Licensed & Bonded
9929 SW Bank Rd. #204
206-463-3137 fax 206 463-9122
islandescrow@centurytel.net



GLENDALE


PROPERTY MANAGEMENT

Owners!

We offer full time or seasonal property management services.

- Maintenance
- Repairs
- Tenant screening
- Rent collection
- Bill payment
- Full reporting

Like living in a tree house



Wooded Westside location \$1,300/month
2 bedroom 1 Bath 1,100 SQFT

Like living in a treehouse without the climb! Private home on the Westside Highway in a serene and magnificent woodsy setting. The cedar home features an open floor plan, wood floors, and an ultra energy efficient Russian fireplace as well as on-demand hot water. Finished basement with large windows showcase a beautiful territorial view. Year round rental, perfect for someone looking for tranquility without living at the end of the earth. Natural low maintenance landscaping. Electricity and water included in rent.

Renters!

Check out our Preferred Renter Program.

Rent a house through Glendale Property Management.

When you're ready to buy, earn a significant discount no matter where you buy.

206.463.9177

See all rentals available at glendalerentshomes.com



GLENDALE

PROPERTY MANAGEMENT

Q Cleaners

4744 California Ave. SW
Seattle, WA 98116
(206) 937-6859



Organic Soap
Drycleaning
Expert Alterations

Bring this coupon in for
20% off drycleaning only.

West Seattle Ski Shuttle

Tuesday	Snoqualmie	\$30
Thursday-Friday	Crystal	\$35
Saturday-Sunday	Snoqualmie	\$30



Pickups at
Fantleroy Dock
@ 7:00 am
Leaves the
ski areas
@ 4:00 pm

www.seattleskishuttle.com or
(206) 953-0237 for reservations

WolfTown!

We Depend on you!

Wolfstown needs island hay for bedding.

Host families for Interns

And someone that wants to invest in milking parlor/cheese room for our agriculture project.

(Did you know Wolfstown donates to the food bank! Our idea with milking parlor is to have it help not only Islanders in need but create much-needed funds for Wolfstown!

And as always THANKS VASHON!! And thanks Loop!)

Call us to come see!

Wolfstown PO Box 13115
Burton, WA 98013

www.wolftown.org
206-463-9113
wolftown@centurytel.net

SHARPENING SERVICE

The Knife Guy
Rex Morris
463-3009



Piano / Composition Multi-media Lessons

20 years experience.

A balanced approach of new methods and improvisational tools built on a foundation of classical traditions. Students of all ages and levels are welcome.

Christopher Overstreet
cloverstreet@gmail.com
(206) 801-1960

Odd Jobs Wanted

Hello, I'm Chris Griffin. I am a young man, 19 years of age; looking for work. I am willing to do many odd jobs, ranging from baby sitting to mowing lawns to heavy lifting. If you would like to contact me, you can reach me at (206) 718 0413. If it is a two man job, I can supply another worker.



Loopy sez: Deadline for the next edition of *The Loop* is **Friday, Feb. 13**

Professional Job on Vashon Island, WA

Executive Director needed for Vashon Household, a vibrant, healthy low-income housing non-profit. Assets include CLT sweat equity homes and rental apartments. Need strong organizational and relationship-building skills. Must have fundraising, public relations, grant writing, and real estate development experience. Competitive salary (DOE), excellent benefits, and stunning location. For application, contact Kim Nelson 206-604-9666 or e-mail EDsearch@vashonhousehold.org.

Looking for a job well done?

KEVIN BERGIN CONSTRUCTION

ISLAND OWNED AND OPERATED

EXCAVATING BULKHEADS ROCK WALLS ASPHALT DRIVEWAYS DITCHING STEEL BUILDINGS

"If you can think it up, we can do it!"

ROCKS - 7 different kinds: from pebbles to boulders

FOUNTAINS - from birdbaths to waterfalls

CLEAN COMPOST, TAGRO, STEER COMPOST, TOPSOIL & BARK

(206) 463-6232