



VASHON

THE LOOP

Vol. 7, #23

TO INFORM AND AMUSE -- TO PROVOKE THINKING AND ACTIVISM

November 11, 2010

Vashon Art Studio Tour, Holiday 2010



#2 hand dyed silk clothing by Dova Silks

Connect with art on Vashon Island this holiday season!

Attend the Holiday 2010 Art Studio Tour, Dec 4-5 and 11-12, 10am-4pm, and you will have many opportunities to connect with interesting artists, exceptional art, and unique studios. The Tour is a fun, homegrown Vashon event which allows you to shop locally this holiday season.

The Vashon Island Art Studio Tour is a free, self-guided event, produced by the artists themselves. Follow the

Continued on Page 4

What is your message?

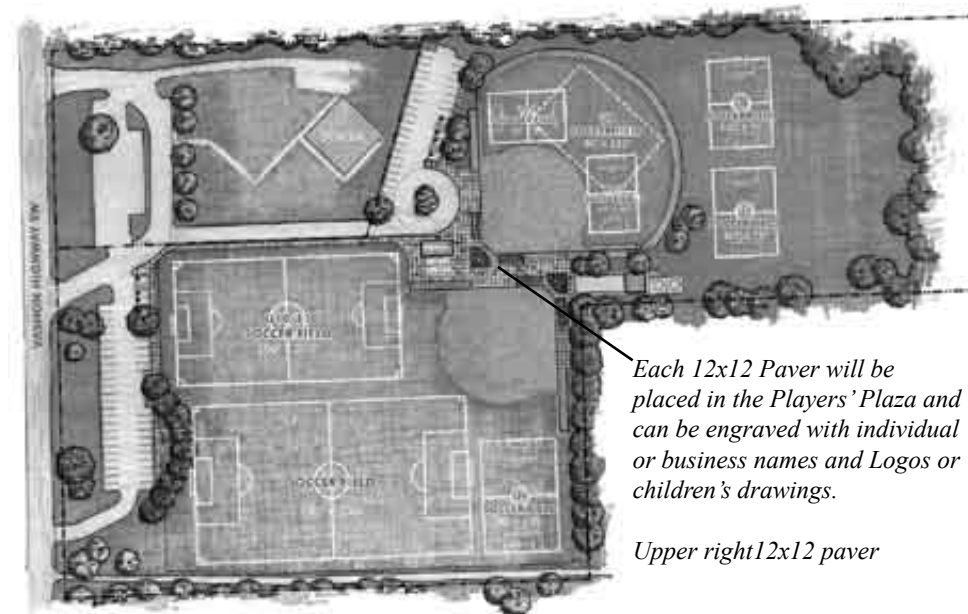
You now have the opportunity to put it in stone at the Vashon Fields – the development of an athletic fields complex near that Harbor School that will begin major construction this upcoming Spring 2011. Vashon Park District is offering 12” by 12” pavers that can be engraved as part of the fundraising effort for \$280,000 – the remaining amount needed to complete the \$1.2 million capital campaign.

The pavers are being offered for \$150 for three lines of text (16 characters and spaces each) or for an additional \$75 you can create a drawing or have your businesses logo included. The pavers engraved with epoxy filled grout. They will be \$150 for text and an additional \$75 for children’s drawings or logos. The text can be up to three lines of 16 characters and

space each. The letters will be 1/2 inch tall. Examples of the pavers will be at various business locations, including the Vashon Park District office and the Little House. Orders can be placed online at www.vashonparkdistrict.org.

Bettie Edwards, owner of the Little House, is known for doing things on the Island for the kids. She has been an active part of the fundraising efforts and we are so thankful for her time and talents she has given. She is the first business that has stepped up to order a paver and host it at her store for Islanders to see while the sale is in progress.

Islanders may have to give some thought to what their message will be – whether it is permanent advertising for their business, the name of their family



Each 12x12 Paver will be placed in the Players' Plaza and can be engraved with individual or business names and Logos or children's drawings.

Upper right 12x12 paver



member, or whether they have their children draw some art. The park district notes that you don’t have to decide on your message yet...you can go ahead and reserve your paver now and finalize the design later. For example, Pete Welch, an active music promoter on the Island will probably engrave, “Music Matters,” his life motto and tagline on his emails that go out to nearly a thousand islanders each week about music happenings on the Island.

Allison Shirk, the fundraising consultant for the project said, “We are thrilled to have this opportunity to create fields for the community by leveraging funds from the Washington State Recreation and Conservation Office. We hope the pavers will be an appealing way to support the capital campaign for families who have children that play sports. I have two kids that just started playing soccer this year and I’m planning to have them both do a drawing to place on a paver. I think it will be fun for them to be able to

Continued on Page 10

Only On Vashon

Eighteenth in a series

(Half) A Tree Grows On Vashon

By Peter Bond



A friend called the other day and asked if I’d help her build a temporary fence for her dog at her new house. Seems there was an issue with the neighbor, and since she’s the diplomatic type she thought she’d nip any tension in the bud. She has a very friendly but large Swiss mountain dog, intimidating to those who don’t know the breed.

The house was situated next to a gravel driveway on one side, which apparently was a legal easement for the neighbor on the other side. Because this driveway also curved back behind her house to reach the neighbor’s property, it had the effect of her being nearly surrounded by this guy.

It felt like Berlin before the wall fell, or being holed up at the American Embassy in a hostile nation.

When I arrived on the scene I found the two of them out back. The elderly neighbor was holding a standard measuring tape, like a seamstress would use. He was on his knees next to the driveway, preparing to measure the distance to my friend’s property line, a distance he had calculated down to the inch across the stretch of grass from driveway to her lawn.

It was the day after a heavy rainstorm and the ground was very wet, but he had no trouble crawling on all fours to claim every fraction.

When he was nearly finished he ran

head-on into the large apple tree spread above us. But there were still three inches left! So the fence would have go right thru the trunk. Or my friend would have to give up access to the magnificent fruit tree.

That was because, as the neighbor said right then, there was no way he’d allow her to cut into his easement.

My friend had just moved into the house and these two people did not know each other, so there was no predetermined animosity. It really was just one of those small town things that happen sometimes (and in big towns of course) but it seemed out of place on Vashon. Then again, it’s always a crapshoot who your neighbors are going to be when you get a new place.

My friend and I looked back and forth at each other in disbelief, and then back at the neighbor, who had a grumpy expression to match his demeanor. I’m kind of Zen so usually when things like this happen I just shrug and wonder what kind of rough life this person must have had.

So in the end we brought the fence right up to the tree, nailed the chain links into the beautiful old bark itself, and extended the fence from the other

Continued on Page 6

Vashon Seals Performs Strong at First Meet

The Vashon Seals Swim Team was off the blocks with a strong performance at their first meet of the 2010 Fall season. The swim meet, held over the October 16 - 17 weekend, was hosted by the Tacoma Metro Ducks at the newly built Mt. Tahoma High. The team, consisting of 40 swimmers ranging in age from 8 – 16 years old, achieved 165 personal best times, including 45 new times (first-time swims in events). It was the first meet for four swimmers: Maggie Battisti (8yrs), Titus Battisti 10yrs), Sue Bell (9yrs) and Maijah Sanson-Frey (10yrs). Coach Randy Turner commented “It’s fun to watch the more experienced kids take the newer ones ‘under their wing’, making sure they had their caps and goggles and felt at ease before their race.”

Coach Randy recognized several swimmers for their personal time improvements. Max Gross-Shader, 10&U, is off to a great start for the season with seven new best times and eight for eight in achieving Gold time standards. Max raced to a time of 2:46.66 in the 200 yard freestyle event for 6.87 second reduction in time. Jeremiah Bogaard swam to a first place finish in the 8&U 100 yard IM (individual medley) with the time of 1:36.80. Liesl Bogaard and Iris Sackman, both 10&U, had seven for seven new best times and five new best times, respectively. Iris Sackman



was awarded the October “Brucey Award” for dropping the most overall time, 44.27 seconds, from her events. The Girls’ 13&O stand-out was Hannah Cunningham with four new best times and two new Gold standard times of 1:15.21 in the 100 yard fly and 2:43.68 in the 200 IM. Emily Milbrath, (age 11), performed well with six new best times. Will MacDonald, 13&O, had a meet to remember. He was eight for eight in new best times and knocked off just under 30 seconds from his 500 yard freestyle event. Will swam to two new Gold time standards in 200 yard breast stroke and 200 yard freestyle with times of 2:52.65 and 2:15.13 respectively. Sage Everett, (age 16), had six new best times. His new best time for 100 yard freestyle is 57.45 seconds.

Other swimmers with new Gold time standards included Diego Gray-Wishik

Continued on Page 6

Get in The Loop

Submissions to the Loop

Do you have an event or Public Service Announcement? Email questions or submissions to Steven Allen, editor of the *Loop*, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.

Vashon Free Range Folk Choir

Vashon's own Free Range Folk Choir will be presenting a Pre-Thanksgiving Concert at 7pm on Sunday, November 21st at the Vashon Methodist Church (17928 Vashon Highway SW). Come enjoy folk music from South Africa, Republic of Georgia and the US. As always, admission is free; donations in support of the event are welcome. We hope to see you there!

Break Time for Social Workers

Vashon Community Care Center hosts a monthly Caregivers Support Group meeting. The group meets on the second Thursday of every month at 7pm. This group is geared toward family or friend caregivers, rather than paid caregivers. This month, we are again experimenting with offering care for those who need it during the meeting. If interested, please make a reservation by calling Julea at 567-6142

Lost Ring

Lost over Halloween eve, my Grandmother's ring. It's silver with a medium size milky white square stone with little brownish clusters in the stone. Please contact Denzil (206) 794-1189. Thank you

Make a date with Vashon!
www.VashonCalendar.org
Vashon Library Events
Art & Music Events
Submit your Event on line at
www.vashoncalendar.org

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The Vashon Loop

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Holiday Open House at Pt. Robinson Lighthouse

Holiday Open House at Pt. Robinson Lighthouse, a free event, Sunday, December 5th, 1-4 p.m. Featuring Santa for kids, tours of the lighthouse, good food and drink--featuring Captain Joe's famous chili. Also self-guided tours of the Pt. Robinson Lighthouse Keepers rental houses. And the Ships' Store, will be open or your holiday shopping convenience.

Harbor School and Ball Fields Sewer Application

The sewer district has an application to hook up the harbor school and ball fields. Comment period ends November 17th. The whole application is at the library for all to see. The VMICC received this notice and is making it available to the whole community.

Vashon Wilderness Open House

The Vashon Wilderness Program will hold an Open House on Thursday November 18th from 7-8pm at the Vashon Library. Come learn about what makes Coyote Mentoring such a powerful way to connect kids with nature and each other in community, and how to get involved in one of our programs for youth ages 3-18! For more information, visit www.vashonwildernessprogram.org or call (206) 438-3525.

Water District 19 Meeting

A special meeting for Thursday, November 18th, 2010 at 4:30 PM here at the district office. The purpose of the meeting is to continue discussion on the Master Resolution, the 2011 budget and other business as necessary.

Book Discussion At The Library

You are invited to attend a book discussion of *The Nine: Inside the Secret World of the Supreme Court* (2007), by Jeffrey Toobin on Thursday, Nov. 18, 2010 from 2:00 to 4:00 PM at the Vashon Library. The author's views of the selection, powers, and the responsibilities of the U.S. Supreme Court and the role of personality and temperament in its deliberations and decisions should provide ample material for a lively exchange of ideas. We will discuss how ideological shifts in the court have had a significant impact on the direction of the country. The book is available at a book club rate at the Vashon Bookshop or there is a Kindle version of the book. The book review is sponsored by the League of Women Voters, King County South-Vashon unit. For more information, call Ellen Kritzman at 567-4837 or May Gerstle 463-0974.

Pumpkin Pie Contest

Bring your pie to the Market by 10 am. Bakers must be present to win at Noon. Extra points are given to entries containing local ingredients. Please include a list of where local ingredients were grown. Two categories: Best Traditional Pumpkin Pie and Best Non-Pie Pumpkin Dessert

Artist Registry

The Vashon Visual Artist Registry is an idea whose time has come. Vashon is known as the island of artists and we are ready to let the word out. The vision of a community resource is being realized. The concept is simple- A list will be compiled containing the following:
Name
Media
Contact Information
Artists can choose to participate in this free service. This is not like facebook and your privacy is respected.

The possibilities are many. For example. The new Library building will need art which can reflect and be created by island artists. The registry can serve as a resource for this and much more. The hows and whys are being explored. The response so far has been tremendous. Vashon Allied Arts and the Chamber of Commerce have expressed their support. This is a project in process.

Sunday, November 14th 3:30-5:00 A salon style gathering will be held at the Vashon Library to share ideas and get the ball rolling .

Join community drum circle

Everyone is welcome to drum and sing at our monthly drum circle. Our community medicine drum, Buffalo Heart, recently returned from a 4-day ceremony in Washington, D.C. where she joined in to sound the heartbeat for peace at the Washington Monument. We gather at Vashon Intuitive Arts to welcome her home and share the energy and spirit she carries from her journey. Bring your drums and rattles and join us! This is a free event; donations are welcome to help with facility rental. Sponsored by Woman's Way Red Lodge, a non-profit dedicated to promoting balance and wholeness by enlivening the sacred feminine in our communities, Vashon Drum Circle meets every 2nd Friday at Vashon Intuitive Arts. Friday, November 12, 7-9 PM Vashon Intuitive Arts Everyone is welcome! All ages.

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www.VashonPages.com

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

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

Next Edition of The Loop Comes out Wednesday, November 24

Deadline for the next edition of *The Loop* is
Friday, November 19



HOME TEAM REALTY

Troy and Marie's Listings

Call us if you are interested in seeing any of these properties, or any others that are listed for sale.
We can be reached at 206.463.LIST (5478)

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\$199,000

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Here is your perfect waterfront home, complete with a dock for waterskiing, boating, and swimming. Enjoy picturesque views of the Inner Harbor from the huge multi level deck. Five bedrooms - 2 on the main floor - and a large living room all take advantage of the view and provide lots of space for enjoying life. The lush yard features beautiful landscaping, and the location on a charming dead end lane in a great little neighborhood can't be beat for friendliness and convenience.

10223 SW Tillicum Lane SW



A Real Deal at just \$689,000

Interfaith Thanksgiving Service

On Wednesday evening, November 24th at 7:00 p.m. members of almost a dozen of the Island’s faith groups will meet to share in an Interfaith Thanksgiving Service to be held at Camp Burton Lodge. Clergy and lay leaders from several of the Island’s congregations have been meeting and planning this event for several weeks.

“This will be a short but very sweet service” stated Reverend Darryn Hewson, of the United Methodist Church, “a chance for each faith group to share their traditions and stories of Thanksgiving with our community.”

“Thanksgiving is a secular American holiday” added Reverend Dan Houston of the Vashon Presbyterian Church, “but most religions in this country have special services and activities to celebrate the marking of the end of harvest and to thank God for all the blessings of life.”

The service, planned for the night before Thanksgiving, will include music from the children’s choir of the Church of Jesus Christ of Latter Day Saints, and the combined children’s choirs from the Vashon United Methodist and Vashon Lutheran churches. Each religious leader will tell a brief story or share a poem or prayer that is meaningful to their faith.

“This is my first year to serve

on the Island,” stated Reverend Carla Pryne, the new priest at the Church of the Holy Spirit Episcopal Church. “I’m delighted to take part in this interfaith service of thanksgiving and share with the other clergy and congregations on the Island.”

“We’ve had some small gatherings of two or three churches in the past” stated Bjoern Meinhardt, pastor of the Vashon Lutheran Church, “but this event will bring together 11 different congregations.”

Congregations that will be represented include: Puget Sound Zen Center of Vashon, Vashon Unitarian Fellowship, Vashon Friends (Quakers), Havurat Ee Shalom, Church of Jesus Christ of Latter Day Saints, United Methodist Church, Vashon Presbyterian Church, Saint John Vianney Catholic Church, Vashon Lutheran Church, Episcopal Church of the Holy Spirit, and Vashon members of the Muslim Association of Puget Sound.

The public is invited to attend the event. Please bring canned or packaged food for the Vashon Food Bank. A goodwill offering will be taken to help the Interfaith Council to Prevent Homelessness.

Holly Daze Bazaar to Feature Art by Geri Peterson

This year’s highly anticipated holiday bazaar will feature the raffle of an original watercolor by Vashon artist, Geri Peterson. After moving to Vashon in 1978 Geri discovered her love of creating art in many media. From photography to oils and charcoal – Geri has tried them all. However, her favorite medium is watercolor. She has been an inspiring and capable instructor to many beginning artists on Vashon. Her works have been on display at Barnworks, Vashon Care Center, the Senior Center and other island locations over the years. Earlier this year she was invited to be one of a select group of artists to have their work included in a large mural on display for the Olympic Games in Vancouver.

Now, she has donated one of her watercolors to be raffled off at the Holly Daze Bazaar. Raffle tickets for the painting will also be sold ahead of time outside of Thriftway and Island Market on week-ends prior to the bazaar.

Besides the raffle watercolor, there will be other paintings by Geri at Holly Daze for you to purchase for yourself or as a special gift.

The bazaar is an annual event held each year to give Vashon crafters and chefs a place to showcase their work for purchase as unique holiday gifts. Over 40 crafters have reserved space at this event and that “table rental” proceeds is given to Seattle Children’s Hospital to help with uncompensated care for area children. The crafters earn whatever they sell at their booths, so it is a way to help out not only Children’s Hospital but our local vendors as well.

The event will be held this year on Saturday, Nov. 20 from 10:00 to 4:00 at the Vashon High School Commons. There will be lunch and snack items available, so plan to come and spend time finding the gift items you are wanting for the holidays. The Vashon Guild for Children’s Hospital looks forward to welcoming you to this year’s bazaar!

Kiwanis Meeting Report Homelessness

Aging in your own home may be the next effort volunteers of the new Interfaith Council to Prevent Homelessness tries now that it learned to be successful with housing the homeless, Vashon Kiwanians learned recently. (10.26.2010)

Aging in place instead of having to abandon your home to enter institutional care may be taken up now that 90 percent of the truly homeless on the island find ways into stable homes and productive lives, Emma Amiad told Kiwanis.

A US Army veteran, she studied confrontation when that was a popular way to get attention in the last century. Then she learned to work more in the background with a like-minded group. Among other things the island parks district, Audubon society, and land trust were outcomes. Instead of shouting and waving signs like the 60s and 70s donors to the cause of the moment with accurate throwing arms dunked her in a big tank of cold water to raise money during one community festival.

She’s one of the founders of the Interfaith Council on Homeless now changing its name to reflect today’s need.

Most isle homeless people find homes and jobs and stable lives like any ordinary citizen in about six months. In the six years since it was founded the Council assisted more than 650 individuals and families, she told Kiwanians.

However, the recession keeps creating more and more families needing help.

About 64 percent of the council’s aid goes for housing assistance, another 30 percent to medical, food, transportation, and utility assistance and the rest to moving and temporary shelter help. That doesn’t account for counseling as needed. The Prevent Homelessness program on the island has already almost used up its approximately \$35,000 budget for this year with two months to go.

The whole operation is run by more than 60 volunteers and volunteer donors. Volunteers provide simple food for free meals two nights a week, for example, and do everything else in the program. Entirely

separate island programs provide dinners two other evenings. Most volunteers are churched, but not all.

“We avoid taking any government money,” Amiad said. It’s simpler.

“Most clients are working poor. Single mothers with children are often clients. It’s impossible to live on the island with young children on one minimum wage income. Often half (a family’s income goes for rent. Many don’t think of themselves as poor or low income people,” she said.

Not everyone even wants housing. The woman who insists she can’t live in a house and prefers her car because she can reach all the locks, got quilts. But Amiad still worries about her when cold weather arrives.

Kiwanis is particularly interested in children. Kiwanians operate the annual holiday Toy Drive, for example, and plan to help the Vashon High School Key Club coat collection drive coming soon.

Meanwhile, a similar, but entirely separate, program on the mainland helped more than 5,000 mainland homeless people in this county last year reported co-chairs Dan Brettler and Dow Constantine recently.

The plan to help people age in their homes is still being formed, she said. But it’s coming. I’m betting on it.

--Jay Becker, observer

Meanwhile, Kiwanis President Keith Putnam, also a long-time successful leader in island civic life, asks Kiwanians members to weigh ttraditional Kiwanis contributions to the well being of islanders. This is the agenda for the board meeting Nov. 2 at Sound Food. He surveyed members on what they think of activities like the Festival Pancake Breakfast, the Holiday Dinner for Seniors, the Acknowledge Excellence Breakfast at McMurray school, High School Scholarships, Readers are Leaders books for kids, Holiday Toy Drive, Builders Club, Vashon High School Key Club, Kiwanis One Day event, and the giving program priorities.



Espresso Latte and Wisdom To Go

Monday - Friday 5:30am - 3:00pm
Saturday 7:00am - 3:00pm
Sunday 8:00am - 2:00pm

17311 Vashon Hwy Sw



Live Entertainment Weekly

November 12, at 8:30pm
DJ Pajama Party

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November 19, at 8:00pm
Comedy Night

November 20, at 8:30pm
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11:30am to 10pm
Lounge is Open
11:30am to 2am

Compost the Loop

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

Find the Loop on-line at

www.vashonloop.com.

Vashon Art Studio Tour, Holiday 2010

Continued from Page 1

numbers designated on the Studio Tour map which is available online at www.VashonIslandArtStudioTour.com and at most island businesses.


Art can reflect, expand, inspire and beautify, while adding meaning and connection to our daily lives.

Thirty seven studios will be open for the Vashon Island Art Studio Tour, presenting fiber art, glass, jewelry, wood, candles, pottery, tile and mosaic, paper art, incised gourds, photography, sculpture, prints, paintings, and more!

Some studios will have demonstrations going on throughout the weekends. Visitors can try their hand at weaving, blow their own glass ornaments, see pottery wheel throwing demonstrations, and observe the art of

Ukrainian egg decorating.

Bring a friend and prepare to have a great time on the Tour!



#8 Candle and lantern by Fiddle Home Farm

Island Life Company Store

by Peter Ray

You load 16 tons, what do you get?
Another day older and deeper in debt.
Saint Peter, don't you call 'cause I can't go.
I owe my soul to the company store.

Chorus to 16 Tons by Merle Travis

Above please find yet another one of those ditty snippets that tend to clog up my circuitry from time to time. As you may guess, I don't spend a lot of time on Top 40 radio. It would have to be added here that it is the last line of the quatrain that is on my continuous looping sequence and causing all the ruckus upstairs. The reason for this repetitive tune disorder is of course the recent elections. For those of you lost in the blind alley I just dropped you off in, let me first say in regard to my stated indifference to the mid terms (from the last column) that I did wind up voting, and I haven't been asked- yet- to verify my signature. Lucky me.

The biggest part of my not wanting to be a part of the citizenship affirmation ritual of vote casting was not that it really doesn't matter who is in what office. The thing that really bakes my noodle in all of this is the realization that meaningful change of any sort will not arise from any form of elected governance until the people that do the electing know what they are asking for and are willing to call full stop when getting anything less than what they expected. Some might say that is what happened this past Tuesday. I would only partly agree, and point back to the first part of the qualifier.

There is that old saying about being careful what you ask for, and that should hold to voting as well. The problem these days is that you are told so loudly about what you should ask for that it is just easier to go with that noisy voice placed in your head. One of the biggest bugaboos that has been around for a while is the stated worry about big government. My question to the folks to the right of the dial on this one would be, if it's such a bad thing why spend so much time and money to be a part of it? One could turn the phrase back on the partiers of tea and family values by saying- if you don't like big government then just get out. In the unlikely event of a Republican departure, the Democrats would then have to come up with some other reason why, while left to their own devices, they continued to get nothing done. Regardless of which side of the aisle one is on however, the last thing a person wants to do is upset the Company Store.

Back in the olde days, it was the Company Store that kept the workers in the Company Town supplied with the essentials. In many ways the Company Store was reviled by its patrons because it could set whatever price for goods it wanted since it was, by design, the only game in town. Another part of the design was the method of transaction, which generally was driven by the scrip or truck the workers were issued in lieu of cold hard cash for their labors. This was a true local currency. The problem was it was worthless everywhere else. In my searching around I found that this was where the phrase "I'll have no truck with that.." came from, which basically meant that the person wanted nothing to do with that system, whatever it was. The truck system and the Company Store were also a form of not very well disguised slavery.

The difference between then and now is that instead of despising the high prices of the Company Store, we love the roll backs. Another thing is that the more overt slavery aspects of this arrangement take place at the supply end rather than for we the consumer. Yet

another difference is that much of what is available at the Company Store of today is not necessity, unless you factor in all the effort made to tell you how much you need it. While congress had such a devil of a time trying to pass a health care bill, there was no problem with getting a mandatory digital conversion bit of legislation wedged through so that once you got your new flatscreen TV home you would have to- for the most part- pay your monthly dues to the Company Store if you wanted to watch anything on it. And then there was the health care thing that will make your dues to that Company Store mandatory as soon as that kicks in when, 2014? And at that point, once you've sat in front of your Company Store TV and eaten your Company Store happy meals, your Company Store health plan will direct you to the pharmacy where you can pick up your Monday to Sunday pill boxes that may just keep you alive till the next set of Company Store fees come due. Don't forget to take your Zolof.

So why are we putting up with this? Change is hard, isn't it? It's especially difficult when the change we might believe in, what we are being offered, isn't really change at all. Fairly recently I was trying to get my non-business head around the whole debt as money/ money as debt thing with all its gyrations around money creation and the fractional reserve system, and I thought perhaps I could find someone at the Foster School of Business at the UW who might be willing to talk to the points made in films such as Money as Debt. I was reading through faculty bio's when I found this quote offered up among the listings in the School of Finance and Business Economics:

"Governments do more evil in the attempt to foster collective welfare than do individuals in pursuit of private gain. Enlightened greed is the greatest force in human society, acting to promote both individual and collective welfare."

It kind of makes business and the Company Store sound a bit like a Crusade, which I guess explains a lot.

Deadline for the next
edition of *The Loop* is
Friday, Nov, 19



CHRISTMAS DISPLAY HELP

TAKE THE PAIN OUT OF YOUR CHRISTMAS LIGHTS



- Testing
- Replace burned out strings on yard displays
- Hanging
- Taking Down & Storage



**WE HELP HANG LIGHTS, GARLAND & SET UP YARD DECORATIONS,
CALL US WITH YOUR CHRISTMAS DISPLAY PROJECT**

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Care Packages Sought for Fallen Soldier's Platoon

When Vashon's 1st Lt. Robert Bennedsen was killed in Afghanistan last month, he had only been in the country three weeks, but he had already come up with a plan of support for men and women under his command.

He told his family that while he enjoyed care packages from home, many in his platoon never received anything. He hoped the people of Vashon would change that.

Bennedsen's family and friends wish to fulfill Bennedsen's plan and ask that Islanders donate cash to the cause or give items the men and women there have requested. The list includes mechanic's gloves, green uniform socks, sunscreen, hand warmers, preserved foods, powdered Gatorade, cans of tuna, toothpaste, toothbrushes, razors, reading material, flip flops and hard candy, according to Lauren Chinn, who is helping to organize the effort.

Islanders can drop off both types of donations for Bennedsen's platoon at James Hair Design or Bank of America.

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Crunches Are Dead

by Rochelle Gravance

NAFC Master Level Certified

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Physique Transformation Specialist

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Have been for a long time. Maybe you hadn't heard. If not, let this be your first and last warning. Stop doing crunches and sit ups now or risk bulging, herniated disks in your lumbar spine.

How can this be? I thought crunches were the ideal way to prevent bulging discs and low back pain. I hear what you're saying. Now hear what I'm saying. Crunches and sit ups are NOT the ideal way to support the spine.

As we begin to assimilate the mechanics of the body in motion with the latest technological advances, we have begun to understand rudimentary exercises like the crunch and sit up are less than adequate movements to provide spinal support. In fact, these exercises actually push the lumbar spine out of alignment with as much as 700 pounds of pressure.

Maintaining the "natural" curve in the low back and supporting that curve is first and foremost in core training principles. On the contrary, sit ups and crunches reverse the lumbar curve pushing the core of the vertebral disc toward the back of the vertebrae causing the bulge which presses against the nerve root causing pain. In essence, crunches and sit ups can cause or worsen back pain.

Alternatively, one needs to focus on stability and anti-rotation exercises to strengthen the core and preserve a solid foundation for the pelvis and legs to operate under. The exercises required to achieve the most beneficial stimulus for the core can come in a wide variety, though I find it most helpful to keep things simple.

Core stability starter kit:

Plank:

1. Assume a modified push up position from the toes with forearms on the floor.
2. Elbows remain directly under shoulders with shoulders packed.
3. Maintain a straight line from ear to shoulder, hip, knee and ankle.
4. Hold for as long as possible working your way up to 2:00.

Side Plank

1. Lie on side with forearm on the floor, elbow directly under a tightly packed shoulder.
2. Stack feet or split stance with upper leg in front of lower leg.

3. Raise hips and hold position with upper shoulder pulled back, head and neck in alignment.
4. Maintain body in a straight line from ear to shoulder, hip, knee and ankle.

5. Hold for up to 2:00 on each side.

Modified Bird Dog

1. Begin on all fours maintaining the natural curve to the low back.
2. Simultaneously reach left arm straight forward while reaching right leg straight back using the glute muscle.
3. Do not allow the pelvis to drop forward increasing the curve in the low back.
4. Control the movement back to the start position and reengage the movement without stopping.
5. Keep hips square and perform up to 20 repetitions before switching sides.

Remember, core and abdominal exercises are not meant nor do they successfully eliminate belly fat. Strengthening the core with proper exercises and technique is the best way to keep the spine sound and the remainder of the body functional.

Keep in mind you are attempting to practice anti-rotation of the lumbar spine. So keep the hips still and square with the shoulders when executing core training. Do yourself a giant favor and stay off "ab machines" and quit the crunch-sit up routine and get into stability and anti rotation/core training.

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Vashon Seals Performs Strong at First Meet

Continued from Page 1

in the 50 yard free (as a relay lead-off) with a time of 33.71 seconds, Lauren Houston in the 100 yard breast stroke with a time of 1:26.14 and Connor van Egmond in the 50 yard back stroke with a time of 42.18 seconds.

Coach Randy Turner gave kudos to older swimmer, Zoe Sackman, who more than capably served as coach's assistant the whole weekend. She helped lead the younger Seals through warm-ups, got the 10&Under swimmers to their races on time, cheered them on, swam eight events herself, with two new personal bests.

The Vashon Seals have a busy schedule for the month of November. On Saturday, November 6 thirty-six team members will participate in the third

annual Honu Gathering at Tacoma's Mt Tahoma High School pool. The team has entered 126 individual events and 12 relay events. Swimmers will be gathering momentum for the Q Meet held November 14 at the King County Aquatic Center pool. The swimmers possessing Gold time standards in events after this meet are then invited to attend the Age Group Invitational held the weekend of November 20-21 at Hazen High School pool in Renton.

Scroll through the team's website at www.swimvashon.org to learn more about the fifty plus water loving, hard working swimmers on your Vashon Island and the supporting parent organization which is run under the guidance of USA Swimming, Inc.

Pure - "More Than a Juice Bar"

Besides being a new business, Pure is truly Vashon's health food café- with a loyal following. Pure is already known for its organic juices and whole-food smoothies, but they offer much more than that.

Pure is not only organic, it is gluten-free, with an emphasis on seasonal, locally-grown fruits and vegetables. They provide fresh, made-to-order Vashon farm salads, homemade hot and raw soups, brown rice seaweed nori rolls, wheatgrass shots, and raw, vegan desserts. The Nature Bowl has quickly become Pure's signature meal. An artistic, edible creation, the Nature Bowl is a bowl of steamed quinoa or germinated brown rice topped with raw, marinated kale, clover sprouts, sunflower seeds, avocado, lemon, and tomatoes with your choice of delicious, homemade sesame- ginger or tahini dressing.

Seasonal specialty dishes such as pink tomatoes, avocados on the half-shell, and Street Salads have also become very popular. The Street Salad is a Northwest take on a Los Angeles inspired fruit-and-vegetable medley topped with chilies, pink salt, and fresh-squeezed lime juice.

Pure's menu is altogether simple, playful, and rejuvenating; it is truly a unique experience in contrast to today's highly-processed food choices. For example, it is commonly thought that vegan equates to just fried tofu, soy products, refined grains, and carbohydrates. Pure offers living, plant-based vegan options. The owners, Stephanie Morris and Kevin Gonzalez, consciously consider every ingredient, and how it will affect your health. Pure's goal is to provide essential enzymes and superfoods that most people do not get enough of. It is important that people realize the food-mood connection, and that they realize that what they eat affects how they feel.

Pure's primary goal is to invest in people and their health. They also

provide Vashon an alternative for raw foodists, health-minded individuals, and people with food sensitivities.

Pure is the only café on Vashon serving raw, made-to-order superfoods in smoothies, and raw desserts. A few of these superfoods include raw, organic cacao, maca, and spirulina. Superfoods are essentially high in phyto-nutrients, trace minerals, vitamins, and are known to be mood elevators.

Unfortunately, smoothies have gotten a bad rap due to the high sugar/high fructose corn syrup, artificially-flavored puree type smoothies that most commercial retailers sell today. It is too bad because people think that they are getting something healthy. At Pure, you really are getting something healthy- whether it's a local blackberry, kale, almond milk, lemon, ginger smoothie, or an avocado, spirulina, orange, hemp milk smoothie. You can be assured that you are getting a serving of life-force energy.

Regarding smoothies, for those who are concerned about the tendency to "gulp", you can simply use a spoon and savor every bite. Smoothies can be customized to suit your dietary needs; they don't have to be high-glycemic and can be very alkalizing and balanced with plant fiber and Omega-3's, using vegetables and less fruit which prevents spiking of blood sugar.

In today's fast-food, highly-processed, overcooked way of eating, Pure's back-to-basics approach is both healthy and refreshing. If you have special health needs or want to try something new, drop by Pure located at 9925 Bank Road (across from Café Luna)

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"Chew your drink and drink your food." Mahatma Gandhi

Only on Vashon

Continued from Page 1

side. Essentially, the tree became a fencepost.

It was only after we were finished and stood way back on the street to admire our work, that we could see the full scope of the property. The tree was really only half a tree. From underneath it had seemed recently pruned, like many apple trees eventually are. But from way back it was clear that any part of the tree that dared spread itself over the easement was sliced off. The cuts were quite high up too, and far enough from the driveway so the reasoning would not have been to allow trucks or whatever else to pass.

Nope, it was a clear-cut, as if somebody had taken a giant scissors and cut the tree in two.

Next issue: Dog jumps ship (ferry) to return to Vashon.

peter@vashonloop.com

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Planet Waves



by Eric Francis <http://www.PlanetWaves.net>

Aries (March 20-April 19)

What would it mean not to have power struggles in your relationships? To not wrangle over sex, money and attention? For one thing it would mean you have a lot more time and energy on your hands. You would have plenty more fun, better sex and you would worry less. You would probably have more money, too. In general the less struggle you have, the more abundance you can have. And how do you do this? In a word, flexibility. That would be flexibility about who you are; in your perception of who others are; and most of all, in your ideas about what relationships are 'supposed to be' and the supposed laws that govern them. Your emotions are made to flow like water. Now is the time to let it collect, so that you feel confident going deeper; because when you go deeper, you will feel better.

Taurus (April 19-May 20)

One of the most intriguing things about Taurus is that in the solar house system, the sign associated with your house of deep surrender (the 8th) is Sagittarius. This overlays the energy of profound release, and bonding, with a sense of mystical longing and cosmic quest. It would be helpful if you could identify these two feelings like the individual notes in a chord or rays of light in a spectrum. They can combine to make one harmonic or frequency, and you can experience them as discrete energies. Such an experiment would be a potent way of looking into a mirror of your own consciousness. At the moment you may feel like you're peering into the dark with respect to 'who you really are'. You may feel there is no chance you will gain such a clear understanding anytime soon -- but a revelation is at hand; a light is about to appear where you thought there was none.

Gemini (May 20-June 21)

I've expressed the idea that for Gemini, sexual health is health. I would affirm this for everyone, because we're all human with something basic and fundamental in common: though for Gemini, this idea arrives in your chart as a specific mission or special point of access. Perhaps as the first 'human sign' of the 12, you're a prototype or example for the rest of us. The light is dawning in Gemini first: sexual healing resides at the core of the healing process. All true healing involves a person learning to relate to his or her creative nature; there is also the distinctly erotic dimension of relating directly to existence/nonexistence, and this in turn involves the full integration of shadow material. We often take our dark emotions for granted, as something we can never resolve. You are ready to see the light of the soul and feel the movement of your emotions.

Cancer (June 21-July 22)

To be an artist, it helps if you direct your financial and creative resources into your creative process. To be a lover, it helps if you choose love and allow conflict and judgment to dissolve like dust. To be an adventurer, you step outside of your home. To take a risk, there's an essential element of being willing to let go of something 'safe' for the mere potential of experiencing something better. There is an element of sacrifice in each of these ideas, but it's not sacrifice the way we usually think of it. In the true sense, it's the process of transforming what does not serve us into what does. It's about giving up what we don't want in exchange for what we do, and part of that is releasing our attachment to what is not actually helpful. These attachments all have stories, which are like energy roots that we can let go of -- if we use full awareness, and more to the point, if we really want to.

Leo (July 22-Aug. 23)

This weekend's Scorpio New Moon takes place conjunct Vesta, in your 4th house of security and home. This is your cosmic Thanksgiving, an opportunity to spend some time appreciating and caring for the

physical space you occupy. On the inner plane, it's a moment to get your emotional priorities in order. Life is easier when we have a clear sense of what is important to us, because that provides an organizing principle around which we can arrange all that other stuff we think about. Knowing what is the most meaningful is an excellent opportunity to let the less meaningful things simmer down, and to spend some time in full acknowledgement of what you want. One word for this is 'centered'. That's an excellent way to think of it; and the beautiful thing is that you have a center you can access; your core fire is hot and healthy, and you actually do know what is the most meaningful to you. Give those things the time and space to have a deep healing effect on your life, and remind you how good it's possible to feel.

Virgo (Aug. 23-Sep. 22)

You're blessed with penetrating perception, and the ability to evaluate yourself somewhat brutally. Together they can be a dangerous combination, when that deep ability to perceive is turned on yourself. Yet the screech you hear is feedback, not music. I propose that you're at a point in your growth when you can ease back on the evaluation bit and notice who you actually are. That person is simpler than previous estimates have defined you as being, and eminently kind. You no longer have to live up to anyone's seeming expectations. In the words of my Virgo friend Beth, nobody is your judge and jury. It's one thing to 'know' that and another to have it dawn on your mind like the Sun rising after a long night. Hold that thought. Phrase it as a question and as a statement. Note who comes to mind. One last thought -- all judgment is based on comparison, and comparison is based on the past. Step into the moment -- this moment -- and your new perspective will come into focus.

Libra (Sep. 22-Oct. 23)

The gift of this moment is your recognition of what you have and how much you've accomplished. They are related, though you seem to be taking the next step into the full acceptance of what this says about you as a person. Let's make sure we get this in the right order, though: it's not your accomplishments that create your worth, but rather your presence and sincere values that create your accomplishments. This recognition alone is enough to speed your life forward. There is the suggestion here that it's now easier to be in harmony with yourself than it has been for many moons. Think of this harmony as a state of inner consensus. True consensus involves a group of people who have similar enough values, being able to make a decision based on those values. This now applies to any decision you make. Among the many seemingly different internal voices you hear, remember -- you're the One.

Scorpio (Oct. 23-Nov. 22)

This weekend's New Moon in your birth sign comes with another revelation: the helical rise of Venus. This is the moment when retrograde Venus becomes visible as the morning star. You could say that this sets the tone of Venus for the next 18 months. Venus in Scorpio is a deeper process than the prior helical rise, which was in Aries: a confrontational, defensive energy for Venus. In Scorpio, you gain depth from fully embracing the process of integration. Gradually, what was different, alien, unfamiliar and irrational breaks down into its many components and becomes part of you. This will allow you to do something profound, which is address your various opposites as an internal factor rather than as something you need to project in order to see. You may experience the birth of what I'll describe as deep feminine consciousness, and embrace this fully even if it's a little off your usual radar. Venus attracts, she receives and most of all, she emanates an elegant ray of light.

Sagittarius (Nov. 22-Dec. 22)

It is sometimes shocking the extent to which 'inner space' does not exist for many people -- but lately it certainly exists for you. Indeed, your inner world may be more real than the outer one, and you may feel more content existing in your feeling body than any other. But Mars in your sign is saying that however real your inner world may seem, it's time to take action in the three-dimensional world around you. That means pushing your agenda; it means having an effect; and that means feeling the repercussions. Normally you don't worry about that part; but for some reason now you're feeling more poignantly, and self consciously, the responses of others. This is a good thing, if you ask me; rather than going out and conquering the world, you need to relate to the people and space around you with full sensation. You will still have access to your volition and your single-minded ability to focus on a goal. The gift will be integrating the simple idea that 'easy does it'.

Capricorn (Dec. 22-Jan. 20)

Rob Hand, perhaps the preeminent astrologer of our day, once said to me that the study of the world can be divided into two categories -- psychology and physics. One considers the mind, and the other how the material world works. Many recent episodes of your life have involved physics -- the seemingly intractable laws of energy, motion and addressing the concept of limitation. Now your life boils down to psychology: the study of what motivates people, and of how they respond to their feelings. In particular, consider the psychology of groups: of how one person's sensation of life, or experience of self, influences that of the people around them. Your ability to do this, and even to consider the sense of doing so, will help you significantly in a short while. Remember, people never do things for 'no reason'. There is always a reason. You may not 'agree' with it, but you certainly want to be aware of what it is.

Aquarius (Jan. 20-Feb. 19)

You have some complex career goals. Yet you also have the sense of many things adding up to one, or perhaps awareness of the one essential element that unites them all. Usually you sense this element like a plant's roots reach for water. Now you have more in common with a plant's leaves reaching toward light. There's something new that you want, and at the same time this honors a deep sense of mission that has always been part of your world. I'm not talking about a goal in the conventional sense, but rather honoring a sense of purpose that is palpable, real and available to your senses. What changes do you need to make in order to be free to explore this potential? As far as I can tell, you've already made most of them. Remember, just because you focus on one thing does not eclipse all the others. Indeed, it's within the quality of the moment that it will feed and nourish the rest.

Pisces (Feb. 19-March 20)

One distinctive Pisces quality is that of feeling your way into the future. Another is how the past, the present and the future can meld into one simultaneous experience, which can cloud your ability to know which is which. To see ahead, it's necessary for you to apply some form of extra consciousness. At the moment, it's as if you're being called forward by a star. This star is saying, above all, that there is a future; there is a whole dimension of existence that you have never experienced, and that is actually available. Some factor or element of your life now is beckoning you toward this experience. You can trust this guidance, and the gesture of trust will feed your confidence. If you want to use feeling as navigation, feel for who and what you want the most -- and you will place your steps and your choices in the right direction. Move without resistance, and feel your doubt disappear like mist in the light.

Read Eric Francis daily at www.PlanetWaves.net.

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Kidney Transplants: Not a Cure

by Mary Tuel

The first thing the Northwest Kidney Center tells you about having a kidney transplant is that it is not a cure; however, it is the most effective treatment for kidney failure we have at present.

The major obstacle to successful kidney transplants is the recipient’s body’s rejection of the new kidney as a foreign object. People who have kidney transplants must take anti-rejection drugs for the rest of their lives. That is why a transplant is not a cure.

When transplant surgery was new, it was only done from living donors, and between close matches such as identical twins. The development of anti-rejection protocols made it possible for kidneys to be taken from cadavers for transplantation, so now transplanted kidneys come from both living and deceased donors.

Kidneys from living donors tend to last longer than kidneys from deceased donors, but how long a kidney will last is an unknown. Kidneys from cadavers tend to last 15 to 20 years; kidneys from living donors tend to last longer, and there are people who have been going with a transplanted kidney for thirty and forty-plus years, but some kidneys fail immediately, or within a few years. You never know.

Sometimes living donors donate in a “chain.” Say your best friend Ralph needs a kidney, and you’d like to donate, but your blood and tissue don’t match Ralph’s. So you donate your kidney to someone who

is your match, and a friend or relative of theirs donates a kidney to someone else who is their match, and so on, until some friend or relative of a kidney recipient is a match for Ralph, who finally gets a kidney.

Experience seems to indicate that the majority of kidney donors do fine with only one kidney, and both donors and recipients are required to go through rigorous testing and screening. It costs donors money to donate, by the way. That doesn’t seem fair, but there it is.

Potential kidney recipients can be turned down for a variety of reasons. From what we heard at the Kidney Center, you have to be in the pink of health, except of course for your non-functioning kidneys. The committees that decide who will get a transplant do not want to “waste” a kidney when there are so many more people who need kidneys than there are kidneys to transplant. Many people who get on the waiting list for a kidney wait for years. Some don’t live long enough to get a kidney.

The immune suppressant drugs recipients must take cause problems of their own: infections because the drugs suppress the immune system; sepsis; a form of post-transplant lymphoma (cancer); and side effects such as unwanted hair growth OR loss; obesity; acne; type 2 diabetes; etc.

A major problem with the immune suppressant drugs is that they are expensive. Not having adequate insurance to pay for immune suppressant drugs is a reason for being turned down for a kidney transplant in the United States. This will not seem important to you until you or someone you love needs a kidney.

My husband was diagnosed with end stage renal disease on October 5, 2009. In the last year he has had multiple surgeries and continual tweaking of drugs to keep him going, and he is now on peritoneal dialysis. Because he had cancer last year, he will not be considered for a kidney transplant until he has been cancer-free for two or more years.

It has been a hard year, friends, but we have been carried through it by you and other people as we adjusted to the new normal. Rick is starting to work again, gradually, just a little bit. If you see him out there spraying paint on the road to mark the location of an underground utility, give him a smile and a wave. He and everyone living with kidney disease is a modern medical miracle.



Rick Tuel: water worker, cartoonist, end stage renal disease patient, modern medical miracle

We’ve Got a Lot of Kids

by Kevin Pottinger
Ear Ye, Ear Ye

Our eight-year old daughter Meredith recently got her ears pierced.

Meredith had been politely asking me to get her ears pierced for more than two years. I learned, through Meredith, that most of her second-grade class already had their ears pierced, even the boys, and some girls even sported ornate tattoos and a few even had pierced navels. I got notes under my pillow, voice-mails at work, and outright begging, Meredith clinging to my leg like a koala as I left for work.

My wife Maria got her ears pierced at six, and has a large collection of childhood earrings that she longed to have Meredith wear. I imagined they would sit together tatting or whatever mothers and daughters do together, wearing bonnets probably, discussing at length how unfortunate and backward Father was about the ear piercing thing: the poor dear.

It felt like I was evolving into some sort of Stern Puritan-type Dad: a Dad that all the children were to call Yes Sir Father Sir, banning makeup, dancing and secular music in the home and leading nightly family Bible studies of several hours length, from a coarse wooden pulpit in the living room, while Mom played “The Glory of These Forty Days” on Grandma’s ancient Minnesota-Lutheran pump organ.

But my reasons for not allowing her to get her ears pierced were two-fold. First, she wasn’t even eight years old yet. The logic in that still seems self-evident to me, but apparently it missed a couple of important steps for Maria and Meredith. The other, only partially related reason was that she needed to be old enough to be able to keep the wounds clean by herself, without a lot of nagging. The latter reason I’d found on the internet, which seemingly has information about everything anyone needs to know about anything, along with several billion pictures of naked people.

I’d found that body piercing has a long history in many far-flung parts of the world, and has only recently begun to catch on in our regular, more normal part of the world. I studied pictures of mostly-clothed African tribeswomen with giant wooden Frisbees in their earlobes and bones in their lips, and I redoubled my resolve to protect

November 11, ‘10

our daughters from faddish body-piercings and regrettable tattoos, or Frisbees inserted anywhere they didn’t rightly go.

I mused that as Meredith grew to a woman and became even more beautiful, I would be the formidable roadblock to Meredith’s dates with boys with lecherous intent. I’d put up with very little funny business: faddish piercings, revealing clothing, lewdness, worldliness, makeup, dancing.

But in fact, how Meredith got her ears pierced was simple: it was three o’clock in the afternoon on her eighth birthday, and we had not yet shopped for Meredith’s present. Maria, sensing advantage, casually offered to make an appointment at the hair salon for later that evening, unless, of course, I had already shopped for Meredith’s present on my lunch hour.

So when I got home from work we all piled in the car, and after supper and birthday cake at the Hardware Store, we nosed our minivan into an empty spot in front of the hair salon.

An attractive beautician welcomed us, and the kids started fiddling with the plants in the waiting area and walking on the rows of chairs. Turning to Meredith with a knowing smile, Maria asked her if she would like to get her ears pierced today. Meredith’s face paled and she wavered for a few seconds. I wondered if we had made a mistake in keeping it a surprise.

Sensing Meredith’s skittishness, the beautician quickly enveloped Meredith in a charcoal-gray smock and sensible good cheer, walking back to her station, where she showed her the little gun that pokes the holes in the earlobes, and gave Meredith a piece of cardboard with the choice of several sets of studs poking into it

The beautician marked a spot on each ear with a purple felt pen. We all gathered around and while Meredith watched in the mirror, the beautician pulled the trigger and with two loud clicks it was done.

Meredith grinned, we all grinned, and while there was a tiny spot of blood on each ear, she said it didn’t hurt very much at all, much less than getting a shot at the doctors.

The beautician outlined the rather elaborate cleaning procedure Meredith was to do without fail every morning and evening for five weeks.

We put on our coats and got ready to head home. It was a happy, happy day.

When we got back in the car, that’s when I saw the birthday present, wrapped in pretty paper and tied in a bow, wedged hastily under the back seat.

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What’s Your Take ... On How Ready You Are For the Holidays?

By Peter Bond

I woke up this morning and suddenly it was the holiday season. Yikes! How does that keep happening? This is starting to become a pattern. Rain. Summer (sort-of). Rain. Holidays. Plus now it’s getting dark at 3 PM. Good thing vampires are trendy now too. Oh well, at least it’s Thanksgiving first so we can all concentrate on eating before getting down to the real business of Christmas, which is the “business” of Christmas.

But that’s just my take. Are you ready?



Jeff – Vashon
What am I getting?



Jim – I think I am mentally ready but
probably not physically.



Bob – Vashon
Well there’s so many things going
on all the time on the island anyway, we
hardly need the holidays to keep us busy
around here.



Mary – Medford, Oregon
I’m not even going to answer that
question!

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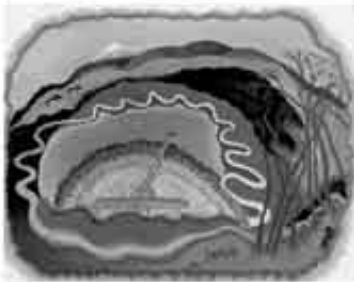
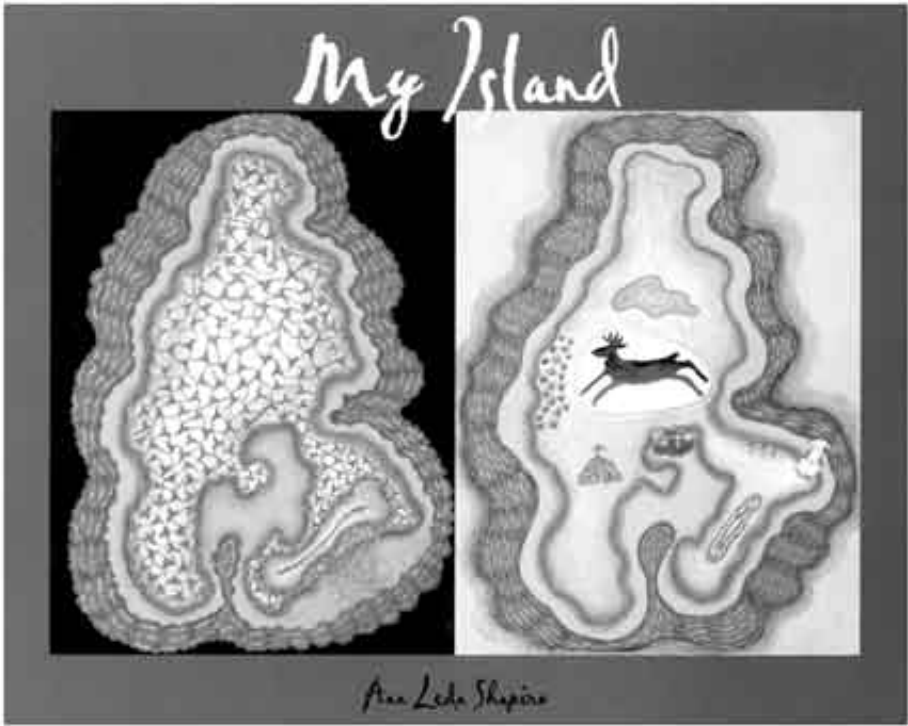
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now or on the web at
www.annledashapiro.com

Me.”

Gary Shugart saw a lot of interesting
birds around Tahlequah in late October
and early November. An adult
Heermann’s Gull appeared in November
with 150 cormorants nearby on the dock.
If you have a question about Vashon
birds or a photo or sighting to share,
call me at 463-7976 or email at edswan@centurytel.net.

I’m also available as a guide for

finding birds around the Island and
the Puget Sound region. The next few
months represent some of the best
birding time for Vashon with all of the
region’s waterfowl on display and easy
to see from the Island’s shores. If you
have birding friends or relatives coming,
give me a call or visit my website at
www.theswancompany.com to find out
more.



White-Throated Sparrow

Don’t Forget the Birds

by Ed Swan



White-Throated Sparrow

Gilbert and Jean Findlay, my faithful
reporters of birds on inner Quartermaster
Harbor, reported the first White-throated
Sparrow for the season on October 25
coming to their feeder. Sometimes
appearing as early as the first week of
October, White-throated Sparrows join
several other sparrow species in staying
the winter on Vashon. They leave for
breeding grounds in the Canadian north
in the second or third week of May
though occasionally migrants will show
up into June.

White-throated Sparrows present
an interesting example of a species
benefitting from human action. By the
1950’s, only six records for White-throated
Sparrows existed in Washington State.
Several other sparrows such as Lincoln’s
and Harris’ Sparrow similarly had low
numbers of reports. However, as logging
cut much of the forests and replaced
them with farms and brushy areas, many
sparrow species moved into the new
habitat. In addition, as population grew
as well as interest in wildlife enjoyment,
new feeders provided an additional food
source. Now instead of being extremely
rare, these species show up every year in
Washington. In some years, Vashon has
six different White-throated Sparrows
spread around Island yards though two
to three remains more common.

White-throated Sparrow have an
interesting characteristic in another
way. Two different plumage forms
“morphs” exist that do not represent
different sub-species. A very obvious
contrasting white throat patch gives
the species its name. Otherwise it looks
much like the White-crowned Sparrow
commonly breeding on Vashon with a
gray breast and chestnut back streaked
with black and narrow white wing bars.
Like the White-crowned Sparrow, the
White-throated has two stripes above
the eyes. However, some White-throated
Sparrows possess white stripes and
others tan. Each color morph always
mates with one of the other variety. They
also show different breeding strategies.
Tan-stripes provide more care to their
young and White-stripe males sing
more, often mate with several females
and appear more aggressive. These
characteristics provide endless material
for study and experimentation for
ornithologists.

Islanders usually find White-throated
Sparrows around feeders, especially
houses with brushy areas including rows
of blackberry brambles about. They often
hang-out with Golden-crowned and
White-crowned Sparrows, both closely
related species. Their dreary song plays
even in winter, a whistled: “Oh Dear

Positively Speaking

“Survival Guilt and the Beginning of Life” By Deborah H. Anderson

Dear Susie...

It seems so odd that with all the reflection I’ve done in all my years that never once in fifty years have I written to you.

Do you remember the last time we were together? It was in the ambulance. They put us both in the same ambulance. I remember seeing the light flashing. You were so still. And I kept asking where my mom was. The attendant kept answering me she was OK. It felt so alone with you being so still and all.

Do you remember the last time we played together? I remember your gigantic Disney coloring book and how you kept tracing paper in it so the colors wouldn’t bleed between the pages. I went out and bought the one that had the most pages I could remember from yours about ten years ago and some tracing paper. I still love coloring. We were both really good at it weren’t we?

Do you remember the time we tried to fool your mom into being confused about us? We looked so much alike. We went down into your den with our matching raincoats on and turned out backs to her through that wrought iron wall that separated the den from the living room and tried to pretend we were each other. We felt like twins didn’t we?

Did I ever tell you I thought you were just about the most perfect person there was? You did everything right and had proper decorum as my mom would call it. I’m so sorry I dashed ahead of you that last night. If I hadn’t you would have been sitting where I was sitting. I felt guilty about that for years and was always super polite so I wouldn’t ever hurt anyone again with being rude.

We were so lucky to be next door neighbors. You were a really, really good friend. Thank you for being a friend. Your family was so peaceful. I really loved it when your dad would come home from work and kiss your mom in the dark in the hallway like he really loved her. I want to you know I made a special effort to raise my kids to be really loving and kind like you and your brother Louis were. And they are.

So afterwards, they told me the man went from door to door asking for help saying he’d killed two little girls and somebody had to come help. But everyone just thought he was drunk and crazy. Some people came that were next to the road and got us to the hospital.

They put us in separate rooms and I really missed you. Your brother and



mother and father would come in and look after me for a few days. Then they stopped coming. That’s how you knew you’d died.

When Dad came three days later to tell me, I already knew. I just couldn’t feel anymore. It was too much. I have missed you so much but it took fifty years to cry for you. Last night I was thinking about writing you this letter and I looked at the clock because I had just started crying so hard and it was 3:18 in the morning. It was like God said please cry now. It’s been long enough. That’s when it happened you know of course...3/18...March 18th. And I cried and cried and I’m still crying.

I stopped living two lives about twenty years ago. I’m sorry. I just couldn’t do it anymore. I was no good at it. I’ve never forgotten you though. And I am so so sad you are not here for your birthday. We would have celebrated over fifty years of being friends. Fifty years since you’ve been gone.

I’m going to live my life now. I will always remember you. Everyday.

I live on a little Island that thinks getting drunk and drinking is no big deal. They party a lot. I keep trying to explain to them but they don’t understand. They think it’s because I’m a conservative Christian. (which I’m not) They don’t know it’s because I’ve never forgotten what your hair felt like when I was trying to get you to wake up when your head was in my lap after the car landed after he hit us. We went sixty feet in the air and 120 feet off into the trees. I think you were already asleep by then.

Fifty years is a long time to hold sadness in. I love you dear friend I miss you and I always will. I hope we recognize each other in heaven. I won’t be there for a while but when I get there I hope we know each other right away and can have a big hug and smile at each other right away. You’re the first person I want to see. I only drink about four or five times a year...to honor you. It’s all I can do.

Susan Zelle...
11 November 1949 – 18 March 1961

Love
Debby



What is your message?

Continued from Page 1

see their drawing over the years as they grow up using the fields. For me, it will be a contribution that is well worth it. I think my kids will appreciate being a part of something larger and its a good way to start teaching them about philanthropy.”

There are currently not enough playing fields available for the community. Lack of lighted fields has resulted in very little time available for field use, particularly in the winter. The high demand for the ones that are available has resulted in overuse and deterioration. The development of additional athletic fields will ensure that necessary facilities are available to provide active recreational opportunities for community members and youth who want to play for the next thirty years.

The capital campaign will develop approximately 220,000 square feet, or 4.59 acres of field area providing two youth

baseball/softball fields and two lighted multipurpose athletic fields for use by youth baseball, soccer, lacrosse, and football leagues. Results of the improvement will include improved drainage, irrigation, turf improvements, and field lighting. Work will include rough grading, installation of drainage and irrigation systems, new top soil, and hydro seeding. Field lighting, a restroom, concession area, storage, backstops, fencing, dug outs, and spectator benches will also be constructed.

These improved fields will allow many more teams to practice at once and into the dark hours and provide field space of a quality to provide for games and tournaments. Unlike other communities, it is not practical for island residents to travel to neighboring communities for routine evening use of fields. Although the island has increased in population by

THE DORSAL SPIN: Kéet Shuká

By Orca Annie Stateler, VHP Coordinator

Dear readers, the time approaches: Wednesday, November 17, 7:00 PM at the Land Trust Building, Orca Annie Stateler and Odin Lonning of the Vashon Hydrophone Project (VHP) present “Kéet Shuká: Killer Whales from Native and Western Perspectives,” sponsored by the Vashon-Maury Island Audubon Society.

Weaving together Native science, culture, art, and natural history, our program features a Tlingit killer whale welcome song, as well as gorgeous slides of whales in Vashon-Maury waters by VHP associates Mark and Maya Sears.

Why did we experience a profusion of Transient killer whale visits in 2010? How are the orcas of J, K and L Pods – endangered Southern Residents – faring? How do Residents and Transients react if they encounter each other? We will explore these intriguing questions and detail threats that imperil the orcas’ future.

Local killer whale conservation efforts are largely devoid of Native perspective. A decade ago, Odin and I created Kéet Shuká in part to address this imbalance. Sustainability is our First Nations legacy, and we believe Indigenous wisdom is vital to saving orcas, salmon, and the Salish Sea.

In 2004, the VHP installed the first hydrophone in lower Puget Sound dedicated to Southern Resident orca recovery. Through photographic, observational, and acoustic data, the VHP documents Island whale encounters and responds to calls about seal pups and stranded marine mammals. As far as we know, we have the only Native-run whale research/education project in Puget Sound.

This Audubon program is free. To support the VHP, Odin’s brand new killer whale prints, cards, and other Tlingit art will be for sale at our talk. Call 463-9041 or visit www.vashonaudubon.org for more information.

Plenty of sea lions, seals, otters, and a few Dall’s porpoises, but no orcas here



Kéet Shuká

Kéet Shuká logo, © Odin Lonning.

since I last wrote -- guess the chums are still juicier to the north. Luckily, a highly entertaining flock of Pine Siskins descended on our seed feeder in late October. Typically, two to twelve of the wee “winter finches” come to forage, but sometimes fifty or more show up to snarf seeds. Clearly, a peep perch for waiting diners was needed, so Odin built one. Displaying her usual high tolerance for novelty, Tweetie the Song Sparrow was first to use it.

The Northern Flicker is another charming seed seeker in our tweetscape. He is too big to sit on the feeder tray, so he cleverly hangs beneath the tray’s edge to pluck seeds with his formidable, dagger-like bill. Perhaps the Steller’s Jays will watch and learn.

We have a special shout-out to Superpod Level (think platinum) VHP ally Richard Rogers, www.rogers-graphics.com, for helping us to look sharp with his graphics wizardry. He produced our Kéet Shuká logo and the poster for our Audubon talk.

Please support the work of the Vashon Hydrophone Project (VHP): REPORT LOCAL WHALE SIGHTINGS ASAP TO 463-9041. Call the VHP about dead, injured, or sick marine mammals on Island beaches. Check for updates at www.Vashonorcas.org and send photos to Orca Annie at Vashonorcas@aol.com. See you on November 17.

Mirabella Needs A Home...



This 6 year old Catahoula Leopard Hound is not only beautiful, but sweet as can be. She gets along fine with other dogs, and thinks the new people she meets could only be her new best friends. Those beautiful blue eyes will talk you out of your last doggie treat, without her ever saying a word. Mirabella has been spayed, microchipped, and is up to date on her vaccinations. If you would like to meet Mirabella, contact Vashon Island Pet Protectors at 206-463-0941 or 206-567-5222. There is a \$125 adoption fee.

Go To www.vipp.org - Click on Adopt




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roughly 57% since 1970, the general field inventory has declined during this time. This increased use and decreased inventory has led to a serious degradation of field conditions through overuse.

Deadline for the next edition of *The Loop* is
Friday, Nov, 19

Island Epicure



By Marj Watkins

Bake Gluten free

Look for my little cookbook, “Enjoy the Other Grains: Bake Gluten Free” and me. We’ll be at the Holiday Bazaar on November 20th at the high school. I’ll also have cards for sale with illustrations on the front and recipes on the back. Here are some recipes from the book for you to try out.

I hope be able to also offer a new book, Island Epicure’s Soups and Stews, especially good for the soul and body these cool, dark, drizzly fall and winter days.

The biscuits below can be made with 1 ¾ cups of barley flour for a produce that’s less expensive and low on the glycemic index product. But if you or anyone else in your family is sensitive to gluten, these gluten free recipes will help you make breadstuffs, cakes, and cookies everybody can eat with pleasure, confident of remaining healthy. If nobody cares about gluten, they’re still good eating.

BENE BISCUITS
African Sesame Seed Biscuits
Preheat oven to 450 degrees.
Makes 7 biscuits
1½ cup sorghum flour
¼ cup teff or amaranth flour
¼ cup+1 Tablespoon sesame seeds
2 teaspoons baking powder
1/2 teaspoon salt
½ to ¾ cup milk
1 egg, beaten
Tablespoons light olive oil
¼ cup plain yogurt
1 Tablespoon honey
Sift flour with baking powder and salt. Grind and stir in ¼ cup sesame seeds. Mix egg, yogurt and oil. Stir into dry ingredients. Line 10-inch pie pan with foil. Spray with olive oil. Drop batter by tablespoonfuls onto foil. Sprinkle with remaining sesame seeds. Bake 15 minutes. Flip from foil into napkin-

lined basket or onto racks.
Note: “bene” is an African word meaning sesame. This recipe originated, I believe, in Ghana. Probably the slaves who made them in the Carolinas used plain white flour, 2 cups, omitted the yogurt, and put in a spoonful of sugar instead of honey.

BASIC CORNBREAD
Preheat oven to 400 degrees
Makes 6 to 8 servings
Bake in 9-inch glass pie pan
1 ½ cups whole cornmeal
½ cup brown rice flour
2 teaspoons baking powder
½ to 1 teaspoon salt
1 egg
2/3 cup milk, any kind
1 Tablespoon light olive oil
2 Tablespoons honey
Sift dry ingredients into mixing bowl. Add and stir in milk, eggs, oil, and honey. Bake in oiled, preheated (6 min.) glass pie dish or ceramic casserole 25 minutes.

5-Star Gluten Free Dairy-Free QUINOA PEANUT BUTTER COOKIES
Makes 30 cookies
Preheat oven to 350 degrees
Melt and stir to smooth creamy sauce:
1 cube (1/2 cup) butter
½ cup peanut butter
1 teaspoon vanilla
2 Tablespoons water
3 Tablespoons molasses
2 Tablespoons honey
Beat in:
1 egg
Sift and stir in:
1 cup quinoa flour
1 teaspoon baking soda
¼ teaspoon salt
Stir in and work with clean hands to a ball:
1 cup quinoa flakes
½ cup chopped walnuts
½ cup raisins, dried cranberries, or
½ cup semi-sweet chocolate bits
Drop by spoonfuls on two foil-lined baking sheets. Bake in preheated oven 10 to 12 minutes. Remove baking sheets from oven and let cookies rest 5 minutes on them to solidify. Transfer with pancake turner to racks to cool. Store in paper-towel-lined tightly covered container.
P.S. Honey in baked goods keeps them fresh. Something in it acts as a preservative.

Fixie Photos at Two Wall in November

For the month of November, Two Wall Gallery is pleased to present a collection of bicycle-related photographs by Gary Tussey and Joseph Musselman of Denver, Colorado. There will be an artists’ reception and opening this Friday evening, November 5, from 6 till 9 PM.
(NOTE from Greg Wessel: Gary Tussey is MY SON-IN-LAW!! Come out on First Friday and meet Gary, my daughter Katy, and their daughter (who is the cutest child ever to walk this planet), Sophie. As surprising as it may seem, Sophie is also my grandchild!)

Due to be published in early 2011 as a new coffee table book entitled “One Volume One,” Tussey and Musselman will present their photos that celebrate the interplay of the “fixie,” the cyclist and the culture surrounding both. From studio photography to portraits, this team has set out to capture the simplicity and raw beauty of these bicycles and the obsessed cyclists who ride them.

A “fixie” or fixed-gear bicycle is a bicycle that has no free-wheel, meaning it cannot coast. Like many machines that enhance human ability, the fixie merges with its rider in an individual statement of simplicity and functionality. The personalities of these riders are often echoed on these bikes; their components, aesthetics and each paint chip, scratch and scar are often mirror images of their rider.

Machines such as these are chosen for their simplicity and ruggedness by people who ride every day. The minimalist look and clean lines of a fixed-gear bicycle make for an aesthetically beautiful machine with an amazingly functional design. This durability and functionality has been the driving force behind peoples’ obsession with these bicycles.

As Tussey says, “It never gets old taking photos of bicycles and the people that ride them. This project has taken me inside the underground culture of bike messengers, polo, sprint races in the backs of bars, and the insane speed of alley cat races through city streets. I want to share my own passion for these bikes and photography allows me to do that.”

Musselman adds, “Photography is the art of capturing man, nature and their interplay with the environment. Fixed-gear bikes and their riders embody art and are the definition of individuality. This synergistic dichotomy is so natural to its environment that they often go unnoticed in the urban landscape. It is my privilege to give a glimpse of these natural artists.”

Get an insiders’ look at the fixie and its rider at the opening celebration, Friday, November 5, from 6 till 9 PM, at the Two Wall Gallery, 17600 Vashon Hwy SW, Vashon Island. BE THERE or you’ll be in BIG trouble with me! (GW) :-)



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Loopy Laffs

How much wood do you need to build a grand piano?
At least a cord or two



Last year I entered the New York City Marathon. The race started and immediately I was the last of the runners. It was embarrassing. The guy who was in front of me, second to last, was making fun of me. He said, "Hey buddy, how does it feel to be last?" I replied: "You really want to know?" Then I dropped out of the race.

There is a sign on the lawn at the local drug rehab center that says, "Keep Off the Grass."

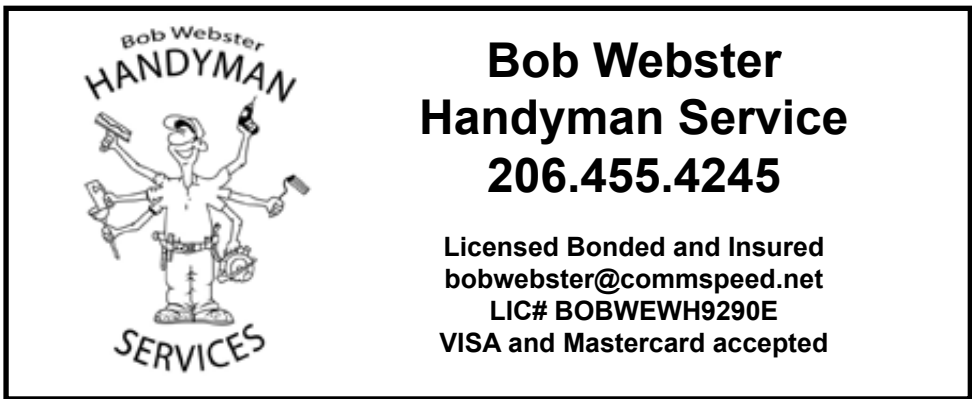
When the Jones family moved into their new house, a visiting relative asked the little five-year-old how he liked the new place.

"It's great!" he said. "I have my own room, Mike has his own room, and Jamie has her own room. But, poor mom still has to sleep with dad."

"How did the wedding go?" asked the preacher's wife. "Just fine until I asked the bride if she would obey and she said, 'Do you think I'm nuts?' and the groom said, 'I do,' and then things really began to happen fast."

I'm a bad drinker. I got loaded one night ; they picked me up. I was in front of a judge. He said, "You're here for drinking." I said, "O.K., Your Honor, let's get started."

A juggler, driving to his next performance, is stopped by the police. "What are those knives doing in your car?" asks the officer. "I juggle them in my act," says the juggler. "Oh yeah?" says the cop. "Let's see you do it." So the juggler starts tossing and juggling the knives. A guy driving by sees this and says, "Wow, am I glad I quit drinking. Look at the test they're making you do now!"



You can tell you are getting older when;
Your kids are becoming you and you don't like them but your grandchildren are perfect!
Going out is good. Coming home is better!
When people say you look "Great" they add "for your age!"
When you needed the discount, you paid full price. Now you get discounts on everything
- movies, hotels, flights, but you're too tired to use them.
Your spouse is counting on you to remember things you don't remember.
The things you used to care to do, you no longer care to do, but you really do care that
you don't care to do them anymore.
You used to say, "I hope my kids GET married. Now, "I hope they STAY married!"
You miss the days when everything worked with just an "ON" and "OFF" switch.
Your husband has a night out with the guys, but he's home by 9:00 P.M. All too
soon, it will be 8:30 P.M.

I was playing Tooth Fairy when my daughter, Marina, suddenly woke up. Seeing the money in my hand, she cried out, "I caught you!" I froze and tried to think of an explanation for why I, instead of the Tooth Fairy, was putting the money under her pillow but her next words let me off the hook. "You put that money back!" she said indignantly. "The tooth fairy left that for me!"

The Importance of Walking

Walking can add minutes to your life. This enables you at 85 years old to spend an additional 5 months in a nursing home at \$7000 per month.

I like long walks, especially when they are taken by people who annoy me.

The only reason I took up walking is so that I could hear heavy breathing again.

I have to walk early in the morning, before my brain figures out what I'm doing..

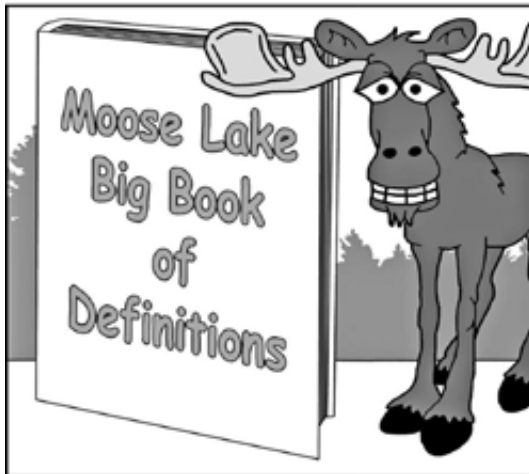
I joined a health club last year, spent about 400 bucks. Haven't lost a pound. Apparently you have to go there.

Every time I hear the dirty word 'exercise', I wash my mouth out with chocolate.

The advantage of exercising every day is so when you die, they'll say, 'Well, she looks good doesn't she.'

Moose Lake

By Steve Krueger



pheromone (fēr'ə-mōn')

What an Egyptian king does after stubbing his toe.

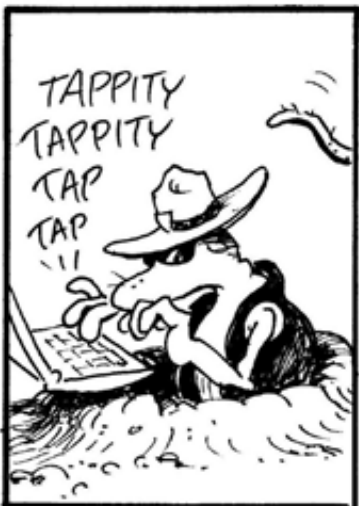


V.I.P.S. WE'RE HERE WITH VASHON'S OWN MOTHER CORP. MOTHER CORP HAS BEEN INVITED TO PRESENT ON N.P.R., "A VASHON THANKSGIVING"

MOTHER GORP, HOW HAD YOU TAKEN THE NEWS OF THIS INVITATION WHEN YOU HEARD IT ??



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SPOILED A WHOLE
BOWL OF
HEMP-JELLO!!



What’s going on November 11-14
Lunavision is Back!
Overdose: The Next Financial Crisis

Peter Ray, our Lunavision host, will begin this season with Overdose: The Next Financial Crisis. Overdose was the closing feature at the European and Mediterranean Film Festival in Koper, Slovenia, October 2010. Overdose is the story about the greatest economic crisis of our age - the one that awaits us. The screening will followed by a lively round table discussion on the coming financial crisis. Produced by Martin Borgs. Official Selection, Politics on Film Festival 2010.



Thursday, November 11, 6:30pm
At Cafe Luna, 9924 SW Bank RD
www.cafelunavashon.com

DJ Pajama Party

Fall rain and autumn blahs gotcha down? Having a hard time getting off the couch? Are your jammies just too nice and comfy? Forget that tired old line: “I couldn’t think of what to wear, so I stayed home.” Why not party in your PJs? Come up to The Bike in your jammies and robe and meet up with other islanders and party to rump-shaking tunes

spun by Manzanita’s very own DJ FroZen Fresh. Come on! You know you want to! See you there! 21 and over. Free cover!
Friday, November 12, 8:30pm.
At the Red Bicycle,
17618 Vashon Hwy
www.redbicyclebistro.com

Second Friday Wine Tasting &
Greg Dember - Singer/Songwriter

After a five-year, self-imposed exile, singer-songwriter Greg Dember has moved back home to Vashon Island and is celebrating with a solo show at Cafe Luna on Friday, November 12, starting at 7:30. As can be heard on the just-finished CD Water Makes Waves, Greg’s music has a kinship with such artists as Elliott Smith, Sufjan Stevens, Ben Folds, Wilco and Paul Simon. For this show, Greg will bring his piano and acoustic guitar, and perform a repertoire of original songs, spanning 4 albums, plus odds and ends. www.soundcloud.com/greg-dember



Friday, November 12, 7:30pm
At Cafe Luna, 9924 SW Bank RD
www.cafelunavashon.com

Blue Monster & Tori Sparks

Tori Sparks calls Nashville home, but spends most of her time on the road in the U.S. and Europe. Called “a knockout” by the Village Voice, her dynamic live show is equal parts soulful singing and zany stand-up-style humor.
The wily and elusive “blue monster” was first sighted on Vashon Island back in 2005. Since then there have been numerous reported sightings, although none have been confirmed or documented, leading many to brush aside such tales as a hoax



Saturday, November 13, 9pm.
At the Red Bicycle,
17618 Vashon Hwy

Jon Whalen and the Field Hands
Folk-rock, Blues & Countrified Ballads

This new blend of Vashon Island talent is Dorsey Davis on the bass, John Whalen on rhythm guitar, Simon Martin on percussion and Richard Lipke electric and acoustic guitar. Lipke, Davis and Whalen started playing and writing music together last winter. Martin and Whalen began jamming shortly after that and finally they came together in May of this year, doing a show to raise money for a sick friend, and never looked back. Their original music ranges from folk-rock and blues to countrified ballads with rhythmic, up-beat tunes thrown in.



Saturday, November 13, 7:30pm
At Cafe Luna, 9924 SW Bank RD
www.cafelunavashon.com

Author Event with Greg Wessel

Greg Wessel, a local hard rock geologist and writer, will present the work of his friend Dr. Cecil Benthos, PhD, Codex Benthos: A Catalog of Lost Mines, Buried Treasures, Unsolved Mysteries, and Unexplained Oddities of Vashon and Maury Islands, Washington. Greg’s presentation will unearth clues to Vashon’s quirky history, share tips on treasure hunting and reveal the first clue in a new Vashon/Maury treasure hunt.

Sunday, November 14, 4pm
At Cafe Luna, 9924 SW Bank RD
www.cafelunavashon.com



Chamber Music Series adds performance

By Janice Randall

Due to popular demand an additional performance has been added to VAA’s upcoming Chamber Music Series concert. In addition to the sold out 7:30 p.m., Friday, November 19 concert, musicians have agreed to perform again at 7:30 p.m., Saturday, Nov. 20. Both concerts will be held at the Blue Heron Art Center. Tickets, \$18 VAA members/Seniors/Teens/\$22 general admission are available at the Blue Heron, Books by the Way, Heron’s Nest or at brownpapertickets.com. You can also call 463.5131 to reserve by phone.

Repertoire will include Quartet for the End of Time by Olivier Messiaen and selection of French songs performed by soprano Jennifer Krikawa accompanied by pianist Evan Stults. Other musicians will include: Jeanine Jacobson, piano; Karin Choo, violin; Jennifer Nelson, clarinet; Rowena Hammill, cello, with remarks by Andy James, Chautauqua music teacher.

“We’re so excited to be presenting Olivier Messiaen’s Quartet for the End of Time. It is a masterpiece that contains some of the most compellingly beautiful music written in the twentieth century. And to round out the program, Jennifer Krikawa has selected a set of luscious French chansons. It’s going to be a program to remember,” says Hammill.

Nelson is currently Principal Clarinet with Pacific Northwest Ballet and



Jennifer Krikawa

Auburn Symphony Orchestras. Soprano Jennifer Krikawa has appeared at Carnegie Hall among many other venues and also serves as Artistic Director of Vashon Opera. Pianist Jeanine Jacobson, Professor Emeritus at California State University, Northridge, taught piano for 20 years, has authored books and performed throughout the U.S. Violinist Karin Choo teaches and performs throughout the region and is currently Music Director for Vashon-Maury Chamber Orchestra. For more information about upcoming events please go to www.VashonAlliedArts.org.

Upcoming at Luna

Teresa Storch - Soulful Acoustic Folk/Rock

Teresa performs with a rich, engaging voice, rhythmic, percussive guitar and a writing style that has roots in folk, jazz and blues. Storch has toured 33 states over four years, bringing her soulful roots-pop to bars, coffeehouses, living rooms and cafes, and becoming, along the way, a live performer of joyful strength and riveting, emotional power. Teresa got her start doing Denver area open mics after obtaining an engineering degree from the Colorado School of Mines and performing regularly with the Boulder Ballet. In 1999, she moved to Cambridge, MA to explore it’s vibrant songwriter scene and grow as a writer and performer. She’s toured nationally since 2004, and Fall of 2009 brought her back to settle near her family in Colorado. She has been recognized for her writing and performance by Susquehanna Music and Arts Festival 2005, Flat Rock Music Festival 2005, Rocky Mountain Folks Festival 2003, and Boston’s Best Singer/Songwriters Showcase 2003. With two EP releases under



her belt, “Muscle Memory” and “‘Live’ For Now”, her first full-length studio album “Stream of Concrete” was released August 2008. Recorded by Rob Ignazio at Sherwood Forest Studios (Bedford, MA), Mixed by Ben Wisch (NYC), Mastered by Fred Kevorkian (NYC). www.teresastorch.com

Thursday, November 18, 7:00pm
At Cafe Luna, 9924 SW Bank RD
www.cafelunavashon.com

Thaddeus Spae - Songwriter/Entertainer/Multi-Instrumentalist

In a career spanning four decades Thaddeus Spae has delighted young and old alike with a unique musical blend of acoustic jazz, blues, standards and insightful originals. He combines wry wit, boisterous storytelling and expressive vocals with precise, inventive 12-string guitar, harmonica, high-hat, trombone, guitarron and anything else he can fit on the stage. Thaddeus Spae’s compositions have been featured on National Public Radio, Showtime cable television and Broadway, choreographed by the Paul Taylor Dance Troupe and recorded for broadcast by the BBC. He has performed at venues from Tipitina’s in New Orleans to the EMP in Seattle and at numerous fairs and festivals including Bumbershoot, the Oregon Country Fair and the Sawdust Festival. His full-length CD Campfire Jazz was released in late 2009



and an ep Birthdays & X Rays appeared in 2010. www.tspae.com
Friday, November 19, 7:30pm
At Cafe Luna, 9924 SW Bank RD
www.cafelunavashon.com

Swing Set Music & Radiator Charlie’s Mortgage Lifters

A night of family fun at Cafe Luna starts out with Swing Set Music and Movement for Kids! Starting at 6:30 (before bedtime) Kim, Gabriele, and Ms. Froggy will bring you a special Swing Set Music class complete with tongue twisters, sing- and play-alongs, and a genuine cake walk!

At 7:00 Beach 3, a highly entertaining and talented group of twelve year old musicians will take the stage. Beach 3 a group of seventh-grade interpreters of Irish, Cape Breton, Old-Time, Scottish, and Quebecois music. Samantha Braman, Riley Calcagno, and Leo Shannon have



been friends since they were toddlers, and have played at festivals and venues in and
Continued on Page 15

Caspar Babypants rocks Family Series

By Janice Randall

Caspar Babypants, AKA Seattle rocker Chris Ballew of two time Grammy-nominated alt/rock band the Presidents of the United States of America, brings his brand of ‘kid music’ to Blue Heron stage for VAA’s Family Series 2010, 2 p.m., Sunday, Nov. 21. Tickets, \$7 all kids, VAA members and seniors/\$10 general are available at Blue Heron, Books by the Way, Heron’s Nest and brownpapertickets.com.

Billed as a ‘simple good time sing along music for kids and parents to enjoy together,’ Ballew will be joined by prodigious talents: Frederick Babyshirt (Fred Northup) auctioneer, licensed wedding officiate, commercial producer, actor, voice over artist, improvisational theatre performer, drummer for Severna Park in the 1990s and all-round good man; and Ronald Babyshoes (Ron Hippe) voice-over artist, actor, singer and songwriter for hip Seattle rock band Gumshen.

Ballew, an original founder and member of The Presidents, first wrote for kids in 2002 when he donated a record to an organization of new moms (PEPS). In 2008, he was asked to write songs for a children’s book project, an effort that made him realize the ease of recording and playing music for youngsters. “This music is in my soul,” he said in a recent interview. “I feel so good in the music that I can’t stop making it and I see the songs come alive in a way I haven’t for years.”

Citing Elizabeth Mitchell (a Smithsonian Folkways Recording artist) as his main influence, Ballew appreciates her



Caspar Babypants, AKA Chris Ballew

simple and playful delivery with respect to traditional songs. When asked how writing and recording as Caspar Babypants is different that creating music for adults, he says, “I still write using bug and animal and fantasy imagery but there is no layer of “grown-up-ness” or irony added. With three kid’s CDs to his credit, Ballew is well on his way to becoming the alt/rocker for a whole new generation.

This concert will be a musical treat for all ages; don’t miss it!

Reilly and Maloney play Blue Heron

By Janice Randall

Folk duo Reilly and Maloney, who have played gigs at various Vashon venues since the 1970s, will perform 7:30 p.m., Saturday, November 13, at the Blue Heron Art Center. Their sound, comprised of two guitars and incomparable harmonies, will include both new and favorite songs.

The duo, with Reilly’s songbird soprano and Maloney’s gutsy baritone, first met in San Francisco in late 1969. They performed together for 20 years, tried solo careers and after 10 years solo found they preferred performing together. Reilly and Maloney reconnected in 2000 and perform up and down the West coast.

Maloney recently released his latest solo recording, One Day More, available at the VAA concert. Their most recent album together is 2008’s Brighter Light: a Tribute to Tom Dundee. Take a listen at



reillyandmaloney.com then come here them live. These two are pros and know how to put on a great show that will leave you with a smile on your face!

Tickets, \$13/\$16 are available now at brownpapertickets.com, Books by the Way, Heron’s Nest and Blue Heron Art Center.

Jim Page at Red Bike

JIM PAGE.... Jim started out in California where he was born. He lived in the Bay Area and caught the tail end of the 60’s stuff. Garcia played pedal steel down the street, Kaukenon showed up for jam sessions, and everybody got stoned. New Year’s Day of 1970 he hit the road by thumb to New York City and Greenwich Village. He stayed there for a year, living in elevator stair wells and on roof tops, under park benches and in borrowed closets. At the the end of that year he hooked up with some people from Seattle.

Nobody knows what the future holds but, like they say, it should be interesting. And Jim will probably be there. All-ages ‘til 11pm, 21+ after that. Free cover!



Saturday, November 20, 8:30pm.
At the Red Bicycle,
17618 Vashon Hwy

Swing Set Music & Radiator Charlie’s Mortgage Lifters

Continued from Page 14

out of town. Listen and find out more at www.beach3.org.

At 8:00, the night will conclude with Radiator Charlie’s Mortgage Lifters. Radiator Charlie’s Mortgage Lifters is a new music project by longtime friends, Kim Thal, Robert Hinrix, Johnny Calcagno. Their cool old tunes and original songs are as satisfying and intriguing as an heirloom tomato. Multi-instrumentalists Robert and Johnny have been in various bands

together for the last 25 years, including the Lotus Eaters, Toast, and Smoke Shack Okiestra. Kim Thal teaches Swing Set classes on Vashon, and performs regularly with the group Shy Sundays.

Saturday, November 20, 6:30pm
At Cafe Luna, 9924 SW Bank RD
www.cafelunavashon.com

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Death Defying Comedy

It’s thrilling... It’s chilling....it’s Death Defying Comedy! Back by popular demand this Friday, Nov. 19th, 8pm at Red Bicycle Bistro and Sushi. Hosted by Vashon’s own peppy provocateur, Steffon the Moody. This is the spectacle that has local personalities compromising their basic integrity by revealing way more than any sane person would ever dream of doing.

Why are these socially intrepid daredevils boldly going where common sense says they shouldn’t? So you don’t have to! Someone has to shake up this small, Scandinavian style community that suffers from Seasonal Affected Disorder. This is a social necessity! It’s the kind of group catharsis that you just can’t get from Comedy Central or Fox News.

Intrepid Daredevils Include:

Actor, physical comedian and voice over artist, Mik “the Quick” Kuhlman! Back from her whirl-wind tour of Palestine and the Gaza strip. (OK, so that was 6 months ago) But she’s back!

Harris Levinson! High school educator par excellence, Harris also moonlights as the comedian Steven Wright’s doppelganger. The question is will Harris’ sterling reputation remain intact after taking part in this evening of hilarious hedonistic excess. Time, and the grapevine, will tell.

After her last appearance, everyone was raving about, author and inspirational person, Aimee Cartier! Who introduced us to her Mom & Dad! Will we meet the rest of her family? How about old boyfriends....pets? We’ll see!

Educator and performance artist,



Mik “the Quick” Kuhlman!

the always scandalous and immensely entertaining (though she still has to come to terms with that) Katherine Daves! What in the name of Sam Hill will she do this time?

Rounding out the cast of funny educators is Tasha Lewis! A rookie to the comedy scene, who is probably kicking herself right now for committing to do this. Though shear terror often reaps huge rewards.

Also, just to keep you on your toes, will be a super secret Special Guest, or two!

So don’t get S.A.D. this winter, be proactive and get glad at Vashon’s antidote to the winter gloom, keep on laughing ‘til the stroke of doom, Death Defying Comedy Night. Where the butcher, the baker, and candlestick maker let it all hang out.

Cover \$5. Get there early, have dinner and smirk at the people who have to stand. And don’t bring kids unless you have a long-term prepaid psychiatry plan.

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Vashon Celtic Players & Sunday Knitting!

Here’s a Vashon institution that just happens to find its home at Cafe Luna every Third Sunday of the month. It’s the kind of music that you can enjoy with both ears, or just half an ear, while talking to a friend or quietly relaxing. So, grab a beer and have a great time with these fun-loving folks; at

least a dozen of the 70 musicians show up to play most of the merry melodies. If fabulous music wasn’t enough... knitters of all abilities are invited to drop in and bring their projects to the Cafe.

Sunday, November 21, 6:00pm
At Cafe Luna, 9924 SW Bank RD

WolfTown!

Wolfstown's flock of sheep will now hire themselves out to clear brush and grass. They will browse down brush- but not touch young trees. We do not need fencing but use our stockdogs. So any terrain is possible including edging trails.

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PANDORA'S BOX

Well, it's finally got fixed. Come shake Chad's hand and say thank you. You will no longer receive a free waterfall shower as you come up the stairs. In honor of the event, I am going to put something on sale, but I don't know what yet.

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Dental work. Yuck. But he'll feel better.
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Next Edition of The Loop Comes out Wednesday, November 24

Deadline for the next
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Next Loop comes out November 24