

Publish The Quest



That’s right. Sporty’s.

Publish the Quest, a band with deep Vashon roots that has made a name for itself worldwide as both a musical and philanthropic force, is going to play for the very first time at Sporty’s on Vashon. It’s going to be a pretty epic night of music with one of the best bands in the Pacific Northwest, with sound provided by Bandstand Music. Get your tickets NOW as this show is bound to sell out quickly. Here’s the ticket link: <http://www.vashonevents.org/support-us/ptq2019>

As most of you already know, Jacob Bain, front man for the group and a founder of the all-Islander ensemble Trolls Cottage, grew up on Vashon and lives here now. Publish The Quest plays an energetic and danceable mix of blues, rock, ska and world pop.

An impressive roster of international stars has collaborated with the band – Femi Kuti, Nneka Lucia Egbuna, Matt Chamberlain, Eyvind Kang, Radioactive, Oliver Mtukudzi and Vieux Farka Touré have joined forces with the group on recordings and in concert.

This show is brought to you by Jacob Bain and Vashon Events in an ongoing effort to bring you great music to various venues on Vashon Island. This is a 21 and over show that starts at 9pm. I.D. is required. Tickets are being sold online at \$12 advance and if there are any tickets left, \$15 at the door.

Jacob Bain & Vashon Events Present:
Publish The Quest at Sporty’s
Friday, May 24th, 9pm
Tickets: <http://www.vashonevents.org/support-us/ptq2019>

The Road to Resilience

No Time to Sit By

Note: Title of last column was misprinted. Should have been “My Dream” instead of “Crunch Time.”

In the first session since the Democrats have taken control of both houses of the state legislature, perhaps the most ambitious bill in the country requiring a transition to renewable energy was passed into law. It primarily focuses on what will feed our electric grid but will have some implications for other energy infrastructure as well. The law requires that all coal-based electricity be eliminated by 2025. Our energy provider, private company Puget Sound Energy, will take two of their four coal plants offline by 2022, and have promised to remove one more by 2025. They had intended to run the fourth plant possibly as late as 2035 but will now be required to retire that plant also by 2025. That is a big win for reducing carbon as that complex is considered the 11th most polluting coal plant in the nation. It is located in Montana, but the power is used here in Washington.

Secondly, the new law requires that all electricity be carbon neutral by 2030. That means that all carbon producing energy must be offset by carbon sequestration somewhere else, i.e., by planting trees

By Terry Sullivan,

or regenerating soil. Thirdly, the law requires that all electricity used in this state be 100% carbon free by 2045. To put this in perspective, remember that up until now, our nonbinding goal has been to be 80% carbon free by 2050. A fourth item in the bill will require energy companies to include the social costs of carbon pollution in the cost of any facility they are planning on buying or building in the future. It is meant to act as a disincentive to building fossil-fuel-based infrastructure.

According to the document referred to in the new legislation, the social costs of carbon are monetized costs experienced by people due to damage to “net agricultural productivity, human health, property damages from increased flood risk, and the value of ecosystem services due to climate change.”

Is this enough? No, the UN International Panel on Climate Change says that our carbon output needs to fall by 45% below 2010 levels by 2030 and be 100% carbon-free by 2050 if we want to have any hope of staying within 1½ degrees C of global temperature rise. That means all other sources of carbon output, transportation, agriculture, manufacturing,

Continued on Page 5

Vashon Center for Dance presents its annual spring dance concert



Ariana Vickers, Gwyne Valencia, Mia Giovanna Kuzma, Rowan McMillan
photo credit: Dawn Stief

Vashon Center for Dance will present two performances, “Divertissements” and “Hook & Pan,” in one show during their annual spring dance concert held May 31, June 1 and 2, at the Katherine L White Hall.

“We do this performance to give every student an opportunity to show what they’ve been learning, especially the 18 advanced dancers who will be showcased in ‘Divertissements,’” Vashon Center for Dance Director Vadne White said.

“Divertissement” usually refers to a short dance within a ballet that demonstrates a dancer’s technical ability without advancing the plot or character development. It is dance for the sake of dance White said, and Vashon Center for

Dance’s (VCD) production will feature a collage of traditional choreography for ballet, jazz and modern.

White chose particular variations that suited her dancers, including many classical pieces not often shown and a parody ballet adapted from Jerome Robbins’ “The Concert (or The Perils of Everybody)” about six ballerinas, one of whom is always messing up, White said.

The two graduating dancers, Duncan Barlow and Talia Roybal, will perform a excerpts from “La Esmeralda.” White said she will be losing two great choreographers and dancers when Roybal leaves for The New School in New York City in the fall, and Barlow continues dancing “everywhere he can.

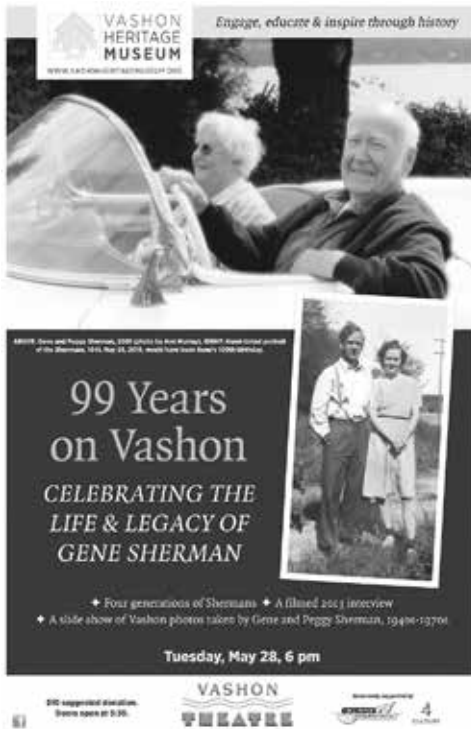
Continued on Page 6

99 Years on Vashon

Celebrate the long life of Gene Sherman, with a filmed interview of four generations of the Sherman Family and a slideshow of Gene and Peggy’s photos taken on Vashon from the 1940s - 1970s. The evening will be a fundraiser for the Vashon Heritage Museum an organization that that Gene supported in innumerable ways.

Eugene ‘Gene’ Sherman was born in 1919 and raised on Vashon Island, the Sherman Family settled on Quartermaster Harbor in 1877. Gene grew up on the family farm in Paradise Valley, where they produced lumber felled and hauled in by horse teams. The were independent and self reliant, as many early day settlers were. Gene passed away in the fall of 2018, May 26 would have been Gene’s 100th birthday.

Gene is remembered as a man of great wisdom with an ability to recall details and facts from years earlier. Many Heritage volunteers depended on him as the source for historic information, perspective and as a sounding board to piece together local history. In film you’ll be able to hear many stories and with the slideshow images you’ll be able to step



back in time and see Vashon as it was.

Tuesday, May 28, the day after Memorial Day, suggested \$10 donation, no one will be turned away for a lack of funds



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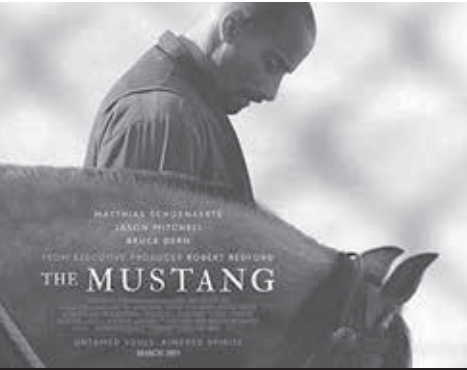
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Restaurant Hours: Mon - Wed, Fri & Sat 11:30am-9pm.
Sunday & Thursday 11:30am-8pm,
Bar Hours: Sun, Mon, - Thur 11:30am-10pm
Friday & Saturday 11:30am-12am

Live Entertainment
The Van Redeker Band - Friday, 5/17, 7:30pm
The Bucklin Hill Band - Friday, 6/7, 8pm
Happy Hour
Weekdays 2pm-6pm Weekends 11:30am-6pm
\$2 PBR Draft - \$3 All Draft Beers
\$3 Well Drinks - \$3 House Wine
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6pm to close
50% off All Glasses of Wine
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Now Playing

The Mustang



Coming Soon

30th Anniversary: When Harry Met Sally - May 17 @ 4:30pm

Bolshoi Ballet: Carmen/Petrushka Suite- May 19@10am, May 20@4pm

Paper Tigers - May 21@ 6:00 pm

Transit -May 22 & 23 @ 5pm,

Amazing Grace - May 24

Water Lilies of Monet - May 26@1pm

Enormous: The Gorge Story
May 26@6pm

99 Years on Vashon: Gene Sherman
May 28@6pm

The Vashon Loop

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Published every other week
by Sallen Group
Vashon Loop, Vol. XVI, #10
©May 16, 2019

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Blossom and Captain Need A Home

I'm beautiful Blossom, speaking for Captain and myself because we're a couple. We arrived at the shelter at about the same time, and it was love (or at least strong attraction) at first sight. Volunteers usually find us close to each other, often on a patio.



We're quiet and shy around people until we get to know them, but then we want to cuddle and be petted. Both of us are young, although I'm somewhat older than Captain. Does that make me a cougar?

Go To www.vipp.org
To view adoptable Cats and Dogs

Vashon Theatre

17723 Vashon Hwy
206-463-3232
Call for Times

For show times and info check
www.vashontheatre.com

Make a date with Vashon!
www.VashonCalendar.com

Vashon Library Events
Art & Music Events
Submit your Event on line at
www.vashoncalendar.org

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.

Master Gardener

Bring your gardening questions, plant samples and/or plant photos for identification to the Vashon Master Gardeners in front of Vashon Ace Hardware and receive free, science-based advice every Saturday 9:30am-2:30pm from April 27-September 21, and first Fridays 9:30am-2:30pm June-September. Contact Vashon Master Gardeners WSU Extension at mgvashon@gmail.com for more information.

Alzheimer’s Association Caregivers Support Group


Caring for someone with memory loss? Do you need information and support? Alzheimer’s Association family caregiver support groups provide a consistent and caring place for people to learn, share and gain emotional support from others who are also on a unique journey of providing care to a person with memory loss. Meetings are held the 3rd Wednesday of the month from 1:00-2:30 pm, at Vashon Presbyterian Church, 17708 Vashon Highway SW, Vashon, WA 98070. For information call Regina Lyons at (206) 355-3123.

Get In The Loop
Send in your Art, Event, Meeting Music or Show information or Article and get included in The Vashon Loop.
Send To:
Editor@
vashonloop.com

FOR ORCAS AND FOR ISLANDERS
PLEASE REPORT LOCAL WHALE SIGHTINGS
ASAP TO
206-463-9041
Vashon Hydrophone Project
Orca Annie Statele and Mark Sears
Vashonorcas@aol.com
Support Vashon-Maury Island Whale Research
Sightings NOT Disclosed to Whale Watch Boats
vashonorcas.org

QUARTERMASTER YACHT CLUB
Tech Talk Series
Marine Weather & Tide Applications

Attend this Tech Talk to discuss:



- Weather and Tides
- Applications and Websites
- When to, and when not to make that crossing

Where: Vashon Library Meeting Room
17210 Vashon Hwy SW, Vashon, WA 98070
When: Thursday, May 23, 2019, 7 to 9 PM
Why: Because when it's blow'in, ain't nobody happy...



The Mobile Community Services Office is Coming!

Date: Thursday, June 6, 2019

Time: 10:30 am - 3:30 pm

Place: Vashon Market Fresh IGA
17639 100th Ave SW
Vashon

At this event, you can apply for:

- Cash Assistance
- Basic Food Assistance
- Medical Assistance
- Medicare Savings Program

You can also drop off paperwork, complete an Eligibility Review, Mid-Certification Review or make changes to an existing case.



Washington State Department of Social & Health Services
Transforming Lives



Suds LAUNDROMAT

OPEN DAILY

Open Daily 9am to 7pm, Sunday 9am-6pm
“Last load in at 6:00pm”
17320 Vashon Hwy SW
(Located across from Pandoras Box)

Community Sound Bath

Vashon’s Threshold Choir will share its soothing bedside songs with interested community members. All are welcome to relax in a zero-gravity chair, and listen to the group’s calming, a cappella harmonies.

Come on Friday, May 24 at 6:45 to 7:30 PM at Vashon Cohousing Common House, 10421 Bank Road.

**Invasive Weeds Can Ruin Your Day...
...We'll Show You How To Stop Them!**



YES, you can! FREE on-site classes!

When we moved to Vashon Island, our five acres were filled with Canadian Thistle, Tansy Ragwort, and Himalayan Blackberries. With easy, cheap & effective practices, our weeds are on the way out! (Psst! **No pesticides, herbicides, fungicides, or insecticides!**)

These FREE classes will give you the knowledge, tools and confidence to improve your land without harming your beneficial insects, family, pets, or your nearby waterways. (Homemade scones, coffee & tea provided!)

Email marchpower@yahoo.com to Pick a Date (space limited)

Sat. May 18th @ 10am	Sat. June 8th @ 3pm	Sun. July 14th @ 1pm
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Vashon Sportsmen’s Club Annual Kids’ Trout Derby

The Vashon Sportsmen’s Club will host its annual Kids’ Trout Derby on Sunday, May 19 at 12:00 noon.

Free to the public and open to all island children 12 and under, the derby offers fun for the whole family and a chance to picnic and enjoy an afternoon at the club pond. In addition to the fishing contest and the opportunity to win new fishing gear, the club serves up hot dogs, chili and cold pop at reasonable prices.

Island singer/songwriter John van Amerongen will MC the event and provide live music.

All children must be accompanied by an adult. Sign-up begins at 11:30. Participants should bring their own basic trout gear & bait. No dogs please. (From Vashon Hwy,



Hendrik & Hans Van Amerongen with 2018 prize winning trout

drive west on Cemetery Rd., turn left at Singer Rd. and enter the VSC gate on the left.)

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**Next Edition of
The Loop Comes
out Thursday
May 30**

Deadline for the next edition of *The Loop*
Saturday, May 25

The Apron and the Slip



By Sean Malone and John Sweetman

It was nearly time to write another story as John and I were basking in creaky desk chairs, watching the sailboats ply the harbor, waiting for inspiration. I asked John if he had ever seen the “dock go away?” To which, he knitted his brow and asked what I meant. And then John chuckled as he remembered something we were all familiar with. We were very small when it happened as Dad led us up the stairs to the stern of the ferry and told us to hold onto the rail tight, as the rumble of the engine increased and the dock proceeded to pull away, revealing an ever expanding expanse of water between the dock and the ferry. After that, we were always inviting our unknowing friends to the stern to see or argue that the dock was not pulling away.

Old Harlan Rosford drove his creaky old bus for a quarter century hauling people on and off Vashon. Harlan was always scraping the rear end of his bus on the apron as he came off the ferry at a low tide, making an awful noise.

The old docks were creaky and mostly operated by hand cranks. They often failed or mis-operated during extreme low or high tides..The crunch of a rear bumper and exhaust pipe was a steady sound during spring and early summer loading and you could always tell an island car by the rear bumper that was canted 20 degrees off normal..and well...if you had a trailer hitch...the bolt and nut fastening the ball to the steel bumper link was worn to a nub.. Never to be removed..

John went on to relate his early ferry experiences, growing up on Bainbridge.

“My Grandfather had a big Chrysler with a trailer that he used to haul moose meat back from Canadian hunting trips. And he hauled a lot of meat.. He had built his own walk-in freezer and cooler on the Green Spot on Murden Cove where I grew up... I can still recall the screech of metal as we turned up the loading apron.. There was always welding going on regarding muffler parts and flimsy rear bumpers.”

“In the summer, we traveled from Bainbridge to our summer place on Marrowstone Island near Port Townsend. It was a tedious trip because neither the Agate Pass nor Hoods Canal bridges were built yet; and the trip could involve as many as five ferries.”

“From Bainbridge to Coleman dock in Seattle we passed by the stinky creosote plant out by the rocks. The smell was terrible and there were floating globs of tar or some awful stuff.. Which we liked when it hardened and floated up on the beach ‘cause we could burn it and it made dense smoke.. as kids we loved the smoke.. our parents did not like this at all and tried to discourage the use of this toxic crap by washing us off with

a stiff brush and borax soap which left us red and sore..”

“No matter how close we got to Marrowstone, there was always the last ferry across the narrow channel to Indian Island, across Alcohol passage, which was shallow and full of tide rips... the road down was very steep and a long winding one way abyss... with a sharp bend at the bottom which always made for a ‘crunch’ onto the open flatbed ferry .. This ferry was the ‘Martha’ that later was used on the lake Roosevelt run. I think the first ones were cable ferries.. But I remember snarling diesels.. fighting the current and coming into the landing at odd angles.. A short but steep ramp onto Indian island and a very sharp right turn and you could see the rusty military fence that was supposed to prevent trespassing into government land.”

“Scow bay separated Marrowstone and Indian Islands. We could easily row across or walk on a low tide. Indian island was a military preserve. Between Marrowstone and Indian island... there were a lot of spots where we could sneak through and poach a deer or two.. Not to mention merely spearing crab with a trident fork.. Jeeps patrolled the fence line every so often but we figured the navy guys were mostly staring out to space looking for commies...in actual fact they were profoundly bored at being in a remote spot and judging by the beer bottles we collected and sold back.. they probably could have cared less about us.”

Meanwhile across the sound, at the end of the Vashon dock, there were two hand-cranked winches that lowered and raised either the apron or the slip, and an outhouse, where you could look down the hole and see the green water, the barnacled pilings and seaweed gently waving in the current. Each winch had a dog that kept the winch from dropping either the slip or the apron. At some point, corrosion would cause the “dog” to slip and the handle to spin in a lethal circle as the apron crashed to the deck of the docking ferry.

As the ferry pulled in to the dock, the Captain leaned out of the pilothouse and gave the order: “Lower the bridge and drop the apron.” Then the mate directed the cars to offload. Dad was driving us kids to school in Seattle and the tide was low, making the apron and slip steep. His brand new Oldsmobile Super-88 made a screeching noise as Dad mounted the slip and dropped his muffler to the deck of the ferry.

I heard a story of the “dog” slipping out of the winch as the ferry was backing away from the dock; the apron et al... fell into the bay. No cars were injured in the writing of this story.

Sean@vashonloop.com

Advertise in the Loop!

It’s a great time to get back in the Loop.

ads@vashonloop.com

Next Loop comes out May 30

Day of Exile: Commemoration and Art Installation



Mukai Farm & Garden will honor the Day of Exile on Sunday, May 19, 2019 from 2 p.m. to 4 p.m., at 18017 107th Avenue SW, Vashon. Details are at mukaifarmandgarden.org. The Day of Exile commemorates the day the Japanese American residents of Vashon Island were forced under armed escort to leave, and, with little time to prepare, were sent by ferry to Seattle, where they boarded a train to the Pinedale, California Relocation Center. Three months later they were moved to the Tule Lake Concentration Camp. When Tule Lake became a Segregation Camp, the Vashon Japanese Americans were scattered into 7 of the 9 American Concentration Camps, which shattered the Vashon Japanese American Community. The Friends of Mukai will also present a Day of Exile program at the Vashon High School.

This will be a special open house at the Mukai Farm & Garden. The community is invited to attend the installation and unveiling of “Nisei Trilogy” the artwork created collaboratively by award winning poet Lawrence Matsuda and artist Roger Shimomura. Larry Matsuda will read his poetry and share a short documentary of the Minedoka internment camp.

The two artists collaborated to create “Nisei Trilogy” that reveals the Nisei (Second Generation Japanese Americans)

experience of the bombing of Pearl Harbor, life in the internment camps, and the return home to hostile American communities. Roger Shimomura took inspiration from Larry Matsuda’s poetry to create three images that incorporate Matsuda’s poetry.

“They took us and we didn’t want to go and when the war was ending they released us and we had nowhere to go,” Hanae Matsuda told her son Lawrence, who had been born in the Minadoka Concentration Camp in 1945.

The Friends of Mukai are honored to receive this gift from the artists, a set of limited edition prints which are also shown at University of Washington’s Suzzallo Library, The Oregon Nikkei Legacy Center, and Portland State University. “Nisei Trilogy” will remain on permanent display in the Mukai house.

Mukai Farm & Garden hosts open houses on select weekend days year around. Find dates and events at mukaifarmandgarden.org. The Mukai Farm and Garden reminds us of the influential contributions of the Mukai family and the Japanese American immigrant community on 20th century agriculture, business, and community life. Mukai shows how history has a role in our lives today.

Noontime Concerti by Bach

Four of Johann Sebastian Bach’s greatest orchestral works, the 5th Brandenburg Concerto, his Triple Concerto for Harpsichord, Flute, Violin, and Orchestra, Bach’s Violin Concerto in A Minor and the Suite in B Minor for Flute and Strings will all be performed in this most unusual all-Bach program of concerti with soloists harpsichordist Jonathan Oddie, violinist Carrie Krause and baroque flutist Jeffrey Cohan along with string chamber orchestra in Concerti by Bach, presented by the Salish Sea Early Music Festival on Thursday noon, May 23 at 12:00 noon at Bethel Church at 148th Ave SW & 119th Street (14736 SW Bethel Lane) on Vashon Island.

Other performers include baroque violinists Elizabeth Phelps and Courtney Kuroda, baroque violist Stephen Creswell and baroque cellist Caroline Nicolas.

Admission is by suggested donation: \$15, \$20 or \$25 (a free will offering), and those 18 & under are free.



Bach’s Triple Concerto: Carrie Krause (baroque violin)

Local Weather

www.vashonweather.com

Local Rain Totals

Temperature hi/low

Wind Speed & Direction

Barometric Pressure

Weather forecasts

Make a date with Vashon!
www.VashonCalendar.org

Vashon Library Events
Art & Music Events
Submit your Event on line at
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Spiritual Smart Aleck

By Mary Tuel

This Is Not About Hockey

Happened to be watching CBC, Canadian television, the other day when the Stanley Cup playoffs came on.

Translation for those of you too American to know: the Stanley Cup playoffs are the World Series, the Superbowl, the Final Four, the World Cup, of hockey.

It was the San Jose Sharks against the Colorado Avalanche.

As the teams got ready to begin their match, the announcer asked for a moment of silence in honor of those injured and killed in the shooting yesterday in Colorado. The arena fell silent.

Shooting? In Colorado? Yesterday?

Then the moment was over, and the match began, but I was still sitting here stunned. Quickly googled “shooting in Colorado,” and it came right up – shooting at STEM School, in Highlands Ranch, Colorado, two shooters, one student dead, and eight injured.

The student who died in this shooting was Kendrick Castillo, 18, who lunged at one of the shooters to pin him against the wall. Castillo was shot, and he died, but the other two students who attacked the shooter subdued him and were unhurt.

A second shooter was taken down on another floor by a security guard before anyone was hurt.

Aside from the fact that this took place about two suburbs away from where one of my sons and his family live, what got me was that I did not hear about this shooting until a day after it happened, and then on Canadian television, at the beginning of a hockey match.

Are mass shootings so common that they barely make the news?

No, they make the news, but not with the splash and horror they once did. Ho-hum, another day, another tragic shooting.

Granted I don’t pay attention to the news as I once did. I decided a while back that to have any peace of mind, I needed to stop paying attention, and stop reacting, to every blow.

I get it: Earth’s environment is in the crapper; there is war, flood, famine, earthquake, tsunami, tornado, pestilence ... and our country is currently at the mercy of a corrupt and dishonest government. The best government money can buy.

There is a tragic triumph of fundamentalist religious sects in many parts of the world, including our own country, that are typified by simplistic and



non-analytical thinking. I.e., a willingness, indeed a mission, to kill anyone who disagrees with them.

I don’t know when the forces of good will be able to reclaim some control in our country, although I do hope and believe that will happen. I do. I don’t know if I will live to see it. I do know that pendulums swing, and that human culture is dynamic, not static.

So. There are mass shootings, but they are not such big news anymore. A friend pointed out to me that there is now an effort by the media not to give shooters the attention they are seeking. This is to give potential shooters less motivation. This may partially explain more discreet news coverage.

Out of curiosity I googled, “How many mass shootings have there been in the United States in 2019?” A Wikipedia entry came up.

Different news sources and statisticians have varying criteria for what makes a mass shooting. The most common denominator for a mass shooting is four people shot. Wikipedia counts incidents considered mass shootings by at least two of the sources they listed.

We don’t believe everything we read on the internet, do we? But let’s call this a near, inexact, estimate. Between January 1, 2019, and April 30, 2019, the total number of mass shooting events in the United States: 105. Total number of people killed: 120. Total number of people wounded: 387.

Between May 1 and May 8, there were eleven mass shootings. Five dead, one of whom was Kendrick Castillo. Forty-nine wounded.

Every number represents a human being, a real person, like you or me, darlin’. These numbers do not include incidents in which one, two, or three people were shot.

Schools conduct active shooter drills these days. The students at STEM School asked when the alarm went off, “Is this real or a drill?” Those who could hear gunshots texted to others, “This is real.”

Tip for students and teachers: every drill is the real thing. You hope not, but act like it is. That’s why you’re having drills, so you don’t give some lunatic the pleasure of ending or ruining your life.

May there never be an active shooter at your school, or anywhere else for that matter. May the forces of good prevail sooner rather than later.

San Jose beat Colorado 3-2 that night, by the way, but it’s still a long way to the Stanley Cup. Don’t break out the celebratory Molson’s yet.

Island Epicure



By Marj Watkins
Keeping Cool

As I write, on the eve of Mother’s Day, the hall thermostat set at 69 degrees, the actual temperature is 80. Yet I don’t feel uncomfortable. We adjust. We keep well hydrated and wear loose clothes or shorts. I have a glass of cool electrolyte water on hand. Think Gatorade if you are making a grocery list. You can get those little tubes of NUNN disks at Thriftway. Each disk you put into a pint of water gives you vitamins A, B6, C, D, and E plus a little calcium, magnesium, and sodium chloride (salt). These fill in after your morning multi vitamin-mineral has been digested.

Pour yourself a pitcher of lemonade, or water with a few lemon slices in it. Sip often, especially if it gets hot enough that you sweat. To keep sufficiently hydrated to have energy for the tasks you must accomplish or the fun you look forward to enjoying, the liquid going into your body must equal or surpass liquid going out. It can come from beverages, water melon, orange juice or other juicy vegetables and fruits, or soup, or salad of juicy fruits or vegetables.

Son Steve has become the chef at our house. Occasionally I, erstwhile gourmet cook, have enjoyed slipping into the sous-chef and advisor roles. Here is an example of a salad Steve invented. It makes a meal that features juicy vegetables plus protein,

and iodine to energize that master gland, your thyroid. But mainly it’s delicious, non fattening, and nourishing. The only cooking necessary is medium low, just long enough to poach the fish.

- Steve’s Cold Fish Salad
Serves 3 to 4
3 or 4 dark green lettuce leaves
2 or 3 tilapia filets, depending on their size
Juice of ½ lemon
1 or 2 firm ripe tomatoes
2 washed and sliced green onions

Wash the lettuce leaves and pat them dry between paper towels ore clean tea towels. Arrange them on a latter or on individual salad plates. Top them with lightly poached tilapia. Drizzle the fish with lemon juice. Garnish with tomato wedges and green onion. Dress with Ranch or Avocado dressing, or even give it a Greek touch with Tzatziki.

- TZATZIKI
Makes 1 ¼ cups
½ medium cucumber, unpeeled
1 cup plain yogurt
2 cloves garlic, peeled and minced
½ teaspoon salt
½ medium size onion, finely chopped
½ Tablespoon virgin cold-pressed olive oil
½ Tablespoon white vinegar
½ teaspoon dried dill or 1 ½ teaspoons fresh dill

Quarter cucumber lengthwise. Remove any large seeds. Finely chop cucumber. Blot to remove excess moisture. Combine with remaining ingredients. Chill at least 2 hours. Enjoy as a salad or as a salad dressing. Or have it as a snack with chips or crackers.

Road to Resilience

Continued from Page 1

etc., will also need to meet those targets. So, the new bill is as good as it gets these days, but we will have to do much more.

What can we do personally? A whole lot! You can plan to drive and travel less, get an electric car or bike, make your home more energy efficient, install solar panels, air dry your clothes, regenerate your soil, grow some of your own food, and be more active in promoting change at the local, state, national, and global levels.

We have an opportunity on May 22 to tell PSE what we would like them to do to speed up the changeover to renewable energy. The Vice President of PSE, David Mills, will be at the Bellevue Hilton between 4 pm and 8 pm to listen to rate payers. We can tell him that the changeover to renewables must occur much sooner than the new law mandates. In addition to commenting on their energy plans, we also have an opportunity to tell him what we think about the new compressed natural gas facility they are building on the Tacoma tide flats.

PSE feels that natural gas is a cleaner “bridge fuel” that will help reduce our rate of carbon buildup in the atmosphere. They want to sell this gas primarily as a cleaner alternative to “bunker oil” now used for marine shipping. They will serve the gas heating needs of their customers only during unusually cold weather. Even so, the cost of the plant will be borne by us. Natural gas is cleaner burning than other fossil fuels, but when the gas that escapes during extraction and transportation is included, as well as the other polluting activities in the fracking process, there is no relative advantage to using natural gas. Building major fossil fuel infrastructure at a time that gas will be increasingly uncompetitive with renewables and at a time when there is every reason to leave

fossil resources in the ground, defies explanation. I’ve learned recently that Governor Inslee, who originally endorsed the project, has now withdrawn his support. As the presidential candidate that wants to prioritize the climate crisis, he needed to do this. It makes one wonder, though, why he endorsed it in the first place.

You can learn more about the PSE plant and carpool plans to attend the meeting with PSE Vice President Mills, our current and possible energy scenarios, and a number of other local projects you could be involved in, by coming to the Vashon Indivisible Climate Action Committee gathering this Sunday May 19, 1 pm - 3 pm, at the Vashon Co-housing Commons House. Also, you can sign up to attend the PSE meeting by sending an email here: vclimateaction@gmail.com. This is a critical moment in history when what we do as a society will impact the planet for hundreds, maybe thousands, of years. You don’t want to have to say that you stood on the sidelines when the world as we know it was on the brink of disaster.

Comments? terry@vashonloop.com

Nora Needs a Home

My name is Nora, and I’m as nice as can be. I like to play with toys, especially catnip-scented ones. My person described me as quiet with bursts of energy. He said I love affection, and that’s the truth. I’m ecstatic when someone scratches me on my back or behind my head and shoulders.

Nora means “honor” or “light.” It would be my honor to light up your life!

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Peter Mulvey in Concert with Kat Eggleston Opening



Peter Mulvey has been a songwriter, road-dog, raconteur and almost-poet since before he can remember. Raised working-class Catholic on the Northwest side of Milwaukee, he took a semester in Ireland, and immediately began cutting classes to busk on Grafton Street in Dublin and hitchhike through the country, finding whatever gigs he could. Back stateside, he spent a couple years gigging in the Midwest before lighting out for Boston. Small shows led to larger shows, which eventually led to regional and then national and international touring. The wheels have not stopped since.

Opening for luminaries such as Ani DiFranco, Emmylou Harris, and Chuck Prophet, appearances on NPR, an annual autumn tour by bicycle, emceeing festivals, hosting his own boutique festival (the Lamplighter Sessions, in Boston and Wisconsin)... Mulvey never stops.

He has built his life’s work on collaboration and on an instinct for the eclectic and the vital. He folds everything he encounters into his work: poetry, social justice, scientific literacy, and a deeply abiding humanism are all on plain display in his art.

Kat Eggleston will be opening for Peter and Denver-based singer-songwriter, John Statz will also be sitting in for a few numbers.

The concert is being presented in partnership with Debra Heesch.

Sunday, June 2 | 7:00 pm

Advance Tickets: \$15 Student, \$18 Member, \$20 Senior, \$22 General, \$25 Front Rows

All Tickets at the Door: \$25

Online Ticket Sales End 2 hours before curtain

Tickets available at VashonCenterForTheArts.org



Vashon Center for Dance presents its annual spring dance

Continued from Page 1

He will be summering at Oregon Ballet Theatre, where they love him.”

Barlow will also perform an adaptation of Tchaikovsky’s “Pas de Deux” with Sophie Hancock. The composer originally created the piece for “Swan Lake,” but it was not published with the ballet’s full score. In 1953, the music was discovered in the archives of the Bolshoi Theatre, and choreographer George Balanchine used it for his duet of “ballet bravura and technique.”

Gus Holmes, Gwen Burwell and Ariana Vickers will perform “Pas de Trois” from “Swan Lake.” Penelope Boyes will dance a solo variation from “Coppelia,” while Catherine Ellison will dance a solo variation from “Le Papillon.” Other pieces will include excerpts from “Chorus Line,” “Pas de Quatre” and the cygnets in “Swan Lake.” There will be a modern piece choreographed by VCD teacher Vanessa Wiley and a variation on the mazurka, a traditional Polish dance, choreographed by the dancers. White said she gave her students videos of the dance to watch plus the music, then asked them to “go at it as this is the way choreography works in the real world. The age of the solo choreographer is passing; it’s much more a collaboration between the director and the dancers. I would not be providing good service if I didn’t help them with this, and they love it.”

“Hook & Pan” is VCD’s version of J.M. Barrie’s classic children’s story, “Peter Pan.” VCD teachers Tiffany Adams, Crissy Baker, Meghan Murphy and White choreographed all the dances set to music composed by Carmon DeLeon, the music director of the Cincinnati Ballet.

“He wrote the score for the ballet company’s production of “Peter Pan.” As it was written for dance, it works really well for our adaptation,” White said.

The age of the dancers ranges from 24 months to 18 years. The “cute factor is pretty high” when the two-years-olds

appear as garden fairies and gnomes to dance with Tinker Bell, White said. The role of Tinker Bell will be shared by Burwell and Roybal, who plays the “bratty” Tink. The boy who wouldn’t grow up, Peter Pan, will be danced by Barlow who, according to White, is “having fun playing the mind of at 10-year-old.” Vickers will perform the role of Wendy, while Captain Hook will be shared by Holmes and Kaylee Radford. The crocodile has yet to be cast, but the tick-tocking croc is billed to dance a tango with Captain Hook.

Original costumes created and sewn by longtime VCD costume designer Kate Guinee will add to the show’s originality along with the deck of the pirate ship, complete with plank, and a boat that “sails” across the stage engineered by Trisha Thompson. VCD’s army of volunteers will “fill in every other gap we have,” White added.

While “Pan & Hook” does not spell out the complete story of “Peter Pan,” its reinvention will feature some humorous elements. A hip hop dance about losing one’s shadows set to Andy Gibbs’ “Shadow Dancing” has an unexpected “bust-out disco duet” by Barlow and Boyes. It will open the show followed by other fun surprises including the Lost Boys tap dancing in their hideout.

“And, of course, we will ‘Vashon’ it up a bit,” White said. “Instead of the story’s traditional ‘Indians,’ we’ll have islanders, and Neverland will be set in Island Center Forest. We always do something Vashon.”

Performances will begin at 7 p.m. Friday and Saturday, May 31 and June 1, and at 1 p.m. Saturday and Sunday, June 1 and 2.

Tickets are \$12 Student/Senior in advance, \$14 Member in advance, \$16 General and \$16 for all at the door. Tickets are available at vashoncenterforthearts.org, and it’s best to get them in advance as seats are assigned.

Dance Party with The Van Redeker Band!

Get down with the Van Redeker Band on Friday, May 17th, 7:30 PM. Vashon’s popular dance band is preparing a new batch of groove-infused numbers especially for this party, with over a dozen songs presented at the Red Bike for the first time.

Known for their energetic performance style, lush vocal harmonies and non-stop boogie – the group will present a set honed over years of playing island dance events. Expect classics by The Beatles, Michelle Shocked, Creedence Clearwater Revival and ZZ Top along with tasty originals by songwriting team Daryl Redeker and Sam Van Fleet.

Van Redeker Band shows have become community events, with the dancing spilling out onto the street. The group loves playing music to all the island’s movers and groovers, with the dancers becoming a vital part of the show.

Daryl, Sara, Sam and Dodd invite you to join them for the dance party of the year!

The Van Redeker Band are:

Daryl Redeker on lead guitar and vocals

Sara Van Fleet on bass, guitar & vocals

Sam Van Fleet on guitar, harmonica & vocals

Dodd Johnson on drums & percussion

TRASH TALK

Did you know that food waste makes up 25-30% of the garbage that goes into the landfill each year? Food products that are trapped in a landfill can't properly decompose. Instead, they produce methane, a powerful greenhouse gas. Avoid food waste by checking your fridge and your schedule before you go shopping. Only buy what you can eat this week.

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Aries (March 20-April 19)

Write yourself a memo tonight. TO: Myself. FROM: Myself. RE: How not to overreact this week. Mars, your ruling planet, is about to enter Cancer; this happens overnight Wednesday to Thursday. It's been in Gemini for a while, and is also in a condition called out of bounds, which means potentially skating out of control. This condition lasts into midsummer, so it's time to practice anger management and also desire management. And with Mars entering Cancer, we could add insecurity management. This week and going forward, pay attention to any tendencies you may have to overreact to emotional situations. It's all the rage and vogue these days to forgo the need for limits. Yet underneath general issues like that, there is something specific developing for you, which is overdoing your concerns about integrity to the point where you have no fun. What is the relationship between holding yourself down emotionally, and containing your sexual desire, based on a mental-level excuse? Pay attention to what you will and will not allow yourself to do. Pay attention to what you do anyway, and how you feel about it.

Taurus (April 19-May 20)

Venus and Mars both change signs Wednesday (see Aries for the details on Mars, which can describe certain factors of your intimate relationships). Venus enters Taurus, and begins a conjunction to Uranus, still new in your sign — and that means adventure. Yet this is about the adventure of who you are becoming rather than where you go. Your sign is not famous for its love of change. We all depend on you for your consistency and your persistence, but you can take things too far sometimes, working for stability above all else. Even if that usually feels good to you, aspects this week are encouraging you to hang loose. That's not easy these days; there is so little trust, and so much anxiety. One message of this transit is that you have the ability to reinvent yourself, in ways large and small. That may not happen in a day or a week, though you may get the idea for what you want to create for yourself. This is likely to come with some instructions for how to put your plans into action, which is best done one step at a time. This week, one may be quite enough.

Gemini (May 20-June 21)

Be careful not to get caught in anyone else's web of intrigue or deception. Check carefully the claims people make, particularly about financial matters that influence you directly. It will be easy for you to slip into a space where you're guided by unseen and unconscious forces if you don't follow the visible, obvious signposts. In any event, you would benefit by pausing on any important decisions until next week, after Venus and Mars change signs. Yet be aware that there will be many moving parts in your personal environment even after these transits take hold, and you'll need to re-evaluate where you stand with the people around you. That will take a few days, because many of them are experiencing shakeups and being reoriented in ways large and small. The emotional environment is in flux, which means it will feel like people are making decisions based on different values than usual. This includes you; make a study of what is motivating you. Then look around and see if you can determine what's motivating others — when relevant.

Cancer (June 21-July 22)

Mars enters your sign this week, and begins a trek through the most intriguing territory of the zodiac. I've described this in the article above. It's a lot to relate, though in summary form: over the next few weeks, Mars makes aspects to numerous high-potency planets in your relationship sign Capricorn and your career sign Aries. There are additional points in Libra that help complete the picture. I'm not talking about asteroids, I'm talking about "minor" planets in the category of Chiron and Pluto that describe the innermost healing our struggling society needs to work on. We see all the outer stuff, the politics and other madness in the news, with the Saturn-Pluto conjunction. The deep, personal material is addressed by planets including Chiron and Pholus. There's no way to overstate the energy contained in this aspect pattern, and now Mars is about to get into the picture. So I am instead using understatement. Pay attention. Any aggressive moves you make are likely to flash right back at you, so monitor your thoughts, your speech and your actions carefully. Tread lightly on the Earth.

Leo (July 22-Aug. 23)

There is no point keeping secrets. Everything is already known. However, it is your prerogative to choose with whom who you want to discuss any facet of your life. What will not help you is carrying around an aura of being cloaked, like you're on a secret mission. This will only stoke your anxiety, and hint to others that you're not trustworthy when in fact you are. The next few days are likely to arrive with positive turns in your professional or vocational developments. You may receive an unexpected offer of some kind, or see an opportunity you had overlooked at first. The way the astrology plays out, you may be able to give some tangible form and substance to something that was only a wild concept. Everything about your professional or vocational life is pointing you toward something exciting, intriguing, different from the past and a little strange. At minimum, you need to invest yourself in what you find to be exciting, what feeds you, and what makes you want to get up every day and do that thing.

Virgo (Aug. 23-Sep. 22)

Be mindful about what you say and do in the public eye. There are elements of your most intimate and personal life that could be punted into the public sphere — and few people understand the problem with this. We live in times when we're stalked by cameras and GPS, and we know that anything we type into the field of a seemingly private text message could end up going viral on Twitter 15 minutes later. The living hell of having no inner sanctuary is not fully recognized by most people alive today; the memory and the feeling has been practically erased. But imagine if you could sequester yourself in a nice hotel room for a few days, with no access to the internet, with only a good book, a notebook or sketchpad, a few pens and pencils, and maybe a musical instrument. How would it feel to have an interval of nobody monitoring your thoughts, nor you broadcasting them to anyone? How would you feel? Can you even imagine not being interrupted? Who would you become? This may be what you're searching for.

Libra (Sep. 22-Oct. 23)

Be sure you're the one who speaks for yourself this week. You don't need any proxies to represent you. Don't send anyone anywhere to do your bidding. You are the person best suited to advocate for yourself, and to stand up for your own values. Yet consider this: you don't need to do anything other than be who you are. Your example is what teaches, and what makes the strongest statement about you. With Mars so prominent in your chart right now — and undergoing a kind of initiation process (see above article) — the best thing you can do is notice how you influence your environment. By that I mean: when you walk into a room, feel your own presence and how others respond to you. Most people are insensitive to this; I suggest you become a student of your own aura, what you project and how others respond. Watch their faces. Listen to what they say. Observe who notices you, and pay attention to whom you are attracted. And listen carefully before you speak.

Scorpio (Oct. 23-Nov. 22)

What do you believe? Do you even know? Belief is a strange thing, because usually it's veiled as certainty. When you peel back the surface of certainty, what you usually find is that people merely believe something, with little basis for understanding why, or what that belief implies. However, be it known that such a removing of the layers reveals many things that are not usually visible, and which it may be inconvenient to find out. For one thing, you might discover you were wrong about something significant. Then you would need to learn the truth. Fortunately, you're in an excellent position to do just that. But it starts with recognizing that you merely believed something you thought you were certain about, at which time curiosity and hunger for the truth would supplant any disappointment. Whether you take part in this process or not, something of this nature will become a central feature in your life in the coming days and weeks. You can benefit and even profit from the process, though it may be a little weird.

Sagittarius (Nov. 22-Dec. 22)

You're probably getting the message that it's time to be honest about your need for intimacy and your sexual desires. You might also be figuring out there is something that irks you a little about being too close to people — some element of your individuality that you might have to sacrifice, or your urge to have space around you. In truth, you can compromise neither. So you will require some other method of preserving your personal integrity while getting the human contact that you need. One question it will be worth asking is what role sex plays in your ideas and direct experiences of intimacy. Said another way, how do you relate to your own sex drive? Do you own it fully, or do you let others own it for you, partly or fully? This is a topic too complicated for many people to go into today, though I suggest you open up the discussion with yourself. Aspects over the next few weeks are likely to put you in contact with your deepest feelings, including some inner conflict that will be looking for a way to resolve or express — not itself, but you.

Capricorn (Dec. 22-Jan. 20)

You will need to measure your words and your responses this week, particularly with intimate partners and those with whom you do business. Mars enters your opposite sign Cancer, and begins to make a long series of complex aspects that may get you into emotional water that is over your head. However, you are equipped with a warning system

that will help you know when you're in the right place and when you are not. It comes down to one thing, really: are you having fun? You are inclined to identify many aspects of life as duty or responsibility, and allow the fun aspect to be subtracted. But right now, this is your canary in the coal mine. It's true that your life is somewhat complex at the moment, and you may not see a way through the maze, or out of the past. Yet one sensibility will serve you: your ability to experience pleasure, which means to laugh, to be curious, and to create your life, if only in seemingly small ways. For your purposes now, they are all equal. It is the feeling that counts.

Aquarius (Jan. 20-Feb. 19)

You have work to do. You may face some seemingly daunting tasks. Yet you will be well served to engage in two yoga practices that will be helpful. One is to remove obstacles from your path. With many decisions you make, you will have the choice to add a block of some kind, or to get it out of the way. Second, prepare for the future. I don't mean the distant future so much as the immediate one, weeks or months ahead. Know what responsibilities and challenges you face, and prepare your life to meet them. Make sure you've allocated resources to take care of certain important situations you know you will have to address. Consider your time and your health as your most valuable resources, and use them wisely. If you have to push to get something done, do your best to remove other commitments from your schedule. You cannot get up early and stay up late every night. Remember that anger is a vast waste of energy. You don't need it, and there are more efficient and creative uses of your personal resources.

Pisces (Feb. 19-March 20)

You are a Pisces, which is presumed to be the most pleasure-seeking sign. Would you really want your life to be an exercise in hedonism? Probably not. Pisces can be the most self-sacrificing tribe of the zodiac, the least realistic, and the most driven by a nagging sense of responsibility. Then there is the infamous guilty conscience. You must keep all of those factors in balance now, beginning with a healthy dose of bold honesty with yourself. Then, make sure your basic responsibilities are met from day to day. At the same time, keep the level of pleasure, recreation and creativity flowing in your life. Call this the Pleasure Principle — the thing that greases your wheels or floats your boat. Use it to guide your way through the world. If you find yourself faced with work, focus on doing it in a way that is fulfilling. If you're concerned about money, find the sweet spot between what works financially and what works creatively. You need both. Most of all, be real about who and what you want, and what you want with whom.

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