

What is a Mystery School?

By Marnie Jones-Koenig

(Part 1 of 2)

Basically, we know that a school is for learning and a mystery is something yet to be revealed.

How is a Mystery School different?

In a nutshell, a true mystery school shines the light on where the deeper mysteries reside, and they are in YOU.

Mystery School teachers don't teach ABOUT the mysteries. They teach in ways to wake you up to your unique self, to get a handle on how we humans have allowed ourselves to become blind-sighted to our true nature as eternal spiritual beings. Lessons help us to let go of what blinds us and to re-awaken us to our spiritual nature.

This is a different sort of "school" altogether! AND, there is a true Mystery School which stems from an ancient school over 3000 years old, a great and unbroken lineage with a long track record.

We have all been taught about how we fell from grace and were banned from the "garden". What is often left out is that we were given a map to find our way home. That map has been held in secret by the ancient mystery schools, held in trust and brought forward for this time in history.

Because of the urgency of these times and our readiness as a population, the doors to this previously invitation-only school have opened to all who are called to "Know Thyself".

Most humans believe in what they take in from "out there" including about themselves, and seldom question its veracity, even if we fight it. Few of us remember that our world view formed

through our experiences as a small child.

Like it or not, we fit ourselves into prescribed roles and conform to the limits society and our families impose on us. It can leave us feeling unfulfilled and shallow. Many people feel bored or demeaned by their jobs, and old fears make us feel small.

You may have recognized you have limitations and fears and wonder how to break free of them.

A true Mystery School has tried and true practices to help you do just that. The first steps on this path infuse you with Spiritual Light, a spotlight on your own divinity. You get to make choices, like "Now that I see it, do I choose to keep this old way or am I ready to let it go and get more of myself back?"

Few have ever been able to go through this deep revelatory process without help! Mystery schools have been behind our most evolutionary greats: Leonardo da Vinci, Carl Jung, Nicola Tesla, Eric Satie... so many others.

In this time of turmoil when the very concept of "truth" is being shook at its roots, a true Mystery School helps us set a wider perspective by supporting the basic truth that "We are eternal Spiritual beings having a human experience." If you have the sense that something is missing, you're right!

A true Mystery School will not fix these things. Instead, it will provide you with a path and tools to become empowered through your own engagement! You are in the driver's seat.

Over 3000 years ago, King Solomon took the best of all traditions and perfected the map. Modern Mystery

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Jawbone Puppet Theater presents: Beer and Puppet Theater, Vashon's only puppet slam!

Don't miss the next installment of this fun-filled night of short form adult and experimental puppetry!

Saturday, April 6, 8pm, at Camp Colvos Brewing, 17636 Vashon Hwy SW (the old Saucy Sisters)

Tickets at the door \$8 (No one turned away for lack of funds!)

We are happy and excited to present our puppet slam at Camp Colvos Brewing. Enjoy delicious Vashon beer, hot food, and iconoclastic puppet shows all at the same time! You can expect puppets, clowns and music by Seattle and Vashon Island's best puppeteers and idiots, and even a couple of cute kids thrown in for good measure. Featuring funny, surreal and violent fun for all ages, including a duplicitous 2-legged serpent, and an old lady devoured by wild beasts.

This is the third in an ongoing series of slams. Featured performers: Steven Lipke, the hairy clown prophet comes out of the the woods to speak to you in psychedelic tongues; Linda Comer with charming puppetry and off key singing; the cute as hell Okrent-Grau Family Players present "The Apple Family;" Manuel Alvarez comforts us with his lovely puppets, gentle voice, and hypnotic manner; the great Jason Webley presents "peep show," which is sure to be some kind of silliness; Vashon's own wunderkind, clown musician extraordinaire, Luz Gaxiola brings us feats of derring do and accordion delight; young puppeteer, Ling Ling will school you on some old time Vashon -Maury Island history, like you've never heard it before, complete with goblins and gnomes; and of course Adam Ende's Jawbone Puppet Theater will amaze you with what they can make the puppets do.

These Jawbone Puppet Slams we've been putting on recently, are in many ways descendants of the Drunk Puppet Nights from way back before the dawn of time at the Rebar. Does anyone

big crinkly ones with the handle holes). The bill is HB 1205. As of now, it is still alive so give our Reps a call in support.

Zero Waste Vashon, our better angels trying to curb our wastefulness, is giving us an opportunity to change at least one of our many wasteful habits: using single-use hot beverage containers. You may think that your paper coffee or tea cup is recyclable and you may be throwing it in the recyclable bin. It has that tiny coat of plastic on it that makes it unrecyclable. In the US, we use 110 million of them every day!

Why not just not use them in the first place? That is what Zero Waste Vashon is hoping to entice you to do. For the month of April, all of your favorite Island coffee shops will be giving you a nice discount on your drink if you bring in your own mug (BYOM). This is a win/win/win. You save money and have your drink in

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Puppet portraits of Adam Ende & Ling Ling Endelin of Jawbone Puppet Theater (puppets by Adam Ende):

remember that? Joshua Okrent, Guiomar Grau, and Adam Ende were organizers and participants in those drunk puppet nights, and now, we are back, with shows as sacrilegious and straight from our hearts as ever, but now performing with our kids, an 11-year-old, a 9-year-old, and a 5-year-old. It's gratifying to be creating work with our children, work that is very much inspired and generated by the kids. People in this country like to get offended at the slightest provocation. Back in the day, before I had kids, when people would complain about my work, I would respond, "sorry it wasn't meant to be offensive, just beautiful and funny," and they would say, "you just don't understand because you don't have children." Now that I have children, I am happy to say, I still don't understand.

To learn more about puppet slams across the nation, and the history of puppet slams, check out <http://puppetslam.com/>

Spring is right around the corner! Come out of hibernation for some delicious, cold, Vashon-brewed beer, yummy food, and cutting-edge puppet shows!

Our Vashon puppet slam series give local artists and puppeteers a chance to fearlessly experiment, have fun, collaborate, and face the challenge of creating new work on a regular basis. The goal is to both create community and collaborative opportunity for local artists, and to treat local audiences to fun, new, experimental, and thought provoking performance art, created and presented right here on Vashon.

If you would like to join us, visit the Jawbone Puppet Studio in Dockton, or present or collaborate on a show at a future slam, please contact Adam Ende, founder and janitor of Jawbone Puppet Theater, at 347-455-5558.

Stay tuned for the next installment in late July.

Check out <http://campcolvos.com/> and <https://www.adamende.art/>

The Road to Resilience Waste To The Brim

By Terry Sullivan,

Since we have been called the "throwaway society," I think that many of us that are a bit embarrassed by that were oh-so-happy when we were offered the opportunity to recycle some of our garbage. It includes bottles, cans, paper, and some plastics, and we feel pretty good about sending all that stuff back to be made into new stuff. We naturally wish for the very best results so as to gain a maximum of guilt relief. In doing so, I think we allowed ourselves to believe a few fantasies.

The first fantasy is that everybody would recycle, and we would not be making a goodly number of containers from virgin materials ever again. We now know that actually not very many of us recycle. About 60 percent of fastidious Northern Europeans recycle, but only about 30 percent of the rest, like us, do.

The next fantasy is that recyclable materials are actually getting recycled. About 91 percent of plastics don't even make it to the recycler. Of those that do, we've had a convenient arrangement where the Chinese buy all our baled plastics: out of sight, out of mind. Recently the Chinese have decided that our recyclables have been too wet and dirty, and they don't want them anymore. Last I heard, our bales are piling up across the country and nobody

knows what to do with them. Remember that those bales only represent about a third of all potential recyclables. Those go with the "garbage" to the landfill.

Fantasy number 3 is that it's okay to cheat a little when deciding what goes in your recycle bin. Jeremy Hale of Zero Waste Vashon calls this "wish cycling." This includes a little broken glass (maybe window glass or a vase), the paper or cardboard that has the tiniest coat of plastic on it, or grease or cheese (how could that matter?), plastics not numbered 1 or 2 (plastic is plastic, right?). At best, all those items are culled by the recycler at their expense and sent to the landfill, or, at worst, they make it into a bale and the whole bale goes to the landfill. Our little indiscretion is not little, but it eventually can be pretty indiscrete.

Not only are our recyclables piling up, but our Cedar Hills landfill is filling up, and we are now faced with paying to get our garbage hauled to another big hole out of state, or burning it, from which we get some energy and a lot of toxic pollution. Clearly, we need to stop using this stuff in the first place.

One bit of good news is that our state legislature is presently considering a bill to outlaw the use of plastic grocery bags (the



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The Vashon Loop

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Published every other week
by Sallen Group
Vashon Loop, Vol. XVI, #6
©March 21, 2019

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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.

Island Epicure



By Marij Watkins

Healthy Eating, Healthy Spring

Spring officially began March 20, promising warmer weather, fine for sailing, rowing, golfing, picniking. We all want to stay healthy, or get healthier so we can play and bask in the sun. Next to getting enough sleep comes eating nutrient-rich meals with the right amount of calories in them. We need foods yielding plenty of Vitamin A, Vitamin C, B vitamins, folate, calcium, magnesium. And of course foods that taste good and satisfy hunger.

If you’re trying to slim down, choose foods with lots of moisture in them, like soups, watermelon, cantaloupes, tomatoes, mangoes. Choose lamb, lean beef, bison, and lean fish like sole and cod. You need to cut down on high carbohydrate foods like breads, potatoes, white rice, and desserts. Try to cut cane sugar out of your life. If you must have some sweetening, try a wee bit of stevia, or use coconut sugar on your cereal, a bit of honey in your tea or coffee. Take a walk every day--walk to the nearest bus stop instead of driving to work for instance.

Be sure you eat breakfast whether you are trying to lose or gain weight. To lose weight, breakfast on a smoothy, or a fruit and an egg or two. Remember that whole eggs contain enough methionine to counteract their cholesterol. Omit high-carb foods.

Do you need to gain some weight so your spring and summer clothes will fit better? Get more sleep. Exercise, but not to excess. Try Tai Chi or Qi Gong. Take a 10-minute walk on your break if

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.

Farm & Forest Nature Program for 3-6 year olds

The Vashon Wilderness Program is offering a brand new program for even younger children starting Fall 2019. Our Farm & Forest program for 3-6 year olds will meet twice a week during the school year.

Experience a taste of our program, meet our nature mentors, and discover why Richard Louv calls our approach to nature education “... good medicine for Nature Deficit Disorder.”

Come to the Open House - on site at Plum Forest Farm - for children and adults: March 24th 10am-12pm

Attend an Information Night at the Vashon Library - designed for adults, children are welcome: April 15th 7pm

Registration required and more information: vashonwildernessprogram.org

TRASH TALK

Recycling is great, but that’s just the start. As consumers, we can help create markets for recycled materials by buying products with recycled content. A quick internet search can help you find patio furniture, carpets, clothes and running shoes made from recycled plastic. Paper towels and TP with recycled content are a great way to make a difference every day.


www.zerowastevashon.org

you’re mostly sitting at your work.

Whether you carry too much weight, or just can’t get over being too skinny, do get your thyroid hormones tested. Don’t settle for a TSH (thyroid stimulating hormone) test; insist on tests that show whether you have enough liothyronine and of thyroxine. Hypothyroid (low on those hormones) people put on weight despite a low carb, low calorie diet. High-fiber foods help you lose weight. Choose iodized salt and seafoods for iodine. Hyperthyroid people may be compulsively overactive and skinny.

Suppose your weight is just right, but you do want to become healthier. These are the eleven most nutritious fruits and vegetables. See how many of these you can work into your daily menus: Broccoli, kale, carrots, bell peppers, pumpkin, mangoes, red bell peppers, spinnach,

strawberries, and sweet potatoes, yams.

In France you might find omelets on the menu for any meal of the day. They vary immensely depending on what’s added to the eggs.

- Basic Omelet
- 2 servings
- 4 eggs
- ¼ cup water
- Salt and pepper
- 2 Tablespoons coconut oil
- Or olive oil

Combine first three ingredients and beat well. Heat wide skillet. Add coconut oil. Have ready your choice of additions. Choose one or two: (If trying to lose weight, choose the vegetables; to gain choose cheese or ham.) Grated cheese, diced ham spinach leaves, sliced green onions sliced, diced tomato.

LOCK YOUR DOORS!

Vashon Island is experiencing a surge in home and vehicle burglaries. The people involved in the crime spree look for unlocked homes and vehicles to steal from. Your first line of defence against a home robbery is to LOCK YOUR DOORS. LOCK YOUR CAR.

King County Sheriff are aware of the group doing the break ins. If you suspect your house has been broken into and items taken, even if your home was unlocked, call 911 and report it. Making a report and prosecuting the individuals is the only way to send a message to the people doing this.

The days of leaving your home, garage, out building or car unlocked are gone. Even on Vashon Island. One reported robbery happened at night while the family was asleep. Even when home, especially at night, Lock Your Doors.

Vashon Fix-It-Cafe

Another Vashon Fix-It Café, dedicated to reducing waste and building community, is coming to Vashon-Maury Islands on Saturday March 30, from 10am to 2pm at the Vashon Eagles Club, 18134 Vashon Highway SW. Hosted by the Vashon Eagles, the Fix-It Café is a collaboration of Zero Waste Vashon and the Vashon Tool Library and Makerspace with support from the King County EcoConsumer Program and King County Library.

The Fix-It Café features generous helpful locals donating their skills to restore household items that are broken or malfunctioning. Island residents with items to be fixed are urged to sign up on the Fix-It Café website at <http://vashonfixit.com/>. Volunteer fixers are also invited to participate by registering there as well. In past Fix-It Cafes we’ve repaired blenders, clocks, sewing machines, turntables, lamps, toys, electronics, toasters and other small appliances, garden tools, bicycles, electric tools, and clothing.

Fixing and advice is free to the public but if parts are needed participants may be asked to go buy them in town. Items that are leaking, dangerous, contain gasoline, or have a strong odor are not welcome. You must be present while your item is being fixed so you can learn too. Please bring in only 2 items at a time.

Come spend time with your neighbors and learn how to do your own repairs.

Vashon Island Pet Protectors Spring Bake Sale

Sat, April 13th 9 a.m.-noon

Between Ace Hardware and Thriftway. Stop by to purchase an array of goodies baked by some of the island’s best bakers & support VIPP! If you would like to contribute please drop off your tightly wrapped & labeled goodies after 8:30 the morning of the 13th.

VIPP will also hold our annual Nikki Champlin Neighbor to Neighbor Pet Food Drive. If you’re able to contribute cat or dog wet and/or dry food please drop it off at the Bake Sale on the 13th. For more information please call Victoria 206-463-5381.

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. Friday, March 22 at 6:45 to 7:30 PM at Vashon Cohousing Common House, 10421 Bank Road.

Questions? Call Barb at 206-567-5264.

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

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Getting Rusty



By Sean Malone and John Sweetman

I made the most amazing visit to the hospital today and came home with a thank you note from my five nurses, all RN’s and one over sixty. Most of the staff was Asian and I was able to practice my brutal Korean, I say brutal, because I can speak more than I understand.

The hospital was in Tacoma and the cleanest of all three in which I have had surgery. Sister Molly was doing the driving and as we pulled into the small loop in front of the emergency room, I let my little Jack Russell jump out to relieve himself and with that he headed for the busiest part where all the people are waiting to be picked up or there, because of some emergency and Duffy was doing his dam’dest to jump up and greet every person in that room including staff and the policeman that was trying to catch him. He wouldn’t come to me, I had to grab him when I could, a unique way to be checking in to a hospital for surgery on my unspeakable parts.

And that wasn’t the end of the story of Duffy running around in a crowd of young people after an accident. Several years ago, a bus driver blacked out and collided with a 21 year old woman coming the other way. Driving south from Burton was closed and we had to

drive over the hill and come back to the highway at Shawnee. There were 30 or 40 kids all standing around waiting for another bus to take them away, when the cop stopped us at the barrier and Duffy jumped through an open window and headed for the crowd. After having done this thing before, I’m sure that Duffy’s message to those in obvious need was purely from his heart: “everything was going to be alright and not to worry.”

After my surgery, and back in the parking lot, Duffy became fearfully thirsty and drank most the plastic container from the palm of my hand. I learned this from pheasant hunting when all your information is transmitted through a dog’s actions, such as the speed with which our Springer spaniel, Boots would wag her tail, which speed would indicate to the hunter whether the trail was cold or hot.

Duffy goes everywhere with me and is always picking up sticks that are longer and weigh half as much as he does. It’s very interesting the pride he takes in carrying something bigger than he is. All the terriers think they are ten feet tall.

Sean@vashonloop.com

Spiritual Smart Aleck

By Mary Tuel
**Hospital District:
“The same care my
Golden Retriever gets.”**

Medical care on Vashon-Maury Islands is not what it used to be. We used to have a few doctors here, plus the clinic up on the hill at Paradise Ridge. If your kid, or you, fell and broke a bone, you could have it x-rayed and put in a cast here on the island.

No more. I recently sat down with Annie Miksch, who is one of the members of the Vashon-Maury Health Collaborative. This is a group of people that has been working for five years trying to answer the question, “How do we get and keep a stable health care presence on Vashon/ Maury Islands?”

They have been having public meetings about health care on the island, at one of which a gentleman got up and said that he’d like to get “The same care my Golden Retriever gets.”

The point being, animals on this island have easier access to health care than people do at present.

In the past, Miksch said, “All we had to offer was, ‘come out here and lose money,’” when the island tried to lure providers to the island. “The providers wanted \$1 million up front, plus \$500,000 against their losses their first year. We could not offer that.”

“If a Hospital District passes, we’ll have money that can talk,” Miksch told me. “With a Hospital District the island could raise enough money to subsidize on-island health care. Whatever comes, it has to serve all of us, from the homeless on the island to the wealthiest.”

So what is a Hospital District? It does not mean we’ll have a hospital.

It is a taxing district, same as a Fire Department taxing district, or Parks taxing district, or School taxing district.

It is run by a board of commissioners elected by us. The commissioners are people who represent us, and have business, medical, and community knowledge. They would have public meetings, and answer to the public.

The commissioners would set the tax rates, and yes, our property taxes would go up. Can we afford that?

Can we afford having no urgent medical care for human beings on the island?

Why do we need a Hospital District? Glib answer: so we can have care as good as our animals have.

If you’ve been paying attention, you know that the clinic on the hill has been a revolving door as various providers have passed through.

Primary care clinics and urgent care clinics do not make enough money to pay their own way. They need a population of 25,000 to 35,000 to draw on, and Vashon/Maury has fewer than 11,000 people on a good day. Beyond that, clinics make money from their affiliations with specialists, surgeons, and hospitals, Miksch told me.

“We’re too small, we’re too rich*, and we’re too close to major health care,” Miksch said.

Swedish Hospital, for example, is only twelve miles away. That’s only a short drive, right?

The original clinic lost money, and



Granny’s Attic was established to make up for the shortfall. It wasn’t enough. Highline came in. Highline lost money, and Franciscan took over Highline.

Franciscan failed to calculate that most islanders went to hospitals and specialists in Seattle, not Tacoma, where most of their hospital and specialist connections were, so they lost money. Bye, bye, Franciscan.

For a time, the clinic was closed, and no provider would come to the island. If you needed a doctor, you had to go to the mainland, or call 911.

Neighborcare was willing to come to the island when no one else would. Yay, Neighborcare!

However, Neighborcare has limitations.

They cannot do urgent care. We can go to a hospital ER, or, those of us who go to Seattle know there is now a Franciscan urgent care clinic on Fauntleroy in West Seattle. These options require a trip off the island. Not everyone is able to drive themselves off the island or afford the ferry fare to get back. Not everyone is able to drive.

The Neighborcare clinic tends to be overwhelmed and understaffed. It can take a long time – weeks – to schedule an appointment at the clinic. You might be able to get a walk-in appointment, or you might be told they’re not doing walk-ins that day.

Neighborcare has established a school medical clinic here funded through Best Starts for Kids, and that clinic is a success, but at the main clinic they are losing money and they can’t keep that up forever.

When Miksch says, “losing money,” she is talking about \$350,000 to \$400,000 a year.

One of the major contributing factors to this loss is that both private medical insurers and Medicare do not reimburse medical costs with as large a percentage of the fee as they did in years past. Ironically, if most patients were on Medicaid, Neighborcare would receive higher reimbursements for their charges, but many islanders have private insurance. (*That’s the “We’re too rich,” part)

A Hospital District levy is not on the ballot yet. To get it on the ballot this November, many people will have to sign petitions asking to put it on the ballot. You will soon see petitions around the island – it is up to you to decide if you are going to sign a petition.

Once it is on the ballot, assuming enough signatures are obtained, at least 40% of the people who voted in the last election must vote on the issue to validate the election, and of those, 50% +1 must vote to pass it.

For some reason the island had a big turnout for the 2018 election, so if you are in favor of a Hospital District, you need to get out and vote for it.

The ballot would ask: Shall we have a public Hospital District? And: Who shall be the commissioners? Meaning, the commissioners would be elected at the same time the Hospital District is formed.

A Hospital District would mean that a health care provider at the clinic would to some extent answer to us, instead of the other way around, because we would

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Shigwa Needs a Home

I’m a pixie-bob/tabby mix – the only one in the shelter and probably the only one you’ll ever meet. Although some of my ancestors may have been wild, my behavior is mild. One of my favorite things to do with my person was to nestle my head in her hand. I’m even nice to mice so if you’re looking for a mouser, keep looking!

I’m smart and sociable, and I’d like to tell you about my day. I hope you’re ready to listen!



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Aries (March 20-April 19)
There’s something you don’t know, and you need to figure out what it is. The chances are, you’re looking right at it. There are a number of reasons that the situation might disguise itself or fade into the background where you may not notice it. For example, the implications of making a discovery might include something that you don’t want to know about or deal with, or the potential for such. However, that’s not really an option. By the time the Sun reaches your sign on the 20th, a veil will come up and you’ll see everything you were ‘missing’ previously. Before you get there, you might want to map out the territory, based on what you know or what you think might be true, founded on some evidence or data. Once the Sun enters your sign, events are likely to feel compressed and like there is no room for you to think or make rational decisions. Soon after, Mercury begins to go direct, and that will add to any confusion. So focus your mind and do your homework early.

Taurus (April 19-May 20)
You have some bold ideas, though it would be wise of you to present them as ordinary ones. Rather than hype innovation, demonstrate that you have a grasp on the fundamentals. Show you understand where any partners, colleagues or collaborators are coming from, and do not run ahead of them. It’s your job to learn and speak their language, not the other way around. This is an important adaptation with Uranus in your sign, and it will be helpful to you and others if you honor it. You may think you know more than you know; you may think an idea is better than it is. One measure of your knowledge is your ability to explain yourself to someone with little to none, and not skip relevant steps. One measure of assessing the quality of an idea is whether it solves practical problems, even just one. The “practicality test” will be your best friend. And especially during the forthcoming Mercury station, try to avoid solving problems that don’t exist.

Gemini (May 20-June 21)
We’re still over a week away from Mercury stationing direct, though this is one you’re going to need to plan for. Mercury, a planet that (in the microcosm of astrology) signifies you, will be conjunct Neptune for 10 days, from late March into early April. I suggest that you take special precautions beginning now, particularly as you guide your professional activities. This is the time to apply all the most basic rules of Mercury retrograde, in a similar way that competent air or sea pilots follow stringent guidelines. Those include avoiding making any new commitments, signing contracts or making major purchases. There could be tempting opportunities. People may make offers or promises that seem enticing or too good to be true. You might be inclined to do the same. Under this astrology, it’s a near certainty that your plans will work out differently from what you intended, so making as few plans as possible will be helpful. But don’t just get blown around by the wind; pick a destination or modest goal and keep your focus.

Cancer (June 21-July 22)
This week, the Sun moves into Aries (well, the Earth moves, but the Sun looks like it does). For you, that means visibility, and it means aspiration. However, to these ends (if you’re interested), I suggest you do less rather than more. Your astrology has considerable momentum, and the thing you need to do is keep your rudder in the water, and pay attention to conditions in the environment. There are times to take an offensive posture, meaning to go for it, and times to take a defensive posture, which means to be responsive. Now is

the time to slow down and observe. You have most of the information you need to navigate through these waters, and being born under a water sign will help. What you need to get accustomed to is the principle of magnification: that the combination of the Sun, Chiron and other factors joining forces in Aries raises your profile considerably. Remember that, even if you think you’re laying low. It would be wise to make an extra investment in whatever you consider the spiritual aspects of your life through this time.

Leo (July 22-Aug. 23)
Two things are going on at the moment. One is that the Sun is about to enter your fellow fire sign Aries, and make a whole bunch of aspects to planets in Aries, Cancer, Libra and Capricorn. While that is happening, Mercury will be making the most unusual station direct that I’ve ever seen, forming an approximately two-week conjunction to Neptune. All of this cautions against thinking you know anything much for certain. You are about to learn a lot; some will be from seemingly inner sources, and some will be from seemingly outer sources. Yet as it turns out, all knowledge and learning ultimately comes from within you, and that is the place to focus. Here’s one image I suggest you remember, as the Sun seems to make a lot of aspects: the Sun is in the center, and everything in our solar system is moving around it. This places you in a central position, and if you remember that, you will have considerable influence over your affairs. Keep your perspective, listen to the music, and watch everyone dance around you.

Virgo (Aug. 23-Sep. 22)
Remember that you’re in new territory on a number of different fronts. Be aware of the extent to which you strive to find yourself in others, through intimate relationships. If you can be aware of that, you can move through the territory of intimacy without getting lost in the other. However, since your ruling planet Mercury makes a two-week conjunction to Neptune (the potential for confusion galore), in your house of relationships, you will need to pay attention. You would be wise to get alcohol entirely out of your intimate life, if it has a role. Under this influence, you will be a different person on a single glass of wine. This could distort your perceptions, intensify your emotional reactions, or get you to say things you don’t mean. Other substances could have a similar effect, and the insidious part is you might not notice until you’re already being carried by the current. I suggest you be real with yourself that your relationships are about you. My mantra for that is, “It’s not about him/her/ them, it’s about me.”

Libra (Sep. 22-Oct. 23)
This could be one of those times when everything suddenly comes out in the wash, catches up with you or seems to come unraveled. You can avoid that by staying ahead of your truth, by which I mean backing off from that oh-so-modern kind of denial that seems necessary at our time in history. It’s usually the first two minutes of a sensitive topic that are difficult to talk about, if you don’t count the days, weeks, months or years leading up to them. Chiron and other factors in your opposite sign Aries make it inevitable that your most intimate relationships are reorienting. That suggests strongly that you need a point of orientation within yourself. You remember what this is: the many times you’ve come back to yourself, back to your inner sanctuary (which has always proven to be easier between relationships rather than during them). I suggest that you focus your inner orientation on two qualities: one, how you feel every day, and two, what you make

Vashon Chamber Music

Vashon Chamber Music Presents:
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Concertmaster of the Oregon Symphony, Sarah Kwak, Oregon Symphony violinist/violist Vali Phillips, and Portland pianist Cary Lewis join cellist Rowena Hammill for a stellar program which includes the magnificent Brahms Piano Quartet in A major. The concert will be held in The Katherine L White Hall at Vashon Center for the Arts

Monday, March 25th at 7:30pm

Tickets: 18 and under \$10, Senior/ Student/VCA Members \$20, General \$25

Tickets: VashonCenterForTheArts.org

Vali Phillips

every day. Notice how you feel; notice what you make; note the connections.

Scorpio (Oct. 23-Nov. 22)
You seem to be taking the long way around “figuring something out” when really, the whole matter is one of desire. What do you want? What does someone else close to you want? Who wants whom? How do you know? Imagine that’s the whole issue right there, spelled out. Who wants what? If you can admit that, you have some power. If you don’t, you have none. You want other people to be upfront about this as well, so encourage them. Use your influence to get everyone around you to make affirmative statements of their desire. I know that in some quarters and in some sub-cultures this might be like throwing a bomb, however, political correctness never saved a life. The person to focus on the most assertively is yourself: detect and evaporate any trace of denial you find in yourself. Forget trying to impress anyone with your purity; the notion that you are pure is laughable, and it’s not what you want to be. You want to be a blood-sweat-and-tears human.

Sagittarius (Nov. 22-Dec. 22)
You can take a cautious approach, or a creative approach. Taking a creative approach usually means trying something you have not done before, which will carry you into some new and unfamiliar experiences. In theory, this is what you want, though it would seem you’re hesitating in some way. It’s likely to involve what you believe a relationship partner would think about you if you exceeded your own expectations, or even chose to shake up your personal world. However, this has nothing special to do with a partner; rather, it’s your own inner trip, dressed in the garb of a relationship. Said another way, what you’re really needing to address are your own ideas, which will come in the form of ideas that you think other people have about you. This is a little like a mode of dream analysis, where you recognize every facet of the dream (including inanimate objects) as an aspect of your voice. What you think people think is what you’re thinking.

Capricorn (Dec. 22-Jan. 20)
The primary exercise of your life in these years is about developing clarity of thought. You have this in one sense of the word: you tend to think you know when something is true. Yet this is different from clarity, which is the ability to see a question or situation from several different viewpoints, and then identifying the specific distinctions. Be mindful if you find yourself certain that something is true — whatever it might be, whether deeply personal, something about the world, or an idea you’re developing. Learning how to be circumspect takes training and practice. It requires the cultivation of thought habits. For example, once you’ve identified a problem and solved it, start over and do that a second time, using a different approach. The positively urgent thing I suggest you do in the coming few weeks is make sure you leave detailed notes in the margin. Leave

your arithmetic where you can see it, so that you can observe how you came to any given conclusion or certainty.

Aquarius (Jan. 20-Feb. 19)
This week, Venus in your sign forms a square to Mars in Taurus. This aspect presents a question: what do you want to express? Have you got something you need to get out of your system, to say, to do, or otherwise communicate? First, though, check inwardly for any motive involving anger, jealousy, guilt or fear. If you detect that’s what’s driving you, address that first. Address partly means understand, and mostly means finding an outlet for your energy that’s healthy and that won’t hurt anyone. If you’re inspired by some other impulse — love, creativity, curiosity, or friendly lust, to name a few — get some of that going. In our world, it’s usually more acceptable to stick to the rage/frustration side of the spectrum. All that pretty stuff on the love/creativity side of things tends to be fragile, not just in ‘the world’ but in consciousness. I know you have a lot on your mind, and you’re doing a good job keeping a positive attitude. Make sure you do some of what you’re really into.

Pisces (Feb. 19-March 20)
One of the most unusual Mercury-goes-direct moments I’ve ever seen is now in progress, and is taking place in your sign. You’re probably aware Neptune is gradually making its way across Pisces — a gas giant that at times orbits more slowly than Pluto. Now Mercury, the fastest of all the planets, is moving retrograde into a conjunction with Neptune, and then stations direct on March 28. (I’ve detailed this in the article above.) The result is that a planet associated with your sign, and sometimes with you, will be in a long conjunction with the planet (Mercury) that rules your opposite sign, Virgo. This represents a point of contact — a dialog, a meeting, a revelation that unfolds slowly. It represents a transformation for you and possibly for a relationship, though you will need to pay attention. That means two things: making sure you and people close to you understand one another; and that you keep track of your money. You are in ‘don’t sign/ don’t buy’ territory to the max.

Read Eric Francis daily at
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Music History Talk and Performance

Hosted by Michael Tracy, lecturer and pianist Mark Salman with his son, this multi-media lecture-concert provides a look into the life of Claude Debussy, one of the most influential composers of the late 19th and early 20th centuries.

Claude Debussy is sometimes seen as the first Impressionist composer, although he rejected the term. He was among the most influential composers of the late 19th and early 20th centuries. His seminal symphonic work ‘Afternoon of the Faun’ (pianist Marc Salman and his son Benjamin Salman will perform this work arranged for two pianos) is often seen as the beginning of modern music. Michael Tracy will provide an insight to the life, environment and influences of Debussy during the Belle Époque in Paris, and later his impact on jazz artists from Duke Ellington, Miles Davis to Bill Evans.

Mark Salman has been hailed as a “heroic virtuoso”, and “a dazzling performer”. He performed in Seattle ‘A Chopin Celebration’ – a series of three recitals celebrating the composer’s 200th birthday in 2010, five recitals in honor of Liszt 200th birthday in 2011. Marc recently released a recording of the late Schubert sonatas and “Chopin’s Intimate Art: the Mazurkas”. Mark lives and teaches in Seattle.



Mark Salman

Benjamin Salman is a recent graduate of Stanford and already hailed in 2013 as Seattle’s next great pianist by Seattle Met. Benjamin will join his father Marc in Debussy’s music for two pianos.

Sunday March 31st at 4pm

Tickets: \$5 Student, \$14 Member, \$16 Senior, \$18 General. All tickets at the Door: \$18 Online ticket sales end 2 hours prior to curtain. Tickets: VashonCenterForTheArts.org

One More Mile



One More Mile is a blues group from Vashon Island WA fronted by “The Principal” Jason Lollar (vocals/ lead guitar) and “Lonesome” Mike Nichols (vocals/harmonica) – a musical brotherhood going back decades. This partnership of tone wizardry is dedicated to rocking the joint in the old school way- playing inspired original grooves and classic blues, funk, and rock and roll covers in the vein of James Cotton, Albert Collins, Little Walter, and The Meters.

“The Principal”

Jason Lollar is a local treasure and veteran of the blues. He is the founder of the Lollar Guitar Pickup Company and cut his teeth playing with the Shakey Jake band throughout the 80’s and 90’s. Over the years Jason has opened for greats such as John Mayall, Mick Taylor, Curtiss Salgado, Isaac Scott and William Clarke. Well known by guitarists worldwide, he brings his whiskey vocals and smoky guitar tones to the stage with a funky

and soulful bent.

“Lonesome”

Mike Nichols electrifies the air with ripping harp solos and preaches with the vocal stylings of a classic bluesman. A former member of The Great Divide, he has opened for the likes of Elvin Bishop and Commander Cody and the Lost Planet Airmen. Lonesome brings his own special style and swagger with a tip of the hat to his chief muse Ronnie Van Zant.

Rounding out the band are keyboardist/ vocalist Tony Mann (Massey Ferguson, Memphis Radio Kings), bassist/ vocalist Chuck Keller (Virgin Islands, Our Dead Fathers), and drummer/ vocalist Wesley Peterson (Saint Ophelia, Glen Cannon Trio).

Friday, April 5th

7:30pm <–Early start time

One More Mile

The Red Bicycle Bistro & Sushi

All-ages ’til 11pm, 21+ after that

Free cover!

Original Works coming to VCA



left to right: Mia Kuzma; Ruby Joyce; Roslyn Bellscheidt. Photo by Andy Dunnicliff

Vashon Center for Dance opens its 2019 season with Original Works, a vibrant showcase for Vashon’s young dancers. This annual production provides advanced student artists an avenue for developing their creative concepts through making and setting a work on dancers. Original Works opens the door for these young people to express themselves through choreography for contemporary, modern, tap, ballet and hip-hop dances. Launched in 2014, Original Works is comprised entirely of new dance works by upper level students, Vashon Center for Dance teachers, and professional choreographers.

Advanced dance students Duncan Barlow, Tamsen Henry and Talia Roybal have each choreographed exciting pieces for this year’s production. A longtime student and now one of VCD’s Pre-Professional dancers, Duncan has created two ballet pieces with a contemporary texture, weaving modern influences into this classical art form. Tamsen and Talia have each participated in Original Works for five years, becoming fan favorites with modern dances that are edgy, daring and fun. Tamsen debuts a piece titled From the Corners In My Mind and Talia brings a new work called Cleo, The Undead. Both of these young choreographers take an intense approach to telling a story through dance, working with large groups of dancers to create multi-layered pieces that captivate audiences.

Witnessing the creative growth of young artists is one of the most rewarding aspects of Original Works. For many of VCD’s younger dancers, the Original Works process of auditioning, rehearsing and performing has just begun. For a few who have been dancers in the past, this year marks their debut as choreographers. Jaylie Carleton will perform her first solo, while Signe Blomgren, Diana Strachan-Trundle, and Lena Puz are participating for their first time in Circus Dreams, a piece that combines their ballet training and modern work.

Vashon Center for Dance is one of the rare dance schools that offers an opportunity for students to choreograph work for a full-scale production. With Original Works, young artists become more than student dancers. In a supportive environment, they experience both the power and responsibility of being artistic creators. Original Works also gives students a hands-on education in the technical and production aspects of performance, with students participating on all aspects of the

show. This year, young designer-in-training Grace Harvey is designing and creating the costumes for Circus Dreams.

The artistic growth supported by Original Works has proven invaluable to dancers who have gone on from Vashon Center for Dance to study dance professionally. Maeve Haselton, a VCD student for many years, went on to study dance at Cornish College for the Arts – and returned to VCD to teach Contemporary Dance and substitute teach our Ballet classes on occasion. Maeve’s choreography was and still is a powerful inspiration to many dancers performing in Original Works this year.

Along with student choreographers, VCD instructors and professional dancers are setting exciting new works in many genres on young dancers. Director of Dance Vadne White brings classical ballet on pointe choreography to the mix. Crissy Baker, Associate Dance Director and Tap Instructor, has choreographed two new tap pieces, and 4th year tap student Olivia Boyes debuts her choreography skills for the first time in Pink Panther, a duet with Sadie Choo. Professional choreographer and VCD instructor Vanesa Wylie, who has danced with Seattle choreographers including Kristina Dillard, Pat Graney, Michele Miller, Jessica Jobaris, Lynn Simonson and the Big Red Dance Company, continues to bring her artistic vision to the Kay stage with dance pieces that tell powerful stories. Allison Trundle, an acclaimed visual artist, has created ReWild – not only choreographing the dance, but also composing the music, creating the costumes and including her extraordinary paintings in a multi-media dance piece that tells a story of a tracker finding his way through his inner world.

The eclectic combination of genres and choreographic influences – along with the passion and commitment of the student dancers – has made Original Works one of Vashon Center for Dance’s most vital and exciting programs. This sixth annual production continues to advance the training of young artists in a fully-rounded way, one rooted in a commitment to both professionalism and artistic growth.

Performances and Ticket Information
March 22 & 23 at 7:00pm
March 24 at 1:00pm
Tickets: \$17 General, \$15 Senior, \$13 Member/Student, \$20 at the door and online at VashonCenterForTheArts.org

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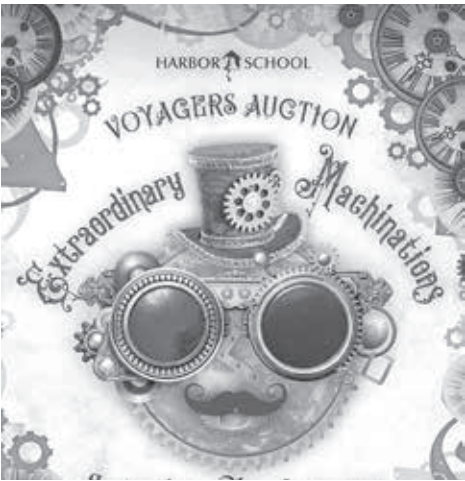
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Harbor School Voyagers Auction “Extraordinary Machinations”

Voyagers Auction is Harbor School’s annual fundraising benefit and one of Vashon Island’s biggest community-wide events!

Join us on Saturday, March 30th at Vashon Center for the Arts as we come together for one fantastic and phenomenal night of celebration and revelry. Proceeds from the event support our students and programs. Tickets are \$60 per person (must be 21) and includes dinner and beverages.

Vashon Center for the Arts, March 30 at 5pm



Jovino Santos Neto Brazilian Jazz Quartet



Three-time Latin Grammy nominee Jovino Santos Neto, a master pianist, composer and arranger, is among the top Brazilian musicians working today. Jovino’s personal style is a creative blend of energetic grooves, deep harmonies, telepathic improvisation, lyrical melodies and great ensemble playing. His music has been performed by the Seattle Symphony, chamber ensembles and jazz orchestras around the world.

For this special concert, Jovino and his trio will be joined by world-class

Brazilian guitarist Kiko Freitas to play in honor of Antonio Carlos Jobim, one of the greatest composers of the 20th century.

“...among the most brilliant Brazilian musicians.” – Gennady Zalkovitch, director Festival de la Butte Montmartre, Paris

Thursday, March 28 | 7:30pm
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All Tickets at the Door: \$26
Tickets: VashonCenterForTheArts.org

Thumper Needs A Home

Until I came to VIPP, I lived outdoors all by myself. This situation of regular meals, a warm place to sleep and kind people is a huge change for me. After those years of struggle, I’m ready to take it easy with someone who can be patient with a scaredy-cat. I’ll be forever grateful!

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What is a Mystery School?

Continued from Page 1

School springs from this unbroken lineage and provides their offerings all over the world. Seattle is a big center of action and now you can start on the path on Vashon.

For over six years, I have tested this path and it has tested me! It works and I must share it. I got to see how my past was disabling me and how the power of living in the present empowers me. Healing on all levels means that at 71, I

am more youthful than I was at 41. More light-hearted.

I would love to share this path with you. Let’s meet over tea.

Marnie Jones-Koenig

Marnie is a certified Guide, Teacher and Healer by Modern Mystery School. She presents classes, activations and healing sessions at Star of the Sea Center of Light in Burton. Call or text (206)579-8994 for a consultation.

Road to Resilience

Continued from Page 1

a container that won’t burn your fingers, collapse in your hand, or allow your drink to cool before you finish it. The coffee shop saves money on single use cups, lids, and sleeves. We all cut down on our carbon footprint (¼ pound of CO2 per cup), and send one less single-use cup to the landfill. All we have to do is to remember to grab our mug before we leave home. Better yet, keep one in your car, your purse, or maybe inside your hat. A lot of us have trained ourselves to have cloth grocery bags in our cars. We can do this.

The coffee shops that are participating in the month of April will have a notice in their window and other visible placards. At this time, the coffee and tea shops that have committed to participating are: Thriftway,

Café Luna, Wild Mermaid/Snapdragon, AJ’s, the Roasterie/Minglement, Anu Rana’s, Vashon Bakery, Burton Coffee Stand, and the Vashon Theater. Some vendors have suggested that they may continue to offer some sort of discount beyond the month of April.

As for us, we might begin to notice all the other single use containers we run into and maybe try to avoid them, or ask the vendors to figure out how to incorporate reusable containers into their business. This problem has already reached the point of the ridiculous, so some drastic steps are long overdue.

Comments? terry@vashonloop.com

Hospital District: “The same care my Golden Retriever gets.”

Continued from Page 4

be able to keep them afloat financially. Meanwhile, we can drive to Seattle or Tacoma or call 911 if we must.

Vashon is not alone in the dwindling of medical care in rural communities. Forming a Hospital District will give us some traction to get stable medical care here.

When a Hospital District was put to

the vote twelve years ago, it sank like a stone, because it did not benefit enough people. People did not want to have their property taxes raised for something that would not benefit them.

That has changed. Now a Hospital District has the potential to benefit most, if not all, of us on the island.

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of *The Loop*
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April 4

Deadline for the next
edition of *The Loop* is
Saturday, March 30



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