

Mukai Farm & Garden Hires First Executive Director

By Mary Rabourn

The Mukai Farm & Garden on Vashon Island has hired its first Executive Director, Tina Shattuck, an island dynamo in the arts and nonprofit community on the island and beyond. Shattuck has been a popular and successful event coordinator, fund raiser and has created several art and culture nonprofit organizations. Shattuck begins her part time tenure as Executive Director on August 7, 2020.

“As a first generation Japanese American on my mothers’ side, I am honored to be chosen the first Executive Director for Mukai Farm & Garden,” said Tina Shattuck. “Mukai Farm & Garden has so much to offer to our community, and so much potential. It’s even more important in our world today to talk about the immigrant experience and how it shapes the future of both our local landscape and our national

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Tina Shattuck

Walking Tour Exhibit of Vashon Town



Strawberry Festival Parade, c. 1970s. This view shows the west side of the street before the 1977 fire destroyed Bud’s General Store (left), Vashon Pharmacy (left of center, behind power pole), and P.J.’s Tavern (center). The brick Van Olinda Building (right) helped stop the fire from reaching the Vashon Hardware Company on the corner. Bud’s General Store was not rebuilt; the property was converted to a parking lot for the new, larger Vashon Pharmacy. Photo posted to Old Vashon Pictures and Stories, public Facebook page.

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C.F. Van Olinda Building
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The Road to Resilience

Nature Finds a Way

By Terry Sullivan,

What is beginning to boggle my mind is how life, that is nature, may be applying or suggesting ways in which we humans, by recognizing our connectedness to and dependence on nature, can allow the planet to return to a state of health and abundance. Whether or not we heed the call is yet to be determined, but the possibility that nature, no questions asked, is ready and able to turn it around if we decide to cooperate, makes me feel like we belong (duh!) and have our part to play in the healing of our planet.

I got my latest smack in the head from Zach Bush, a medical doctor, endocrinologist, and student of biophysical wellness. He has been on the forefront of disseminating the recent discoveries of the importance of the microbiome and the virome in maintaining health. We know that the microbiome in our gut is as vital to our health as is the microbiome in the soil, water, air – basically everywhere. This awareness has been unfolding ever since the invention of the microscope. The microbiome refers to bacteria and fungi, but we are now becoming aware of an even more fundamental role being played by viruses or what is coming to be called the virome.

Viruses are not actually living, if you define that as something that has DNA and a distinct cellular boundary. Viruses have no cells, but are packets of genetic information. Akin to the paradigm change in physics from Newton’s world to that of Einstein, Bush says that viruses are now being seen as something like a program update on your computer. The old idea that your physical nature is solely determined by the DNA you inherited from your parents is being replaced by

a much more elegant idea that genetic material is being constantly updated by feedback through viruses that enter our bodies by the billions all the time. Whether that leads to health or sickness depends on the biodiversity and health of the environment “we” inhabit. The “we” is in quotes because the true “we” in a holistic system is the whole, so I’m talking about the health of your individual body and the inseparable world of which it is only a part.

He says an imbalance in the quantity and variety of viruses we ingest, along with the ingestion of toxins from our environment, creates a stressful situation where our immune systems can be overloaded and our bodies become diseased. Remoteness from the biodiversity of the natural environment, and the presence of pollution are prime characteristics of an urban environment in which more and more of us live. The long-term effect is the growing incidence of disease, such as autism, depression, ADHD, diabetes, AIDS, cancer, etc. This is still in the realm of speculation, but we do know that, in the 60’s, 4% of children had autoimmune diseases, and by 2015, this number rose to 46%.

A third factor leading to a breakdown in our immune systems is stress due to economic and social factors such as overpopulation, injustice, inequality of income, racism, xenophobia, lack of community, and any other factors that create the illusion of separateness.

Through the vehicle of the pandemic, nature could be trying to correct the imbalance and restore health by reining in human activity, either by eliminating

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Thirty-four interpretive photo panels depicting the history of Vashon buildings are being installed to create “Main Street Vashon” A Walk Through History, presented by the Vashon Heritage Museum and curated by Brian Brenno, opening on First Friday in August. One panel will be displayed in each of the businesses in the original block of what started as the town of Vashon, traveling from Bank Road to the corner of SW 178th St.

The exhibit presented to Vashon represents hundreds of volunteer research hours.

“It’s a tribute to the building owners and businesses that have contributed to build our town’s history,” said Brian Brenno, past Vashon Heritage Museum President and Exhibit Curator.

“This is a gift to Vashon,” said Sue Hardy, Vice President of Vashon Heritage Museum, Exhibit Co-Curator, and Island Artist “a reminder that we are walking through our history, giving all of us the opportunity to see the changes that took place to create our town.”

“Knowing the history of the buildings causes us to look at them with fresh eyes, imagining the way the community functioned in a different era.” added Laurie Tucker, Head of Collections Vashon Heritage Museum.

More photo panels will be added to other blocks as time and resources allow. The photo boards depict buildings from 1890 to the 1970s. Photos researched and selected were of the earliest original building, or buildings that had replaced the original building. The town of Vashon had three major fires over the years that destroyed buildings and businesses, one included the bombing of a King County courthouse. Newer buildings had been

constructed to withstand fires and were able to stop the spread and further loss of town history. The architecture was based more on function than on a plan for the overall town aesthetic. The tour guides the participants by the sites of the first businesses, those that flourished and survive today and those that did not. Learn about the buildings that were important in stopping the spread of the fire of 1933, the cabin that housed the Vashon Offices of King County Ferry District #1 established by the State Legislature in 1949, the first general store built in 1890, and George McCormick’s Hardware Store, which could be considered the longest running family owned island business. Learn which building had updated refrigeration for meats and the first self-serve counter for dry goods. The location of the first hotel, the meat market, the telephone company and the auto repair shop? When was the movie theatre built?

This was a collaborated between Brenno and the Heritage Museum’s Mini Exhibit Committee members, Sue Hardy, Laurie Tucker, Alicia Widmer, Bruce Haulman and Elsa Croonquist.

Brenno, an Island glass artist has had a long obsession with the Town of Vashon as he states in his curators’ statement, “As a fourth generation Islander I have always been fascinated with the history of the Island. Both my grandfather and father were businessmen in the town of Vashon and I grew up hearing stories about the town. In 2011, I co-curated a show at the Vashon-Maury Island Heritage Museum titled “Main Street Vashon”. I was frustrated by the lack of written information about the town. Starting around 2013, I began a

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Published every other week
by Sallen Group
Vashon Loop, Vol. XVII, #16
©August 6, 2020

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Maury Island

Only a few weeks ago, the Vashon School District was facing reductions in its new equity program because of lack of funding. Fortunately, an anonymous donor saved the day. Unfortunately, schools and other government entities were short of funds for the emerging issues of equity and social justice, even before the pandemic significantly reduced their limited resources. As such, there are no funds to waste on well-intentioned, but ill-conceived ideas like renaming Maury island.

Unlike King County, there is no quick, inexpensive way to proceed. First there would have to be public hearings to decide whether to change the name, followed by more hearings to choose a name, plus the expense of renaming multiple entities (including the Vashon-Maury Beachcomber), with the need for website changes, new collateral material and maps.

If William Maury had been honored for his service in the Confederacy, this would be a totally different conversation. However, Maury Island bears his name because as a cartographer, as well as a US Navy lieutenant, he performed important work with the US Exploring Expedition mapping the Puget Sound almost 20 years before the Civil War.

When the Civil War came, he did not desert, but resigned his commission which he was allowed to do after 32 years of service. As such, he would have been eligible for an US Navy pension, had he not joined the Confederacy.

While his ship stopped and sank ships carrying military supplies, it let pass ships with non-military cargo. During the same time, the Union Navy blocked all shipments of any goods to the South. Captain Maury's service to the South was so unremarkable that I only could find pictures of Maury in a US Navy uniform, not a Confederate uniform.

Again, there so many more deserving equity and social justice issues in which to invest our limited resources than renaming Maury Island.

Scott Harvey

Senior Center Lunches On Vacation

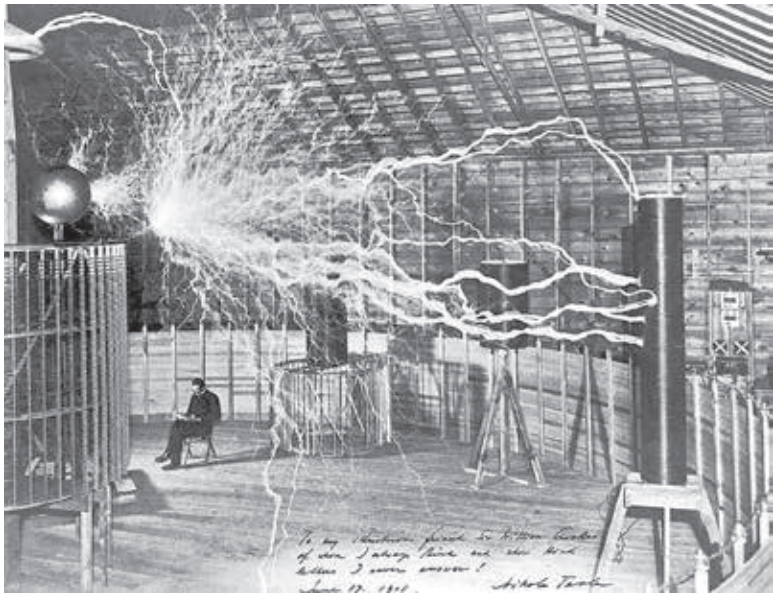
Hardworking and dedicated Senior Center volunteers and staff who shop for, cook and deliver 80 hot meals a day three days a week to homebound seniors are taking an organized sabbatical the week of Aug. 8-14, returning in full flower on Monday, Aug. 17.

Senior Center Director Catherine Swearington, who oversees the lunch program, explained that she "has no doubt that if I could ever get anyone to take a vacation, they would still check their email, think about all the work they weren't doing--and all the joy that a true vacation should bring would be diminished, so everyone is taking 'an organized sabbatical' for some well-deserved rest."

She added that "a huge thank you to Thriftway for a grant of \$7,400" for the meals be gratefully acknowledged.

Thank you, Deirdre Petree,

Correction



In the last edition of The Vashon Loop we did not give proper credit of the Nikola Tesla picture to the Smithsonian Magazine.

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Tales from the Ferries



By Sean Malone and John Sweetman

Dow Beardsley had gone to sleep reading his newspaper on the car deck of the San Mateo, the last of the steam driven ferries. All three of us kids were on the 4:40 boat coming home. Unlike today, there were few Vashon kids commuting to school in the 1950’s and most often we had to bum a ride home in the afternoon. Molly gently tapped on Mr. Beardsley’s car window, “Could we get a ride home with you?” Molly asked.

In those days, everyone knew everyone on Vashon, or so it seemed and if you were on the ferry and were looking for a ride to town or home, it was common practice to search the car deck for friends or neighbors. The Beardsley’s lived on the ridge above what Dad called “Run-Down Ranch,” because he could never keep up with all the work it took to keep a peach and Olympic berry farm going, while he commuted to work in Seattle.

Dow woke with a start and rolled down his window; “I can only take two of you,” he said. “The third is going to have to walk.” My jaw dropped as it was 7 miles from the ferry dock to home and I was the oldest. “Just kidding, he said, “Hop in.” Mom and Dad had frequent canasta games with the Beardsley’s, mostly at Beardsley’s where they had a “watchdog” flock of grey geese that would run and fly to announce the presence of someone coming up the driveway. Us kids were afraid to get out of the car as the geese would chase and bite us, just because they could. If we hid in the back seat, the geese soon lost interest and they would go back to munching on the grass or chasing flies. Only then could we get out of Dad’s car to go and play in the barn, while the older people played cards.

To get to school on time, I would go out to the garage early and start our 1949 Oldsmobile with the “Whirl-a-Way” gear to warm it up for the run to the 7:30 ferry. Dad raced the car down Cove road to Cedarhurst, going “lickety-split” and could cover the 7 miles to the ferry in 10 minutes and do it repeatedly. In the “S” curves above the Heights, Dad would drive both sides of the road at 50 miles per hour in order to make the ferry. If we said something about his driving, he would say; “Oh, I’m just straightening out the curves.” If we were late, and we could see that the purser was lowering the gate, Dad would honk his horn like mad and they would hold the ferry up, until we were safely on board.

One school day, we were later than usual and Dad was honking like “mad” when the purser started lowering the gate. I jumped out of the back seat of the still moving car and started running for the gate.

Fr. Weisenberg S.J. was the principal at Seattle Prep and if you were late for school or kicked out of class, he took you down to the boiler room, where it was quiet and tell you to grab your ankles while he gave you three spats with his “holy” three foot paddle. If they were really good spats, Father would lift your heels right up off the floor.

I ducked under the gate just as the ferry was leaving and with the crew

yelling at me to stop; I ran down the slip and jumped to the steel ferry deck some 5 feet below. I was late for school anyhow.

We were headed for Lapush when we took the Keystone ferry in a very rough storm. Dad was driving us to the little Indian village on the coast to witness the fury of the Pacific Ocean. We had to time the waves to go to the upper deck as they were crashing over the bow of the little ferry; Dad called a “cracker box,” and we were parked right in front. There were steel poles about fifteen feet apart in the cabin upstairs and you had to grab a-hold of one as the cracker box ferry pitched and rolled. Being the youngest of three children, Mikey wasn’t fast enough to get to the second pole and was rudely thrown against the bench by the window. He had to crawl on the deck to reach the next pole. The ferry rode to the top of the next wave and in that hesitation before it dived into the trough, we raced to the hand rail at the top of the stairs and drunkenly walked down to the car deck.

John relates another story relating to that difficult route from port townsend to Keystone Harbor.

One time in winter his grandfather had filled his giant black Chrysler ‘8’ with family and hauled a trailer back from thanksgiving on Marrowstone. The weather was blowing hard and on top of that, the ferry was one where, in order to reverse... The engine had to be stopped at top dead center and then restarted. Anyone who has ridden the Virginia V is familiar with this process , which occasionally goes awry..

And ‘awry’ it did... With bad tides, that sharp dogleg into Keystone and a big wind.

The result was a tremendous ‘thud’ against the pilings and the dock plus the crashing of cars against each other.

Somehow it all got sorted out but it was only years later that John understood what happened along with the name of the lever that, when properly engaged.. Reversed the engine.

He forgot the name, but it might have been a Swedish name.. Maybe the ‘Johnson’ bar?

They don’t make them like that anymore. When John and i are out in our little crabber and want to reverse...We just yell at each other until it happens..

We don’t need no ... ‘stinkin. Levers’!



Spiritual Smart Aleck

By Mary Tuel

The Seriousness of the Situation

Recently a cousin of mine wrote a post on Facebook expressing his concern that public health directives to wear face masks and observe social distancing would make him a sheep, blindly following the government’s orders.

He is worried about the tyranny of wearing face masks, but he is not worried that he is already the willing sheep of a fascist government.

Trump claims he wants to “stop the insanity.” The insanity he wishes to stop is most of the American people demanding equality for black people, for indigenous people, for Latinx people, but mostly demanding that our police, who used to be called “peace officers,” stop killing people of color for no reason.

How dare we.

Protesters exercised their legal right to assemble peacefully. The police used their “crowd control” weapons, instigating violence where there was none.

Unfortunately, like the coronavirus, assholery is an equal opportunity employer, so we have had people going on violent rampages in Seattle, and elsewhere: Businesses attacked and vandalized, windows smashed, fires started, graffiti everywhere. This is the violence of which Trump accuses all protesters, labeling them, “domestic terrorists.” This is the “insanity” he wants to stop. The actions of a few are an invitation for him to send in his storm troopers. Not that he needed an invitation.

And oh yeah, some of those violent, destructive people? White supremacists, neo-Nazis, and QAnon geniuses, agitating for their “boogaloo,” using the protests as an opportunity to escalate violence among Americans.

The Homeland Security troops are thugs and goons. We have seen them in action in Portland, Oregon. Trump sends them only to cities whose mayors are Democrats. He is transparent about deploying his storm troopers as a political tactic to please his base, raise his polling numbers, and, he hopes, win the election in November.

His base loves seeing protesters getting beat up, shot, gassed, and otherwise injured.

Couple of weeks ago federal troops arrived in Seattle. The following day Seattle mayor Jenny Durkan held a press conference at which she said that she talked



with the head of Homeland Security the day before. He told her that he saw no need for sending federal troops to Seattle, and if they were sent, he would let Mayor Durkan know ahead of time.

The troops were in the air on their way to Seattle at the time of that phone call.

I hear that those troops have left now, after Mayor Durkan, Governor Inslee, and King County Executive Dow Constantine, the most visible of public leaders who objected to the troops’ presence, managed to convince whoever is in charge of their deployment that the troops were not wanted or needed here, and might escalate violence here as they have done in Oregon.

News reports are that Oregon Governor Kate Brown negotiated the departure of the federal troops from Portland. Still waiting to hear if they left.

Supposing Trump loses the election in November. He has been open about saying that if he loses the election, he might refuse to leave the White House. Of course that is an extreme possibility. At least I hope it is. Trump is acting more and more like a cornered wounded animal.

Even if he loses the election, so much of the United States government is in ashes, so much of the Constitution has been trashed, so many fascist minions will be entrenched in government agencies and departments, and our population will still be divided almost in half. The Trump base will be mad as hell if he loses, and they have been emboldened these past four years to express their racism and act with violence.

They don’t mind fascism. They think it’s peachy, because the gestapo has not come for them or theirs yet.

If Trump wins, by hook or by crook (the latter, I’m thinking), our country will continue its downward plummet.

Even if he doesn’t win, so much of what used to be America is gone, and the rebuilding will take years, decades. That’s if enough people can keep their eyes on the prize and turn things around consistently for those years and those decades.

The United States was once the country that could call other countries to order. Now we have the fascist government so many of us have seen coming for years, and Americans are now judged the stupidest, and with the coronavirus out of control, literally the sickest people in the world.

I am sorry for our children, and our grandchildren, who will be inheritors of this sad, violent legacy.

My generation – yes, the infamous Boomers – had big ideas for the world, of making love not war, and giving peace a chance. We failed to do those things. We really did not grasp the seriousness of the situation.



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Island Life Wild Kingdom

By Peter Ray
pgray@vashonloop.com

Many times when I have been out on the water or out on my bike or even out in the back yard, I have had the occasion to describe events seen and noted then and there as “wild kingdom moments”. This of course refers to that teevee show from the wayback with that host guy, Marlin Perkins, and the insurance company that sponsored him, and all those animals running around out in the Nature, doing their thing. In truth, I did not watch that show all that much, mostly because some of the moments of wildness shown on there involved the Darwinian takedown- the dominant species out on the hunt, with the grand finale winding things up with the catch. As I have this thing for the underdog, it was always a disappointment to me when the thing with the rippling muscles and the sharp claws and fangs ended the chase with dramatic finality. As I was generally rooting for the non-victor in these pursuits, this climax was always upsetting, and so I just chose to not watch, and I’m sure that Mutual of Omaha did just fine without my presence in Nielson’s ratings, and at that point of my development my parents were handling all the family insurance needs.

It was also such a moment in a human contest in that Throne Games show that permanently turned me off to the action and the story line there, which of course was “everybody dies”, so I should have seen it coming. But I think what it was that really shook me in that final instance was the false hope and the cruel dashing of it that sent me permanently packing from ever watching it again. It was the episode where there was the dramatic battle, a kind of duel or joust for some sort of honor, between the character known as the Mountain, and this other guy that had been somewhat of a jerk for most of the show up till then. The sheer mismatching of this contest in the sort of David and Goliath terms had me of course cheering the smaller guy on. In that grand scriptwriting tradition of juxtaposing fighting skills, the early stages of the fight amazingly did not look good for the giant in this case because of the speed and the cunning of the smaller man. The turning point came about when all looked in small guy’s favor, and then he blew it by being just a bit too sure of himself whilst letting everyone watching know it. This was the classic case of hubris screwing up one’s reality, as displayed by playing to the crowd while turning one’s back on one’s supposedly almost defeated opponent. He had it all, and then the Mountain had his hand around small guy’s ankle and then both hands around small guy’s head which eventually exploded like a Jack o’ Lantern. That was enough for me- I stopped watching after that and didn’t really care where it all went from there.

I know that it was a fiction, but the whole show up to that point had gotten me to thinking about human nature in general. The torture and cruelty that was on exhibit in that show was brutal. But then I remembered a room at Madame Tussauds’ wax museum in Niagara Falls that we had visited a few times in my youth while visiting relatives there. I believe there was a rack for stretching victims, and one of those things I believe was called an iron maiden that was somewhat mummy shaped and made of metal with two hinged doors on the front and knife blades all around, but fixed to the inside so that when the doors were closed on the person inside.... you get the picture. But the thing that really got me was the giant hook that pierced

one wax victim’s abdomen from one side to the other as he hung from the ceiling by that hook and nothing else, as if he were so much fish bait. It was this primal exhibition of human cruelty that I flashed back on while viewing earlier episodes of Thrones, and it dawned on me that a certain reality derives from a certain imagination, and it was exceedingly upsetting to see where the human imagination leads to in terms of our fellow humans, no matter how inhuman the action might seem.

And so, rather than dwell on these Boschian visions, why not instead think of kittens- I have been lately. I believe it was eleven or so years ago we had two brother kittens arrive in a cardboard box, for lack of a proper cat carrier and expediency. And so it was, too, that literally right out of the box these two gray tabby brothers did battle with each other at the drop of a hat. It became such a regular event that I made a short video of them bopping each other, and set it to some 80’s punk rock. Kittens and punk, why not? But they didn’t fight all the time, and as the years went by it wasn’t uncommon to find both of them together in the rocking chair by the woodstove on a coolish winter night. I don’t really think there was active animosity between the two- there were just those special occasions where one or the other stepped over the line and a minor cat riot ensued.

They had namesakes in the real world. Wendy came up with the names Sebastien and Sylvain- borrowed from the Chavanel brothers, now both retired



Sebastien

from the pro-cycling circuit. It could have been that Sylvain, the kitten, got his name because he was the more aggressive one. Sylvain the cyclist is the older of the two brothers, and the more accomplished. I can think of at least one time where he received the most aggressive ride accolade for a stage in the Tour de France for his performance out on the course that day- going out with the breakaway and relentlessly attacking the other riders in the break. Sebastien was not quite as accomplished a rider- Sebastien the cat was the much more subdued of our two brothers. He didn’t like being picked up, but he would relentlessly brush up against your legs in pursuit of a petting.

There were two ways Sebastien did distinguish himself. One was as a toilet paper retriever, the other as the alert system to let us know when the water bowl upstairs was tragically empty. In the times before toilet paper scarcity, Sebastien would on occasion follow me into the bathroom and insistently rub up

Continued from Page 1

systematic search through old Island newspapers, memoirs, research papers and books to find all the information I could about the town. Vashon is unique among Puget Sound islands and islands in general, most islands have a seaside town or port as the main town, Vashon-Maury has a landlocked main town. Bainbridge Island, for example, has the town of Winslow, adjacent to the ferry landing in Eagle Harbor.”

“This is one of many exhibits the museum presents to the community,” said Alicia Widmer, Heritage Board member. The Museum’s Mini Exhibit Committee provides our schools and the museum with pop up exhibits of current and local interest, as well as topically relevant subjects. This is the largest Mini installation that we have taken on to-date”, continued Widmer.

“Take a stroll through town to glimpse the past and the hard work and dedication that went into developing our island’s livelihood and our community center. Town tours are interesting and fun, and Vashon Town has evolved into a fun space to stroll, with our First Friday Gallery openings, our regionally recognized restaurants and our treasure trove of history” said Elsa Croonquist Vashon Heritage Museum Executive Director, “The Museum wanted to take exhibits out of the museum’s building

Walking Tour Exhibit

and bring the exhibit to the community.” Croonquist added.

This started as an idea for a gift for the community back in early Fall of 2019. Plans were made to have the exhibit up in April 2020. Delays set in due to COVID, the closing of town businesses and the state protocol to not promote crowds. With Vashon businesses opening back up, the hope is that the community can enjoy history and stories while wearing masks and practicing safe social distancing. The museum quality panels will be displayed in business windows. Business owners and the Chamber of Commerce when first approached in February were enthusiastic about the idea.

“We are thrilled that businesses wanted to participate,” said Croonquist, “Our goal is to support the town of Vashon and to help promote safe reopening of businesses. Allow our community to take a look at our history out in the open air. Our hope is to continue to have the exhibit on permanent display. Brochures for the walking tour will be available at the museum, when it reopens to the public, and at the businesses,” she added.

The Vashon-Maury Island Heritage Association’s mission is to collect, preserve, and exhibit and interpret the history of Vashon and Maury Islands; its primary goal is to establish and operate a community museum and archive.

the first sound was Sebastien scraping his claws around the inside the bone dry bowl- one paw in a kind of circular motion from which the high pitched scritchling sound would emanate. The second was Sebastien dragging the bowl across the floor, disgusted that no one had shown up yet to replenish his water supply.

All of that is seemingly over now. Sebastien has not been seen for a couple of days- coyote scat has been noted close to our house, and I found some this morning that had mostly gray hair in it. We have a fence around the back yard that keeps the dogs in, but I cut little portals in random places along the bottom of the length of it so the cats could pass freely, since they never went very far and there has never really been a regular threat from predators. If anything, from the start both cats were always hyper-alert when they were outside, regularly running for cover when an aerial threat passed overhead. We always assumed they would be careful. We also liked the fact that whenever we left for short periods, one or both cats would be waiting for us at the head of the path to the house- the greeting cats is what we called them, and all they required was a brief hello and a pat on the head and they were good till the next time. For Sebastien, though, it seems there will be no next time. My head is full of wild kingdom visions that make his return mostly unlikely. It is another teevee episode of sorts that I did not want to see even though it keeps playing in my head. Sylvain is upset and seems to be avoiding the other side of the fence. Hopefully the coyotes will find other hunting ground, but I do not wish their feast of misfortune on anyone else. Life, and death, in the wild kingdom.

Compost the Loop

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

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

Island Epicure



By Marj Watkins

Facts about Face Masks

What works best:
The face masks most effective in filtering out the novel coronavirus are made of high thread count cotton flannel with four layers of fabric. Lab tests have shown that fabric with 600 threads per inch filtered out 79 percent of the virus particles smaller than 0.3 microns.. Particles of SARS-CoV2 (coronavirus’s new name) are 0.125 microns across. The lab tests also showed that masks made with a layer of high thread count

cotton fabric plus a layer of flannel or two layers of real silk or chiffon filter out 94 to 97 percent of particles smaller than 0.3 microns in diameter. The high thread count cotton blocks out tiny particles, but flannel, silk, and chiffon cause tiny virus particles to stick to them as if to magnets. Shop for a mask rated N95. Be skeptical about masks made in China. They are rated KN95. To find FDA approved Chinese-made masks, go to lbit.ly/225BMOw.. Goggles to protect your eyes from airborne virus particles are a good idea, too. With a really effective face mask, goggles, and staying six feet away from anybody else, even outdoors, you should remain very healthy.

What does not work:
A mask with a single layer of low thread count such as a bandana does not keep virus particles out. Also, a mask made from a vacuum cleaner bag, though it would keep the virus out of your body, would contain chemicals and micro glass particles that would damage your lungs if inhaled.

Road to Resilience

Continued from Page 1

us or by threat of elimination. If viruses are in fact a feedback mechanism, then going back to the old normal will mean that we haven’t learned how to listen. In the same vein, expecting a vaccine to fix a holistic problem may very well lead to disappointment. Now I’m going to go out on a limb, but I want you to consider this. I know that, for a lot of you, attributing some kind of overriding consciousness or intentionality to life itself may be more than you are willing to accept. That being said, I have to point to one more way that nature may be expressing intentionality. People on the autism spectrum are considered handicapped

in that they can’t immerse themselves so readily into social interaction. Another side of that is the ability to stand back and get a fresh perspective. Greta Thunberg is on the autism spectrum and has been immensely important in raising our consciousness about the climate emergency. Another is Temple Grandin who has revolutionized our thinking about the emotional consciousness of animals. Many of these autistic people could be considered as having one foot planted in a new paradigm that the rest of us, completely immersed in the present-day world, are unable to see. Could this be a way that nature is attempting to point the way for us?

Comments? terry@vashonloop.com

Beethoven Concert with Mark and Jonathon Salman

VCA welcomes back the Salman family in an all Beethoven concert. Mark Salman will perform two Beethoven piano sonatas: The Waldstein and the Appassionata. Jonathan Salman will join his father to perform Beethoven’s 3rd Cello Sonata, Op 69. This year 2020 marks Beethoven’s 250 birthday, so throughout the year VCA is presenting various works of Beethoven in our classical music series. In June VCA live streamed the first of two Beethoven lectures covering his early years up 1770-1803 with Michael Tracy, lecturer along with Mark and Jonathan Salman performing live. The three works presented on Sunday, August 23rd at 4 pm were written at during Beethoven’s middle period when already in his mid-thirties he grappled with a new devastating reality. Though already by his early 30s Beethoven was considered the most important composer of the early 19th century, this fame and recognition were at risk with his near total deafness. Yet as heard by these three monumental works, Beethoven overcame the greatest obstacle any musician could face. As 2020 has made our own world full of new obstacles and harsh realities, we can take inspiration in Beethoven’s perseverance and love of his art that allowed him to not only overcome



deafness, but create some of the greatest music works ever written. Though his music faces straight on life’s obstacles, trials, and losses, Beethoven answers with honesty, hope and sonic beauty.

All Beethoven Program (90 minutes):
‘Waldstein’ Piano Sonata. Op. 53
3rd Cello Sonata, Op. 69
‘Appassionata’ Piano Sonata, Op. 57

Sunday, August 23 - 4pm
Livestream on the VCA website and Facebook Page
<https://vashoncenterforthearts.org/>
<https://www.facebook.com/vashoncenterforthearts>
\$10 Suggested Donation

Catch Drive-In Movies This Summer at the Night Light Drive In

Enjoy socially distanced movie viewing this summer at Night Light Drive In, brought to you by the Vashon Theatre and the Open Space for Arts & Community! We are located on the great lawn at Open Space! ALL ticketing and concessions must be purchased in advance & online at this time.

Concessions Online Ordering
Here’s the link: <https://order.ehungry.com/Night-Light-Drive-In>
Night Light Drive In is now serving your favorite Vashon Theatre snacks! Food Pre-Orders are accepted until 5:00pm for Same-Day Pick-up. All orders will be ready for Pick-up on-site 30 Min before feature start time. Simply select the menu items you want, add them to your cart and checkout. Your order will be sent to the concessions counter and will be ready by the time gates open on the date you specify. Please double check that your drive in tickets match your order pick up date!

Schedule:
Wed Aug 5 – The Goonies
Thurs Aug 6 – Casablanca
Fri Aug 7 – The Goonies
Sat Aug 8 – Casablanca
Wed Aug 12 – The Grand Budapest Hotel
Thurs Aug 13 – Isle of Dogs
Fri Aug 14 – Moonrise Kingdom
Sat Aug 15 – The Grand Budapest



Hotel
Sun Aug 16 – Isle of Dogs
Tickets are available on the Vashon Theatre website. Doors open at 8:30pm for the 9:30pm show times this weekend. When purchasing your ticket, please be sure to carefully read ticket directions and event protocols. Things you should know before buying your ticket: We are asking all attendees to follow public health guidelines and to stay home if they are feeling ill. All ticket purchases will be made online only. Tickets will be scanned through rolled up car windows. All customers must remain in their vehicles at all times except to visit the restroom.

Virginia Needs A Home

Who cares about the dog days of summer? Every day is a cat day!
I’m a sweet young thing with unusual tabby markings on my face. My dream home is one where I can live indoors and don’t have to compete with dogs. I’m a good companion, so I want a human friend who will spend time with me.
You can visit me in my foster home. Let’s make plans to spend the cat days of summer, fall, winter and spring together!

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To view adoptable Cats and Dogs

First Friday Virtual Gallery Cruise

Until we can get back to having the First Friday Gallery Cruise again, Vashon Events has been doing a Virtual First Friday Gallery Cruise. The next one is on Friday, July 3rd! Stop by Camp Colvos Brewing and pick up some tasty food and beverages while you enjoy your virtual First Friday Gallery Cruise! Our newsletter will feature some of our local artists and galleries who would love to have your support. We put out a call to invite any artist on Vashon to participate. Please browse their online store and get in some shopping therapy! If you are an artist that would like to be included next month, and you have an online store, please email us. We’d love to include you.

Thank you so much to John L. Scott Vashon for being the lead sponsor of First Friday promotion - we are so grateful for your ongoing support!! We’d also like to thank our supporting sponsors: Camp Colvos Brewing, Evergreen Home Loans Vashon NMLS 1409468, Island Insurance Center, and Sue Carette - Windermere RE Vashon Managing Broker, Realtor. Please take a moment to view their websites and show them your support. First Friday Virtual Gallery Cruise Friday, August 7th Sincerely,
Allison Shirk & Pete Welch
Co-Directors of Vashon Events



Planet Waves

by Eric Francis <http://www.PlanetWaves.net>**Aries (March 20-April 19)**

The Sun has moved into the most creative and expressive area of your chart — Leo, your 5th solar house. Here is the thing: creative and expressive are not really the way of the world. Bored and stressed out more typically are. Yet what you are likely to find is that if you take the advantage that your astrology is giving you, you can stabilize in a place where you can have some real fun with your most inquisitive and artistic side. The key concept here is some ability to be consistent, and that is the nature of a fixed sign. If you are personally committed, all the distraction in the world cannot get you out of your zone. To the extent there is distraction described, it is really the potential for activity that you can focus in the direction you want. So step one is wanting. In my philosophy, curiosity is a form of desire, so wanting to see what you can do or how you might feel, or experimenting with what you might unexpectedly desire: these all count.

Taurus (April 19-May 20)

This has been a tremendously unstable year for much of the world. While in general unpredictability has a torturous quality for you, Uranus in your sign suggests that either you like what is happening, or at least you're able to make some advantage out of it that you might not normally have. As strange as the world has been, most of the twisting and turning has come through your ideas about life rather than from life itself. This, too, may have a few potential modes of action. One is recognizing that beliefs are a poor substitute for seeking knowledge. Said simply, a belief is what you adhere to before you've gone on your quest for truth — and at its best, that's what your current astrology is driving you toward. You are so dependent on all things familiar, from your home to your friends to what you do every day, that to go anyplace else may seem like wild, unknown country. That is where you need to be. Other factors are granting you emotional stability and a sense of security that you can draw on like a battery.

Gemini (May 20-June 21)

Mercury's recent aspects to Mars and to Chiron may have provoked you into either a crisis or a deep reevaluation of just what you're living for. That may have come through either anger or recognizing some past hurt you're carrying around: and one will have a way of substituting for the other. Underneath all of that is a recognition of how sensitive you are, how emotional, and how receptive. The world has been in assault mode lately, and feeling open might not seem to be a logical or sane approach to existence. I would propose it will serve you well at this time: that openness and vulnerability will be more liberating and less painful than any other way of being. Resistance is sometimes a necessary adaptation, though it cannot go on for long. In order to influence the flow of events, you need flexibility; and most of all, you need your senses on and available at all times. Then you need to think. There is no inevitability as long as there is a willingness to contemplate what is happening.

Cancer (June 21-July 22)

Mars is doing something unusual, which is spending six months in Aries, your career house. This is due to the Mars retrograde between Sept. 9 and Nov. 13, a time that will no doubt stir the pot of history. One thing that's fair to say about you is that you take your work personally. You must do professionally what is personally relevant to you. For some that is a tall order: all those relevant things are not usually associated with a

paycheck. However, I suggest you set that requirement aside in place of something better, which is responding to a calling. There is a connection between what is happening in the world, and what you want and likely need to be doing. As chaotic as it is, the planetary condition is the perfect place for you to find your passion, your mission, your true intention in life. Yet for that to work, you will need to allow yourself to get involved. That means consumed, invested, interwoven, committed, intertwined: anything but an abstract relationship. There is work to be done, and that is good news for you.

Leo (July 22-Aug. 23)

For you, the best astrology of 2020 is yet to come. While everyone else is getting swirled around like a malted in the blender, you are watching from the sidelines taking notes. It will also help to take care of yourself, by which I mean the very basics of food, air, water, rest and movement. Yet you will also benefit from focusing a turning point in how you manage your health and other facets of your wellbeing. You know there are changes you need to make, and now is the time to get those into gear, and hone them into habits. Positive habits take longer to form than negative ones (which seem to grow overnight). Yet you have motivation: you understand why you need to do what you need to do, and by now you're feeling the internal drive to connect with those necessities. Take this seriously. Listen to the ways you're being called. Do what you need to do, and allocate the resources you need to make it happen: time as well as money, and mostly, mental and emotional bandwidth. Major progress is in motion and you will want to be ready.

Virgo (Aug. 23-Sep. 22)

Do not let others dissuade you from your calling, or blow you off course. This is not the time to allow your desire for a romantic relationship to take priority over the work you feel called to do. This may not be a case of overt competition, or even something you can give a name to. It's more like how your idea of a partnership is shaping your idea of what is possible. It's essential that you see this for what it is. At this time in your life, you simply must prioritize your purpose, which translates to your vocational calling. We all must be a little leery that a relationship is the "pearl of great price." Usually, the price is a little too high. One essential metric for the quality of your interactions is whether they support your need to invest yourself in your work. Any that does not is probably not the right involvement for you to invest yourself in. Right now, the support needs to flow toward you, not away from you. There is a binary involved; it will be one or the other, and it's up to you to discern which is which.

Libra (Sep. 22-Oct. 23)

The thoughts you hold in your mind matter. The ideas you accept affect your life more than you may recognize. You need some extra filtration right now, so that you may discern what is relevant for you and what is not. You also need to do some work on what is valid from an objective standpoint, meaning having nothing to do with you personally. This is particularly important where matters of your health are concerned. On that topic, the single most important thing for any Libra Sun or rising to know is that your state of physical health is greatly determined by your emotional state. More than anything else, how you feel determines how you feel. Whether or not you decide to seek any sort of physical remedy, in the end, when you feel better

emotionally, you feel better all over, and much of the time it has little to do with medicine. There is a connection between your state of mind and whether what you believe is true. So this calls for some effort and even more reflection. Reading books will be helpful.

Scorpio (Oct. 23-Nov. 22)

Art is an excellent way to process whatever you're moving through emotionally. Whatever you think of as creative process counts, though I do mean active rather than passive: making something personally, rather than consuming or experiencing something that someone else did. A little of that might be helpful, though you want your experience to be from you, about you, and centered within yourself. In 2020, that is the tricky part: this notion of "centered within oneself" barely exists, because so much has been externalized. We tend to live so far outside of ourselves, and are in a sense never alone due to our phones tagging along with us everywhere we go, connecting us to everyone we have ever known. Give yourself some time and space offline, alone with your thoughts, your paints, your notebook and/or your musical instrument. Go someplace you have never been. You will benefit from this kind of exploration; it is the essence of inner work.

Sagittarius (Nov. 22-Dec. 22)

Something called the South Node (or the Moon's descending node) has entered your sign and will be with you for the next 16 months or so. This is a time of deep personal clearing: of letting go of all that is no longer true about you. Sagittarius wants to expand constantly, and this is a time of pruning back, focusing, refinement, and most of all, of sorting out. Your sorting process must be conducted on one basis only: what is helpful to you, and what is not. This is the time in your life when you will learn what "helpful" and "unhelpful" mean. This goes for everything from the food you eat to who you relate to; from what you do with your time, to what you choose to own and what you choose to let go of. Remember that there is a lesson in each decision you make, and each will contribute to your total, gradually developing understanding of how you decide what is good for you.

Capricorn (Dec. 22-Jan. 20)

You are now at the end of a major Saturn transit — the return of Saturn to your birth sign. This was also your official "Saturn return" if you're approaching age 30 or age 58, though the effect is similar. You either finish the transit, or you get stuck there for a while, until you do (and that is not easy). Saturn will be in your sign for just a few more months, through mid-December. Think back to what you started in late 2017. What learning process did you enter? What changes did you start to go through? In particular, what shifts began in your professional or vocational life? And finally, what about your relationship to your family? That's the big one: the one you cannot escape reckoning with. Is there some way you feel like your family is holding your identity hostage? Is there some way that you've sacrificed it to them? Now is the time to get it back.

Aquarius (Jan. 20-Feb. 19)

The notion of "psychological material" has gone the way of the eggbeater, the balsa wood airplane and synchronized swimming. However, you might want to key into the idea, and ask yourself what you're actually grappling with — and whether you want to set a healing agenda for yourself. Jupiter, Saturn and Pluto remain in your solar 12th house, where (symbolically) we sweep all of the stuff that it's not convenient to address. It's also the attic full of stuff from the past that all humans sooner or later encounter from their karmic and ancestral lines. People

used to care about this thing. I suggest it would be a very good idea for you to do so, as this alignment will not happen again while anyone currently alive is walking around on the planet. For Aquarius Sun and rising, you have a rare window into your psyche. You have an opportunity, in a sense, to travel back in time, and resolve matters with people who are long gone. Start the dialog and keep it going as long as you can. Learn as much as you can — there is plenty.

Pisces (Feb. 19-March 20)

You can put the friction in your chart to good use. Usually people see minor conflict or the bump and grind of life as an annoyance. For you, it's a source of heat, light and the sparks you need to light your fire. You don't need to provoke conflict, just notice it. And then tap into the little power sources that you discover. This will only work if you have a sense of humor about it. Nearly everything is at least a little funny, and many things are a total scream. So keep the gleam in your eye as you look and listen to the world going round. See the irony in the contradictions, of which there are currently plenty. People count on your point of view, if only as a way to measure their own. Therefore, remember your influence, and offer a playful but sincere presentation of your ideas. The world is a mess right now. People are afraid of their own shadow, and you can smell the agendas from all the way down in Antarctica. Stay high above the scourge of seriousness.

Read Eric Francis daily at
[www. PlanetWaves.net](http://www.PlanetWaves.net)

Mukai Farm & Garden Hires First Executive Director

Continued from Page 1

conversations. The story of the Mukai's helps us connect to our own sense of perseverance through challenging times and shows us just how vital stories of tragedy and triumph are to moving forward as a community."

"We are so fortunate to hire Tina at this time," said Mukai Board President, Rita Brogan. "As our first Executive Director, Tina will help bring Mukai Farm & Garden to a new level of engagement and awareness, despite the challenges of COVID-19. She was the key to starting Japan Festival, our successful, growing – and wonderful celebration of Japanese culture on the island."

Shattuck brings years of experience and skills in project and staff management, fundraising, event planning and new business development. She is a respected and in demand fundraiser, having helped raise over \$4 million for non-profit organizations in the past 15 years. Shattuck is the founder of Women Hold the Key and Working Mothers (R) Evolution, supporting and mentoring women locally and abroad in skill building and support.

Mukai Farm & Garden members and supporters can meet Tina Shattuck at the Zoom membership meeting on Monday, August 17 at 4:30 p.m., shared on the website and social media. And catch a glimpse of last year's Japan Fest, produced by 4Culture and Vaun Raymond, Instructor at Seattle Film Institute at www.youtube.com/watch?v=7vX7bibH_SE&t=11s.

This year's Japan Fest will be virtual, to be announced on the website. Find more information about Mukai Farm & Garden at www.MukaiFarmandGarden.org.

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Remember to boost your immune system, that's your best defense right now. As usual, we are here to help you with that!
Stay healthy, my friends...



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PANDORA'S BOX

Well, we survived with no Festival.
Looking forward to Halloween.

Bo’s Pick of the Week: He’s got a delightful new flower fountain that he is ignoring. But, it turns out ranch dressing is a particular favorite.

On the plus side, we have rearranged a lot of shelving and have many new flavors of Weruva cat food to choose from

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