

Vashon Island School District Closing till April 24

In order to blunt the spread of Coronavirus (COVID-19) and to protect the health of our students and community members, Vashon Island School District will be closing all schools beginning Friday, March 13th. The last day for students will be Thursday, March 12th which is a PDD day. VISD is planning on being closed until Friday, April 24th for a total of six weeks. As such, I would highly encourage all students who are not sick to attend tomorrow's school day.

Teachers will report to schools on Friday in order to participate in team planning meetings, collaborate with leadership on staffing solutions, and make preparations for the extended closure.

There are several programs and services that we are currently working to provide students and families. Families will receive more communication and details about these programs at a later time as we get closer to implementation.

Food Services: VISD is prepared to provide food services beginning Monday the 16th as a "Grab 'n' Go" lunch. "Grab 'n' Go" meals will be provided to ANY

VISD student. Targeted delivery services are part of this planning.

Child Care: VISD is setting a goal to provide limited child care services by Wednesday the 18th. Our primary goal is to provide services for families who work in the health care services as well as for families who qualify for the free and reduced lunch program. VISD understands that we must play our part in keeping our families who work in health care services available to help those in the most need. Once we are able to provide services for these two groups of families, we will be considering expanding the program to assist other families. It is important to note that we will be working from Public Health guidance and implementing Social Distancing practices as well as enhanced sanitation practices.

Supplemental Learning Activities: VISD is working with staff to coordinate the delivery of supplemental learning activities by Wednesday the 18th or earlier. We will be able to provide laptop devices to those students who will

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Music Instrument Library Fundraiser Postponed

Vashon Events, a nonprofit organization on the Island, postponed their first major fundraiser of the year following recommendations from the King County Public Health Department to postpone large gatherings. The event was a fundraiser for the organization's music instrument library that provides access to music instruments to Islanders of all ages for free. In lieu of the fundraiser, the organization is seeking donations towards the program.

"We are devastated to have to make the decision to postpone the event. We have spent countless hours preparing for this show, not to mention costs that we will not be able to recuperate in advertising. Ultimately though, we know that the health of our community is the highest importance. We want everyone to be safe and if there is something that we can do to help prevent the overload on the health system, we are willing to do our part for the good of all." Co-Director Allison Shirk wrote in a public statement.

The Instrument Library loaned out instruments to 107 families in 2019, up 50% from the year prior, and the service is rapidly growing as more Islanders learn about the resource. Any Islander may borrow an instrument free of charge. The typical check out time is three months and there is no limit to the number of times a family may borrow an instrument.

The library currently has 72 instruments and amplifiers, all of which were donated by Islanders. Because all the instruments in the library were donated, many of them need a tune up and other minor work. Vashon Event's team of volunteer musicians help us with minor tune ups and maintenance, but sometimes an instrument needs a more costly repair. Additionally, many of the instruments did not come with a carrying case, which is needed to protect the instruments during travel and in storage. The organization also wants to purchase some instruments that are consistently requested but that the library doesn't currently have.

The organization has set a goal is to set up each instrument with a carrying case, a beginner's book, and all the accessories that are needed to tune, care for, and have fun with the instrument. They are also working to create library cards for all the instruments so individuals can see who borrowed it previously and create a brief history of each instrument. "You see, music instruments aren't just objects, they have a life of their own. The more they are played, the richer they sound. That's what this fundraiser is all about. Raising money for the instrument library so that anyone, young or old, can have access to music instruments for free," Shirk said.

"Luckily, playing a music instrument is something you can do anywhere, at home as well as at gatherings, alone as well as with friends," Shirk said. The music instrument library will be active



www.VashonEvents.org

during this time and the organization will be taking preventative measures to sanitize all the instruments and cases. Take the opportunity to learn to play a new instrument. It's absolutely free to borrow an instrument from the library.

Imagine if, when you were a kid, you could have access to any instrument that you wanted to play...guitars, drums, trumpets...you name it. Some parents are a little concerned about buying an expensive instrument only to find it is soon collecting dust and being unused. That's the beauty of the library! Individuals can try out instruments and see if it sticks before buying one of their own. Often times, families go through three or four instruments before they find the right "fit" for them.

As Vashon Events is unable to host the fundraiser at this time, they are requesting donations to support the library. Those interested may donate by mailing a check to Vashon Events; PO Box 2124; Vashon, WA 98070 or by donating through the organization's website at www.vashonevents.org.

Finally, if you have an instrument you would like to donate to the library, contact the organization by emailing Shirk at allison@vashonevents.org. They noted that they are unable to take pianos or large organs and already have an abundance of acoustic guitars but can take high quality ones to replace a couple of guitars that don't stay in tune very long. They are especially seeking horns and woodwinds, small bass and guitar amplifiers, and accessories like guitar tuners and capos. They can provide a tax donation receipt.

The Road to Resilience

The Time of Epiphanies

By Terry Sullivan,

You know how it is when you look at a photograph or a painting that at first looks like nothing you can recognize and then, as if by magic, it all sorts itself out into something very familiar, and you wonder for a moment how such a minor adjustment in your brain can turn gibberish into something so familiar? It is the same as the "ah ha!" moment with a thought, or, that explosion of clarity on pondering some new data in a science experiment. The proper term for that moment is an epiphany.

It seems to me that the age we live in is pregnant with epiphanies. It is a time of changes revealing themselves now or on the horizon. Our experience of them when we are so blessed can lead to an epiphany. Before an epiphany, however, all is fearful chaos, and the latter is also a dominant characteristic of our time.

Over the past year or so, if you have been reading this column, you may have noticed that time and again I've been touching on my personal, and also a global, epiphany occurring with respect to the nature of soil and its innate importance to life, and especially its importance in healing our planet today. This has been a time of excitement and wonder for me! We've all looked at soil all our lives, closely at first on all fours, and later noticing it mainly when we clean our clothes, unless we have become gardeners. As a gardener, before this year, I mainly thought of soil as a neutral growing medium in which

we put nutrients along with plants. The more plants the more nutrient drawn up and the less nutrients for each plant. Thus the importance of keeping our soil plant-free around our vegetables or ornamentals. There is some value in that, but the truth is that plants create their own food. Most of us have known for a long time that the microbes in the soil were useful, but only this year did I have the epiphany that those microbes were an organism: a living, reacting being! The difference between a being and a medium is that you mostly don't chop a being into little pieces or leave it exposed and unprotected.

Rondi Lightmark, Sheila Brown and I were partners in this epiphany. We were now more interested in the soil and its promise, and soon discovered a wide range of scientists, farmers, and ranchers that were producing wonderful soil and bountiful crops by observing a few simple rules. 1) Disturbing the structure of the soil is like a tornado ripping through a town, so don't till. 2) Soil does not like to be exposed, so always keep it covered, either with cover crops or mulch. 3) Soil is a living ecosystem of millions of micro and macro plants and animals, so minimize and ideally eliminate herbicides, pesticides, and chemical fertilizers. The plants need and use nutrients in the soil but the bulk of a plant is made of light and air! 4) The soil/plant ecosystem, as in a prairie, thrives on diversity, so no monocropping. Even

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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.

Marijuana Anonymous

12 Step Meeting
Has marijuana become a problem for you or a loved one?
Join us Starting October 1st.
Every Tuesday 7-8 PM
Vashon Lutheran Church,
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Get In The Loop

Send in your Art, Event, Meeting Music or Show information or Article and get included in The Vashon Loop.

Send To:
Editor@
vashonloop.com

Ask the Master Gardeners

Bring your gardening questions, plant samples and/or photos to the Vashon Master Gardeners in front of Vashon Ace Hardware and receive free, science-based advice every Saturday from 9:30-2:30, April 25 through September 19, and first Fridays 9:30-2:30, May through September. Contact Vashon Master Gardeners, WSU extension at mgvashon@gmail.com for more information.

Vashon Elders seeks volunteers

Monday, March 9, Vashon Elders and the Alzheimer's Association present "The Ten Warning Signs of Alzheimer's." The free education program begins at 10:30 am, Vashon Library Conference/Meeting Room. Free and open to the public, presentation will cover the difference between Alzheimer's and dementia, the importance of early detection, how to approach someone with memory concerns, the diagnostic process and resources available to with time for Q&A. Refreshments provided.



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

Spring 2020 VIVA Art Tour canceled

With Washington State currently the US focal point of Coronavirus, (Covid-19), Tour participants, when polled, voted to cancel with a possibility of rescheduling at a later date. The VIVA Board met to consider our path forward. Holiday 2020 may be the best choice for our next Open Studio Tour. We are still weighing options.

Many artists depend on income from Art Tours. Balancing need and desire for health safety in the face of so much unknown about Covid-19 challenges us all.

Thank you, and as we all ride this out together, remember to support local artists! Please follow us on Facebook and look for updates at VIVArtists.com

Brian Fisher, VIVA President, and the VIVA Board of Directors

Democratic Delegate Training

On Wednesday, April 1st, members of the 34th Legislative Democrats are holding a "How to Become a Delegate" training at the Vashon Library from 6:30 to 8:30 p.m. Delegates may serve at the State level, or campaign to become a member of the Washington State delegation to the Democratic National Convention in Milwaukee in mid-July. In order to pass County and State Platforms and select our national delegation, delegates are needed at each of the following levels:

- * Legislative District Caucus
- * County Convention
- * 7th Congressional District Caucus
- * State Convention
- * Democratic National Convention

Presenters will cover the rights and responsibilities of delegates at each level. They also describe the time and financial commitment required for participating and advancing through each level, starting with the Legislative District Caucus, where the journey begins.

Vashon Social Dance Group Monthly Dance & Lesson

Swing lesson and variety dance at Ober Park Saturday, March 14.
Beginner Dance Lesson - 7:00 - 8:00 pm
East Coast Swing - No experience or partner necessary
Variety dance 8:00 - 9:30 pm with Candy as your deejay
No experience or partner needed. All are welcome.
\$10 suggested donation. No one turned away for lack of funds.
Ober Park Performance Room, 17130 Vashon Hwy SW, Vashon

The Vashon Loop

Contributors: Kathy Abascal, Eric Francis, Terry Sullivan, Orca Annie, Seán C. Malone, Mary Litchfield Tuel, Marj Watkins, Peter Ray and John Sweetman

Original art, comics, cartoons:
Ed Frohning

Ad sales and design: Steven Allen
Phone 206-925-3837
Email: ads@vashonloop.com

Editor: Steven Allen
Email: editor@vashonloop.com
Publisher: Steven Allen
PO Box 1538, Vashon, WA 98070
Phone 206-925-3837

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2020 Strawberry Festival Performer Applications

The 2020 Vashon Island Strawberry Festival takes place this year from Friday, July 17th through Sunday, July 19th. For those who would like to perform on one of the six outdoor stages this year, the Performer Applications are up on the Vashon Events website here: <https://www.vashonevents.org/2020-strawberry-festival-application>

Deadline to have your application in is April 30th. Every effort will be made to accommodate everyone, but it will depend on how many applications are received. Applications will be reviewed and selections will be made no later than June 1st, 2020. Those selected will be notified at once.

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out Thursday
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Deadline for the next edition of *The Loop*
Saturday, March 21

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Vashon Library Events
Art & Music Events
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Goin Fishin



By Sean Malone and John Sweetman

The sun is up and we are going fishing, sometimes with a pole and sometimes just a skinny willow branch with green cuttyhunk tied to the top of the six foot stick. Rolling or unrolling the stick made the line shorter or longer.

For bottom fishing for cod, perch or sole, we used a pole and reel with a little lead sinker, the shape of a tear drop with a hole in the top to tie the line to and the hook was tied on about two feet above the sinker to get it off the bottom. Kit Bradley, Brother Mike and I were down at the Cove dock trying our luck. "Kit, I asked, how do you tell a flounder from a sole?" He didn't know that a flounder had eyes on only one side of its head while the sole had eyes on both sides. He only knew that they liked pile worms for bait as did the perch and rock cod we could see swimming around the pilings under the dock. There were several kinds of cod swimming around the docks of Vashon.

One time, we were fishing off the old standard oil dock and Brother Mike hooked a small rock cod and was reeling it in when his pole bent almost double and he knew he had something big on. A three foot ling cod broke the surface with Mike's small rock cod in its mouth, much too big to try to lift to the dock, so Mike walked the big fish down the dock to shallow water, all the time expecting the big fish to spit out the little rock cod. When it got shallower, and the distance from the water to the dock was less, Mike pulled both fish up to the cheers of the Orientals jigging for calamari or small squid.

Now, jigging is the art of jerking the lure or bait up and down to imitate the movement of a wounded fish. Under water, anything out of the ordinary attracts attention; which is why many fish camouflage themselves for protection such as a flounder burying itself in the sand until only its eyes are visible.

I also loved to hunt and had traded a lab pup to my Uncle Jerry for an old Krag 30-40 of 1898 vintage, the gun that Teddy Roosevelt had used in the siege of San Juan Hill, so many years ago. We were in the high cascades wilderness area where we had packed in to Hopkins Pass by horse and hunted from the little valley under Three Fools Peak. I dropped a nice two point buck on the ridge above a small lake of no name and was waiting for the packer to come with his horses to pack my buck back to camp. The little lake was bubbling with small trout, never getting very big because of the short growing season and lack of food. The snowfield came right to the edge of the lake where

I waited with no pole, no hooks and no fish line. I took out my rosary, not to pray, but to carefully remove one of the little wires that the rosary beads were strung on and bent it into the shape of a hook. Parachute cord is made up of many strands in a nylon sheath and one of the strands made for good fish line. I had seen a dead bird down the trail a ways and went back to collect some maggots for bait. We feasted on fresh mountain trout that night in camp and I drove my buck home by propping him up in the passenger seat of my little red Volkswagen.

John tells a story of catching the rare golden trout.

One spring when the weather turned favorable early my mother and I went up camping in the cispus area of the mount Adams wilderness on horseback with an 80 year old friend who owned a resort at Packwood Lake. This was before the Cowlitz river was dammed to form Riffe lake.

It was a long trip up and we camped several times on the way.

We arrived at high chains of lakes with snow still on the edges. After setting up camp we fished with dry flies and just could not keep up with the fish.

That night we cleaned the catch, most being about 8 inches, although at that time they looked much bigger to me, and fried them in bacon fat.

Maybe it was the fire of local wood which I chopped but the fading light on the golden trout was the most beautiful sight as we enjoyed more than our fill of the rare delicacy.

We saved some fish for breakfast along with camp bread made in a heavy iron dutch oven. Camp bread was made by putting coals over the top rim of the dutch oven so

It browned on top. We also tossed potatoes wrapped in foil on the coals and then smothered the potatoes with butter..

It was a good thing we packed in with horses because between the cast iron, the old war surplus tent and bulky supplies we could not have carried much on our backs.. especially me, at the age of 9 years.

I think I enjoyed my first taste of coffee on that trip because I remember the eggshells thrown in the enamel pot to sink the grounds. It was probably folgers or some such brand I have never willingly touched for 30 years. Nevertheless the smell of coffee and fish frying in bacon fat has always been my favorite smell in the wilderness.

Sean@vashonloop.com

Spiritual Smart Aleck

By Mary Tuel

I'd Like to Talk About Something Else, But ...

The last week or so, all the talk on radio and television has been about the novel coronavirus, or COVID-19, the disease caused by the virus, and the competition of Democratic would-be presidential candidates, who were dropping like flies.

My philosophy is, when we have a Democratic candidate, I'll vote for him. I will not go into the back yard and eat worms because candidates I liked better did not make the final cut.

I will be voting for what I hope will be the beginning of the reclamation of the United States of America.

Both parties have a lot invested in Business as Usual, but we have not had Business as Usual the last four years, and we have not had the former two parties.

Some Republicans are now former Republicans. Some call themselves Independents. The Republican Party they signed up for no longer exists. It has been stolen like a car with the keys left in the ignition and is being taken for a spectacular and dangerous joyride. At some point, it will be left wrecked in a ditch.

Most former or disaffected Republicans can't hold their noses and call themselves Democrats - that would be going too far. According to Chris Vance, former chairman of the Washington State Republican Party and now an Independent, these people meet to discuss, "What are we going to do?"

I feel your pain, kids.

I'll tell you what I would like to see out of the next Democratic President and Congress (I do like to dream big):

I would like to see the country pulled back from the abyss into which we have been plummeting the last four years, starting with getting rid of that ruinous tax package, and raising taxes on the wealthy.

I would like to see a renewed separation of church and state, because as Martha Stewart would say, that's a Good Thing. I would like to see legislation and behavior based on rational thinking, and rational decisions based on (wow) facts, and science, and the Constitution and the rule of law. I would like to see legislators stop trying to control everyone's, especially women's, bodies, and the executive branch stop making racism an overt, legal, national institution. I would like to see anti-Semitism and the violence it spawns brought to a full stop.

I would like a new government to



get busy repairing the many catastrophic blunders and intentional wrong-headed screw-ups of the current administration.

I would like to see the United States of America stop becoming a banana republic ruled by a crybaby Caligula and his cronies. We deserve better.

Then there's that coronavirus/COVID-19 thing.

King County has the distinction of being the epicenter of the outbreak of novel coronavirus in the United States. Most people who get it have mild or no symptoms, we are told. They infect people around them, though, and some people die, mostly people who are elderly and have health issues already, as did most of the people in the Kirkland nursing home who died. You have all heard or read this information by now.

Dr. Lisa Gilbert, MD, FAAFP, CTropMed (no, as a matter of fact, I do not know what all those letters after the MD mean), a specialist in infectious diseases, says in an interview in the March 4, 2020 issue of The Living Church, "We know that coronavirus or influenza are the pandemics that are likely going to circulate worldwide." She goes on to say that this coronavirus is going to kill our elders more than anyone else.

So I have the impression that public health people believe that this novel coronavirus will be or already is a global pandemic, and our older generation will be hardest hit by mortality.

Speaking as an elder, not too chuffed by that.

So. We have a president who has been doing his best to gut the Centers for Disease Control since he got into office, so now the CDC does not have the people or the budget to effectively deal with a pandemic.

This is a president who began by saying that the virus would disappear in April when the weather got warm.

He has also said that the virus is a hoax perpetrated by the Democratic party, which is trying to injure his chances of being re-elected.

He has also said that there are plenty of tests for the virus (not true).

I read this morning that he is saying that the virus is having the positive impact of making people shop and stay at hotels within the US instead of going abroad.

I wonder if he thinks that his usual ration of hyperbole will stop the progress of the coronavirus.

I don't think so. The coronavirus is not part of his base.

Blackberry Needs a Home

It'll be a while before you can pick blackberries along the road, but you can choose THIS blackberry right now! And here's why you should: I'm sweet-tempered, I'll eat treats out of your hands and I get along with other cats. I hadn't spent much time around people before I was found, but after graduating from VIPP's charm school, I'll do fine in a quiet home where I can take time to settle in.

Sure, blackberry pies are great, but I'll sweeten up your life year-round!



Go To www.vipp.org

To view adoptable Cats and Dogs

Island Epicure



By Marj Watkins

Coping with Coronavirus

The best advice I, who have been called White Witch of Vashon Island can give you is this antiviral protocol. It appeared in the March issue of Behold! Which is the monthly newsletter of the Smyrna United Church of Christ of Canby, Oregon. The editor is my daughter, Jeannie Rogers. She doesn't attribute this preventive to anyone so I suppose she may have compiled it herself. We in the Seattle area are at the epicenter of the American coronavirus hurricane, so Jeannie's advice is especially needed by us! Here it is:

Coronavirus - there are more useful things to do than worry. Follow these five steps:

1. Wet your hands
2. Lather them with soap
3. Scrub them for at least 20 seconds.

Time the interval by singing the "Happy Birthday" song twice, start to finish. I know 20 seconds seems like a long time but research exists to say that shorter times aren't as good at removing germs and longer times can actually damage the skin and be counterproductive.

4. Rinse
5. Dry

If you can't wash your hands, a sanitizer with at least 60 % alcohol will work, but it is not as good. If using sanitizer, rub your hands together, hitting all the spaces between fingers, etc. until dry.

Don't touch your face, specially with unwashed hands.

Don't shake hands with sick people. If you are sick, stay away from other people.

Clean the objects and surfaces you touch a lot. (Vinegar kills germs)

What's not recommended for everyone: Face masks. If you are sick, they help you keep from spreading the disease, but if you are well they don't do much to keep you from getting sick.

The flu is as much of a hazard as is coronavirus, if not more. Already more than 10,000 people have died in the United States out of a population of more than 300,000,000.

Frequently washing your hands, and any surfaces your hands touch, not shaking hands with people who have flu or colds symptoms should help you keep from getting the flu also. Antiviral supplements like astragalus and plain old whole cloves have kept me and my son free of colds and flu. Our "Magic Potion" has warded off colds and flu every winter. It's simply a large stick of cinnamon, a rounded tablespoon of whole cloves, and a pint of water simmered covered until the water is quite brown. The cinnamon kills ordinary bacteria; the cloves are anti-viral. A few swigs of this potion each day--alone or added to tea or coffee--should keep you free of colds and flu and, hopefully, the coronavirus.

Wipe your kitchen counters with vinegar, a natural disinfectant. Keep your body well hydrated with water, fruit juices, and our "magic potion". Get 7 or 8 hours of sleep in every 24. When the

Vashon Center for the Arts is Temporarily Closing

Dear VCA friends and supporters,
First and foremost, I want to apologize for what is likely to be more than a few communications in the coming weeks. I had hoped you would not need to hear from me so quickly, but the COVID-19 situation, as I'm sure you are aware, is ever-changing.

Vashon Center for the Arts will temporarily close to the public until further notice.

Governor Jay Inslee and King County Executive Dow Constantine held a news conference this morning to announce that large public events must close in an effort to mitigate the spread of COVID-19. Public health officials were also on hand to communicate mandatory measures to ensure the safety of our communities. Seattle Public Schools, private schools, and many arts organizations are closing their campuses. On Vashon, we have since learned of a confirmed COVID-19 case in our community. It is more than an abundance of caution at this point that we close VCA's doors. It is the right thing to do. The coming days will reveal much and if we can protect the health of our families, students, artists, staff and volunteers, we must do so.

Our staff is making calls right now to our Blue Heron Education Center families to inform them that classes are being postponed. We are focused on the immediate - notifying those that were scheduled for classes or ticket-holders to upcoming events in the month of March.

Should we need to look at remaining closed beyond March, we will communicate with you as soon as we decide. Please know that you can find updated information on our website and on social media.

For those of you who have purchased tickets to postponed events or classes, there are several options available to you:

Consider turning your purchase into a tax-deductible donation to support VCA during these uncertain times.

Exchange your ticket for a future performance.

Request a refund and our staff will contact you to make arrangements.

For those of you who have purchased art from our Gallery, we will contact you at the end of the month to arrange a convenient time for you to collect it.

In the days to come, I hope each and every one of us can navigate this crisis with kindness and generosity. Precautionary measures and remaining healthy are needed, but keeping our spirits up and holding others in our hearts is equally as important.

Lastly, I want the artists, creatives and performers who grace our stage and share their work on our gallery walls, to know that you are in our hearts and minds. The gifts you bring our community are infinite and being a home to all of you is why we are here.

In gratitude,
Allison Halstead Reid,
Executive Director
Vashon Center for the Arts

Food Bank Service change starting the Week of 3/9

The main concerns of the Vashon Food Bank are for the health and safety of food bank customers, volunteers and staff, and for reliable access to nutritious food for islanders who rely on the food bank.

In response to the current COVID-19 situation, the Vashon Food Bank will remain open during normal hours and will continue to offer free groceries to anyone in need. However, starting next week, on March 11 and 12, we will offer a grocery packing service as opposed to the normal customer shopping model. Food Bank customers will still be able to choose what they need, but bags will be packed by volunteers and staff and

distributed to customers outside of the food bank store.

This shift in service model is in response to the King County Public Health recommendation to avoid group meetings of more than ten people, to keep six feet between yourself and others and to reduce the risk of contaminated surfaces.

We also encourage anyone who is inclined to remain in their own home to use the Food Bank's existing Home Delivery Service. Home deliveries happen on Tuesday morning and afternoon. Any food bank customer who would like to sign up for Home Delivery, needs to do so by calling the food bank office (206-463-6332) no later than noon on Monday.

Vashon Food Bank Service Hours

Home Delivery
Tuesdays 10am-2pm
Call the office to sign up
206-463-6332

Grocery Shopping
Wednesday & Thursday
10:30-11am (seniors and those with disability)
11am-1pm (general shopping)
5pm-7pm (general shopping)

As always, we are committed to providing basic, nutritious food to any islander in need, and will make every effort to do so during this ever-evolving situation.

Emily Scott, Executive Director
Vashon Maury Community Food Bank
www.vashonfoodbank.org

VISD Closing till April 24

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require a device. These supplemental learning activities will be optional and not graded which differentiates them from direct or online instruction. Given more time and opportunities for innovation, these services may evolve and expand. LINK programs can be operated remotely and we do not anticipate any major disruption of LINK services or their student's instructional program. LINK programs will not be able to accommodate any new students.

We are taking this one step at a time everyone. Each day in this pandemic we get to solve one problem and then another... and then another. If we solve enough problems, we get to come out on the other side a much stronger family. I'm very proud of the work we are doing, our staff's response efforts, and the new direction we are taking while prioritizing the safety of our students and community.

Once again, thank you everyone for all you do and stay tuned for more updates as we grow our capabilities and supports.

Thank you,
Dr. Slade McSheehy

Local News
www.vashonNews.com

Local & Regional Headlines
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All the Vashon Headlines
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Playing Through March 19 Onward



Coming Soon

Met Opera: Der Fliegende Holländer
March 14 @ 10:00 am

In Search of Chopin
March 22 @ 1:00 pm

An Evening with the Orca Network
March 24 @ 6:00 pm - 8:00 pm

Bolshoi Ballet: Swan Lake
March 29 @ 1:00 pm

Vashon Theatre
17723 Vashon Hwy
206-463-3232
Call for Times

For show times and info check
www.vashontheatre.com

Next Edition
of The Loop
Comes out
Thursday
March 27

Deadline for the next
edition of *The Loop* is
Saturday, March 21

sun shines, try to get out in it. There's not much Vitamin D in winter sunshine, but the fresh air and sun raise your spirits, and you can take a couple of capsules of Vitamin D each day. It acts towards preventing cancer, too. Blessings and good health, all of you, my readers.

Washington Healthplanfinder Announces Special Enrollment Period

in Response to Growing Coronavirus Outbreak

In response to the potential growth of Coronavirus (COVID-19) cases, the Washington Health Benefit Exchange (Exchange) today announced a limited-time special enrollment period for qualified individuals who are currently without insurance. This special enrollment period (SEP), that runs through April 8, 2020, will allow uninsured individuals 30 days to enroll in health insurance coverage through Washington Healthplanfinder.

Until April 8, individuals seeking a special enrollment must contact the Customer Support Center between 7:30 a.m. to 5:30 p.m. Monday-Friday at 1-855-923-4633; TTY: 1-855-627-9604, or a local certified broker or navigator, request the SEP, and select a plan by April 8 for coverage start date beginning April 1, 2020. Language assistance and disability accommodations are provided at no cost.

"It is apparent that many in our state have been exposed to this virus and that health insurance will be critical to those seeking treatment," said Exchange Chief Executive Officer Pam MacEwan. "Individuals need to have peace of mind to take care of all health needs, especially if they are at a high risk. Given today's exceptional circumstances we are enabling those who are uninsured to enroll and gain access to the vital services they may need."

Customers who experience another qualifying event (such as marriage, birth of a child or a move) are also eligible to shop for coverage and/or those who qualify for Medicaid through Washington Apple Health is available year round on Washington Healthplanfinder.

King County Health will not be at the Vashon Library next Wednesday but Miguel Urquiza will be available by phone on Wednesday March 18th. Call his direct cell number 206-491-3761.

He can sign you up for Apple Health (Washington States FREE health care),

Food Stamps, ORCA Cards (discounted Metro pass for low income people)

And now for anyone not having health insurance but wants to sign up can under the

The special enrollment period (SEP), that runs through April 8, 2020, will allow uninsured individuals 30 days to enroll in health insurance coverage through Washington Healthplanfinder

Miguel can do this too. He is great friendly very helpful and speaks Spanish!!

Property Tax Exemption

King County Property Tax Exemption for seniors (at least 61 years of age on December 31st, 2019) and those who are permanently disabled has been raised to income of \$58,423. This includes Social Security. You do get to deduct your Medicare payment and your prescription drug costs.

I will be filling out these forms for people who qualify. Bring a copy of your completed 2019 tax return with copies of all your backup documents. If you are taking a deduction for prescription drugs proof of this document is needed as well. A copy of your drivers license must be sent in too.

I am moving the location because the Senior Center is closed.

I have secured the Chamber Office On the 16th of March. I will also do easy tax returns as well since AARP has cancelled at the library. Easy is described as Social Security, Pension income, W-2 income, some dividends and interest. No self-employment, No rental income, No stock sales.

I will be at the Chamber Office from 3:30 - 5pm on Monday March 16th.

Thanks,
Hilary

The Kitchen Sink

In March, VALISE Gallery presents The Kitchen Sink. The small semi-permanent show is the debut of the tiny KITCHEN SINK gallery and is packed with affordable art by members of the collective. The large KITCHEN SINK exhibit in the main gallery is an installation of Drs. Amelie and George Rebus' kitchen. Bill Jarcho and other VALISE artists created the installation to welcome the return of Amelie and George Rebus and their beloved dogs.

Last year at VALISE Gallery, Amelie and George, both physicists with Harvard educated brains and large feet, sold their magnificent art collection for the sake of their Pomeranian's health and happiness. As soon as the last painting was removed from the walls of their spacious living room, peace reigned. No more furious barking, no more emergency visits to Sybil and Margrit's psychoanalyst. Just long naps on the fluffy rug in front of the gas fireplace.

Amelie and George escaped the boring bare white walls and retreated to the kitchen, a place that the dogs avoided because of the dripping sink faucet. The table, where the humans wrote their scientific papers, looked out on their fabulous rose garden and consoled them for the loss of their art.

One cloudy afternoon George gazed out the window and remarked that there wasn't a single rose in bloom. "We can't live without beauty," said Amelie. They both eyed the bare kitchen walls. "The dogs won't suspect a thing if we sneak a few pieces of art in the back door."

Amelie and George hung an eclectic mix of art on their kitchen's walls. Often they spent less time on their research and more time gazing at their Saunders and von Mendes, their Judets and Jarchos, their Burnhams, their Hawkes and Dahls, their Yens and Cherchs, their LordKenagas and Passigs and Shavers and Johnsons.

Last month a plumber ruined everything. The handle broke off the dripping kitchen sink faucet and ACE plumbing was called in. The plumber replaced the handle and fixed the drip. Now that the faucet was silent, the dogs pranced into the kitchen. Immediately they discovered the art on the walls and started barking. They barked themselves silly and not even sirloin steak medium rare could distract them. Drs. Amelie and George Rebus were forced once again to liquidate their eclectic art collection. Please help Amelie and George and their dogs by purchasing a piece of art.

This opening celebration is First Friday, March 6 from 6 to 9 pm. Preview the show on Friday afternoon from 11 am to 5 pm. The show runs through Saturday, March 28. VALISE Gallery is open Fridays and Saturdays from 11 am to 5 pm. VALISE



Dr. Amelie Rebuscmyk

Artist Collective and Gallery is located in downtown Vashon at 17633 Vashon Highway SW, Vashon Island, Washington.

VALISE stands for Vashon Artists Linked in Social Engagement. We chose these words for their humorous, ironic, and activist bent. The gallery is dedicated to presenting subjects and media that are daring and unexpected. We want to stir our audiences. We want to challenge members to initiate fresh work. We want to share the venue with the community and inspire new ideas. Half of our shows are by collective members and the other half are by artists from Vashon and beyond, regional and nationwide. The goal of VALISE gallery is to be an important and accessible art venue for the community.



Dr. Amelie Rebuscmyk

Torvi Needs a Home

I'm definitely a torti but without the tortitude that many of my peers exhibit. Instead of being feisty or unpredictable, I'm calm and affectionate. When I get to know somebody, I like to be held.

In addition to our "interesting" personality, we torties are said to have psychic abilities; we can see into the future. That part is true - I know that one of the people reading this will give me a forever home!



Go To www.vipp.org

To view adoptable Cats and Dogs

Puget Sound Zen Center ONLINE

Our Zen services are going online for the near term while covid-19 is working it's way around these parts. We hope you'll join us from wherever you are - familiar faces and those who we've not yet met. All are welcome. If you've been thinking about giving Zen a try, right now you can test the waters right in the comfort of your own home. No previous meditation experience necessary.

We will be using a cloud based video conferencing tool called zoom.us. Zoom is a free app that can be easily downloaded. To attend an online service in real time, please download Zoom in advance and then go to <https://zoom.us/j/5117064990>.

For now, all of our services will be held at the regular times listed below. Hope to see you there!

Sunday Services: 10:00am-12:00pm



Early AM Sunday: 8:30am-9:30am
Monday Evening: 7:00-8:45pm
Wednesday Evening: 7:00-8:30pm
Monday & Friday early AM: 6:30-7:30am

For more information about PSZC, visit our website at www.pszc.org or contact office@pszc.org.

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**Aries (March 20-April 19)**

You need some time in the sanctity of your own thoughts, to consider where you are at in life, and what you want. Various events keep extracting you into the world, particularly via the digital sphere. You have an important investment of yourself there, particularly social, and you've figured out how to have actual fun. I suggest you remember that there is much more to who you are, and recall other modes of social interaction that were, in prior times, deeply meaningful to you. Still, it's like a magnet, and for you there is something stabilizing about how you present yourself and how you exist in these strange, electronic ethers. In your true inner realms, though, you access the deeper levels of your creativity, and your sensitivity. As Mercury changes directions, you will feel that draw into your inner ocean, or at least to the shore. If you hang out there, you will feel some relief from the pressures of the world. Music ameliorates.

Taurus (April 19-May 20)

Freedom is an inner state of being, much more so than an outer one. Yet if you're feeling restless and like you need to stretch out, take some tangible steps and do it. Even pushing one seeming limit of your life or your world will help you. I suggest social. Take a moment and consider what would be your ideal social environment, which means human environment. That feeling of wanting to experience a liberating burst directly involves your contact with other people, and your need to be accepted for exactly who you are. That is possible, though it begins with self-acceptance, or said another way, being at peace with yourself. I know this can seem impossible to a good few people, or so rare as to be a kind of dream. Even if you want to change and have a long list of things you want to change about yourself, making progress comes from boldly meeting the challenge of inner harmony.

Gemini (May 20-June 21)

Mercury is now stationing direct, after one of the longest, strangest retrograde trips in recent memory. They usually have a touch of weirdness; this one has spread its influence all over the world. Your little planet has landed in late Aquarius, which is your solar 9th house — that of your worldview, your big plans, and the elements of your faith. Certain persistent questions have come to a point where you may be able to phrase them in ways open to a viable answer. I suggest you focus your intentions on one particular goal or motive, and work with that for long enough to get a result. It is again time to rethink the whole notion of 'career' and 'profession' from the inside out. That means starting from your deepest creative impulse and translating that into tangible work. You might take that as "what do I like to do every day, and where do I like to do it?" Ask that question, without any prejudices about what is possible. Ask, and write down your honest answer. Then stare at it for a while.

Cancer (June 21-July 22)

Several different factors are working together to make you more visible and to power up your sense of purpose, in relationship to your surroundings. You will like this because you're getting opportunities to take care of people in ways that are suited to your nature. While you have a conservative streak (what tantra calls 'preserver' energy), you're also a little quirky and a tad particular. Let that work for you. You don't really want to fit in anywhere; you want to take leadership doing what only you can do. Leadership does not necessarily involve being police chief or captain of the rugby team. In your case it means connecting to life so as to give you the pleasure of full commitment, and letting others see that such a thing is possible. Yes, there are always challenges associated with this, and true individuality often comes with a touch of

feeling isolated. But take note, that is usually an illusion.

Leo (July 22-Aug. 23)

Remain true to yourself and to your purpose. Don't let anyone distract you, or convince you of anything that is not true for you. Focus on the idea of what you want, and want to become; you don't need to put as much effort into it as you may think. In fact it would help a little if you temper your drive to get things done, and focus more on being what you want to be. I know that in Western civilization, "doing" and "being" are considered the same thing, which is a theory that deserves to be tested. You can test it by experimenting with existing in the state you aspire to. You slip into this like a glove. There is no concern or anxiety involved, no more than in calm breathing. Most people think that if they work hard enough, they will get to a place where they are satisfied with their lives. You have an opportunity to start with the result, and then gradually backtrack into the appropriate level of activity.

Virgo (Aug. 23-Sep. 22)

You're in the process of having a revelation about the nature of both a personal relationship, and a work situation. Once you see the scenario for what it is, you will feel much better; you will see how you have room to expand your sense of who you are, and stretch into a new reality. Belief presents one of the most serious obstacles in this world, whether it's true or not. Once belief is seen for what it is, the alternatives seem much better: awareness, understanding, curiosity, and acknowledging your need for adventure. The world may seem like an exceedingly dangerous place right now. But most of that danger is coming through provoked emotions and a level of intellect best described as theoretical. In reality, many paths are open to you, and you remain in possession of your individual quest, and your individual karma. Count on the big scenario of the world taking care of itself. Focus on something specific to you.

Libra (Sep. 22-Oct. 23)

You may be craving a daring experiment of some kind. Maybe it's a financial experiment; the markets are volatile enough for someone who knows what they're doing. Maybe it's an emotional experiment, the choice to reveal your feelings to someone you care about. Maybe it's a sexual experiment. Typically for humans in our moment in the world, these desires are usually suffocated under ten layers of denial. The available bandwidth seems to get narrower and narrower. Yet you're not actually bound by it. Something, a feeling or desire, may break through to the surface, and if it does, you have the potential to experiment. This is about pleasure and sharing; it's about investing yourself in an experiment. Contrary to nearly all of the sexual values of our world, no power over anyone else is involved. No value is exchanged except for what is inherent in the experience: what you offer, what you feel, what you learn.

Scorpio (Oct. 23-Nov. 22)

You could be seeing a bold, simple situation as much more complex than it is. Perhaps this is due to your tendency to overthink most things to an exponential degree. Yet that often works out to be a means of rationalizing yourself out of your desire to have a far more interesting life. Have you considered the sources of the fears that trouble you? Have you considered how much better your life will be without them? What you will have to 'give up' is the false certainty associated with restricting your experience. Yet once you step outside of that, you will invoke a kind of vulnerability that is especially freaky these days. One generation ago, the things you want to do were for many people just simply the thing to do. It can be that easy, though the first attachment to let go

of is needing the approval of others (mostly, surrogates for your relatives, or the actual people). Thankfully, there is someone in your life who is calling you to another place, another time, another kind of existence.

Sagittarius (Nov. 22-Dec. 22)

Take the opportunity to improve your financial situation. This is always driven by motivation. It's not about luck; intelligence plays a role, though it's useless if you're not connected to an energy source — and you now have one. Relying on others for your financial wellbeing is not a good strategy for you. You are more the self-reliant type, though there are always points of contact. Partnership questions are therefore mostly a matter of structure. It's better if you're the one who controls the accounts, your cash flow and your spending priorities. It's better if you set the agenda, and fortunately you have one. You're in a better position if you don't want money for its own sake, but rather to accomplish specific tasks, whether that means paying the electric bill, helping a friend or acquiring something you want. Connect dollar amounts to specific plans, and set structured goals. Once you get into the swing of intending to do something and then succeeding, you will want more.

Capricorn (Dec. 22-Jan. 20)

This is a potential moment of clarity for you, when the fog clears and you can see into the distance. Inwardly, envision the sediment of your emotions settling to the bottom of the lake, and the water taking on a transparent quality. In this space, ideas will come to you. You will see through previously vexing problems. And you have the ability to get out of your own way, which you can refine into a method. Mostly what you stumble over involves questions of priorities. The word "priorities" means paying attention to what comes before something else, and this can be based on time, or on preference. You can resolve that easily by stopping and asking yourself what has to happen next. Get difficult or complex projects started long in advance, even if you begin with a few notes scribbled down. Gently get things moving, and keep your energy flowing. Even if you're knackered or stressed, do your best to stay focused. Persist gently and your stress level will drop, and your energy will bounce back.

Aquarius (Jan. 20-Feb. 19)

Mercury stations direct in your sign Monday, combined with a Full Moon across the sensitive partnership and commitment angle of your solar chart. You may be asking yourself who you can really trust. That's a good question. The answer is most likely those who demonstrate their trustworthiness, through consistently treating you well. Notice who is good for their word — that is, those for whom the promises they make matter. Take the opportunity to track your own patterns and guide yourself into being committed to fulfilling what you agree to. Today would be a good day to reflect and make a list of any unkept promises. Then reach out and let people know that they're still on your mind, and you intend to fulfill them. You might find this goes further to calm your anxiety than anything else you can do.

Pisces (Feb. 19-March 20)

This week's combined aspects are offering you many unusual opportunities. Stay where people can see, hear and feel you, and no hiding your light under a bushel. At the moment, you're blessed with an unusual and appealing way of expressing yourself, so speak up when the desire fills you. The

Road to Resilience

Continued from Page 1

if you are not a grower, you are probably beginning to see that modern industrial agriculture is doing all the wrong things. It might explain why modern agriculture is such a train wreck.

The new movement to build soil is called the soil regeneration movement, and it is catching fire. I heard Pete Buttigieg mention it in a debate. The Green New Deal includes soil regeneration as a prime goal. Our state just passed the Sustainable Farms and Fields Act that will subsidize farmers while they adopt soil regeneration techniques. The reason the state is doing this is because healthy soil also sequesters huge amounts of CO2 from the air.

In fact, soil regeneration is all upsides and no downsides — except that the corporate giants that control our food system while ruining our soil, poisoning our ground, air, water, and us, impoverishing our farmers, destroying wildlife habitat, and exacerbating the climate crisis will have to desist or change.

I mentioned previously that we joined some ardent VIGA farmers and gardeners to form a group called the Soil Ambassadors to promote this knowledge and to maximize the regeneration of our soils here on Vashon. If this interests you, please join us! (email me below.) One of our favorite books on the subject is *Kiss the Ground* by Josh Tickell. Check out the website of Regeneration International to begin to see how extensive this movement is.

The first of three VIGA Get Growing Programs on Mar 29 at La Biondo Farm will feature regeneration techniques. It is free and open to all. We will also be doing a book study group over five weeks at the Land Trust Building starting Mar. 30, 7-9:30 pm. The book is *Climate: A New Story* by Charles Eisenstein, which sees the climate crisis as a symptom of a general cultural malaise whose roots are buried in our cultural estrangement from nature and community, and our abnegation of Love as an operant force in ourselves and society. There may be an epiphany for you here! It is also free and the book is available on the book club table at the book store.

Comments or info?
terry@vashonloop.com

world is in a ridiculous state of fear and chaos at the moment, though you're in a position to both work with the energies and make the situation work for you. Remember that you're playing the long game. Therefore, remember that whatever you say and do today will have effects in the future. And at the same time, peer ahead and see yourself in a place you want to be, doing something you want to do, and keep taking steps in that direction. Even your seemingly modest moves and gestures can mean a lot; what matters above all else is your sincerity. You will be able to avoid most errors with a little calm reflection, in advance of making any decision, no matter how minor.

Read Eric Francis daily at
www.PlanetWaves.net

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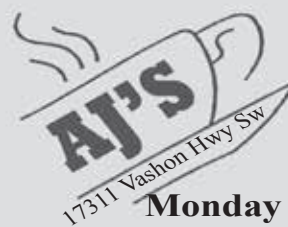
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