

# WSF temporarily reducing service on the Fauntleroy/Vashon/Southworth Route

Washington State Ferries is temporarily reducing service on the Fauntleroy/Vashon/Southworth route beginning on Sunday, March 29 due to significant declines in ridership. The reductions are tentatively scheduled to last through April 25.

In addition to the route operating on its two-boat schedule, the following daily sailings will be cancelled:

- 1:25 a.m. from Vashon to Fauntleroy
- 1:45 a.m. from Southworth to Fauntleroy
- 2:20 a.m. from Fauntleroy to Vashon
- 2:45 a.m. from Vashon to Southworth

These service reductions and the earlier announced extension of the winter sailing schedule prepares WSF for the ongoing effects of COVID-19 disrupting service, including:

A continued decrease in ridership due to public health recommendations

Availability of sufficient crew personnel to meet federal requirements  
“I know many people depend on our state ferries to get to work, and for goods, services and medical appointments,” said Secretary of Transportation Roger Millar. “Our top priority remains the safety of our passengers and WSF crew as they continue vital ferry service.”

“The suspension of these sailings will give vessel crews and terminal staff more time to thoroughly clean and sanitize, making the ferries safer for everyone,” said Amy Scarton, head of WSF. “Further suspensions and adjustments are possible depending on ridership trends.”

As of March 26, system wide ridership was down about 60% compared to the last week of February. Walk-on passengers have decreased more than 80%, while the number of vehicles carried has dropped nearly 50%.

*Continued on Page 5*

# Stay At Home and Eat Well



## Making Wise Choices in a Pandemic

By Kathy Abascal

We are in the midst of a pandemic that is putting many of our health care providers on the front line. They are constantly exposed to huge amounts of a potentially deadly virus, often working under increasingly grueling conditions without adequate equipment. The next time you spray your kitchen counter with Lysol because a few SARS-CoV-19 virions may have snuck on board your soda cans or you reach for frozen vegetables because that head of lettuce might have some lingering virions on it, think about this: What must it be like to be in an environment where people, coughing their way toward respiratory failure with a bit of diarrhea, surround you and need you to get up close and personal?

Obviously, we all should be grateful for their work and we also should – no questions asked – be doing what we can to help them make it safely through that ordeal. And we are washing our hands, we are staying in place, and keeping our distance both so we don’t spread disease but also don’t become another patient for these health care workers to care for.

There is something else we all should be doing – no questions asked: We need to be eating properly beginning no later than now.

The statistics are clear: The obese are more prone to get respiratory infections than healthy people are. And they are more likely to get complicated cases of respiratory infections when they do. The same statistics, however, also apply to the overweight and 75% of us are overweight. And the 60% who are the right weight but achieved that goal through calorie counting instead of eating well? They are statistically as inflamed and prone to illness as we overweight people are. There is less data on the “skinny fats,” those underweight individuals who don’t overdo the calories but seldom eat truly healthy foods. They are most likely as inflamed as the obese. People who suffer chronic inflammation because they do not eat well are a challenge for our health care system and one that is unacceptable under the current circumstances.

Of course, it is not only about weight. We know that a vast majority of those who have chronic ailments could

get healthier by choosing to eat well. We would not need constant medical intervention to help us handle our type 2 diabetes, our high blood fats, our GERD, our migraines, our joint aches, our blood pressure, and more. I have taught an anti-inflammatory diet for over a decade and the health improvements people achieve when they get serious about eating properly are absolutely stunning.

Unfortunately, many choose to revert to inflammatory eating and over the years I’ve probably heard all of the reasons why: “I don’t like coffee without sugar.” “My children don’t like vegetables.” “I don’t have time to cook.” “Healthy food costs too much.” “I like maple syrup on my pancakes.” “My husband won’t eat this way.” And on and on. Most of the reasons are frankly pretty silly in the best of times; they are unacceptable at the moment. We need to make eating well one of our big contributions to the effort to quell this pandemic and help our beleaguered health care workers.

I have put together the TQI Diet and I am convinced it is the absolute best way to eat. But at this point, any diet that eliminates: All added sweeteners, all chemicals and additives, all poor quality animal products, all poor quality fats and oils, and only lets you eat fruits, vegetables, whole grains, nuts, seeds, and high quality animal products will work just fine. Do take the time to explore the TQIDiet.com website, there are some videos about the CoVid19 virus you may find helpful, and a gallery of ready-to-go foods that will fit any healthy diet. There are also some blogs you may find motivating. The point though: Do not drag your feet on this. The best way to avoid succumbing to the corona virus is to have a healthy immune system that can keep it from moving into your body. Nourish your immune system to increase your odds of not getting sick and to save a health care worker from having to try to nurse you back to health at the risk of his or her own health. Stay at home and eat well!

# The Road to Resilience Crises and Opportunities

By Terry Sullivan,

Well, it appears that the world turned upside down since the last issue. I’m sure we are all amazed at how quickly and how completely things can change due to the presence of something that most of us have as yet to personally see any evidence of—a mighty civilization laid low by the tiniest and simplest life form. Some of you are disproportionately impacted by loss of income and/or extra family duties. Everybody is impacted by fear of a mortal threat, and all of our routines have been suspended for the indeterminate future.

I’ve often thought that what we needed to stop the destructive juggernaut of our society was a massive and prolonged brownout (partial failure of the electric grid) to give all of us a “timeout” to stop and think about what we are doing to ourselves and the planet. This pandemic has done this much more thoroughly than anything I could imagine. I don’t mean to discount the great pain and loss this pandemic will cause, but I do want to make a little lemonade out of the lemons. Considering the axiom, “every crisis is an opportunity,” I’d like to talk about some reflections I’ve heard concerning both the origins of the pandemic and the opportunities it presents.

Because of this virus, the wealthiest person in the world knows that their life could depend on the welfare of the very poorest. Nothing like a pandemic to make it clear that we are all in this

together. If we learn only that lesson, we will have progressed mightily.

In an interview yesterday, Dr. Michele Barry, a disease expert from Stanford, related this pandemic to the climate crisis. She was looking at this holistically, as we should view all life systems. That means that any change in one element will have reverberations in all others. Dr. Barry noted that often these novel viruses arise from imbalance in the ecosystem. Things such as human land use, deforestation, habitat destruction, and human waste deposits bring animals in closer proximity to humans, and natural checks and balances in ecosystems are upset. As a result, previously harmless pathogens pass over to other species and become deadly.

In this light, we can see this virus as yet another indication, along with population growth, energy use, resource extraction, the climate emergency, etc., that we humans need to fundamentally change our institutions, philosophy, and lifestyle. The virus is much more than an indication; it is nature itself directly attempting to right the imbalance we have caused. Whenever a species has overstepped its boundaries, nature brings about a die-back, either by starvation, predation, or disease. Dr. Barry was implying that viruses will remain a feature of our world until we create a paradigm of human culture that lives in balance with the rest of nature. Mind your Mother!

*Continued on Page 7*

### Local Weather

[www.vashonweather.com](http://www.vashonweather.com)  
Local Rain Totals  
Temperature hi/low  
Wind Speed & Direction  
Barometric Pressure  
Weather forecasts

Kathy Abascal TQIDiet Blog  
[www.TQIDiet.wordpress.com](http://www.TQIDiet.wordpress.com)



Windermere  
REAL ESTATE

The island home experts



New Listing!

EXCEPTIONAL WATERFRONT HOME - Turnkey home on 75’ of low-bank frontage w/open floor plan, 2 masters, and amazing views of Mt. Rainier. Huge separate shop.

#1579254 \$1,200,000



New Listing!

DRAMATIC VIEWS - From this 3500 sq. ft. Contemporary home with soaring ceilings and walls of windows. Multiple decks, hot tub, boathouse and 75’ of beach.

#1582071 \$1,250,000



New Listing!

CHARMING OASIS - 1920’s bungalow lovingly restored with quality and style. Includes detached multi-use buildings, 1 car garage & sweet art cottage. On 5 acres.

#1572722 \$699,000



New Listing!

ARTFUL HOME - Northend home located 2 blocks to the Seattle ferry. Impeccably maintained with flexible use spaces, panoramic windows and oversized deck.

#1582244 \$650,000



New Listing!

HOME ON 20 ACRES - Experience expansive view living in this restored mid-century home minutes to ferries and town. Home offers views, ample space & privacy!

#1583448 \$745,000

Bringing our homes to you!

During this period of social distancing, we realize that many need to continue their home search. One way to do this is through our 3D/Virtual Tours. These tours allow viewers to “walk” through homes to decide if the homes work for them before seeing them in person.

Find these tours on our listings @  
[www.WindermereVashon.com](http://www.WindermereVashon.com)



WRE Vashon-Maury Island, LLC

[www.windermerevashon.com](http://www.windermerevashon.com)

17429 Vashon Hwy SW

206-463-9148

Po Ponders Pig and vice versa



My family has wanted a dog for probably.... a decade. And I was like, “ABSOLUTELY NOT!!!”. (You can see I was being open minded about it. Like a 1950s Dad-not in my house-my way or the highway, kind of open-minded.)

“We already have two cats, and we don’t need to add another much needier pet to the equation. Expenses, kenneling, barking, walking, chewing, slobbering, shedding...!” (You can see I was not just being an asshole, but had some fairly good points to back up my stance.)

But despite this unwavering and adamant opinion, which I maintained ‘TIL THE VERY LAST....my family just decided to get a goddamn dog anyway.

They were fairly clear they wanted to start with a fresh, not yet traumatized puppy, because you don’t want your particular kind of trauma mixing with someone else’s. Now puppies are surprisingly hard to find, and they were starting to get desperate, but they finally managed to scrounge one from the dust bin at the Everett Humane Society. Yay, a rat-dog from a stray litter!

Well, they brought my worst nightmare home, and I’m not sure what kind of chemicals a small puppy excretes, but I fell deeply in love with the goddamn dog instantly. I love my family, but when I come home from a long commute, it’s really the dog I’m looking forward to seeing.

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](mailto:ads@vashonloop.com)

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

Published every other week  
by Sallen Group  
Vashon Loop, Vol. XVII, #7  
©April 2, 2020

Loop Disclaimer

Paid advertisements in The Vashon Loop in no way express the opinions of the publisher, editor, or staff. Likewise articles submitted to the Loop in no way express the opinions of the publisher, editor, staff or advertisers. We reserve the right to edit or not even print stuff.



# Get in The Loop

## Submissions to the Loop

Do you have an event or Public Service Announcement? Email questions or submissions to Steven Allen, editor of the *Loop*, at [editor@vashonloop.com](mailto: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,  
18623 Vashon Hwy SW

### Food Bank Hours Change

As you know, Food Bank staff and volunteers have been working hard over the past few weeks to get nutritious food to hundreds of Vashon households. This week, we packed and delivered food to over 70 homes (the normal home delivery list is about 25) and distributed food to about 175 homes through pick-up on Sunrise Ridge. Notably, we are working with several liaisons in the Latino community to deliver food to several households who have never used the food bank before. We expect home deliveries to increase to over 100 by next week while, at the same time, we are seeing more new families sign up as a result of unemployment and the economic crash, as expected.

Staff has deliberated at length and has determined that the following schedule will allow us to 1) meet the need, 2) maintain volunteer crews at quantities that can safely distance and sanitize and 3) spread programming out to reduce pressure and keep workloads to levels that are sustainable for staff.

#### VASHON FOOD BANK COVID-19 PROGRAM HOURS (Starting the week of 3/30)

**GROCERY PICK UP**  
**(ON-SITE @ SUNRISE RIDGE)**  
**WEDNESDAY, 10-2 & 3-7**

**HOME DELIVERY**  
**TUESDAY 12-4 (IN-TOWN)**  
**THURSDAY 10-4 (ALL-ISLAND)**

**FOR QUESTIONS, OR TO SIGN UP FOR HOME DELIVERY,**  
**CALL THE FOOD BANK OFFICE @**  
**206-463-6332 OR**  
**EMAIL [ADMIN@VASHONFOODBANK.ORG](mailto:ADMIN@VASHONFOODBANK.ORG)**

**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**



**OPEN DAILY**

Open Daily 9am to 7pm  
“Last load in at 6:15pm”  
17320 Vashon Hwy SW  
(Located across from Pandoras Box)



### Mason Bee Distribution

Saturday, March 21, was the delivery date for mason bees for Vashon. Mason bees are welcomed as important pollinators of spring flowering fruit and nut trees and spring berry plants. Distribution of the bees this year required adaptation to current social isolation requirements. Distribution tables were set up in the meadow on Sunrise Ridge, allowing for orderly thru traffic flow of approximately 90 cars in three two-hour time periods. Volunteers in masks and gloves checked off recipients one by one at a first station. At the next, recipients got out of their cars and quickly picked up three PVC tubes containing their 225 mason bee cocoons along with supplies consisting of a cedar house shelter, a wood bee nest block, and a cloth carry bag. Mason beekeepers will be notified when weather and bloom conditions are right to move the tubes from their refrigerators to the outdoor shelter.

Unlike honeybees, mason bees are solitary and safe around children and adults for watching. Mason bees are about the same size as honeybees, but they are a dark metallic blue. When adult bees emerge from the tubes, they mate and females begin the work to stock and build their nests. Each female gathers pollen to provide food for the eggs she will lay. Mason bees receive their name from their use of clay to wall off each egg and supply of pollen laid in separate cells. After laying five to eight eggs, the bee seals off the entrance to the tube of eggs with more clay, leaving larvae to grow. Each female can lay up to 30 eggs total in her short lifetime.

In June after this year’s eggs are laid, the nests and larvae will leave Vashon to metamorphose into pupae and then develop into adults that will be ready for the following spring. Along with honeybees and resident native bees, they provide a valuable boost for Vashon fruit.



**Espresso**  
Latte and Wisdom  
To Go

**Monday - Friday 5:30am - 3:00pm**  
**Saturday 7:00am - 3:00pm**  
**Sunday 8:00am - 2:00pm**  
17311 Vashon Hwy Sw

Cash & Checks Welcome



**Barber & Beauty Shoppe**  
(206) 463-7212  
Family Hair Care ~ Sensible Prices  
Colors, Perms, Hair Cuts  
Parker Plaza 17232 Vashon Highway

**Next Edition of The Loop Comes out Thursday April 16**

Deadline for the next edition of *The Loop* is **Saturday, April 11**

Law Offices of  
**Jon W. Knudson**  
Parker Plaza \* P.O. Box 229  
**Bankruptcy -- Family Law**  
463-6711

[www.lawofficesjonwknudson.com](http://www.lawofficesjonwknudson.com)

**Advertise in the Loop!**  
It’s a great time to get back in the Loop.  
[ads@vashonloop.com](mailto:ads@vashonloop.com)  
Next Loop comes out April 16

Find *the Loop* on-line at [www.vashonloop.com](http://www.vashonloop.com)



**VASHON ISLAND**  
Chamber of Commerce

**Lodging**  
**Shopping**  
**Food & Drink**  
**Things to Do**

**Visit the Vashon Chamber on line at [www.VashonChamber.com](http://www.VashonChamber.com)**



# Faking Illness



By Sean Malone and John Sweetman

“Mom, I’m not feeling well. Can I stay home?” “You get up and have some breakfast and you will feel better,” was Mom’s reply. She always could see through our ruses to get out of going to school.

“I snuck the heating pad out of the drawer and put it on my forehead, so when Mom came to check my temperature, she could see that I was burning up.” Mom saw through all our attempts to prove that we were too sick to go to school. My sister Molly stuck the thermometer under the hot water tap to raise the reading before calling to Mom—it too didn’t work.”

John Sweetman rubbed witch hazel on his head, “To fake a fever, because it kind of burned. I thought it was ‘hot stuff’...It turned out to lower my temperature because of the alcohol and in addition, my Mom smelled it and busted me.” Off to school he went.

There were consequences for this fakery, as one morning several weeks after this incident of faking illness, John was really sick with what turned out to be chicken pox. Initially John’s mother was skeptical but after the ritual laying of hands on the forehead and testing, the mercury thermometer came out of the glass tube full of alcohol and was shaken down in a menacing way, as his Mom said.. “You better not be trying that fake trickery again !”

After directing John to keep the thermometer under his tongue for 2 minutes, the results clearly showed that his illness was not fake. His mom stripped all his clothes off and a body inspection revealed the tell tale red spots of chickenpox. He was immediately given a bath with Epsom salts and sent off to quarantine which at that time consisted of being banished to an unfinished spare room and having no contact with anybody, other than his mother who applied all the home herbal remedies at hand in those times. He still remembers the bitter taste of dandelion soup, slightly made better by the chicken broth. Recovery was fast and while in isolation he read and reread every

comic book he had over and over. There was some sniveling about being too far away to hear the radio and enjoy his favourite evening adventure program, although he could hear faint noises in the background. After being released on parole to the general family company, his sister filled him in on radio adventures of the Green Hornet and the Lone Ranger.

There were times when one of us would come down with the measles or chickenpox both of which are very communicable and Mom would wash the sick child’s dishes and utensils and store them separately to keep the disease from spreading.

I know of someone who used a hairdryer to raise the temperature of his forehead so his Mom would think he had a fever.

If you waited to complain of being sick and got to school, it was too late for Herpicide, an old time dandruff remedy that purportedly killed dandruff and stopped baldness. You would be sent to the nurse who would take your temperature and call your mother if it wasn’t close to bus time, to come and take you home. If the bus came in the morning and you dawdled on the way to the bus stop because you felt sick, “It was too late for Herpicide”. Brother Mike tried this one day and took a bottle of mustard into the laundry room where he mixed the mustard with water in the wash basin and drank it to make himself throw-up, to prove to Mom that he was really sick. The mustard trick did not work and Mike was in trouble again.

“I am down sick with a cold or the flu or something else and have no one to complain to or blame for my being sick which has been going on for two weeks. Writing about our ‘childhood capers’ takes the boredom out of what is another beautiful day on the banks of the Salish Sea.”

Sean@vashonloop.com

# Spiritual Smart Aleck

By Mary Tuel

## This Is Not a Dystopian Movie

As I write the United States has the dubious distinction of leading the world in the number of confirmed Covid 19 infections.

We’re number one!

Those of us who wish to survive this plague and live to see another day are washing our hands, disinfecting surfaces, maintaining social distancing, and staying home.

Some healthcare workers are literally laying down their lives. We know what real heroes look like now.

If we are not healthcare providers, life is slower for many of us. Some of us haven’t left the house for weeks. We’re reading books and taking naps and tackling projects, like sewing medical masks. Our bodies are confined, but our spirits are breaking free: we go outside to garden, we sing, we dance.

Being an introvert who likes to stay at home, isolating has been okay for me. I know that extroverts are suffering, and some people who live alone are feeling hard loneliness. At this point contact with family and friends is of vital importance. At this point we are grateful for the telephone and the internet.

My church streams Morning Prayer on Sundays on Zoom. Still working on how we all use the app, but we’re working on it, separately and together. It is good to be part of this community which has been so close for so long.

Some of you are keeping in touch via Skype and other video connections. Being able to see and hear each other in real time – way cool.

Art, music, reading, gardening, rest, exercise, helping where you can, these things are getting us by. I know I’m missing options that are working for some of you. Crosswords have been big for me.

There are zillions of dance, meditation, and exercise videos on Youtube. Did you know that the Vashon Athletic Club is live streaming classes for free now? Go to their web site and click on the live streaming banner.

Oh – while I’m thinking of it, big kudos to the Vashon-Maury Food Bank. They are doing an amazing job of keeping people fed. Thank you.

And a big thank you to all you nurses and doctors and first responders and pharmacists and grocery store employees and liquor store and dispensary employees (‘bout blew my mind to find



out that cannabis stores were considered “essential”) and all you other Vashonites who are keeping things going, taking care of the rest of us in this interesting time.

A lot of people are thinking that relying on digital processes will not go away when the pandemic slows down – working remotely is too easy and more efficient and green in many cases than commuting to work, not to mention that disabled people have been begging to be able to work from home for years, and it’s about time.

The shutting down of “non-essential” businesses is a severe hardship on many working people and businesses – ruinous, in fact. Renters are wondering how they’ll pay their rent in April and May. Homeowners are wondering how they’ll pay their mortgages and the first half of their property taxes.

There is talk of mortgage and rental forgiveness, and financial assistance, and no evictions or mortgage foreclosures.

The Congressional stimulus package which will mostly stimulate the prostate glands of aging white billionaires might help working people a little. How far does \$1200 go these days?

The hopeful part is the way so many people are responding to the pandemic. They have come together to help the sick and the families of the sick, to help each other, to cheer each other up, to feed each other, to literally save each other’s lives in every way. This is humanity at its best.

The sad and heartbreaking thing is that health care workers and their patients and people who never make it to health care are getting sick and dying. A whole new unexpected burden of grief weighs on the world, more than we would have in the natural course of this time.

The most enraging thing about this plague for me so far has been that the first and only consideration for a certain group of people was, “How can I make a buck on this?”

There are the hoarders who bought out toilet paper, sanitizer, and sanitary wipes, and will defend their rights and their stashes with their AK-15s, I suppose, but they are small change.

It’s the soulless element of the crew that has most of the money and power that cheeses me off and hurts my feelings. Those laughing, happy criminals already have everything, and the rest of us have so little, and they want that, too.

The entire world is walking through the valley of the shadow of death, and most people are being glorious to one another, including wealthy people who have their priorities in order. They’re not all weasels, with apologies to weasels.

As the numbers of the infected and dead keep going up, we know that nothing will ever be the same. We don’t know which dear ones we shall lose. We don’t know if we’ll lose our own lives. We don’t know how long we’ll be home bound, or how many waves the pandemic will have.

We do live in interesting times.

Local Weather

www.vashonweather.com

Local Rain Totals

Temperature hi/low

Wind Speed & Direction

Barometric Pressure

Weather forecasts

Sheeba Needs a Home

Shelter volunteers say I’m a complete love bug, and I’d like to prove it to you! My talents include lap-sitting, snuggling under a human chin and purring loudly. I’ve had a rough life, and I walk kind of funny, but otherwise, I’m perfectly fine.

My rough life has included harm from other pets, so I’m looking for a home where I can be the only one. It would be fantastic to feel safe and secure at last. Can you offer me that?

Go To [www.vipp.org](http://www.vipp.org)

To view adoptable Cats and Dogs

Find the Loop on-line at

[www.vashonloop.com](http://www.vashonloop.com)



# Island Life Resistance is...

By Peter Ray  
pgray@vashonloop.com

I don’t know about you, but all this social distancing has certainly gotten me thinking about... buying a new car. In truth, these fleeting thoughts are not about myself buying a new car. I just spent a bunch of money fixing some critical issues with my ten year old VW, since I would like it to last far into the next crisis- and beyond. But in sitting and watching the litany of the latest reports on the teevee about virus spread and all that our thoroughly incompetent, sort of president is not doing and undoing about it- through all of that I have been marveling at the sea change in advertising surrounding new car sales and service.

There have been a number of indicators that have blipped out loud on my Madison Avenue radar, but I had kind of ignored it until the unseen hand changed the latest Mercedes ad. You know the one, where this young and newly mingled couple is at their local psychic’s pad for a reading, and the mystic madame tells the female side of the pair to delete the dating app that they met on because she basically doesn’t need it anymore since “he’s the one”. We are obviously not talking about a Matrix-y kind of Neo type One- just the kind that she might just share a mostly unexpected, if highly hoped for Mercedes with.

Who knows? But the memory hole part of this- the recently disappeared scene- had the psychic say ‘bless you’ or gesundheit, or whatever in cosmic anticipation of our Romeo’s sudden sneeze. At almost any other time, and particularly during pollen season, that achoo and the clairvoyant pre-blessing would have been the perfect way to show that this medium was the real deal. But now, in the time of plague, anyone exhibiting any signs that the people at the CDC (who are not lying for the president) state with urgency could very well be red flags of infection, are definitely not candidates for buying any Mercedes. After all, I’m fairly certain that the folks at MB corporate would rather that you make it through your entire lease, or set of car payments. They most definitely would not want the car back if this guy- or anyone signing on the dotted line for that new Mercedes- lost his job- or worse- and could not make the payments, because then the dealer would get the car back and have a detailing, disinfectant nightmare on their hands, literally. Who knows, they might even consider having to ship and sell the plague car overseas in maybe Spain or Italy where statistically any bad result of spread contagion could be written off as the new owner’s own fault for lack of proper hygiene in either of those hyper contagion infested disaster zones.

Along the memory hole lines, I believe it is a Mazda commercial where they have masterfully re-edited an entire ad. While formerly there was a catchy tune with sunny lyrics narrating the life soundtrack belonging to the couple in the ad, now there is meditative music accompanied by a structured narrative that is not spoken, but instead now written in bold-faced type. There is a gauzy haze that softens the entire construct, with a warmer colorspace now applied throughout. There is something said about trying times and offers of covering payments if jobs are lost. Mostly though, it is an amazing facelift of an ad that had been about driving in the sun, into one that embraces your need to buy a car amidst the disaster without the worry of loss of employment kindling

any buyer’s remorse.

The folks at Lincoln should be most happy with their ad house creations that appear to be at least luckily psychic, in that they actually foresaw a need for their luxury vehicle, not as a status symbol but rather as a retreat and place of sanctuary from the storm. Back during the holidays, there was a series of ads where a woman drove into her hedge shrouded driveway and up a slight incline to her trendy, modern home. All was well with the world until she walked in the front door and encountered anything from her parents doing yoga in the middle of the living room with their pet, pygmy goats, to the kids wreaking havoc in that same space in a giant, inflatable snow globe bouncy house, all depending on which version of this vehicular sales fantasy the magic wheel of fortune allowed one to land on. In both cases, after gazing about in horror at these discovered scenes, the woman retreated to her car where she took a breath, hit the recline button on the driver’s seat, and was instantly transported to her own secure sanctuary without actually having to drive anywhere. In the context of “holiday anxieties”, these ads were humorous for a time, but after too many viewings one started to question why she chose to only recline in her seat instead of just driving off, regardless of the ‘bad daughter/mother’ labels that might have inspired.

To extend this sanctuary theme, the Lincoln folks then decided to send a certain spokesmodel McConaughey to the frozen, mountainous wilderness in “his” SUV with an arctic parka, an ice bore and an ice fishing rig. With this bit of coincidental prescience they really hit mass marketing paydirt. I mean, after dropping the unbaited hook through the hole and walking back to the car and taking a seat just inside the opened hatchback, Matthew M. didn’t even get through the entire, whistled rendition of the Andy of Mayberry tune before the fishing hole signal flag went up, indicating that dinner was on the line. Sign me up- this is luxury survival in the harshest of environments. Admittedly, there was no one there to cook the fish for him, let alone any indication as to whether matches, pots and pans and a cookstove came with that particular sanctuary package, but like the two trillion dollar coronavirus and/or corporate bailout, those are mere details that can surely be worked out. Maybe as a part of the next stimulus package, instead of being given a one-time supermarket shopping spree and/or rent check, everyone could get taught to fish as well. Of course, the Republicans would insist on including a provision that the general public not be told that all the fish are, in reality, in the private lakes that only the top 1% can get to in their Lincoln Navigators that must be equipped with the relevant survival package.

Some people might say, after reading all of the above, that this social distancing stuff is starting to get to me. To that I would say- nonsense. Aside from a few tweaks to what is happening right now, my life before the virus was not much different than it is now. I do not go out very much. For years now I have been watching the teevee, similarly waiting for something to happen that would give one some inkling of hope that things might change. As I continue to watch on that self same idiot box, I have not seen any indication that anything hopeful is on the horizon. On another plane, I have been going to that amazing documentary festival in Missoula for three years, and each year I see things that are appalling as well as astounding, the bad and the good. It is not all bad, but I am still looking for that abundance of hope that continues to seem forever out of reach.

I look at our current idiot-in-chief, and all the lackeys he has bumbling around him, and what I see is a hopeless us and the relentlessly screwed up systems we live in. I look at every really stupid thing that Donald Trump has done, both in leading up to his election and since his ill-gotten inauguration, and what I see is that he has been destroying the office of president as well as any semblance of credibility that we once had in the world as a nation. With neither media nor congressional oversight of any tangible substance or set of teeth, Trump continues to get a pass for everything he does, from outright killing someone who was suggestable enough to think he could save himself with aquarium cleaner that the president said it might be a cure for this plague that was ailing him, to putting entire states at risk by denying needed medical supplies to the people who live there because the governors of those states refused to kiss Trump’s ass to get them. To their credit, one of our local public radio stations stopped broadcasting Trump’s ludicrous press conferences because, like his re-election pep rallies, they were and are filled with presidential misinformation, vindictiveness and lies. At the same time, even when it is printed in black and white by Pulitzer winners or discussed in detail on the cable channels with credible and accredited authorities, the relentless stream of blither, bluster and nonsense still spews forth from the White House in a tidal bore that defies all cries for sea change.

It has already been pointed out elsewhere that there is a certain irony in the fact that while at least most health related costs potentially incurred by U.S. citizens related to this plague will now supposedly be covered by our government via rushed through congressional legislation, Bernie Sanders has been relentlessly mocked and berated for advocating this self-same solution through universal healthcare coverage for all. At the same time, Andrew Yang was scoffed at for suggesting the idea of a universal minimum wage, while a form of that has been legislated through as well in order to help people with critical expenses and to “stimulate the economy”.

The unrelenting actions of the simpleton Trump and his baffling ability to continue to stumble ever forward, have more than exposed the glaring failings of an absent protocol of check and balance in our democratic system of government- a system that at one time was the envy of much of the world. At the same time, a rogue virus, which we stand mostly unprepared for with no natural immunity, has brought the massive global economic support system to its knees. Some might say that a rethinking of the way things work here and now- democratically, capitalistically, medically and otherwise, could be the silver lining that results from having weathered and potentially survived all of this. The mortgage collapse of 2008, the catastrophic Trump presidential failure, and this pandemic, all can be seen as red flashing lights, blazing in the face of this and everything else that is going wrong right now. Each offers a lesson that begs for change- radical change. But those two words are ones that most people will not be willing to hear, let alone accept- let alone act upon.

In getting over and through all of this, there is an opportunity to get truly better as a people and a nation as well. We’ll see where it all leads us. As we look forward to better times, it is also helpful to look back. A statement that continues to resonate for me from early in the Trump administration was one that came from Steve Bannon. At the time, I thought it was odd and at the same time a bit chilling. What he said was

*The Vashon Loop, p. 5*

## WSF temporarily reducing service

*Continued from Page 1*

Customers can sign up for email rider alerts, check WSF COVID-19 travel updates and follow WSF on Twitter and Facebook for notification of resumption of regular service and other rider information.

Emergency medical services have been notified of the schedule changes and will continue to have priority boarding as the situation allows.

Also, please note that the Customer Service call center is operating with limited service at this time as all agents are working remotely. Agents will not be able to take credit card information over the phone to secure reservations. However, they will be able to help guide customers through the process.

We apologize for the inconvenience and thank you for your patience and flexibility during this challenging time. We will continue to provide updates as they become available.

For all information about adjustments to WSF operations visit the COVID-19 travel updates webpage.

**Local News**  
**www.vashonNews.com**

**Local & Regional Headlines**  
**Weather forecasts**  
**All the Vashon Headlines**  
**in one place from anywhere**  
**on any mobile device!**

that one of the things he saw as a goal for this administration was to achieve the “deconstruction of the administrative state”. As hospital workers are dying from the lack of protective gear in the face of everyday duties while fighting the COVID19 fight, and as we move into the lead of most people in the world testing positive for the virus, and as the word today comes out that we could see 100,000 to 200,000 dead in these United States by the time we are through this, all I can say is: hey Steve, hey Donnie- how’s that administrative thing working out for you? I can see how it’s working out for us.

**Find us on Skype**  
**Vashon Loop**  
**206-925-3837**

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

**Next Edition  
of *The Loop*  
Comes out  
Thursday  
April 16**

Deadline for the next  
edition of *The Loop* is  
**Saturday, April 11**



# Island Epicure



By Marj Watkins

## Eat Healthy, Stay Well

Sure, wash your hands often and thoroughly, disinfect all surfaces food will touch, plus all doorknobs and light switches. Also, give up junk food, forswear sugar, go light on honey and since we’re in the season for allergies, try to make it local honey. Honey the bees have made from the flowers that blossom here on Vashon Island has an anti-allergy blessing for you.

To eat healthy is to strengthen your immune system. Cooking from scratch, using ingredients low on sugar and high on nutrients: Whole grains. Nuts and seeds, Goat cheese. Hummus. Peanut butter. Raw vegetables and fruits. Beans. Seafoods. Lean meats. Wholegrain bread.

Our favorite lunch is smorrebrod. We ate these open face sandwiches every day of our visit to “Oncle Hans” in Denmark back in 1974. (smorre=butter, brod=bread in the Dansk language).

Hans Vibbert was actually a cousin of my mother-in-law. He preferred we call him “uncle” because he was of the uncle generation. Smorrebrod is very easy to construct. It’s rather like a salad built on a slice of Bavarian rye bread.

Smorrebrod  
For 4 servings

4 slices totally rye bread

- Butter
- 4 dark green lettuce leaves
- 4 slices of deli roast beef or chicken or ham or an assortment
- Mustard, optional
- Sliced tomatoes
- Olives
- Dill pickles and/or gherkins
- Pickled beet slices, optional
- Mayonnaise

Put the bread slices on one dish. Arrange the vegetables on another. Present the mustard jar, the pickle jar or jars, the beet slices if using, and the mayo, each with a fork.

Set the table with place mars, dinner plates or smaller plates, knives and forks. Let each dinner construct his or her open faced sandwich. It is eaten with a fork and knife. We first butter a little square Bavarian bread slice. Then top it with a lettuce slice, then a meat slice, then mustard spread on with a table knife, then tomato slices, then a bit of mayo on each slice. In summer we use beefsteak tomato slices. One slice per smorrebrod. We arrange the pickles and olives beside our open-faced sandwich and eat it with a knife and fork in the Danish manner.

When “Uncle” Hans took us to visit other cousins at Aalborg, they asked us in English, “Would you like to have bread and butter?”

We thought they meant it literally- bread slices with butter on them, that they had little to offer us, but wanted to be gracious and give us some refreshments, so we replied that we would be delighted. Our hostess and her daughter disappeared, but within a few minutes, our hostess reappeared and beckoned us into the dining room. We beheld a table laden with all the smorrebrod ingredients plus potato salad, pea salad, and several other dishes and condiments. We really were delighted and amazed that they produced such a feast so rapidly.

# VYFS is Continuing to Provide Essential Community Services During COVID-19 Crisis

In the face of these challenges, VYFS is adapting its support programs and developing creative ways to continue offering service and programs to meet the need. Services and programs will follow CDC recommendations and requirements for hygiene and social distancing.

Mental Health & Substance Abuse Counseling will continue via phone and video chat and in person. For 43 years Vashon Youth and Family Services has been the front-line mental health care provider for Vashon Island, providing services regardless of ability to pay. In this time of heightened stress and anxiety, VYFS Counselors will continue to do intakes and meet with clients either remotely or in person. Your gift today will help cover the cost of providing trauma informed counseling to adults and low-income Island youth ages 5 and up that are not able to pay. Counselors are available for those in need by calling 206-463-5511.

Vashon Kids is open with a hybrid program in collaboration with the Vashon Island School District for those children whose parents are doing ‘necessary work’ as defined by the Governor, 8:30am-5:00pm four days/week. Contact vashonkids@vyfs.org or 206-930-2592 with any questions. As soon as the ‘Stay At Home’ mandate is lifted Vashon Kids will be ready to open immediately to help working families and those in need of childcare and enrichment programs.

VYFS Family Place will continue

to provide parenting support and guidance for parents of children under 5, offering video chat in place of in person home visitations. COVID-19 is causing great stress and anxiety within families and helping families cope with the crisis is a critical service. Please contact familyplace@vyfs.org. if you are interested in having a home visitor or would like support.

VYFS Oasis Emergency Services continue to work with clients via phone and email, providing emergency vouchers including travel vouchers to ensure that Islanders who get sick have the funds necessary to travel off island to hospitals in Seattle and Tacoma. Your gift today will help meet the growing need for case management and emergency vouchers. People in need of vouchers can contact Deborah Rieschl at drieschl@vyfs.org or call 206 463 5511 ext. 225, or contact Meg FitzGerald at mfitzgerald@vyfs.org or call 207-200-6788.

VYFS Latino Outreach and Services will continue to provide resources, assistance and guidance to our Latino neighbors and students as well as translation services. Your gift today will help boost outreach and available services. Contact Mariela Franco with any Latino Outreach needs: mfranco@vyfs.org or 206-3484488.

VYFS continues to work on the frontlines of this crisis and provide the social services the Vashon Island community needs. More information about services available can be found at vyfs.org or by calling 206-463-5511.

## Fiona and Phoebe Need a Home

We’re a sister act - two cute young kitties just growing into cats. We have different looks (Fiona is gray and white, Phoebe’s a torti), but we’re equally adorable. Phoebe is an accomplished snuggler, while Fiona is content right now to be petted and have her cheeks scratched.

Our perfect home is a quiet, indoor one with patient people. We want to be the only pets. Hey, we’ll provide so much love and entertainment, you won’t need any others!



Go To [www.vipp.org](http://www.vipp.org)

To view adoptable Cats and Dogs

## VoV Is Your Island Connection



Make Us Part of Your Day!

101.9FM • VoV-TV • VoiceOfVashon.org • VoV App • 1650AM Alerts

## Zen Spring Retreat ONLINE

With most of the world sheltering in place and looking-out towards uncertainty we are excited to offer an accessible way to find interior quiet at our online retreat. Conducted in each participant’s home through Zoom, the retreat will still include seated and walking meditation, Qi Gong, chanting, dharma talks and optional interviews with teachers. The theme is “Faith on the Path: Reliance on Self and Other.”

It begins Thurs., April 16th at 7pm and ends Sun., April 19 at 4:45pm. People are invited to participate as much or little as desired. To register and see the daily schedule go to [www.pszc.org](http://www.pszc.org). Suggested fees are \$25 per day for members; \$30 per



day for non-members. Pay what you can.

All services throughout the week at PZSC are now being held through Zoom. For information on how to access these, go to [www.pszc.org](http://www.pszc.org).

## Advertise in the Loop!

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

[ads@vashonloop.com](mailto:ads@vashonloop.com)

Next Loop comes out April 16

## Compost the Loop

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

Find the Loop on-line at [www.vashonloop.com](http://www.vashonloop.com)





**Aries (March 20-April 19)**  
Your ruler Mars is about to enter Aquarius, your 11th solar house, where it joins the newly arrived Saturn. In this extraordinary moment, that confers on you certain responsibilities. In some respects, at least, the buck stops with you. You might find yourself in a position of organizing the household, or setting an example in your local community. As you do this, be open to what others have to say, in particular when that involves sharing feelings or personal experiences. Take them into account. Listen carefully to advice, whether you decide to act on it or not. You have a general idea what needs to happen, in terms of the basics. Make sure you avoid the most obvious mistakes; this will help you keep on course.

**Taurus (April 19-May 20)**  
There are many variations of heroism, bravery and doing the right thing. Society may reward some of these disproportionately over others, though all of them count. Currently, your main field of action is not so much in the public eye as inside your mind. Specific feelings, whether rooted in the past or of more recent origin, are making themselves noticeable. Allow yourself the space and bandwidth to examine and work with them. With most of the world on lockdown at present, you more than likely have an opening to turn your gaze inward and make some gentle inquiries. Refrain from judgments; instead, step back from your usual mode of self-restraint, and receive and acknowledge what comes through.

**Gemini (May 20-June 21)**  
Current astrology describes you entering a new phase of freedom and independence. More time and energy is now at your disposal, and thus more choice. You are also provided with the wisdom of your past experiences. However, Mercury in Pisces is inviting you to engage with alternative modes of thought, some of which might well be unfamiliar. Take a holistic view of situations, and be prepared to consider a range of perspectives as potentially valid and not necessarily mutually exclusive. Said another way, the cosmos has more than one voice, so it makes sense to keep multiple channels open. Pay attention to your internal compass as well, and note your dreams.

**Cancer (June 21-July 22)**  
Trial and error is an excellent way to learn and develop, not least because you get interesting experiences as a side-effect. Your astrology is now inviting you to apply the wisdom gleaned from past mistakes, as well as to make some new ones. Our society has undergone major upheaval in recent weeks; one consequence of this is to open the way for many people to experiment with different hobbies, roles and circumstances. Your capacity for invention has a part to play here. Try an activity you’ve never done, or are not used to doing. Then do it a few more times. Then try something else. And if you sing a bum note or drop a stitch in the wrong place or add a bit too much pepper, consider it part of the fun.

**Leo (July 22-Aug. 23)**  
Right now a lot of structures are being broken down, and suddenly many people have a chance to view things from a fresh perspective. You are no exception. Among the things undergoing change at the fundamental level are our relationships to one another. You now have an opportunity to examine what

works, and what doesn’t work so well, about the various connections you have with others. As people adapt and balances shift, you’ll be free to experiment. Part of this could involve cutting through all the niceties and compromises, and discovering what (or who) you really desire. You might find you need to be more independent, or unearth a shared interest you didn’t know was there. Keep an open mind.

**Virgo (Aug. 23-Sep. 22)**  
The current developments we’re experiencing are unprecedented for many. It’s been a long while since Western societies, at least, were on this kind of extraordinary footing. Yet it’s possible that you are more in your element than you expected; perhaps drawing on the legendary Virgo knack for organization. Whatever the case, your presence and likely your example are providing reassurance to others, and helping them keep sane and steady. Don’t underestimate the value of this, and do be generous with your wisdom. As you encounter new situations, trust your instinct and your internal guidance system. These give you a feel for the right response, and will lead you more accurately than anything else can.

**Libra (Sep. 22-Oct. 23)**  
In this unusual moment, you seem especially well placed to support those around you to make the best of their circumstances. Do not underestimate the importance of this responsibility. It might not seem especially dashing or heroic, though in fact it’s indispensable. You have a way of understanding people’s subtle needs, and you can answer them. Use your creative skills, and your ability to extract fun from just about any situation. In order to do this successfully, however, you must also do what’s necessary to take care of yourself, and recognize when you need to replenish your energy. Maintain your boundaries, and speak up clearly when you need space.

**Scorpio (Oct. 23-Nov. 22)**  
One technique people sometimes use to cope under pressure is to keep to what seems familiar. Familiar means comfortable, and comfortable means safe — to an extent. Where this can get tricky is when outdated concepts from one’s early upbringing can reappear. For example, placing certain judgments on yourself, or assuming you must behave in a particular way, or act in a specific role and none other. Your traditional ruler Mars entering your 4th house Monday suggests ideas along those lines might be tempting for you just now. Yet you’ve come a long way since you discarded them, and your resultant freedom is too precious to walk back. With some thought and effort, you can find a different route.

**Sagittarius (Nov. 22-Dec. 22)**  
Acknowledge your feelings. Non-physical wellbeing might seem like a luxury in these times; yet it is still wellbeing, and related to the body. Often, people avoid confronting their emotions; often this is done without thinking, and needs and passions swept beneath the floorboards to reappear at a choice inconvenient moment. For you, this is not an option right now. You need to stay in touch with your various sensations and moods, and not judge them. After all, things are tense for many right now, and you’re not a robot. Do whatever it takes not to fall asleep. Keep a journal, make art, play music — whatever feels natural in terms of expressing yourself, and perhaps some

new methods too.

**Capricorn (Dec. 22-Jan. 20)**  
Saturn and Mars are both pretty significant planets for you. After Monday, both will be in Aquarius, your 2nd house. You have a particular mission, which in essence is to uphold your most basic and profound ethical principles in everything you say and do. By this I mean: act rightly, be kind, tell the truth. Amid all this chaos, it’s easy to feel such things no longer matter; yet in fact they’re more important than ever, and you are now being called to demonstrate this by setting an example. And note: you are not going to accomplish this within the social media colosseum, through judging other people’s performances. This is about your actions and decisions, which will influence what others do.

**Aquarius (Jan. 20-Feb. 19)**  
Your recent experiences have endowed you with a lot of wisdom and grit, and no small measure of added chutzpah. With your traditional ruler Saturn now in your sign, you can begin to feel the benefit of this change. Despite the less-than-ideal circumstances many of us are now in, you are still likely to notice the pressure easing off. Use this to your advantage, and as far as possible to help people around you who might not be so well prepared for the current scenario. This could also give additional meaning to your previous struggles, and to the fact that you came through them stronger and better informed. Know when you don’t know; however, when you do, use it liberally.

**Pisces (Feb. 19-March 20)**  
Saturn entering your solar 12th house Monday is inviting you into a prolonged phase of holding space, and of walking with uncertainty and complexity. These are relatively natural states for you at any time, though just now the circumstances are ideal for you to dive even deeper. You might, for example, treat any serious question where the answer is not fully obvious as undetermined, if only for the time being. You might proceed on the assumption that there is definitely information you still don’t have, or a cognitive bias you’re not quite aware of. Tread lightly and carefully. Listen to your intuition, and also verify it; note information you receive, and also your internal responses, all with equal openness.

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



## Road to Resilience

Continued from Page 1

This brings me to considering the opportunities. For fifty years, we have been trying to alter our behavior. Surely, if this pandemic doesn’t get our attention, nothing will. When people all over the world are immobilized, we have time to think about what is really important. We have a chance to see that many things we thought were essential to our happiness really aren’t and may even have been contributing to manic escape in many, mostly detrimental, forms. Economist Ken Roggoff said recently that many of the non-essential industries that have been idled by the pandemic may not be revived, because we will have dialed back our needs. Maybe it will be the beginning of a static state economy and an authentic address of the climate emergency.

Another advantage to being cut off from our supply lines, besides learning to do without, is learning to be more self-reliant and resourceful. When we have a lot of time on our hands because we aren’t commuting and can’t attend social activities, we might decide to use our noodle and invent or fabricate something in our shop or kitchen. I’ll admit not everything can be made at home, but every improvisation will make you and our community stronger and safer. We can also use our time to help all those in our community that need a hand. Improvise!

Lastly, we need to be more food self-sufficient, not just because of the pandemic, but also because of the many other dangers in our world that require our resilience. If you don’t have a garden, put one in if you have the space. If not, you can still fill a couple planters. You’d be surprised at how much food you can grow in a small space. You can rely completely on the safety of the food you grow yourself. Even so, get take-out food once in a while from one of our restaurants so that they are still there when we can come out again.

The book study group I announced last week to start on Mar. 30 at the Land Trust is cancelled. The book, *Climate: A New Story* by Charles Eisentstein, is worth the read, and I recommend it, even though we have postponed the study group. Let’s be our best and come through this together.

Comments? [terry@vashonloop.com](mailto:terry@vashonloop.com)

**Next Edition  
of *The Loop*  
Comes out  
Thursday  
April 16**

Deadline for the next  
edition of *The Loop* is  
**Saturday, April 11**

## Adopt A Cat Day!

Vashon Island Pet Protectors

**Saturdays 11:30-2:30**

Our VIPP Shelter is open for adoptions every Saturday.  
Visit our website [www.vipp.org](http://www.vipp.org) for Directions and to  
view the Cats and Dogs available for adoption.

Or give us a call 206-389-1085



**Spring is here, which means  
SHOW SEASON  
Is right around the corner!  
Is your wardrobe ready?**

**We've got a rack full of  
breeches: \$10/Pair!!**

**Show jackets, show shirts,  
all other clothing and  
outerwear: 50% OFF!!**

**All in-stock paddock and  
tall boots: 25% OFF!!**

**All bridles, headstalls &  
reins: 20% OFF!!**

**All saddle pads: 20% OFF!!**

Sale prices valid through March,  
but hurry in for best selection!



**VI Horse Supply, INC.**


**206-463-9792**  
17710 112th Ave. SW  
(8/10 mile west of town on Bank Road)  
P.O. Box 868 • Vashon Island, WA 98070-0868  
www.islandhorsesupply.com  
Like us on Facebook  
Hours: 9am-6pm • 10am-5pm Sundays  
CLOSED Wednesdays

# PANDORA'S BOX

Bo is busy sheltering in place and taking care of his personal hygiene. We are fortunate enough to be open, and are planning to maintain regular hours. Always a good idea to check in first to make sure we have what you want before venturing out.  
Pandorasboxvashon@gmail.com or 206-463-2200.

Bo's Pick of the Week: He thinks it's crazy that we have birthday cake and ice cream for dogs!!! REALLY!!

**(206) 463-3401**  
\$8 Nail trimming with no appointment  
17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch



## WET WHISKERS GROOMING SALON

PROFESSIONALLY TRAINED  
CERTIFIED GROOMER

**We Offer:**  
Wash and Go  
Bath and Brush out  
Thin and Trim

**CALL TODAY FOR AN  
APPOINTMENT  
(206) 463-2200**

17321 VASHON HIGHWAY SW  
CONVENIENTLY  
LOCATED INSIDE  
PANDORA'S BOX



**DANNY'S TRACTOR SERVICE 206-920-0874**

- ▶ Land and storm damage clean up
- ▶ Tree Cutting and removal
- ▶ Field mowing, brush cutting and tilling
- ▶ Hauling and refuse removal
- ▶ Scrap metal removal
- ▶ Driveway repair and grading

→ **Dan Hardwick**  
oldredtruck@comcast.net

## ISLAND ESCROW SERVICE

Dayna Muller  
Escrow Officer

Patrick Cunningham  
Designated Escrow Officer

**206-463-3137**  
www.islandescrow.net

Serving Washington  
State since 1979  
Notary  
Insured, licensed and bonded  
*Discount to repeat clients*

## PERRY'S VASHON BURGERS

Celebrating 17 years Serving Vashon Island

**17804 Vashon Hwy SW**

Open 11am to 8pm Monday-Friday



Best Burger in Town!

For a Burger  
Emergency  
**463-4-911**

Gluten  
Free  
Buns!

VISIT US IN THE HISTORIC 100-YEAR-OLD ROASTERIE BUILDING WE CALL HOME



ALL ORGANIC PASTRIES,  
BREAKFAST & LUNCH FARE.  
ESPRESSO & TEA BAR  
COFFEE ROASTED DAILY

OVER 350 BULK HERBS,  
SPICES & TEA.

VASHON HIGHWAY & CEMETERY ROAD • (206) 463-9800 • WWW.TVICR.COM

## Advertise in the Loop!

It's a great time to get back in the Loop.  
ads@vashonloop.com Or call (206) 925-3837



*Where the Locals Go!!*

Family run business for over 30 years  
17611 Vashon HWY SW  
206.463.0940

Live  
Music

Homestyle Breakfasts  
and  
Plate Size Pancakes  
*Breakfast served till 5pm  
Fri, Sat & Sun*

Sports on  
5  
HD TV's

*Open 7 days a week 6 am til 2am*

# KVSH

101.9 FM



**Listen  
At Home  
In Your Car  
At Work  
Worldwide**

Schedule & VoV App at VoiceOfVashon.org