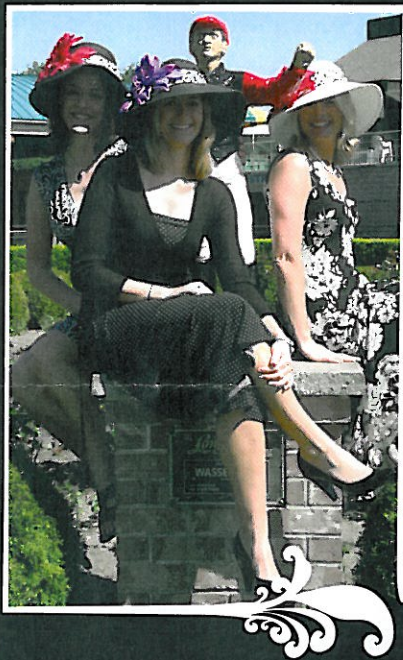


LADIES NIGHT AT THE RACES

Hats & Heels



Benefiting Children's Therapy Center

Friday, August 12

Shopping open at 5:00 pm • First post 6:00 pm

Dust off your hat, put on those heels, and join us for an exciting evening of fun, exclusive shopping and, hopefully, a few lucky bets on the ponies!

RECEIVE STAR STATUS IN THE ALL-INCLUSIVE VIP EVENT!

VIP guests will receive: preferred parking, access to exclusive VIP lounge, hors d'oeuvre buffet, wine, program, tip sheet, swag bag and prizes all for only \$30!

Space is limited. Tickets must be purchased in advance at www.emeraldshatsandheels.com

Access to shopping area free with gate admission.



Green Acres Smoothie

½ banana

¼ avocado

¼ apple

½ cucumber

½ tablespoon of

Stevia

handful of spinach

Directions Blend

with ice to desired

consistency



everything ourselves. That's what makes us different."

The scents of fresh squeezed oranges linger in the morning air. "I'm 47-years-old and I feel great," Thane says. He is now a whopping 50 pounds lighter than he was before the shop opened. "You've just got to eat right and exercise."

The two principles certainly go hand in hand on this end of Market Street. But Thane isn't satisfied. He has even bigger aspirations for the future, hoping to open a small indoor organic farmers market within the garage on the first floor, the most recognizable remains of what was once a light manufacturing warehouse. It was this cement chamber that Thane rode his 68 BSA motorcycle through during those first days, his brain churning out ideas for his new home and future businesses.

And plenty of room for the growth and change the building soon saw. Despite the hang-ups, four long months of showering at the YMCA during construction, and the overall magnitude of the task at hand, Thane's energy and optimism always has kept him going. "That's how I got the juice bar, I say I'm going to do it and I will," Thane reassures about plans for his future dream of opening a natural foods market. He ushers in imaginary awnings, the idea coming to life in his head. "I feel like an urban homesteader," he said. ☺

Smooth and Juicy

1122 Market St., Tacoma

smoothandjuicy.com

Summer Hours: Monday-

Friday, 8am to 8pm and

Saturdays 9am to 8pm.

