



Cheap Thrills: Volume 2

THE TESC STARVING STUDENTS GUIDE
TO TAKING CARE OF THE BODY, MIND AND SPIRIT,
ON THE CHEAP!

FUN, FOOD, NATURE, SPIRITUALITY, ENTERTAINMENT
and SELF- DISCOVERY!



Brought to You by the TESC Counseling Center! This is not an endorsement of any particular business or organization, merely a partial glimpse of what TESC, the greater community and the region have to offer. With special thanks for the contributions of staff and faculty, campus wide!

Welcome to Evergreen!
Leslie Johnson, MSW TESC Counseling Center

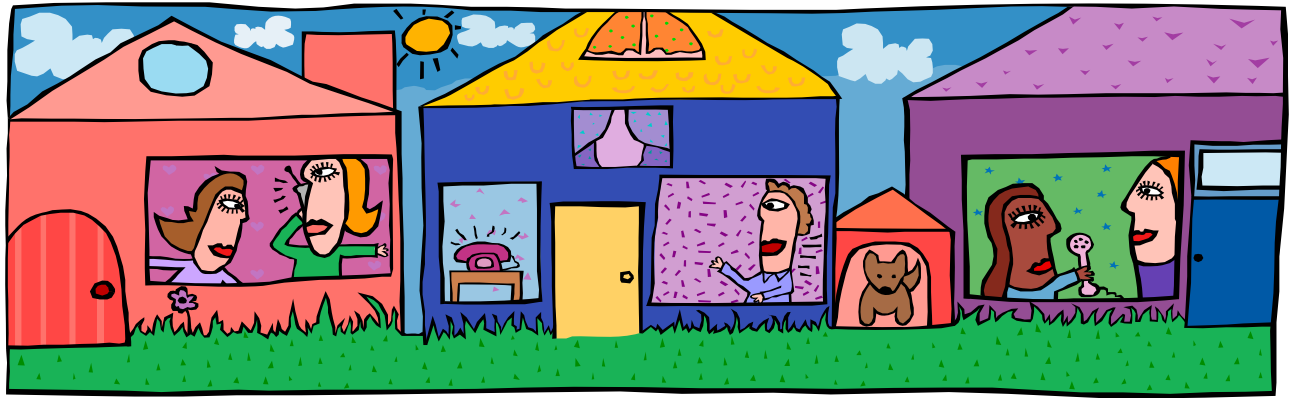
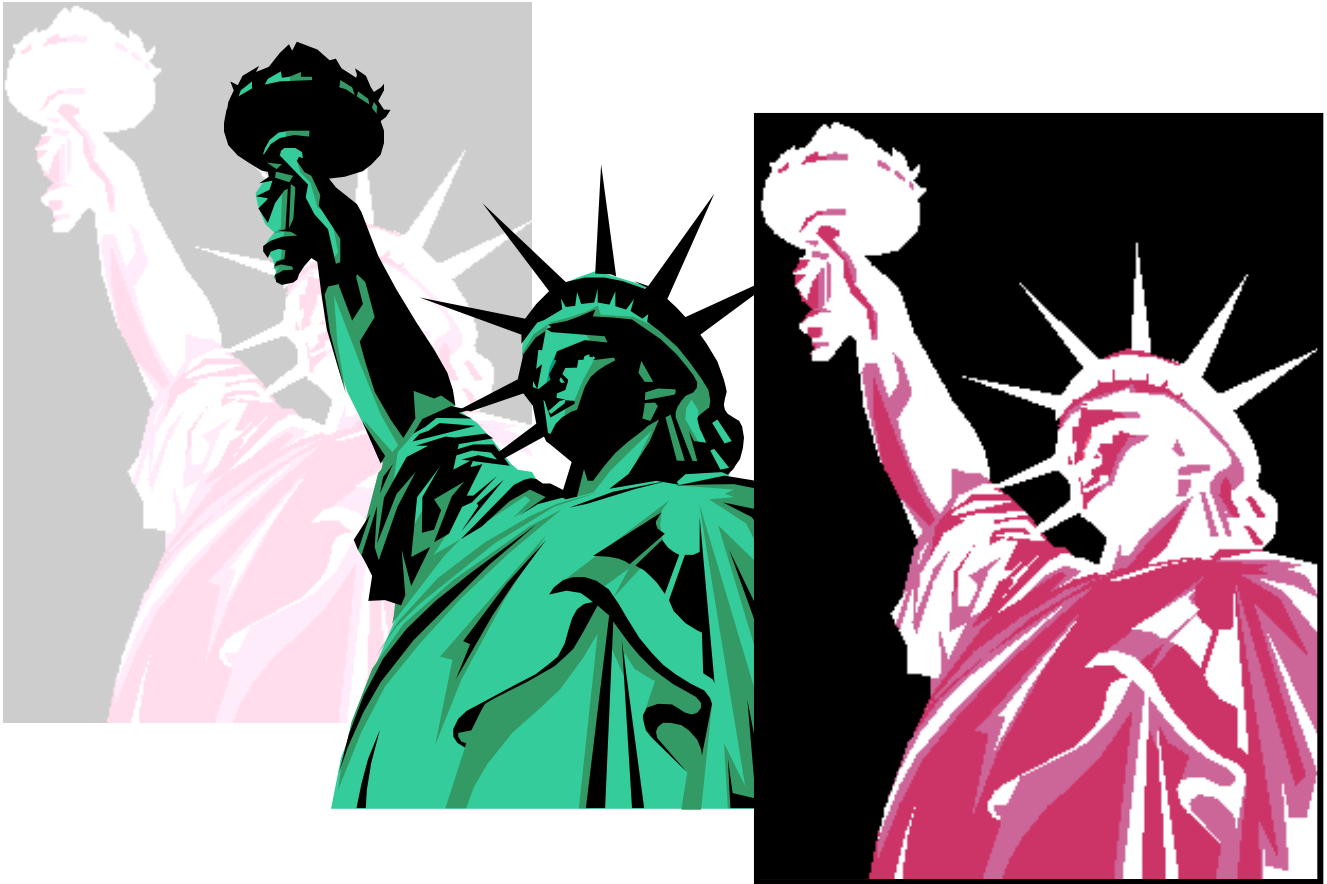


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Freedom! And the Importance of self-care so you can enjoy it!

It can be hard to acclimate when you land in a new place. Orienting yourself to the campus is a good start. Knowing what's happening in the community can really make a difference in establishing your own personal groove. This guide will help you to identify some of the less expensive side of your new community both on and off campus. Balancing the newness of where you are, academics and work is important, but so is a little "me time".

Whether your thing is sports, music, good food, the great outdoors, the literary world or just a little old-fashioned pampering, we have the scoop for you! So kick back a little and read on. . .

Getting around, The Great Northwest Scene and beyond!



- **SeaTac Airport Main Terminal Building:**
17801 International Blvd. (Pacific Highway S.) 206-433-5388
Seattle, WA 98158 From the South take Interstate 5 to Exit 154 and drive west on State Route 518 to the SeaTac Airport Exit.



- **Portland International Airport:** Toll Free: 877.739.4636
Interstate 5 Option: Take I-5 South to I-84 East Take I-84 East to I-205 North Exit onto I-205 North take Airport Way West exit off I-205 Follow Airport Way to PDX terminal.



- **Amtrak Train Station:** The Amtrak Passenger Station located at 6600 Yelm Highway SE. Call the station at 923-4602 or call the toll free number 1-800-872-7245. Amtrak station in Seattle is right in Pioneer Square and at the edge of the International District. Also online



- **Washington State Ferry System:** Come on now! Who doesn't love a Ferry ride. Whether you're catching the ferry in Bremerton to head into the big smoke aka; Seattle, or want to head over to Victoria, British Columbia, you can't beat the Ferry! Prices vary depending on season, with or without vehicle or passenger only.
1-888-808-7977 <http://www.wsdot.wa.gov/ferries/>



- **Intercity Transit:** Transportation in Olympia, Lacey, Tumwater and Yelm. Express service to Tacoma and Seattle. Call 786-1881 or look them up online at www.intercitytransit.com. Bus schedules are also available at Police Services in the lobby.



- **Greyhound Bus Station:** Located at 107 7th Ave. SE, call 1-800-231-2222.



- **D C Cab Company:** 360 786-5226, **City Cab:** 360 705-8294 & **Speedy Cab** 456-1919



- **Bicycle:** Maps of Bicycle routes are available at Police Services in the lobby. The Government Documents/Maps collection of the Library gives away free Thurston County Bicycle Maps for anyone to pick up. We also have numerous bicycle maps from the 50 states, which faculty/staff and students can check out for the quarter. We are located at LIB-3302, at the top of the 3rd floor at the Library.



- **Hoofing it:** Because it feels good, you're heading for a bus stop or you're desperate, either way, a reliable mode of transportation!



Cheap eats in the neighborhood Dineries:



-TESC Greenery: CAB Building downstairs



-The Farmers Market:

700 Capitol Way S, Olympia (360) 352-9096 www.farmers-market.org

The curry booth and smoked cheese counter are good buys.



-Pho Hoa: Huge hot bowls of yummy soups at a bargain price!

1600 Cooper Point Rd SW, Olympia - (360) 754-1548. www.phohoa.com



-Old School Pizza: 108 Franklin St NE Olympia, WA 98501 (360) 786-9640



-Vic's Pizza: 233 Division St NW, Olympia 98502 (360) 943-8044

Cheese pizza, only \$2.00 a slice.



-Club side Café: 406 East 4th Ave. Oly (360)-352-7565 <http://clubside.us/details.html> Mon-Thurs open till midnight, Fri.& Sat. till 3 a.m.



-McMeniman's Spar: 114 4th Ave. E. Olympia (360) 357-6444

Check out the blue-plate special.



-Tugboat Annie's: 2100 West Bay Dr NW # 3 Olympia

(360) 943-1850. Weekends 8 a.m. to noon you can rent two single kayaks and have breakfast for two plus coffee for just \$37 plus tax, nice.

Happy hours snacks if you're over 21.



-Ben Moore's: 112 4th Ave W Olympia (360) 357-7527

Happy hour snacks if you're over 21.



-California Tacos: a taco truck on Harrison street in Olympia, good food and good prices also, great service. No indoor seating.



-Rico Taco located right across the street from California tacos. Good food, indoor counters to eat on and awesome flan.



Groceries



The Grocery Outlet: 2100 Harrison Ave NW, Olympia - (360) 570-9449
Big bargains, little bucks.



Cash and Carry: 1010 Fones Rd Se Olympia (360) 459-2820
Bulk items mostly but great prices, share them and save even more!



Big Lots: 400 Cooper Point Rd SW Olympia (360) 753-5137
A little bit of everything from food to clothes at a great discount.



Olympia's Farmers Market: Open April - October Thursday - Sunday and November - December Saturday and Sunday, all dates from 10am-3pm.
Fresh veggies and fruit, homemade sausage, smoked salmon and jerky, free entertainment! Check out their website at www.olympiafarmersmarket.com



Olympia Food Coop: Good food, good prices and the opportunity to volunteer for a substantial discount on your groceries. A membership is inexpensive and volunteers get discounts. The Olympia food coop sells bulk and whole foods which can be less expensive than buying little bits all the time.

Cheap (er) Entertainment



On the TESC Website: Check out the Evergreen web site to explore the area and find other cool activities at www.evergreen.edu/about/explorethearea.htm



On Campus of course! Check out student activities on campus. Movies, performances on campus, events at the Longhouse, student organized activities and the recreation center or go on hike and a picnic



City of Olympia festivals and Community events: You can find this online thru the Olympian Newspaper: www.ci.olympia.wa.us/events/commevents/

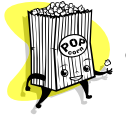


The Nightlife Calendar: Also found in The Olympian, look for weekend happenings in the Friday issue.

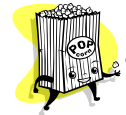


The Washington Center for The Performing Arts: www.washingtoncenter.org
512 Washington St SE, Olympia - (360) 753 - 8585. This is the place for more well known acts. For Washington Center sponsored performances (and not all are) they have a student "rush" price. This means you show up at the box office one hour prior to the show and show them a current, valid student ID and if tickets are available you get yours at half price! Their box office opens Tuesday - Friday from 12:00 - 5:30 pm and Saturday from 2:00 - 5:30 pm.

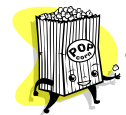
Cheap (er) Entertainment (continued)



- **Olympia Film Society (OFS):** Located at The Capital Theatre 206 E. 5th St. Olympia, WA. Call 754-3635. Join a film society! Great movies, volunteer opportunities, and just a cool thing to do. Joining the society costs only \$17.00 for a student and for that you get discounted prices (\$5.00 versus \$7.50 for films) at OFS films and The Olympia Film Festival Events, entrance to member only screenings and the POWER to vote at general membership meetings. Power to the film people!! Call 754-5378 for film events.



- **Regal Martin Village 16:** 16 screens, first movie of the day is \$5.00 located at 5400 East Martin Way, Lacey phone: 455-5003



- **Cinemark Century Olympia:** 14 screens located in Westfield Capital Mall.



- **Skyline Drive In:** 182 SE Brewer Road in Shelton ☎ (360) 426-4707 That's right a genuine double feature drive in movie theatre. Adults: \$6.00 per person, Children 10 and under are FREE! No outside food or drink. Sound is on your own radio. Gate opens at 8 p.m., first movie at dusk (usually 9:30) bring your own lawn chairs. Take highway 101 to Shelton until you see a gas station called Taylor Towne on your right, that's Lynch Creek Rd. Take a right there and then an immediate left.



- **Festivals in Washington:** Too many to mention look up Washington Festivals & events @ <http://www.wfea.org/> for a complete 2008 schedule. Keep in mind Super Saturday at TESC, the day after graduation. Other highlights include Arts walk in Olympia and Bumbershoot and folk life festivals at the Seattle Center in Seattle.



- **Ticket Ticket:** Ticket Ticket is a booth that sells tickets to same day events for typically half price, HALF PRICE!! You can buy tickets for musicals, shows, plays, bands, comedy clubs, tourist day trips or events. Cash only, you can find Ticket Ticket booths only in Seattle at the Broadway Market, 401 E., Seattle, WA. or Pike Place Market, First Ave. & Pike St. , Seattle WA. Hours for both booths are Tues-Sun 12 pm-6pm. Call (206) 324-2744

Cheap (er) Entertainment (continued)

Bowling: Why the heck not! The cheapest bowling can be found at:



- Westside Lanes 2200 Garfield Avenue N. 360-943-2400. From Mon.-Fri., if you bowl before 5 pm. you pay only \$2.50 per game and \$1.00 for shoes! All that fun for just \$3.50. I can only say wow. . . wow.



You can also Bowl at the following Bowler-ramas:

- Aztec Lanes at 2825 Martin Way, Olympia Call 357-8808
Cost \$3.25 per game before 5 p.m., \$3.50 after 5 pm. and on weekends and 2.00 for shoes.
- Precision Bowling 2200 Garfield Ave NW Call 786-6030
- Tumwater Lanes 204 T St. SW Tumwater Call 943-1672
- Skateland in Olympia. Get back to your roller disco days.



Free Museum Days!!



Washington State History Museum: Explore Washington's past! Located at 1911 Pacific Avenue, Tacoma, Washington 98402. Toll-free 1-888-BE-THERE. Free on Thursdays from 5 p.m.-8 p.m.



The Museum of Glass: 1801 Dock Street, Tacoma (253) 396-1768 Built in 2002, offers a wide range of exhibitions and art installations by international artists. Free the 3rd Thursday of each month from 5-8 p.m.



The Museum of flight: 9404 E Marginal Way S Tukwila, WA 98108 (206) 764-5720 Located at the Boeing Airfield. Very cool place, displaying flight across time including space travel. The first Thursday evening of every month from 5-9 p.m. is free. www.museumofflight.org



Olympic Flight Museum: Not free, but not bad, only \$5.00 7637 Old Highway 99 SW # A Tumwater, WA. Plane travel across history! (360) 705-3925 More info. at www.olympicflightmuseum.com.









Wing Luke Asian Museum: Located at, 407 7th Ave. S. Seattle, WA. 98104 (206) 623-5124. Devoted to the preservation and exhibition of Asian Pacific American Culture, history and art. (206) 623-5124.





Seattle Art Museum: 1300 1st Ave, Seattle - (206) 654-3100 Free on the first Thursday of the month with special exhibit tickets at about half price. Features 23,000 exhibits representing a wide range of art. www.seattleartmuseum.org


Free museum days continued...


-  **Center on Contemporary Art:** Located at 65 Cedar Street, Seattle, WA. 98121 (206) 728-1980 charges but free at the COCA located at Shilshole Bay Beach Club 6413 Seaview Ave NW Seattle, WA
-  **Frye Art Museum:** A wonderful little museum, free to the public and featuring a collection of 19th and 20th century American, German, and French paintings. Located at 704 Terry Ave. Seattle, WA, great little café.
-  **Of Sea and Shore Museum of Shell and Natural History:** Open 9 a.m. - 5 p.m daily with free admission, located at 32400 Rainer Ave. in Port Gamble, WA.
-  **Experience Music Project:** Free day on the first Thursday of the month from 5-8 p.m. This is a museum of popular music, with a variety of hands on experiences, very cool. Located on the Seattle Center Campus, 325 5th Ave. N. Seattle, WA. (206) 367-5483
-  **Science Fiction Museum and Hall Of Fame Museum:** Free day on the first Thursday of the month from 5-8 pm. Located at 325 5th Ave. N. Seattle, WA. 98109, (206) 724-3428. Exhibits on all aspects of the science fiction genre, located next door to the Experience Music Project in Seattle.
-  **Pacific Science Center:** Features Five buildings of interactive science exhibits, a Tropical Butterfly House, two IMAX Theatres (one with 3D technology), a planetarium and laser light shows. Located at the Seattle Center, 200 2nd Ave N. Seattle (206) 443-2001.





 **The Center for Wooden Boats:** A maritime museum, except that all the boats are on the water to be touched and used. Located at 1010 Valley St. Seattle, WA. (206) 382-2628. Free admission, free classic boat rides every Sun. from 2 p.m. - 3 p.m. check website www.cwb.org for seasonal hours and prices to rent a boat.


 **Museum of History & Industry:** Features a chronicle of Seattle's past, exploring the ways in which the city has grown over the course of its history. Located at 2700 24th Ave. E. Seattle, WA. (206)324-1126. Open daily 10 a.m. - 5 p.m. 1st Thurs. free 10 a.m. - 8 p.m. <http://www.seattlehistory.org/visit.cfm>

 **The Harold E. Lemay Museum Tacoma:** Houses the world's largest privately owned collection of automobiles. 423 152nd St. E. Tacoma (253)779-8490. <http://www.lemaymuseum.org> Not free but very cool, check for visit times.

 **Seattle Museum of the Mysteries:** 623 Broadway Ave E. Seattle (206) 328-6499 The museum explores real life mysteries that happened locally such as Big Foot, UFO's and the disappearance of DB Cooper. Check for open times at <http://www.seattlechatclub.org/museum.html> First visit is \$2.00

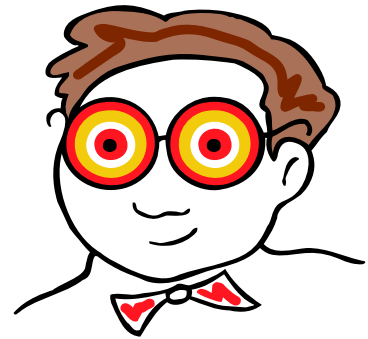
 **Henry Art Gallery:** Free to college students with ID. Newly acquired artwork including sculpture and other works in new media and photography. 4100 15th Ave NE and 41st St. Seattle, at the UW Campus. (206) 543-2280 <http://www.henryart.org>


 **The Nordic Heritage Museum:** 3014 NW 67th Street, Seattle, WA 98117 | Phone: (206)789-5707 This is the only museum in the United States dedicated to honoring the legacy of immigrants from the five Nordic countries of Denmark, Finland, Iceland, Norway and Sweden. Check for visiting hours at, <http://www.nordicmuseum.org>

 **The Burke Museum:** Located at the corner of 17th Ave. NE and NE 45th St. on the University of Washington Campus. Focuses on the natural wonders of the Northwest and Pacific Rim. Open daily 10-5 pm. Free the first Thursday of each month. 206-543-5590.

Express Yourself!

Poetry slams, theatre, comedy, improvisation,
dance & art classes




 **Art Access:** An online version of the magazine with original art, poetry, reviews and literature plus monthly listings for the visual arts, dance music and theater. At www.artaccess.com


 **Harlequin productions:** Live theatre, with dates designated for the “pay what you can” crowd and opportunities to volunteer or even complete an internship. Check them out online at www.harlequinproductions.org

 **Just Dance!!!** You can learn to Salsa, round and square dance (depending on what kind of peg you are), Swing, ballroom, Western, folk dance, Contra, Clogg and Gypsy Nation dance. Take lessons or join. Look up locations, date etc. on www.theolympian.com/music/story .

 **Join or start a book club:** If you don't know how, contact a local bookstore!

 **Olympia Little Theatre:** Founded in 1939 and one of the oldest community theatres in Washington is still providing fine entertainment! You can audition or volunteer even as a director if you have a good script idea. Reveal your inner actor and check them out at <http://olympialittletheater.org/Auditions.htm>

 **Masterworks Choral Ensemble:** If your friends have told you that your warbling is, well nearly birdlike, this could be the place for you! Try out for the ensemble of serious singers with an individual tryout. You can contact them at gwitley@visionseed.com or call the Artistic Director, Gary Witley at 491-3305.

 **Theatre Arts Olympia:** TAO is a collective of local artists with a commitment to producing high quality theater. TAO's focus is on producing materials that are thematically more provocative, and interpretations of classics more experimental than generally found in the Olympia area. Their mission is to present creative theatrical pieces that are under-represented in the community. Contact Theatre Dept. on campus. A phone# was not available at time of printing.



Nature Calls (mostly free)



Olympia Parks, Arts and Recreation: Did you know that you can call on your cell, for a phone tour while you are cruising many local parks, it's free! Check out the City of Olympia Website at www.ci.olympia.wa.us/ Or call (360) 753-8382 for the full scoop on their happenings.



Budd Bay Charters: Show the family the neighborhood by boat! Rent a 21 ft. six passenger boat with guide for \$55.00 a full boat or \$10.00 per person. Call 481-0035 for more information.



Olympic National Forest 1835 Black Lk Blvd SW Olympia (360) 956-2402
<http://www.fs.fed.us/r6/olympic/> web it up and read all about it.



Point Defiance Zoo and Aquarium: Located in Tacoma at 601 N. 59th St. E. You get a great student discount at this Zoo! Bring your student ID and costs break down like this Jan.-Feb cost \$4.00, Mar.-April cost \$5.00, May - June cost \$6.00 and July-Dec. cost \$4.00. 5400 N. Pearl Street, Ruston. From I-5 heading north, Take Exit 132 (Highway 16 West). Exit at 6th Avenue and turn left. Take the next right on to Pearl Street. Follow Pearl Street into Point Defiance Park. Directional signs will lead you to the Zoo parking lots. Call (253) 591-5337 for more information, <http://www.pdza.org/>



Woodland Park Zoo: Located in Seattle, WA. at from April 1 -Oct. 30th cost for adults is \$10.00 from May 1- Sept. is \$15.00 Call (206) 684-4800. Not so cheap but one great day!



The Seattle Aquarium 1483 Alaskan Way # 59 Seattle (206) 386-4320
<http://www.seattleaquarium.org> for more info.



Medicinal Herb Garden: Located on the campus of the University of Washington at Stevens Way and Garfield Lane in Seattle. Call 206 543-1126 for more information, a great resource for the budding herbalist, medic or botanist! You can tour the garden at no cost. <http://www.biology.washington.edu/greenhouse/>



Take a stroll on Percival Landing downtown: Check out the boats, dream a little and see if the harbor seals, cormorants, herons or otters come to take a look at you.



What Moves the Spirit East and West



Churches

There are well over 50 churches in the Olympia, Tumwater and Lacey areas. Many of them have social groups or charitable causes they support and need volunteers for and it's a chance to meet with like minded folks, too many to list here. Check the yellow pages under churches or religion.



TESC Common Bread: An interfaith religious group on campus creating a space on campus to honor the spiritual journey. Gather to feed body and spirit ext. 6781. www.cbreadblogspot.com



TESC Evergreen Hillel: An environment for Jewish and non-jewish students, faculty and staff and Olympia Jewish community at large. A place to explore all aspects of Judaism. www.evergreenhillel.org ext. 6781



St. Placid's Priory in Lacey (360) 438-2595. www.stplacid.org offering various classes such as spirituality in art. See website for more



Evergreen Students for Christ located at <http://www.greeners4christ.org/>. They meet every week on campus for Bible Study.

Meditation



Olympia Zen Center: 3248 39th Way NE, Olympia call (360) 357-2835



Olympia Mahayana Buddhist Center: 414 Franklin St. SE call (360) 754-7787 for more information.



Buddhist Association of Olympia: 1211 Wilson St. NE call (360) 352-7109 for more information.



Lacey Islamic Center 7945 Pacific Ave SE Olympia, (360) 438-3570

Yoga



Hot Yoga: 1963 4th Ave E., Olympia or call (360) 956-9642



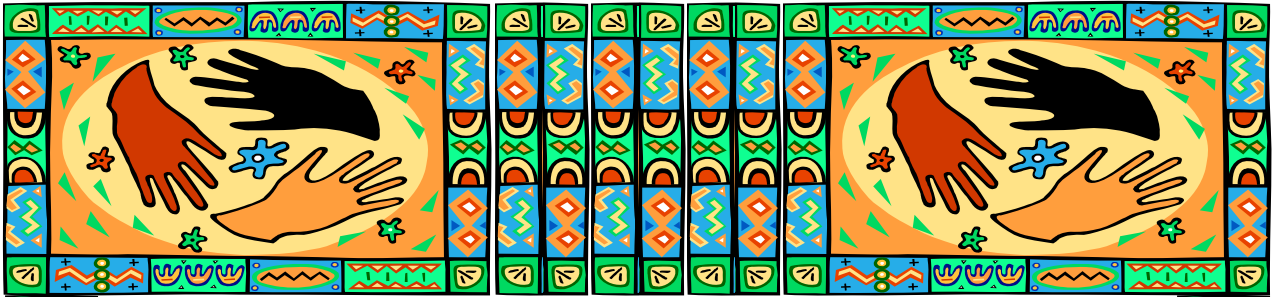
Oly Yoga: 1005 E. 4th Ave. Olympia or call (360) 753-0772



Take Shape Fitness: 1212 Black Lake Blvd. SW or call (360) 754-8686



Wild Grace Arts/Center For Yoga & Dance: at 507 Cherry St. Olympia, WA or call (360) 754-3983. They also now have a weekly ecstatic dance called Oly Dance Free every Saturday night 8:00 pm sliding scale admission \$5-\$12.00.



Volunteer! For a Lot of Reasons



Reason #1: It makes you a better person and gives you a bigger world to be in.



Reason #2: It opens your mind to lots of other possibilities.



Reason #3: You meet a lot of really cool people you might never meet otherwise.



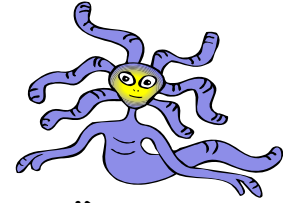
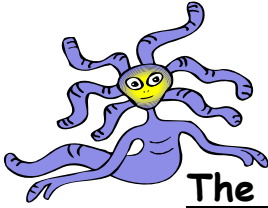
Reason#4: It looks good on your resume, which probably doesn't have a lot on it right now.



Reason #5: It's good karma- nuff said.

Check out TESC Center for Community Based learning and The Olympian Newspaper for volunteer opportunities. <http://www.evergreen.edu/communitybasedlearning/>





The Weird, the unusual (and the just cool)



The Artesian Well: Located at 407 E. 4th St. behind Olympic Outfitters. Many declare it the best water in Oly, bring a five gallon container to take some home, free! The artesian well is located in the Diamond Parking lot on 4th Avenue between Adams and Jefferson Streets. The City of Olympia does not own the well - it is the property of the Diamond Parking lot. This means that future unrestricted public access to the well is not guaranteed.



Procession of the Species: A, uh most unusual parade. The Usual date is around the first or middle of April. This is a one of a kind parade, celebrating all species. Swim by in a pod of orcas.



The Aurora Valentimetti Puppet Museum: 257 4th St. Bremerton (360) 373-2992. Wed. - Sat. 11 p.m. - 4 p.m.



The Fremont Halloween Celebration: Fremont, the little Bohemia of Seattle prides itself on its funkiness. Fremont's Halloween Celebration is no exception. It begins under the Aurora Bridge, where a giant troll holds a life-size Volkswagen in his hand; everyone comes in costume and parades thru Fremont to be entertained by dancers, fire eaters and many other bizarre and unique acts. Show up on Halloween and ask anyone where the troll under the bridge is and wait for dark! N 36th St, Seattle Under the Aurora Ave. Bridge -- sometimes called the George Washington Bridge -- at N. 36th Street. Despite the troll's name, it is not under the nearby Fremont Bridge.



Go see the infamous "World's Largest Egg" in Winlock located in south Tacoma. Nothing like seeing a giant egg on a pole!

<http://www.roadsideamerica.com/story/4033>

The Mini Lap of Luxury



Beauty & Barber Schools

Quality Beauty and Barber College

2703 Capitol Mall Dr SW, Olympia - (360) 570-8475

www.qualitybeautycollege.com

Haircuts \$6.95



Eastside Beauty & Barber College

719 Sleater Kinney Rd SE, Lacey - (360) 491-1020

Haircuts \$5.00



Massage Schools

Body Mechanics Massage Services

3025 Limited Lane, (bottom floor)

Olympia, WA 98502

(360) 786-8582

www.bodymechanics.net

\$35 for an hour for a student massage!!!



The Olympic Spa for women only

Olympus Spa Inc.

8615 S Tacoma Way Tacoma (253) 588-3355

Spa Day with Herbal Bath, Mugwort Dry Sauna & More for only \$35!!!

www.Olympusspa.com



The Health Center: Healing Touch appointment, Healing Touch aligns your energy by opening charkas and allowing the natural healing energy of your body to flow. Price is only 30.00, which is about half the price found in the community and can be billed to your student account.



TESC Hot Tub and Sauna

Company's Coming!!

Where will they stay? Your house, of course, but if not. . .
Check the local Yellow pages for the traditional options. Or check these
green options out for a little off the beaten path variety.



Fertile Ground Bed and Breakfast: Their motto is "Green Lodging For
People Who Care". Check out the website for out of towners!

<http://www.fertileground.org>



The Atomic Ranch House: A two bedroom house complete with fire ring
in the back yard. Also a green option, Check out the website for

extras <http://www.atomicranchhouse.com>



Chez Cascadia: A local hostel, pets welcome, discount for kids and of
course the biggest benefit of a hostel - cheap! Check out their website
for information and to review their social policy.

<http://www.chezcascadia.org>



Now that you live in the great Northwest, company is coming in hordes, what to do!?! What to do!?! No worries, we've already given you some fabulous and entertaining ideas but let's add the whip cream to this sundae.



I offer you my "We did it all" Seattle tour, guaranteed to stun and amaze the family, (they may even go to sleep in the car !). It goes like this:
Start at Pikes Place Market in Seattle, check out the fish market with "flying fish".
Also has lots of crafters, artisans, specialty stores and good eats.
From there take Pine St. up to Westlake Center, shop around then take the escalator to the top floor and catch the Monorail right into The Seattle Center, visit the space needle, have lunch in the revolving restaurant at the top.
Retrace your path to Pikes Place Market.

"Combine this or make it a separate trip"

Head for Pioneer Square in Seattle and stop at Elliot Bay Book store. It's old interesting and funky with a great little café. Enjoy the architecture of the area and many art galleries. Consider taking The Seattle underground tour through the Seattle that existed prior to the big fire, which destroyed Seattle's entire business district on June 6, 1889. It really is a fun tour. Call The Underground Tour at (206) 682-4646. Tickets are \$12.00 for students with college ID and \$15.00 for general adults.

Consider stopping by the Klondike Gold Rush Museum while you're in the square. The museum is open 7 days a week from 9 a.m. - 5 p.m. check the website for more info.

<http://www.nps.gov/klse>

Another great website for what to do in Seattle and for discounts is

















<http://www.goseattlecard.com>

Most importantly stay balanced, combine school, fun and relaxation in a healthy way!



Find a use for your old items: help the community find resources

It's true that one person's junk is another's treasure. Thurston County has a host of organizations that will take your usable items. Below is a list of local organizations that would appreciate your reusable, unwanted items. Many are charitable organizations that rely on your generosity to serve their clients. Others are for-profit businesses. Call for hours and to make sure your items will be accepted. All items should be in usable condition. If you know of other reuse organizations you think we should list, please contact the Thurston County 2good2toss website administrator.

-  Animal Services 3120 Martin Way, Olympia 360-352-2510 Old blankets and towels, canned and dry pet food, pet toys.
-  Association for Retarded Citizens of Washington (ARC) 1-800-826-4310 Household goods, bedding/linens, clothing. Can provide pick-up service.
-  Behavioral Health Resources 360-704-7170 Baby items, clothing, furniture, mattresses, and appliances. Can provide pick-up service.
-  Bread and Roses House of Hospitality 360-754-4085 Bedding/linens, cleaning and hygiene products, art & gardening supplies, plastic tubs, houseplants, musical instruments.
-  Build-a-Bike Project 360-870-7347. Bikes and related items
-  Care Net Pregnancy Center 360-753-8023 Baby items, clothing, diapers, and formula
-  Cerebral Palsy of Washington 1-800-633-1351 Household goods, baby items, bedding/linens, building supplies, clothing, furniture, kitten items, tools. Can provide pick-up service.
-  Children's Hospital Thrift Store 360-236-8245 Household goods, clothing.
-  CIELO Project and Radio Ranch 360-709-0931 Household goods, tools, office supplies, yard equipment.
-  Emma Goldman Youth & Homeless Outreach Project 360-570-0608 Tents, sleeping bags, blankets, backpacks, tarps, flashlights, portable stoves and other camping gear.
-  Evergreen Vista Apartments 360-352-1315 Bikes, toys and sports equipment.
-  FreeCycle <http://groups.yahoo.com/group/freecycleolympia/> Online materials exchange for free items. Can post or shop.
-  FreeGeek 360-705-9999 Old computer equipment refurbished and provided to non-profit organizations.
-  Friends of the Library Lacey 360-491-3860; Olympia 360-352-0595 Tumwater 360-943-7790; Tenino 360-264-2369 Yelm 360-458-3374 Books, no textbooks or magazines.
-  Furniture Bank of Thurston County 360-705-1756 We accept beds (not king size), dressers, living room furniture (no sofa beds) and tables and chairs. No soiled, ripped, broken or malodorous items. Donated furniture picked up for free.
-  Gateways for Youth and Families and the Jessie Dyslyn Ranch www.gatewaysforyouth.org or landogateway@yahoo.com 253) 882-1143 11605 Bridgeport Way SW Lakewood, WA 98499 Accepts clothing and small household items. Will provide free pick-up (in Pierce, Thurston, Mason, and Lewis counties) and write a tax deduction receipt for your IRS use.

Find a use for your old items: help the community find resources (continued)

- ☺ Goodwill Industries 360-956-0669 Household goods, baby items, bedding/linens, clothing, furniture, kitchen items, books, tools.
- ☺ Habitat for Humanity ReStore 360-956-3456 restore@spshabitat.org A partnership with South Puget Sound Habitat for Humanity. Whether you are a contractor, artist, designer, craftsman or homeowner, you will find a wealth of interesting, inspiring and practical materials to complete almost any project at South Puget Sound Habitat for Humanity's Sound Builders' ReStore. A 5,500 sq. ft. retail space in downtown Olympia stocked with everything from vintage, one-of-a-kind items to new and surplus materials. Shop or donate!
- ☺ Incredible Collectibles 360-357-3334 Bedding/linens, pre-1950 magazines, books, buttons
- ☺ IMEX, Industrial Materials Exchange 206-296-4899 Sponsored by the Seattle-King County Health Department, this free information exchange is designed to help businesses and organizations find alternatives to disposal of industrial by-products, surplus materials and wastes. IMEX's goal is to conserve energy, resources and landfill space. Call to receive their catalog, which lists items that are wanted as well as those that are available. Or, read the catalog on-line at www.govlink.org/hazwaste/business/imex.
- ☺ Lions Club 360-923-2075 Eyeglasses
- ☺ Nike Reuse-a-Shoe Take any brand athletic shoe to Alpine Experience, 408 Olympia Ave N.E. in Olympia. Used for new sports surfaces, such as soccer and football fields.
- ☺ Olympia Salvage 360-705-1300 Accepts and sells reusable building materials such as lumber, plumbing, lighting, shelves and cabinets, doors and windows. Olympia Salvage is a non-profit organization whose mission is to promote environmental sustainability by diverting building materials from the waste stream.
- ☺ Peanut Hotline 800-828-2214 Provides local locations to take packing peanuts for reuse. Safeplace 360-786-8754 Cell phones and other items as needed. Please call for current list.
- ☺ St. Vincent de Paul (drop-off box) 360-352-7554 Clothing Salvation Army 360-413-0841 Household goods, clothing, furniture, kitchen items. Pick-up Service 1-800-958-7825.
- ☺ South Sound High School Childcare Center 360-412-4895 Baby items, car seats.
- ☺ Thurston County Council on Aging 360-456-8810 Walkers, crutches, wheelchairs, scooters, and other types of medical equipment.
- ☺ Thurston County Food Bank 360-352-8597 Food, garden produce, clean plastic bags, clean egg cartons. Can provide pick-up service.
- ☺ Union Gospel Mission/Serving Hands Outreach 360-709-9725 Household goods, men's clothing, food, furniture. Can provide pick-up service.
- ☺ Value Village 360-923-2410 Household goods, baby items, bedding/linens, clothing, furniture, kitchen items, books, tools.
- ☺ YWCA ?Interview Closet? and ?Other Bank? 360-352-0593 Professional women's wear, cleaning and hygiene supplies.

Add any extra good ideas that we can include next year: