

# THE VASHON LOOP

Vol. 19, #1

TO INFORM AND AMUSE ~ TO PROVOKE THINKING AND ACTIVISM

September 7, 2022

By The Loop Editors

Find bios & extra graphics at [vashonloop.com](http://vashonloop.com)

## Welcome to The Vashon Loop

Welcome to the reboot of The Vashon Loop! We are honored to have you join us. The Loop has a 20+ year long history. Launched initially as The Ticket by Hamish Todd, Marie Browne and Troy Kindred took ownership in 2004, and The Ticket became The Vashon Loop. Steve Allen joined the team, and in time became owner/editor. Steve produced this beloved island paper until Summer 2021, where it has been in dry dock until now.

With sincere respect and appreciation, we extend our gratitude to Steve for his generous and encouraging support as we've stepped into his gargantuan shoes. As you may imagine, producing a newspaper is an involved process. Very quickly, we asked ourselves, how on earth did Steve do all of this on his own? Thank you, Steve, for all your years producing The Vashon Loop and bringing it to Islanders, We tip our hats to you!

Who are we, you ask? Andy Valencia, Jane Valencia, Marc J. Elzenbeck, Caitlin Rothermel, and March Twisdale. If you've been on the island longer than a year (or two), chances are we've crossed paths, as our exploits run the gamut! We are authors, musicians, sheep wranglers, ballroom dancers, tech wizards, nature teachers, ham radio operators, radio show producers, homeschoolers, farmers, activists, community organizers, and now, we are The Vashon Loop Editorial Team.

We couldn't be here without our contributors! We're grateful for our returning columnists, and excited to hear from new voices. Visit our website, [VashonLoop.com](http://VashonLoop.com), to find out more about how the contribute to The Vashon Loop.

Our heartfelt thanks to our community of advertisers. Printing costs have more than doubled since the last issue of The Loop! Thank you, John de Groen and Windermere, for getting us off the ground, and to all the businesses within these pages for your encouragement and support. Our advertisers are you, our fellow Islanders and business owners. You are the store owner who remembers our name, favorite drink, our favorite author or artist. You are our community members, devoting your time, hard work and ingenuity to offering your goods

and services that improve our lives. It is no small feat to stay in business during these times!

When businesses advertise here, they make it possible for The Vashon Loop to be freely available to all. Let's thank them by keeping our dollars on the island whenever possible, and by treating local business owners, staff and employees as the awesome neighbors we're lucky to have.

Last but not least, we thank you, dear Readers, for your curiosity as you pick up the newly rebooted Loop, and for your thoughtfulness as you read the words of your fellow Islanders. We hope that the words you find here will help enlarge our conversations, deepen our kindness to one another, provide enjoyment, inspire us to work together to solve problems, strengthen our community and respect for one another, and help us grow as islanders together.

Read more about "Why The Loop Now" on page 3.

### Advertise your farm animals for sale in The Vashon Loop!

Starting October 2022, you can advertise your farm animals for sale in The Loop!

Why are we doing this? Because a certain social media company no longer allows people to advertise these local transactions at a reasonable rate.

*Farm animals only*

*No pet sales will be advertised in The Vashon Loop*

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



### Kathy Abascal is back...

#### To Quiet Inflammation: Stress Helps To Make Us Fat

Many of us gained weight during the pandemic and saw worsening in other health indicators (e.g., blood sugar and blood fat levels). Now that things seem to be calming down and we are less stressed, we should seize the opportunity to get back in shape. But we should not do this by cutting calories. Calories are important but they are not end-all be-all of losing weight and getting in shape.

Research shows that mice eating exactly the same number of calories differed in how much weight they gained depending on what they ate. Mice fed diets rich in inflammatory foods, such as sugars, bad fats, ultra-processed foods, and chemicals gained weight, while those fed a standard diet did not. How can that be, given that energy-wise a calorie is a calorie? The reason is that what we eat affects how we process the calories we eat.

Yet more surprising is that stress also affects how we process calories. In one study, mice who were stressed by being tied down gained more weight than control mice leading a "normal" lab mouse life. This was true even though the stressed mice, who were trying to break free, were too busy to eat all their food. Despite eating less and exerting themselves more, they gained more weight than the controls.

Another group of mice were stranded on a platform out in the

Continued on Page 6

### Orca Annie is back...

#### The Dorsal Spin: For Pod's Sake

Tlingit artist Odin Lonning recently installed a panel on the lawn shared by The Lodges on Vashon, Wine Shop Vashon, and Vashon Brewing Community Pub. "Killer Whale and Salmon Nations of *Whulj*" is a cutout hardwood panel painted on both sides with multi-tribal Coastal Native marine life imagery. *Whulj* is a Lushootseed term for "The saltwater we know."

The panel is a tribute to the enduring bond that First Nations have with sacred relations: endangered Southern Resident orcas and their preferred prey, Chinook salmon, as well as Transient killer whales. We acknowledge that we are in the ancestral territory of the *s̓x̓wəbab̓š* -- the original inhabitants of Vashon-Maury -- with Coast Salish design elements.

The accompanying photo shows Side A. The killer whale and salmon on the left half display Salish, Tlingit and Nuuchahnulth formline. The Salish salmon with a spirit face in the orca's body conveys the vital relationship resident orcas have with abundant salmon. On the right half, the top orca portrays a Tsimshian story of a battle between Blackfish and Devilfish -- killer whale and octopus. The second orca contains a Thunderbird in Kwakwaka'wakw style. A Salish salmon is beneath the orcas.

On Side B (see online photo), the top orca on the left half, in Haida and

Continued on Page 6

### Mary Tuel is back...

#### Groovy, Man, Far Out

When the Loop folded its tent and crept away last summer, I thought, well, that's that.

I was recovering from a broken back at the time, and that took up a lot of time and energy. So, I blessed The Loop and let it go in peace.

Then word came that The Loop was being resurrected. As long-time readers know, I am a big fan of resurrection.

What is there to write about these days? Politics? Religion? Money? Or the chores with tiny steps that bog us down like the La Brea tar pits? That's what I'm up to. I have started sorting through the gazillion family photos, again.

While going through some old pictures from my dad's side of the family, I came across a picture of two deceased aunts with one other woman. Someone had written on the back, "1932. Chick, Thelma, Nell." Thelma and Chick were my father's sisters. But Nell? Who the heck was Nell?

The picture was taken at my grandparents' fishing camp at the mouth of Smith River, in California, north of Crescent City and south of the Oregon state line. It is now the Ship Ashore trailer park, restaurant, and motel. You can't miss it. The ship is right up by Highway 101.

My brother and cousin Charlotte didn't know who Nell was, but a call to my cousin Jimmy brought enlightenment. Thelma was his mother, and Nell was her BFF, he

Continued on Page 4

### Horoscopes are back...

Eric Francis Coppolino is the world's only horoscope writer to carry international press credentials. His columns have appeared everywhere from the NY Daily News to the London Daily Mirror.

His investigative reporting focuses on scientific fraud and has been published in The New York Times, the Village Voice and many top publications. He lives in Kingston, New York.

Learn more:

<https://planetwaves.net/>

Horoscopes are on the back page

### Seán Malone and John Sweetman are back...

#### TideLines

We sat together on Seán's deck overlooking outer Quartermaster and lifted a small glass of single malt as a mutual toast to the revival of "The Loop." The deck in particular had been the "source" of many of our stories that ran in the earlier Loop; which had earlier been the "Ticket" until Troy of "Loose Change" fame took over. We would get together over lunch and work our ideas, just like we had done in our writing class, where really all our mutual efforts began.

Occasionally, our creative periods were interrupted by the need to identify various birds, tidal phenomena, or just merely to defend our crab traps (visible from our chairs) from poachers; either by yelling or --

Continued on Page 9



# Windermere REAL ESTATE

The island experts



**NEW LISTING!**

**DILWORTH DREAM** - This charming waterfront home is nestled on 100 ft. of pristine east passage frontage with easy steps to beach. Commanding views of Puget Sound.

#1983750

\$1,200,000



**PENDING!**

**MODERN FARMHOUSE** - Comfortably situated on the Westside of Vashon Island. Upgrades inside and out include: new siding, paint, roof, heat pump, appliances—and many more!

#1984113

\$1,100,000



**NEW LISTING!**

**ENDLESS POSSIBILITIES** - A shy 5-acre parcel close to town and ferries. Comes with paved parking areas, approximately 10,000 sq. ft. of greenhouse frames, and an old nursery building.

#1983722

\$429,000



**NEW LISTING!**

**BURTON CABIN** - Fifteen minutes from either ferry, this 2 bedroom, 1 bath custom home is two hundred feet from the Burton Park on the interior of the Burton Peninsula.

#1985822

\$499,000



**NEW PRICE!**

**WATERFRONT CABIN** - Your dream cabin with 100 ft of east facing waterfront on the coveted Burton Peninsula. A perfect location for launching kayaks or swimming.

#1973560

\$799,000



**SOLD!**

**PRIVATE SERENE SETTING** - Comfortable living in this single story home conveniently located near schools, art center. With mature landscaping & towering evergreens.

#1953139

\$725,000

WRE Vashon-Maury Island, LLC

www.windermerevashon.com

17429 Vashon Hwy SW

206-463-9148

VASHON  
CENTER  
for the ARTS PRESENTS

PROUDLY SPONSORED BY

Windermere  
REAL ESTATE  
VASHON  
The island experts



**Bon Appétit!**  
The Julia Child Operetta  
by Lee Hoiby

With  
Chocolate  
Gateau and  
Anecdotal  
Iceing!



Directed by Jane Kaplan  
Featuring  
Julia Child Prud'homme  
Anne Allgood and Mark Anders

Friday, September 16 • 7:30 pm

What Brought You  
to Vashon?

By Jonathan Laine

Many years ago, after deciding to leave northern California and continue exploring the West Coast, I checked in with a new friend of mine in Arcata. He asked where I was going, but I wasn't sure. I told him I wanted to go north. He said: "I know exactly where we are going. Vashon Island. My home."

"But wait one more day," he continued, "I think I know someone who wants to come with us."

Sure enough, Ben wanted to go, so we set off that next day. Hitchhiking was the plan, and despite being three guys on the side of the road, we got

picked up almost immediately. Eagle was the driver's name. He was great. He drove us up into Oregon, and instead of just dropping us off, he bought us a hotel room, pizza, and beer.

The next morning, we were off again hitching on the side of the 101. It didn't take long to catch a ride further north. When we got dropped off next, we were able to catch a city bus all the way to Portland. On the ride, someone asked us if we were going to the "Foghat and Doobie Brothers" concert. We were now!

After hopping over the fence, we were ready for the show. The crowd was not quite what I expected. They

were, let's just say, of a higher tax bracket than us. They were mostly just standing and watching. We were mostly just dancing. Even though we stuck out like sore thumbs, we may have been the only ones that truly fit in.

The next morning, while walking around where the show was the night before, I saw a friendly face waving to us. She had seen one of us previously at a gathering and wanted to say hi. The guys were ready to continue north, but I decided to stay and get to know Sarah better. After a couple of weeks, she and I traveled north together.

By the time we got off the ferry, it

## Land Acknowledgment

We honor this island, known today as Vashon-Maury Island, upon which we live and work. We are nourished and blessed by the rivers and waters, the trees, and the fish, the plants, and birds, and many other beings in the soil, Sound, and air who make up this beautiful place we call home. We especially honor and recognize the s̓x̓wəbab̓š, the indigenous people of this island. This is their ancestral land, upon which they have lived, tended, and woven in intimate relationship for millennia. Forcibly relocated, the s̓x̓wəbab̓š are now part of the Puyallup, Nisqually, Squaxin Island, and Muckleshoot tribes. Their deep story with this island continues to this day.

The Vashon Loop  
is published monthly

## The Vashon Loop

Editors: Caitlin Rothermel, Marc J. Elzenbeck, March Twisdale, Jane & Andy Valencia

Contributors: Kathy Abascal, Eric Coppelino, Orca Annie, Seán C. Malone, Mary Litchfield Tuel, Linda Moore, Blaz Fremont, Kelsey Perry, Jonathan Laine, Wayne Miller, Vanessa Burgess, Stephen Silha, Eva Deloach, Mark Goldman, Elizabeth Ripley, Daniel Hooker, Rich Osborne, and John Sweetman

Comments: editor@vashonloop.com  
Placing ads: sales@vashonloop.com

https://vashonloop.com/

September 7, 2022

## 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 decline to print submissions.

was late and getting dark. Hitchhiking didn't seem to be a problem, though. We asked our driver where we might camp for the night. They gave us a ride to KVI beach. The tide was high the next morning when we woke up. It was a beautiful sunrise, my first day on Vashon Island.



## Why The Loop Now?

What does it mean to be Islanders? What are the unique issues that we face?

It hardly bears saying that the past two+ years have been challenging. How do they affect us individually and in our various circles and threads of community? Do you feel that your perspective has been or is being heard, valued, and taken into consideration in your various spheres?

At the Loop, our feeling is that here on this Earth, one answer never exists for anything. Anytime the public forum is dominated by a single response to an issue, creative solutions are suffocated. Our island is inhabited by many knowledgeable, resourceful people, and you are among that number! Islanders represent a beautiful diversity of thought and expression. It's more than time to regroup and regroup in respect, curiosity, and appreciation of the gifts, quirks, and abilities of one another, and what an amazing resource we collectively and individually are for one another and this island.

We each have our own thoughts on a variety of issues and circumstances. Let's talk now. Let's get to know each other once more as neighbors, colleagues, friends, and Islanders of all ages, because winter is coming, and pressures are likely to resume. Let's place ourselves in a good way, so we can weather the storms with our most resourceful

## You Know?

By Andy Valencia

You believe something which isn't true. It's the human condition, so you should get used to it.

I first ran into this in 2nd grade, when my teacher announced that porcupines flicked their tails to fire quills like missiles. I had just read a science book which refuted this old folk tale, and I corrected my teacher (using, I'm sure, all my 7-year-old tact). She shushed me, and the lesson went on. It taught my young self that adults would tell me things which weren't true. Not because they were lying, but because they confidently believed something which was false.

A little porcupine disinformation harms--for all intents and purposes--no one.

It was a passing experience which prepared me for "facts" tied to much higher stakes. Smoking.

We were told smoking certainly wasn't harmful--heck, it was probably somewhat healthful! *Everyone* around me "knew" this truth about smoking. It was only some annoying cranks who were making whiny claims about its dangers. For me, the first red flag was simply my own nose telling me it was vile.

You could never trace one cancerous cell back to its Philip Morris assailant. It was only when the courts permitted *statistical* arguments that the harm of cigarettes was tied back to the purveyors. The lawsuit showed how the millions of smokers had a health outcome which was much, much worse than the non-smokers.

And the court accepted this as proof of the harms of the product.

## From the Editors

thinking and with genuine care for each and everyone. Let's reconnect to the flow and magic of island life, to the intriguing personalities around us, to the compassionate, festive, and purposeful ways we come together, to the beautiful nature outside our door, and to whatever brought us to the island in the first place, or has compelled us to stay.

There's a reason we're all here on this island: and that reason is positive and compelling. We invite you to bring your generous heart and questing mind to the pages of The Loop. We don't expect you to agree or align with all that is written, but we at the Vashon Loop hope that we all take the opportunity to engage with the stories, articles, poetry, photos, jokes, and more by our fellow Islanders with a willingness to consider new perspectives, and to be surprised, delighted, informed, and amused. Perhaps you too will be inspired to contribute to the Loop.

We Islanders share far more common ground than any particular stance on an issue, or a personal choice might suggest. Indeed if nothing else, the Island is our common ground! The Loop aims to bring Islanders together in community, and to support us to rediscover and affirm our shared values and concerns. We feel that the lives of Vashon Islanders are

inherently better with more voices at the table, and that we are strongest when we truly care for one another, take one another's concerns into honest account, and lead with appreciation, inventiveness, and courage. When we do, amazing ways forward unfold for all of us, and our unique and vibrant island life shines.



### The Four Foundational Principles of Ethical Journalism

Seek Truth and Report It  
Minimize Harm  
Act Independently  
Be Accountable and Transparent

Read more:  
[vashonloop.com/ethics/](http://vashonloop.com/ethics/)

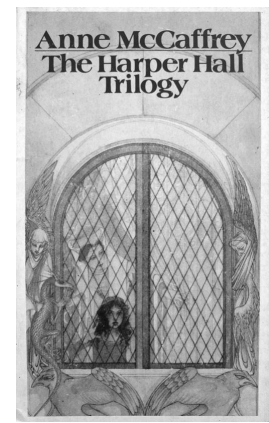
## THE VASHON LOOP



**All Things Rich**  
Olive Oils,  
Vinegars, Spices & Salts  
Sauces and Dragons!  
Waterfront Market at Ruston  
allthingsrich99@gmail.net  
206-713-6917

Come see us  
Waterfront Market  
at Ruston  
5101 Ruston Way  
10:00 AM to 6:00 PM

## Book Review



### Characters Who Love Us Back

By March Twisdale

A good book is one thing. A great character, easily tucked away into a book bag or within easy reach of one's bed, can be so much more. Whether the challenging moments of your youth were soothed by a handful of baseball cards, the original Avenger's Comic Books, or the ineffable brilliance of Anne McCaffrey's science fiction imaginings, the power of carefully presented characters cannot be overstated. When we relate to others -- fictional or real -- we feel less alone. When they suffer, we know our suffering is shared by others. And when they overcome immense challenges? What's to stop us from doing the same?

In *Dragonsong*, we are introduced to a girl of only fifteen turns. Menolly, the youngest daughter of a Lord Holder, lives thousands of years in the future on a colonized planet that culturally resembles the old, patriarchal world of Earth. Upon the death of her musical mentor, she is forbidden her talent and robbed of her deepest form of expression -- purely because of gender expectations. What she does about it is beyond inspirational.

The above, rarely seen image is from the backside of my Harper Hall Trilogy box set. The image speaks eloquently to the start of Menolly's journey, and mine. As a girl growing up in the 1970's, the companionship of Anne McCaffrey's fiercely strong heroines was fundamental to my innate sense of self-confidence. Menolly, Lessa and Killashandra Ree (to name but a few of McCaffrey's powerful female characters) served as role models for an entire generation of girls. Through them, we gained and held onto the idea that it's the person we become on the inside, the challenges we face, the tenacity we hold onto and the bravery that gets us from one day to the next...that matters.

Quite honestly, I can recommend this trilogy to all people. Menolly's story is expanded in *Dragonsinger* and concluded by Piemur, Menolly's staunch friend and fellow social misfit, in *Drumdrums*. These surprisingly small novels are replete with lush landscapes, richly woven world-building and a cast of characters so real you can't help but fall in love with them. Oh! And, did I mention the fire lizards and genetically altered telepathic dragons?

Contact The Loop to share breaking news! Send pictures, too!

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

You can still buy cigarettes; you're free to accept the risk. But the industry can't lie about it. Over time, what people "knew" came around.

The porcupine quill throwing lobby probably didn't have the budget to suppress attacks on their beliefs. But Big Tobacco certainly did. What if the government had sanctioned censorship, defunding, and even harassment of "tobacco alarmists" or "tobacco disinformation"?

Technology gives you neither knowledge nor information; it only gives you data.

When Google or Facebook serves you data, they tailor its presentation so that what you "know" is updated based on their agendas. What are their agendas? An important question, and one for which the data is scarce. You probably want to know, however. In general, who's making your tech? Are they behaving themselves? How would you know when they weren't? If it's "free", how is it paid for? What are your costs when they make choices in favor of profits?

We'll dig into actual tech next issue with some words concerning the most common tool for finding data... search engines.

(Where do you go to type in the query "Should I trust Google?")

Until we meet again, here's an extra credit challenge: Go out and find one thing which you believed was true when you read this article, but then found out it was false. Send in your story if it was interesting!

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



## Groovy, Man

Continued from Page 1

said. Mystery solved. I must admit that I was surprised he said "BFF." The man is 81. But he has children and grandchildren and does not live under a rock, so.

That is the problem with sorting photos. They are a gateway to riddles and reminiscence. You start thinking about things and people from years ago and being mystified wondering who the people in some of the old photos might be, because so often no one bothered to write names and dates on the back.

Did this sort of thing teach me a lesson, so that I faithfully dated and labeled the backs of all my photos? Hahahahaha. Nope. I took way too many pictures of my own kids. I was thinking they'd like to see them after they grew up, but photos are all digital now. Why would you want to load yourself down with hard copies?

We boomers are a dying breed, literally. I wish that didn't make so many people happy. My generation dropped out of college, hitchhiked around the country, slept with strangers, and used various illegal drugs, although LSD was still legal when it came on the scene, and people really liked it. This made other people panic, and the next thing you know, LSD was an illegal substance. Kind of closing the barn door after the horses were hallucinating.

But I digress.

Not all boomers lived the "sex, drugs, and rock & roll" lifestyle. Many stayed in college, got degrees, grew up to take over the running of the country (those who did not die in Vietnam), and brought us to our present state of peace, love, and dope.

Well, dope, anyway.

Considering that we marched for peace, civil rights, and human rights, we boomers didn't make much progress in the peace, love, and ending racism and sexism areas. Our parents were the Greatest Generation. We were the "Groovy, Man, Far Out," generation.

We are now relics of fogginess and probably the last generation that wants to hand down pictures, sets of dishes, silver (plated) eating utensils, and other family heirlooms that our children have no desire to schlep through their lives. Our children and grandchildren have more immediate issues, like trying to make our planet remain habitable for humans -- might be too late for that -- and trying to keep the nuclear powers from turning humanity into so many radioactive cinders, assuming the wildfires don't get us first.

I get it. They want to have a future, not cling to the past. Right on, kids. (NB: "Right on" is a slang phrase from the late 60s, usually done with a fist pump; it's roughly the equivalent of, "You go, girl," except political. And NB is short for the Italian/Latin "nota bene," meaning, pay attention, damn it.)

Still, kids, you might enjoy having that picture from 1932 of Chick, Thelma, and Nell, living through the Depression, which, my mother told me, was not a big deal there on the Central Coast of California, especially if you were a farmer. She made it through, earning a whopping \$10 a week at her bookkeeping job, which paid for room and board. She took piano lessons down at the Notre Dame Academy, a Victorian fantasy of a building on Main Street. But that's a story for another time.

---

## Come Sing With Us at Music Mends Minds

By Rich Osborne

At 1:30 PM every Tuesday, Music Mends Minds gathers at the Vashon Senior Center. MMM is a Vashon Rotary-sponsored sing-a-long for folks suffering dementia. It's also for folks who just miss singing together. We are Rotarians and non-Rotarians, volunteer musicians playing together to improve the quality of the lives of our neighbors.

There is lots of science now, citing effects of dementia on different parts of the brain, and the effects of music on the dementia, and so on. For me, my own experience of the healing power of music says it all. My lifetime

best friend, Jim Kemp, got Parkinson's Disease. After 15 years, he got the dementia. We sang together for 35 years. When visiting him, I would start singing and he would join in. We would have great visits, remembering old times. Our friends would say, "Well, I don't visit him because he's not really there anymore, and it's so depressing." I would tell them, "Sing with him! You can bring him back!" Those who did experienced the same joyful times that I shared, up until the day he died.

Last fall, I flew to Spokane to see my older sister Linda, who has

Continued on Page 10

---

## How to Make Fertilizer "Tea" for Your Victory Garden!

By Blaz Fremont

As if we needed any further reason to coax edible plants from Gaia, any reason more than exploding food inflation, our shrinking digital pellets, surrealist supply chains of melting toffee, and increasingly toxic shiny packets mislabeled as food in the fantastic fake emporiums of not-food. I offer you a humble recipe for making garden fertilizer "tea" from common ingredients readily found in our island home.

### Why Fertilize?

The philosophy of fertilization is as incontrovertible as falling in love, as obvious as the limitless desire spawned from the solitary confinement of our materialist monism, and as ineluctable as the yawning maw of hunger that feeds the virtual void eating us all alive.

We know spending invented tokens of no inherent value conjured into existence by mind-virus technicians serving pathocratic thugs does not guarantee us a place in the sacred circle. The opening of the mystery starts with coveting the worthless, foraging decay, and getting up to your armpits in the

Continued on Page 10

## The Value of a Musician

By Vanessa Burgess

Many Vashon Island children start music lessons and overcome the challenges of practicing regularly only to be confronted with the question of whether they should continue with music lessons in favor of pursuits deemed more profitable or worthwhile. Most musicians don't get scholarships to music school, go on tour, or make a lot of money through music, and even the most diligent young student begins to hear messaging about how they need to pursue activities that will look "good" on resumes or applications. The value of years of playing music is often dismissed; however, music still has an inherent value that cannot be measured by fame, fortune, or even the most stellar resume.

Jonny Burgess was an island child who dreamed of using his developing musical talents professionally. He grew up imagining majoring in music at college or playing professionally. Jonny was a classically trained pianist, and after taking lessons on the island, he started commuting to Seattle for advanced training as a teenager. Adulthood brought responsibilities that did not seem to align with pursuing music as a career, so he used his skills on the island playing for church choirs, weddings, and funerals, and spent several years teaching piano lessons. Many musicians use their talents this way, in service.

Jonny couldn't let go of the idea of pursuing music professionally, and in 2008 he graduated from a Certified Music Practitioner (CMP) course. CMP's are trained to facilitate music in a healing or transitioning environment. Unfortunately, soon after obtaining his practicum at Puget Sound healthcare facilities, the economy took a downturn and many local CMP positions were eliminated. When money became scarce for businesses, music was one of the first things cut. In 2010, Jonny settled on a career path of nursing and ended up working in the intensive care unit at Tacoma General Hospital.

Jonny happened upon a harmonium at a yoga conference a few years later, which changed his musical outlook. A harmonium is a free-reed keyboard instrument that produces sound when wind sent by foot-operated bellows through a pressure-equalizing air reservoir causes metal reeds screwed over slots in metal frames to vibrate. Harmoniums are most often used in Kirtan music, which is a type of call and response music that developed during India's bhakti devotional traditions. Many Kirtan songs are Sanskrit and are musical meditation or devotion. Kirtan music seemed to unlock a previously untapped musical depth in Jonny. Rapid mastery of the harmonium allowed for deeply soulful expression. He played live music for Bikram Yoga Studio for some time, and played in several Kirtan bands over the years before the Pandemic restricted opportunities for live music.

Jonny mastered the ukulele during the pandemic, and as the pandemic continued beyond what anyone anticipated, Jonny finally decided that it was time to integrate

Continued on Page 7

## Humanity's Existential Threat and Solution

By Mark A. Goldman

There is a great misunderstanding as to what values human beings must study and adhere to in order to remain sovereign and in possession of their natural abilities, inalienable rights, and possible states of higher consciousness.

This lack of understanding has evolved because of the various social, educational, economic, and political institutions that humans have embraced or endured throughout history. These structures, regardless of their original intention or form, almost always evolve to eventually allow a relatively small number of persons to govern, with a concurrent ability to limit certain freedoms that citizens might enjoy. Eventually, the various power structures within each evolved society influences or allows those who have such power to make decisions that benefit themselves, rather than optimize the well-being of those they promised to serve and protect.

The values these "leaders" or "governors" and their constituents eventually adopt and live by have now resulted in a situation where, for the first time in recorded history, nearly every human being on our planet is at risk for near-term extinction or a genetically modified genome, resulting in their perpetual slavery to a very small number of other human beings.

Without trying to identify all of the values adopted in all cultures, surely none have resulted in the maximum possible freedom, health, and happiness for the many? Quite the opposite. What I suggest is that achieving an optimum result would require the deepest understanding and adherence by a critical mass of humanity to each of the following six words: truth, honor, dignity, compassion, courage, and love. If any person can understand and exemplify the deepest meaning of any one of these six words, they will inevitably exemplify all of them, because to fully explore, understand, and begin to exemplify any one of them, a person is inevitably forced to encounter, confront, and understand the other five. If a critical mass of human beings decide to seek the meaning of these words and live by them as they attempt to make all of their decisions, not only will their personal lives be transformed, but so will the structure of their society and all the societal institutions that serve them. It's possible that nothing less than what I am suggesting will change the current trajectory.

If money, power, and/or security, for example, are only what people continue to strive for when making their decisions (instead of outcomes that also satisfy the values of all six words), then most human beings are possibly going to die or become genetically modified human slaves within our lifetimes.

To understand why I am saying this, one will have to begin to embrace those six words, because in my understanding the great mass of human beings today are not in touch with what is truly going on around them right now. And to strive for and

Continued on Page 10



# MINGLEMENT

ORGANIC MARKET EST. 1972



## Eva's Shitake Parsnip and Yam Fettuccine

Serves 4-6

Use organic ingredients whenever possible

Note: For wheat free gluten free choice I use the organic tinkyada brown rice fettuccine. A beautiful choice that holds up well, doesn't get mushy and does not impart a rice flavor.

- 2-cup shitake mushrooms - fresh or frozen
- 1/2 small-medium size leek
- 3 cups of your favorite simple red sauce
- Cup or more of shredded parmesan cheese
- 1 cup lightly packed cup shredded yams
- 1/2 cup lightly packed shredded parsnips
- Generous amount chopped fresh basil
- Smidge of dried basil for sauce
- Fettuccine noodles

The key to this dish is the flavor of the shitake mushrooms that have been sautéed until almost dry and also the unique flavor that the parsnips and leeks add to the mix. The sauce is not meant to smother the pasta and should be slightly dry and then tossed with the sauce, grated Parmesan and freshly cut basil and a little olive oil.

Sauté (best in iron pan) shitake mushrooms in olive oil on medium/high until dry (very important). Mushrooms have lots of liquid so pour off during sauté. Save a bit to add to your red sauce. Remove mushrooms from skillet when golden brown and dry. Set aside.

In same pan, sauté leeks on low heat until clear and remove from skillet when finished. Set aside. Add shredded yams and parsnips with more olive oil (they soak up a lot of the oil) and sauté for approx 5 minutes on medium high. Then add back mushrooms and leeks. Blend ingredients together and add the red sauce bring to a simmer. Cook for approx 5 -7 minutes. Turn heat down.

Cook fettuccine and place in a serving low wide serving dish with sauce on top. Garnish with lots of fresh finely cut basil and Parmesan. Toss and serve.

Minglement has been around for a long time on the island - established 1972 and continues now as before to support the healthy lifestyles of our customers. Once considered counterculture and marginalized because of a "granola-eating, yogurt-liking" lifestyle, it's embraced now and all the rage.

Visit our updated website [www.minglement.com](http://www.minglement.com)

Roots that span over 50 years in the PNW and on the island for 40. Located where the town of Vashon originated and Roasting onsite - with a time-honored rustic roast style on vintage machines. Apprenticeships here take over 4 1/2 years to complete.

Buying directly from the farmers we have known for years that tender rare bean varieties without the use of pesticides that are still traditionally grown, properly aged, fully fermented, and dried.

Please stop by our website or come in to learn more. [www.tvicr.com](http://www.tvicr.com) blog coming soon!

206-463-9800



Left to right:  
Coffee flowers  
Coffee beans  
Beans processing

Full color photos:  
[vashonloop.com](http://vashonloop.com)

## No Lettuce? No Problem!

By Elizabeth Ripley

Summer salads for when it's too hot to cook...or the lettuce in the garden has bolted! From a simple yet remarkably delicious chopped salad to a spinach salad (with pickled red onions!) to a curried rice salad -- we have you covered. All offer vegan, vegetarian, and omnivorous options.

### Israeli Chopped Salad (with hutzpah!)

- One English cucumber (or a couple Persian), chopped roughly (don't peel)
- 1 large red pepper, seeded and chopped roughly
- 2 large Roma tomatoes, chopped roughly
- 1 bunch Italian parsley, big stems discarded, thinner stems and leaves roughly chopped
- of a red onion, sliced thinly
- Juice of one small lemon (or a half of a big one)
- Olive oil 2-4 tbsp
- 4 oz of feta cheese, crumbled (the sheep/goat blend is especially tasty)
- Pepper (freshly ground preferred) to taste

minutes, then add to chopped vegetables. Add fresh lemon juice and olive oil. Top with the crumbled Feta cheese, pepper to taste. Toss and serve. Vegan: Lose the feta. Vegetarian: As is. Omnivore: Serve with your favorite chicken or a beautifully cooked steak.

### Spinach Salad with pickled red onions--and so much more!

- 3 tbsp rice wine vinegar
- 1 tsp sugar
- 1 tsp salt
- 1/3 of a red onion, peeled and sliced very thin
- One Persian cucumber or 1/2 English cucumber, sliced inch thick, peel on
- 1 tsp salt
- Juice of one lime
- 2 five-ounce tins of Yellow Fin Tuna in Olive Oil (trust me: don't use Tuna in water.)
- 1 avocado (peeled and cubed)
- 3 hard boiled eggs (peeled and sliced)
- 1 bunch or 1/2 lb spinach leaves (stems removed, well cleaned & torn small)
- A handful of basil leaves (torn small)
- A handful of cilantro leaves (torn small)

Chop the vegetables, set aside. Slice and dice the red onions and generously salt (1/2 tsp to 1 1/2 tsp). The onions need to sit for about 10

A handful of fresh mint leaves (torn small)  
Fresh-ground pepper to taste

## To Welcome Them

linda c moore

In a glass jar with a good lid, mix the rice wine vinegar, 1 tsp sugar, and 1 tsp salt with 3 tbsp hot water. Shake well, until sugar has dissolved. Bring a small pot of water to boil, and add the onions. Count to 5; drain the onions and add them to your prepared jar. Leave the onions in the jar for at least a half-hour to let them pickle.

In your salad bowl, combine the sliced cucumber with 1 tsp salt and the lime juice. Add the tuna and its oil (breaking the tuna into smaller chunks with a fork). Add the avocado, sliced eggs, pickled onions (and any liquid in the jar), torn herbs, torn spinach, pepper to taste. Toss and serve! Vegan: Lose the tuna and eggs. Vegetarian: Lose the tuna. Omnivore: Eat it all!

Bon Appetit!

See this article at [vashonloop.com](http://vashonloop.com) for a bonus recipe.

Make room at your table  
Set an extra plate.  
Open the circle to  
Welcome a new guest  
Empty coat hooks by your door.  
Sweep your entry with clear intention  
To welcome them.

To welcome them  
It takes courage  
To greet in mid stream  
As you prepare  
Is there room for another  
To happen by  
An ancestor.  
A thought.  
New poem.  
A song.  
An unknown friend.  
Is there room for new  
Breath, new seeds  
Recipe, a moment  
Unplanned. What are  
The words of welcome.  
What will this cleared space allow?

See the web version of linda's article for three more poems  
[vashonloop.com](http://vashonloop.com)

## Advertise in the Loop!

It's a great time to get back in the Loop.  
[sales@vashonloop.com](mailto:sales@vashonloop.com)



## Inflammation

Continued from Page 1

open, something mice find very stressful. These mice were fed only junk food. Being stressed and anxious, they ate all their food and gained more weight than stressed mice on a normal diet or unstressed mice eating junk food.

Remember, all of these mice ate the same number of calories. This tells us that combining stress and bad food has a synergistic, negative effect on the body. And this is not only true for mice. For instance, one study found that women with higher stress levels burned fewer calories than women with lower stress loads, a difference large enough to cause an 11-pound weight gain in a year. In another study of some 7000 healthy students, a pro-inflammatory diet was linked to weight gain and obesity.

Stress, such as that of a pandemic, cannot be avoided. But remember, people under stress who eat an anti-inflammatory diet do not gain the weight, nor acquire the inflammatory abdominal fat, that those eating the "wrong" foods do. Simple solution: When under stress, just avoid sugars, simple carbs, and those quick grab-and-go meals, be it fast food or frozen pizza.

Unfortunately, that is easier said than done. Under stress, we crave inflammatory foods because they lower our stress hormone levels and make us instantly feel better. That is why we love them. Unfortunately, that feeling of bliss does not last. Instead, we quickly crave another chip, another piece of cheese, another cookie to feel better again. Breaking that downward spiral requires that we cold turkey eliminate sugars, bad fats, chemicals, and common trigger foods,

such as dairy and wheat. Most people find that doing this quickly breaks that downward cycle. It usually only takes a few days to overcome those cravings, after which it gets easier and easier to eat well--especially if other stress-reducing techniques are added, such as walking, massage, meditation, gardening, and/or exercise.

This article has focused on unwanted weight because our culture tends to make that our primary goal. We strongly believe that once we are at "normal weight," we will automatically be healthy. This is a mistaken belief. One study looked at women who had their belly fat liposuctioned who were scanned before the procedure and about one year later. Although the women got, and kept, flatter stomachs, their intraabdominal fat--the inflammatory fat we need to get rid of--increased. They ended up joining the ranks of the unhealthy skinny-fat.

What we should focus on is our health. The right weight is only one aspect of health. Having good blood pressure, normal blood fats, good circulation, and freedom from aches and pains are among other important measures. Eating well not only helps us lose weight but helps us be healthier. We end up not only feeling better about how we look but feeling better overall.

In conclusion, as we learn to live with COVID and prepare ourselves to cope with whatever other stress we must handle next, we should make anti-inflammatory foods our ally so we can move through those difficult moments without allowing them to worsen our health or our body image.

## 10 Things to Know About American Healthcare That Industry Insiders Will Not Tell You, Part I

By Wayne Miller

1. **There is no definition of health and no measurement for it is embedded in any operation of the healthcare industry.** That is pretty interesting; if we don't define health and we don't measure it, then we cannot solve the fundamental problem of fixing this thing (which we cannot define and don't measure). It is not incidental that we spend \$4 trillion per year on healthcare in the US and do not know how to describe or quantify "health." Those who trivialize this status do not grasp the magnitude of failure embedded in the system's design, operations, and financing.

2. **Obamacare (aka, the Affordable Care Act) did not make health insurance affordable and it wasn't about patient care.** The ACA is entirely consistent with how legislation gets named in Washington D.C. The plan was designed to increase access to health insurance for people who are poorer. It did that by virtue of the federal government subsidizing the cost of health insurance. What most people do not know is that the ACA was never designed to fix the fundamental problem of US healthcare, which can be characterized as, "We pay for products and activities whether they are effective or not." You would be hard-pressed to identify any real-world business that allocates capital to

Continued on Page 7

## Living Without Allergy Symptoms How NAET Can Change Your Life

By Kelsey Perry

Every time you eat ice cream, you experience an upset stomach. On damp days, your joints seem to ache. Your child's eczema flares up every time you go to the park. Your mom notices she gets an odd sneezing attack whenever she visits your house. These are all allergies--the body's hypersensitive response to everyday substances.

Allergies and sensitivities are more common than most people realize, causing digestive disorders, respiratory reactions, and skin responses like hives and rashes. They can be responsible for headaches and migraines, joint pain, and chronic fatigue. Allergies can also contribute to emotional and mental imbalances like depression and anxiety, attention-deficit/hyperactivity disorder, and even autism.

NAET®, or Nambudripad's Allergy Elimination Techniques, alleviates allergies and intolerances of all types and intensities by restoring balance to the body's nervous system. This gentle, painless technique blends select Oriental and Western medicine modalities to provide a lasting natural alternative to avoidance diets and allergy medications.

Dr. Devi S. Nambudripad created NAET in 1983 in Los Angeles as she searched and studied (becoming over

Continued on Page 7

## Dorsal Spin

Continued from Page 1

Tlingit formline, has a stylized eyepatch. The second Kwakwaka'wakw killer whale holds a baby inside -- homage to Northern Resident orca celebrity Keetla/Springer (A73), Vashon's honored guest in 2002. The bottom critter is a harbor seal -- elemental prey of transient (mammal-eating) killer whales.

In the right half, a shark represents Odin's personal Tlingit crest, Ground Shark. The killer whale with a stylized saddle patch and shamanic symbolism is depicted in Tlingit, Haida, and Tsimshian formline. Two Salish salmon and half of a shark face on the top right edge complete the design field.

As Indigenous voices for our Southern Resident killer whale (SRKW) relatives, Odin and I have an ecological and political rationale for creating this panel. Watching critically endangered Southern Residents lose their babies, starve to death, and struggle to survive in degraded, noisy, and contaminated habitat crushes our souls. Insufficient Chinook salmon returns throughout SRKW traditional territory substantially contribute to the abysmal decline of this culturally and spiritually significant orca population. Like many Indigenous peoples, we channel grief through artwork.

A recent drone study explicitly reveals that a number of SRKW are in poor body condition and vulnerable

to dying prematurely: adult male Blackberry (J27), b. 1991; adult female Alki (J36), b. 1999, who was pregnant in autumn 2021 but bore no calf; adolescent male Moby (J44), b. 2009; juvenile male Tilem nges (J49), b. 2012; juvenile female Tofino (J56), b. 2019; adult female and matriarch Ino (L54), b. 1977; matriarch and pregnant female Racer (L72), b. 1986; pregnant female Moonlight (L83) b. 1990; adult female Ballena (L90), b. 1993, lone survivor of her matriline; adult female Calypso (L94), b. 1995; adolescent male Midnight (L110), b. 2007, son of Moonlight (L83); adolescent male Finn (L116), b. 2010; and adolescent male Keta (L117), b. 2010. Some orcas look shockingly thin.

Moreover, juvenile female Kiki (J53), b. 2015, and juvenile male Lazuli (L123), b. 2015, exhibit slower-than-expected growth. Kiki--named for Kikisoblu, or Princess Angeline, (Duwamish)--is also in below-average body condition. These fifteen frail extended family members are constantly in our thoughts, as are this year's newborns: baby K45 born to mother Spock (K20), b. 1986; and baby female J59 born to mother Hy'Shqa (J37), b. 2001.

In 2021, the SRKW lost esteemed matriarch Marina (L47), age 47, and adult male Cappuccino (K21), age 35. Shortly before he died, Cappuccino was horribly emaciated and barely floating, with his elegant dorsal fin fully collapsed over his back --



impossible not to burst into tears at the sight of his suffering. Dorsal fin collapse is virtually unheard of in wild orcas but common in captive orcas. Missing since late 2021 and presumed dead are two young males, Solstice (L89), age 28 when last seen, and Ripple (K44), merely 10 years old when he disappeared. Only 73 SRKW remain.

We ask viewers to mindfully contemplate each fragile orca when gazing at Odin's panel. Remember our Keet (killer whale) relatives who passed too young and too soon--Scarlet (J50) comes to mind. Recall cherished elders now departed: Granny (J2), Lummi (K7), Ruffles (J1),

Mega (L41), and many others. Feel the Southern Residents' persistent distress. Marvel at Keetla/Springer's stunning success.

Odin has additional public art on Vashon. A Frog, Raven, and Mouse pole he painted for Adam Cone (Snapdragon chef extraordinaire) is at Dr. Weispfenning's former office in the IGA complex. In 2020, Odin painted four 32-inch square panels (C7, E1, E7, E8) for the !Attention! Artists at Work public outdoor mural project at Open Space for Arts and Community. For more information, call 206-463-9041, or visit [odinlonning.com](http://odinlonning.com) and Odin's fledgling Facebook page.

## Health Disclaimer

Information found in The Vashon Loop is meant for educational purposes only. Any health-related content is the opinion of the author alone and should not be used to diagnose or treat medical conditions or to prescribe medicine. Please consult with an appropriate medical resource or healthcare provider before using any statements found here.



## The Value of a Musician

Continued from Page 4

music into his nursing practice. With the support of a respiratory therapist on his unit, Jonny started playing for patients in the ICU. Nurses have worked incredibly hard during the Pandemic, and he still found time to play and sing for patients. He would be in full COVID protective wear and would play for healing or transitioning patients because: "It helps with emotional processing, it provides more organized brain activity, it provides distraction and multidimensional healing." Music in this setting is unique to the patient and Jonny's ability to play a broad scope of genres and provide meaningful experiences for individuals. MultiCare has recognized him for his exceptional patient care, and co-workers have posted videos on social media of him playing in his Covid personal protective equipment.

Today, Jonny's nursing schedule allows him to play live music for Asha Yoga and Wellness in Gig Harbor. He continues to expand his skills and repertoire, composing music for ukulele and harmonium, and still finds time to play advanced Chopin pieces. Chopin remains one of the classical composers that intrigues and challenges Jonny, and he has mastered more than 50 Chopin pieces.

Many musicians don't find their name in lights or receive substantial paychecks. Author W.A. Mathieu claims that "Everyone is musical by nature." While Jonny Burgess is certainly a gifted musician, finding immense personal joy and satisfaction as he freely shares his talents, Mathieu's words make one wonder how many adult lives could be enriched if we let go of a limited conception of musical "success" defined by money or acclaim.

### Allergies

Continued from page 6

the years a registered nurse, chiropractor, kinesiologist, Doctor of Acupuncture, and MD) to restore her own health after suffering from chronic illness since childhood. By integrating relevant techniques from the many fields she studied with her own discoveries, Dr. Nambudripad was able to eliminate most of her own health problems and has brought relief to thousands of patients since.

When first coming for NAET treatments, people may bring lab results identifying antibodies to known allergens. Other times, it's results from skin prick allergy tests. Often, people simply come with a list of symptoms for which no other avenue has offered relief.

NAET utilizes neuromuscular

Continued from Page 6

products and services with uncertain efficacy.

**3. Research is very clear on the importance of what are called the social determinants of health.** The influence of being homeless, malnourishment, physical and/or emotional trauma, social isolation, and other such factors in the realm of social activities are primarily responsible for poor health and disease. The estimate of the weight of such factors on the health of an individual varies from 50-85%, depending on the data source. Failures in these social systems are the front end of a pipeline that leads to the medicalization of such social failures, with high healthcare expenditures at the back end. It shouldn't surprise you that physicians aren't trained or paid to ask about (let alone, address) any of these issues. If that sounds crazy, you are thinking properly about it.

**4. The data functions embedded in the healthcare systems are pathetic.** Although hospitals collect a lot of patient data, the entire dataset comes from two sources: A. Billing codes that are constructed and submitted to stimulate payment for services rendered, and B. Electronic health records. The chief information officer at a \$15 billion hospital system told me that, when they examined the data from source A, it was entirely corrupted by the influence of "up-coding." "Up-coding" is a euphemism for how to submit billing in a way that stimulates more revenue per patient. When the CIO examined his company's billing data to assess its clinical utility, the data was too heterogenous (all over the place) to be of any research value. This is particularly interesting in that, historically, claims data is the primary source of information used to describe the delivery of healthcare services. Further, the data from source B didn't match up with the data from source A. The EHR data was sufficiently different from the billing data, so it wasn't possible to glean any information of clinical value relative

sensitivity testing, also known as muscle testing, to then identify substances a person is reactive to. One allergen or nutrient group is treated each visit--the patient holds a vial containing an allergen, then the nerve roots and traditional Chinese medicine energy meridians along the spine are gently stimulated, followed by acupressure on several key points on the body. Following treatment, the allergen is then avoided completely for 25 hours. On the next visit, the allergen is retested to make sure the body has fully processed the treatment.

Continued on page 10

## 10 Things...

to improving patient care.

When one looks over the healthcare landscape, these data functions can only be called archaic, and are entangled in legacy operations that were never about data-mining for the purpose of improving clinical medicine. In the industry, it is called revenue recognition; all the major consulting firms offer the service, and all major hospital systems engage in such practices.

**5. Historically, physicians and other clinical personnel aren't trained in nutritional biochemistry (beyond a couple of hours).** They aren't trained in toxicology (a problem, given how toxic our food, air and water is). They aren't trained in systems thinking (a way of thinking about a problem in which more than two variables are represented). They also aren't trained in biophysics (the discipline of assessing the physics of basic and dysfunctional physiology), or a host of other disciplines necessary to materially improve patient outcomes.

Physicians are paid primarily on the

basis of their education, time spent with patients, and the cost of producing the service they offer. This fundamentally means that certain disciplines are not in their foundational toolbox. In one sense, the regulatory apparatus keeps physicians stuck. So, while I don't blame them for having a small toolbox (operating within the constraints of the regulatory apparatus), this means that bringing an innovative (bigger) toolbox to the patient care ecosystem would have to include a lot of training. If the payment system doesn't allow for that training transition, efforts to stimulate innovation will amount to rearranging the deck chairs on the Titanic. Indeed, most efforts (innovation funds) to "reform" healthcare have failed, and failed miserably. This was the recent conclusion of the Centers for Medicare and Medicaid Innovation, another brainchild of the ACA.

The web version of this article includes Wayne's bio. See [vashonloop.com](http://vashonloop.com)

*a sacred space for healing*  
located in vashon village



**YOGA • MASSAGE • BREATHWORK  
SOUND HEALING • SOMATIC HEALING**

*view schedule and book online*  
**CLAROVASHON.COM**

### Rande's Memorial Celebration

Sarah Dawn Stevens,  
better known to her Vashon friends as Rande



There will be a memorial for Rande on **Friday September 9<sup>th</sup> at 1pm.**

Pastor Paul Mitchell and Mary Eaves Mitchell are coming from the other side of the mountains to preside over the celebration. Come with your thoughts and memories of Rande to share.

At the **Methodist Church**, 17928 Vashon Hwy SW.

The service will be in the sanctuary; masks may be required.

Thank you to all who donated. We are working on getting a memorial bench in Rande's honor placed somewhere in town. All money remaining will go to Rande's two children who live on-island, Brandon and Jadzia.

## Happy 40th Anniversary! Knight Rider 1982



### NAET® Allergy Elimination Treatments

Foods Chemicals Pets Environmental Factors And More

Say goodbye to allergy symptoms  
and hello to enjoying your favorite foods again!

SelahHealthFreedom.com 720-289-1761





## Volunteerism Works

### A Front Porch Chat with Charlie Krimmert

By March Twisdale

If you're like me, you prefer the dynamism of learning to the stagnancy of knowing. And so, with a chuckle and a shake of my head, I readily admit to two things: I came to Charlie Krimmert's front porch knowing very little about Vashon Island Fire and Rescue, and I left with a burgeoning appreciation for our island's volunteer firefighters as an honorable and necessary community resource.

Right off the bat, when I asked Charlie (a long-time volunteer firefighter and our recent Fire Chief) about our "Fire Department," he corrected me. "We don't have a Fire Department--departments are created by cities. Vashon Island, being unincorporated King County, has a Fire District." Light bulbs began to pop in my head, followed by a flurry of questions as I realized just how "community derived, directed, and dependent" our Fire District must be.

I asked: "If you could wave a magic wand over the island, what would you have people do differently?" Charlie didn't hesitate: "First, I wish islanders would pay far more attention to VIFR, and second, they need to prepare to survive on their own." My eyebrows rose: "On our own?"

"Yes," he said, "On any given day during my tenure as Chief, we were staffed to respond to 2.5 emergencies at once. If you were call number 6, it would be a while before we could get to you. And, during a large-scale emergency, with dozens or hundreds of injuries, you could be on your own for days. Even weeks, depending."

We, of course, cannot be expected to pay attention to all things vital, despite our best intentions. This is why we elect others to attend to the finer details, delegation being the unavoidable sibling of specialized work. But, when not all goes smoothly, what are we to do? Over the last twenty years (the rough length of my residence here), islanders have lived through many systemic ups and downs. In most cases, the public "technically" has had ample opportunity to pay attention, speak up, and engage, but few do. Which begged my next question: "Who's paying attention?" When I candidly answered that question with a clear, "Not me!" Charlie nodded, unsurprised.

As Charlie spoke, VashonBePrepared took on a whole new level of relevance, as did my lackluster involvement with our local NERO (Neighborhood Emergency Response Organization). Could I be doing more? Yes!

Which brings us to volunteerism. How valuable, reliable, capable, and skilled are our volunteer VIF&R (Vashon Island Fire & Rescue) members? While Vashon Island currently has some paid firefighters, our community previously met fires and myriad other emergencies with an all-volunteer force. As it turns out, this is not unusual. Charlie grew up with a father who worked his way through all firehouse ranks (firefighter, Lieutenant, Captain, Assistant Chief, and Chief). A lifetime of service and life-saving responsibility to his community...and always as a volunteer. I wonder if others, like me, tend to assume volunteerism is an occasional activity entered into with a casual level of commitment? I am fascinated to learn this is far from the truth.

VIF&R board member Candy McCullough also spoke with me about her experiences as a volunteer fire fighter in Colorado many years ago. "We had to do it all," she said, "from fixing the engines, to sourcing equipment to resolving any number of issues that could come up on a call. Our all-volunteer force showed up, trained hard and got the job done."

All of which makes sense, given the infrequent and unpredictable nature of emergencies. All emergency services seek to balance on the fine edge of "enough." The concept of "feast or famine" serves well to highlight this challenge, with the most preferred solution being a blend of "adequate staffing" along with a surplus of trained individuals who are "on call." It's a complex issue requiring finesse, coordination, communication and a level of commitment that one cannot help but admire.

"We were like a family," Candy said, remembering how her fellow volunteer fire fighters helped her find her dog, stranded in the middle of a massive snow storm rolling out of the Colorado Rockies. A vivid example of our human desire to be of aid to one another -- whether paid or choosing to give freely of one's time and energy.

## Of Glitter Bombs and Package Thieves

By Marc J. Elzenbeck

Whether by trying to conduct business at the speed of thought or due to plain old self-sabotage, institutions and traditions are stressed out and stretched thin. Such could also be said for the Postal Service ever since Ben Franklin took it over from King George in 1775. If only Ben had foreseen porch bandits becoming a national theme, he could have invented security taser-cams and booby-trapped mail (search for 'Glitter Bomb 4.0').

Now, millions of packages are stolen every year, and even if a big moat cushions us from mayhem, crime's raft is firmly ashore. While trying to continue to function in 2022, our chronically understaffed local P.O. has resorted to leaving packages out in plain view. On top of, beneath, and around roadside boxes. They almost seem to have a "Steal Me" sticker on top. And who amongst us wants to wake up and wonder, "Will my new InstantPot delivery stay safe to make sous vide tonight?"

I'm as fond of complaining as anyone when things don't work...or OK, maybe fonder. And yet, on reflection and some research, our provincial old service has held up remarkably well against steep odds. There's an entry for "Vashon Post Office" in my Rolodex of Minor Miracles. Remember when public health experts told us to hose down cardboard boxes with 120-proof alcohol because, in a lab, COVID-19 could persist for 5 days on surfaces? The mail kept right on coming, junk included. There were some pandemic-induced hiccups, true, and it halted altogether when the Great Resignation Christmas Blizzard hit in 2021. But the unplowed and subsequently glare-iced roads undid almost everyone else, too, even a few Subaru drivers. Then somehow, the P.O. clawed its way back during a partial thaw and worked off what must have been a truly depressing two-week backlog of Amazonian proportions. These people have persevered through every abuse, and to scant admiration at that. Thank you! Sincerely.

Even so, these troubles may have progressed to a more serious, structural stage: Wanton piracy, lawlessness, a Venezuela vs. Argentina situation. Stealing mail has long been a major federal and local no-no, ranking up there with horse thievery. But now, it seems to send legal authorities into tics and spasms of curious silence. Odds of punishment are effectively nil. Whereas our local USPS staffers say they get at least one lost package complaint every day, usually more than five. Their math works.

Look up crime data on your friendly mobile Library of Alexandria, and you will find our haven scoring lower than the bad side of average: Vashon is only safer than 41% of US cities, with 14.56 reported crimes per 1,000 residents per year. This being



largely due to property crimes, solidly in line with national long-term trends, with the violent rate steadily falling and the non-violent ascending.

Another way of putting it: if you live here for about 70 person-years, odds are you'll have something stolen or wrecked to the point that you're upset enough to call the cops. So, this is not yet the Bronx and dealers aren't openly slinging meth in the Thriftway parking lot, but neither does it fit the self-image of a sleepy and secure bedroom community where you can always leave the keys near, if not in, the ignition of your unlocked vehicle.

It is what it is, and as my ex-carnival barker father figure would say, "Games and rules always change, people never do." It would be good to figure this game out, so what's the voodoo that we can do? A few thoughts from asking around:

1. If lost for any reason, Amazon and UPS policy is to refund the package cost (I have not researched FedEx). Go to Amazon, look up delivered packages and you'll see a "Get Product Support" option. Click on that and you'll be proffered chat and call-back options. Refunds are said to take 1-3 weeks.

2. The Country Store has a drop-off desk: \$1.99 service fee for pre-labeled UPS and FedEx packages, and it's best to drop off before 2:30 for same-day pickup. It's also possible to do the packaging and labeling there for higher fees depending on size, weight, and materials. They don't take QR codes (as they're not an actual UPS/FedEx store), but a measly two bucks beats cramming your package into or on top of a graffiti-laced metal box across from the post office (see picture).

3. Work at the post office for pay. They need help! When last there to pick up our 7 individual items, the solitary staffer on-site, responsible for 13,000 summer residents' mail, was cheerful as ever. When asked how to help, the USPS had this to say: "We need sorters, handlers, drivers...and managers. We're hiring anybody." Happily enough for some of us, they'll hire felons.



Main Store: 206-463-3852

Vashon Ace Service Center: 206-463-4019

## We didn't have room for the Crossword Puzzle!

Find all the stories, extra photos, and more at [vashonloop.com](http://vashonloop.com)



## What Matters

By Stephen Silha

In the 1990s, I was part of a group of journalists who conducted a research study on the future of community communication in the Puget Sound area: "Good News/Good Deeds: Citizen Effectiveness in the Age of Electronic Democracy." We looked at the relationship between so-called non-profit organizations (we suggested they be called "the community sector"), conventional news media, and so-called "new media."

I asked my friend and mentor James Broughton, a filmmaker and poet living in Port Townsend, what I should say to journalists who are writing "the first draft of history." He gave me his poem "WHAT MATTERS" ... and when I took it to journalists, some scoffed, and others -- like Chris Peck, who edited the Spokane Spokesman-Review and later the Memphis Commercial Appeal -- framed it and put it on his office wall.

In 2013, I released a documentary film about James and his "adventure, not predicament" playfulness ("Big Joy: The Adventures of James Broughton"). I hope the revived Loop embodies the truths, loving complexity, integrity, and contradictions in this poem.

What matters  
matters  
but it doesn't

Some of the time  
everything  
matters

Much of the time  
nothing  
matters

In the long run  
both everything  
and nothing  
matter a lot

*James Broughton*  
**JAMES BROUGHTON**  
www.bigjoy.org

## TideLines

Continued from Page 1

in Seán's case -- occasionally waving around an antique shotgun. His otherwise obscure cabin had a massive white chimney that was a navigational marker for the secret location of our crab traps, back when we actually had a crab season.

A number of years ago, Seán had signed up for a writing class that was held in the back room of the old Blue Heron. He showed me his efforts and we discussed the class. I was at first a bit skeptical of Seán actually writing, as he had formerly been producing some near-great documentaries for King Broadcasting. These works of Seán's deserve another story of their own...particularly the one involving a trip to Scotland to "document" single malt whisky "science." How he and Dick Gilbert talked the advertising agency into funding that one has got to be a good story. We'll write a bit about that in future issues.

By that time, the class had moved up to the Chamber of Commerce office uptown and a few new people had joined. We learned from others in the class, one of whom was Myrla Dean. She had retired as an English

teacher and was writing a novel about a boy growing up in Eastern Oregon. We learned a lot from her, not the least of which was "punctuation."

I look back and think Myrla was the cause of a shift in our outlook as we began working on stories that reflected our growing up days with beaches, wild freedom, and family. It turns out that Seán and I have a lot of experience being kids, so we could bring some of these to life. Recently, we reached the mutual conclusion that we also are getting a lot of experience being, if not old, at least "mature!"

That's another range of subjects we could bring to life. Both of us spent a number of years in a small isolated Eastern Washington area and we have a lot of mutual adventures to share. Mostly true, as usual!

Our next story might be about Seán's pet raven...who stole my truck keys...pooped on Seán's TV...thereby blowing it up...pestered the poor cats...and, well, you'll have to wait for the next Loop to hear the rest of the story.

**What The Hell's Going On Here?!**

BRAND SPANKING NEW WORK BY  
AT VALISE GALLERY  
NEXT TO GRAVY IN THE CENTER OF TOWN

GREG BURNHAM & BILL JARCHO  
OPEN ALL SEPTEMBER

OPEN EVERY FRI-SAT 1-5PM OR BY APPT. @2069400821  
17633 VASHON HWY. SW, VASHON, WA 98070 VALISEGALLERY.COM

**Leah Timmins**  
Traveling Stylist

haircuts / foil highlights / perms / color / manicure / pedicure  
(206) 209-7742

St John Vianney Parish  
Vashon WA

**Vashon's Catholic Church**  
Noon Mass Wed-Fri  
Sat. 5:00PM, Sun. 9:30AM  
<https://stjohnvianneyvashon.com/>

**Math Coaching**  
for students  
and parents

Anne Moses  
206-355-2222



**VASHON**  
PHARMACY

Your family's drug store since 1933.  
· TOYS, GIFTS, DECOR & MORE ·

**PANDORA'S**  
SINCE BOX 1983  
QUALITY PET PRODUCTS

206-463-2200

**It's flea season!** Get on top of the problem while it's small. More fleas are not better! Make your pills and topicals more effective by attacking the environment at the same time. Wash everything you can, and vacuum it if you can't. Flea incubation is 2 weeks. Those little eggs just lay there and wait.

17321 Vashon Hwy SW  
Hours: Monday-Friday 9:30-6:30  
Saturday 9-5, Sunday 12-5  
pandorasboxpetproducts.com  
Instagram: pandorasboxshopcat



Fresh made, grab and go!  
Vegan, gluten-free meals  
Authentic Nepali cuisine

Almond flour cookies (vegan),  
locally roasted organic coffee,  
organic loose-leaf teas,  
bubble tea, gifts, and more!

17610 Vashon Hwy SW - 206-408-7330  
www.anuranaskitchen.com  
Anuranashealthykitchen@gmail.com

In the heart of town

**Vashon, Sign Up for Health Insurance, Food Stamps, ORCA LIFT!**  
Regístrate Para Seguro Médico, Cupones Para Alimentos, ORCA LIFT!

Miguel from King County Public Health will be at the Vashon Library (inside, at back) 1-3PM, on the following Wednesdays: September 21<sup>st</sup>, October 19<sup>th</sup>, November 16<sup>th</sup>

Your eligibility might have changed because of loss of job or reduced hours. Now is the time to get health insurance if you passed up the opportunity earlier. You can also change your provider for a better fit. Check it out. It's FREE!

Su elegibilidad podría haber cambiado debido a la pérdida de trabajo o reducción de horas. También puede cambiar su proveedor para un mejor ajuste. Échale un vistazo. ¡Es gratis!

Después de la solicitud, su seguro de salud comenzará el mes siguiente. También puede solicitar cupones de alimentos y el programa de tarifa reducida ORCA LIFT.

After application, your health insurance will begin the following month. You can also apply for food stamps and the ORCA LIFT reduced fare program.

Wednesday not convenient? Call or email Miguel Urquiza: 206-477-6965 or 206-491-3761, [miguel.urquiza@kingcounty.gov](mailto:miguel.urquiza@kingcounty.gov)



## Humanity's...Threat

Continued from Page 4

acquire that knowledge must be their first objective. There's plenty of evidence for those who truly intend to look for it. When enough people understand where they and their loved ones personally stand in the overall scheme of things right now on planet Earth, only then can things begin to change for the better, and new possibilities open up as achievable outcomes. How many people does it take to make a critical mass? I don't know. But maybe the number is not as great as you might think.

I'm not saying that everyone has to believe in the same thing or have the same philosophy of life in order for everyone to be able to enjoy the life and dignity that nature or God intended for us, or at least made possible. But for most of us, being able to perceive and acknowledge reality as it exists is surely a starting point for facing the challenges that confront us. I am surely not alone in what I now see being planned by those in power.

I believe there is great help available for those who strive for truth, honor, dignity, compassion, courage, and love. And, for those willing to consider it, I believe there is plenty of evidence available to support my thesis.

## Music Mends Minds

Continued from Page 4

Alzheimer's Disease. She was a cowgirl, back in the day. She did not recognize me until I borrowed a guitar and sang, "Mommies don't let your Babies grow up to be Cowboys!" At which point she came back into herself. We sang and talked and laughed and cried. Her kids and grandkids said, "Lucky you. You caught her on a good day." I said, "No. We made a good day. If you want her to be with you, sing with her!" When we do this, that beautiful, funny, snarky, cowgirl I remember from fifty years ago comes back.

At Music Mends Minds, we sing familiar songs, everything from Beatles to Broadway. In the last 5 years, we have moved around a bit. Starting at the Lutheran Church, we moved to the Vashon Community Care Center. We took the COVID break and returned. When VCC closed, we moved to the Vashon Senior Center.

So come. If you have an older friend, your mom or dad, your husband or wife, locked in the loneliness of their brain, come. Bring them. You'll find them here, in our songs.



Continued from Page 4

stink of death. OK, maybe not your armpits. Shall we settle for elbows?

Gathering detritus in the right combinations and applying them to our garden serves life, brings us closer to the next feast day, and gives us more of a right to take life and devour it. And mucking in with excrement and seaweed is just a jolly good time for those with an eye on transcendence. With the average age of islanders at 55 years, this means most of us.

## Island Garden "Tea"

Fertilizer "tea" used in the warmer half of the year is a partly fermented fusion of seaweed and animal manure, with a moderate nitrogen profile. Cow, deer, sheep, or horse are best, as they tend not to burn the leaves of food plants, which may be indicated, depending on the plant, by very deep green leaves with dry brown tips fringed with yellow.

To gather your manure, dig down into a pile of it and look for a layer of well composted manure, which will present as a thick black seam with a texture of crumbly fudge several inches wide, about a foot or more from the surface. Combine the manure with partially rotted seaweed for trace elements. A gallon milk jug with the top few inches cut off works well. This makes it easy to add the manure and seaweed into the container and to stir the mixture with a stick. Take 2 cups of horse manure and 1 cup of seaweed and put them into the 1-gallon milk container. Fill the container up with water, stir well, and leave in the shade for 3 days or until foam can be seen on the surface.

Dilute this tea by using a small amount well-mixed into your 2-gallon watering can. For newly planted seedlings or small plants (<12"), use 1 tablespoon of tea per gallon of water. For vigorous larger plants (1-3'), use 2-4 tablespoons of tea per gallon of water. Pour this water and fertilizer mixture around the roots of your plants, about a cup splash for newly planted seedlings, 1/2 to 1 cup for larger plants, and a couple of cups for larger more mature food plants (4'-6'). For large mature crops, such as full-grown raspberries, I often dilute the tea 50-50 with water and fertilize 2-3

## Compost

times per berry season.

Only apply this diluted tea fertilizer to just-watered crops in the late afternoon when direct sunlight is off the plants. In direct sun, any liquid fertilizer or water that spills onto the plant surface can potentially act as a lens that may focus the sun's rays and burn the plant.

Use the tea every second watering. After about 3-4 weeks or more, your tea smell will change from a horse butt kissed by the sea to something that is more sharp and sour. This stage is often characterized by the vigorous growth of mold or green algae on the surface and inside the tea container. At this point, you can dump your tea into the compost heap and make a fresh batch. Note: If sensitive to mold, use a respirator and disposable gloves.

Observe your plants over the next couple of days after fertilizing. Good signs that the tea is working are more vivid plant color and raised branches as if the leaves are reaching for the sun, with very turgid leaf profiles. Growth should be faster and vegetable/fruit/leaf size should be larger and more vigorous with no or much less disease or insect infestation than before you used the tea. Use your post-fertilizing observations to adjust the quantities of tea to suit your particular plants.

## Benefits

You become an agent of regeneration, fueling the fecundity of nature and your own food. You make what you need and eschew participation in the marketplace of theft backed by force. You frolic with death to bring forth life. Amid the confusing clarion calls for human suicide, on the altar of our own anthropogenic hubris, I invite you to refuse to be a species disease. Although we each have become parasitic and wanton, even as we are fed upon by our masters, we do not need to destroy humanity to save the Earth. We can love her, dance with her, and commune with her as we shake the bloated psychopathic ticks from our backs and dance, shout, cry out with the ecstatic howl of ancient beasts. Grrrrroooooaarrghhh!

## Allergies

Continued from Page 7

During the first few visits, basic nutrients essential for our bodies are treated; these include protein, calcium, B vitamins, and sugars. Then, a broad range of personalized allergens can be addressed. Available treatments can successfully alleviate adverse reactions to eggs, milk, wheat, peanuts, dust, aspirin, shellfish, latex, grass, tree pollen, animal dander, make-up, chemicals, vaccinations, and even pathogens.

Someone with a mild to moderate amount of allergies may require about 15-20 office visits (each visit targeting a separate allergen or sensitivity) to help reduce the discomfort of symptoms such as headaches, stomach cramps, or mild eczema.

NAET is gentle, safe, and effective for everyone--newborn babies, pregnant women, seniors, and even pets. (Yes, even our pets can suffer from allergies.)

As a practitioner, the most rewarding part of what I do is hearing the success stories of my patients! A 31-year-old teacher with a severe corn allergy would feel nauseous any time a student opened a bag of corn chips in her classroom. She had to avoid eating or touching anything made with corn (even certain toothpastes made with sorbitol, a corn derivative), or she would get violently ill. After NAET treatments, she now reports that she can enjoy popcorn multiple times a week without any adverse reaction.

A two-year-old boy would break out in hives all over his body whenever he ate anything with soy sauce, sesame seeds, or sesame oil in it. After treatments, his family shared they were able to visit their Korean relatives in Los Angeles and their son could now eat their favorite Korean dishes (made with soy and sesame) without any skin reactivity.

A 58-year-old-man had to take antihistamine medication every year due to seasonal allergies. After treatments for pollens, grasses, and mold, not only did he report that his eyes no longer itched and his congestion cleared up, but he no longer ever needed his allergy medication.

These are just a few of the many success stories patients have shared with me. Thanks to NAET treatments, others have said they've felt their energy return, brain fog has diminished, digestion has improved, menstrual cycles have normalized, and favorite foods are enjoyed again. Some are even able to get a pet dog for the first time after experiencing allergy symptoms to dogs and cats for years.

NAET isn't a one-and-done magic fix treatment, but a holistic journey that can offer truly life-changing results.

Kelsey Perry is one of only six certified practitioners of NAET in the Puget Sound region. She currently sees patients on Vashon out of Fern Cove Natural Medicine on Mondays and Thursdays. Feel free to reach her at 720-289-1761

Kelsey@selahhealthfreedom.com

<h1>Headley Holistics, LLC</h1>	
<h2>Bringing You Holistic Solutions for Equines, Canines, and the People Who Love Them!</h2>	
 <p><b>Headley Holistics</b></p>	<p>17710 112<sup>th</sup> Ave. SW ♦ POB 868 Vashon Island, WA 98070 Hours: Thursday-Saturday, 9:00am-6:00pm <a href="http://www.headleyholistics.com">www.headleyholistics.com</a> Like us on Facebook and Instagram! @headleyholistics</p>
<p><b>Horses, dogs, humans</b>—We are all biological creatures with trillions of cells that make up, build, break down, and control every aspect of ourselves. So, it makes sense that proper cellular communication is paramount to life itself! Find out what you are being exposed to that is hampering, even destroying cellular communication in all life forms. Check out the blog section of our website for more information on this and other topics!</p>	





*Now offering  
Riding Lawnmower  
Service & Repair*



**(206) 463-2993**



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

You cannot really be of two minds, though many people try. Without recognizing it consciously, they hold two competing belief systems, switching from one to the other. Often, this leads to what A Course in Miracles calls "the war against yourself," which is designed to do one thing only -- rob you of your spiritual inheritance. The way this is set up under what I call full digital conditions is mostly competition between inner and outer perception -- your inner life, and your outer life. One example of this is how you feel, versus what you believe other people think. In our time, it's truly challenging to bring your focus inward. It's not merely that there are so many distractions. It's that the nature of the digital environment draws us all out of ourselves, to the point where it's difficult to sleep. The astrology of the remaining months of the year will be attempting to draw you inward, and to map out your inner territory.

**Taurus (April 19-May 20)**

You may think that financial matters are important, or even at the forefront through the next few months. And with Mars working the money angle of your chart for the next seven months, that is believable. However, there is something else, which is about honoring what you say is important to you. In psychological astrology, finance translates to values. Values are the codes we live by, and what makes our lives meaningful. And on this topic, Taurus can struggle with a split. This may feel like saying one thing and doing another; claiming something is good, and placing emphasis somewhere else; or holding competing beliefs that ultimately block your ability to do what you know is right. In the long run, your chart tells the story about emerging in the world in a position of leadership and a certain kind of social authority. Yet if you do that with a division in your priorities, you are likely to create conflict rather than being someone who leads people out of it.

**Gemini (May 20-June 21)**

Mars in your sign for many months places the emphasis on keeping your promises. Some of these are to yourself; some are to others. This means making fewer of them, and keeping track of your own commitments, rather than the very modern thing so often done of making others come to collect. In this same spirit, it's time for a threefold policy of holding the truth above all else, which can really take some work. We are alive in a time when all of society finds itself in total chaos regarding matters of veracity. A religion has emerged around there being no such thing as the truth (this is related to an old idea; in ancient times, they called themselves skeptics, an ancient Greek school that doubted the possibility of real knowledge). This is wholly self-serving, as it disavows any difference between truth and lies -- something that is not a luxury, and that you cannot afford.

**Cancer (June 21-July 22)**

The thing lost in the digital revolution of the past 25 years -- and the core of the spiritual crisis we face -- is the inner life, and inner awareness. I write these words and I know that a great many people don't even grasp what I'm describing. Many who are young have never been introduced to the experience (with the result being a wide variety of body dysphorias,



# Planet Waves



by Eric Francis <http://www.PlanetWaves.net>

depression, and a black hole of self-esteem). Many older people remember the time before this all happened, but may not recall what a quiet afternoon alone with oneself is. To grow, to keep your sanity and to feel good, your whole life would ideally become a quiet afternoon. With children, jobs, devices and all the incessant shuttling we so often do, that would seem to be impossible. But perhaps consider whether those things, by design, prevent us from being within ourselves.

**Leo (July 22-Aug. 23)**

We all woke up one day and were public figures. What day was that? Nobody remembers. We were using publishing tools with a global reach that were once only in the hands of established newspapers and broadcasters. This has been profoundly disorienting; reason one is that exposure to an audience is challenging even for those who have prepared for it. Reason two is less easy to discern, though it involves having our souls vacuumed out of our bodies and projected all over creation. This has extreme effects that are difficult to see, though I suggest you use all of your perceptive power to take notice. If you are going to participate in public forums, I suggest you work in structured ways rather than willy-nilly spreading your opinion all over the place. By structured I mean containment by topic, specific projects, and for a purpose that you understand.

**Virgo (Aug. 23-Sep. 22)**

Between now and next March, your life is set up to go through a long-awaited transformation. My read is that this will provide some relief from many of the problems you experienced over the past decade or so, since around 2011 (when Neptune entered your opposite sign Pisces, which primarily affects relationships). That may seem like a long time, though I don't suggest you wait for something to happen; there is plenty to do, and it all involves your sense of purpose on Earth and the way in which you relate to your dharma. Neptune is a strange influence, and in such a prominent position, it has a way of clouding one's experience of people, places and experiences. It can describe a sense of ennui, isolation, or a distortion that you cannot describe in a tangible way. It's as if "objects in mirror are further than they appear." In the meantime, the focus of these six months is focusing your purpose and weaving together the seemingly different facets of your professional life.

**Libra (Sep. 22-Oct. 23)**

To be honest is not to be brutal. It is to be observant and accepting, including of yourself. You don't need to sit in a cave for 20 years to do this. You do it with every gesture, every choice, and every breath you take. Study your motives for small decisions, and be honest about what you intend to gain by your choices. This tends to be where denial slips in -- the excuses we make for why we're taking a particular action, no matter how small. And people love excuses; they trade them like tokens. Give a reason you need to do something, or don't want to do something, and you get a pass. People rarely say, "I didn't feel like coming to your house for dinner." They

say, "I wasn't feeling well"-- and feel entitled to do so. This is the thing I suggest you address, in your examination of your reality. That -- for the moment -- is my best interpretation of the forthcoming Mercury retrograde in your birth sign.

**Scorpio (Oct. 23-Nov. 22)**

Asked by a journalist about the role of sex in her extraordinary music, Kate Bush, at age 20, said that art in all of its forms is about sensuality. But sex, she said, is about projection. By that, she meant that there is confusion over who is who in relationships, whose attributes belong to whom, and seeing things as we are, rather than as they are. With your ruling planet Mars making its way across the zone of projection in your chart -- Gemini, and your solar 8th house -- you will be living in this territory. Yet it might seem like living in a relationship (or potentially, an entanglement). There is probably a financial angle to the scenario. And the nucleus of the relationship spreads out into something that could affect others. You may be wondering just what you're doing there, how you got there, and what you're going to do about it. Well, the first thing to do is be there; as in be where you are -- known uncommonly as the vipassana meditation.

**Sagittarius (Nov. 22-Dec. 22)**

With dual ruling planets Jupiter and Chiron moving retrograde in your 5th house -- your fellow fire sign Aries -- you may not think you're holding back. Yet it is likely that you are. And that may be for the better. You have so much power and so much creativity that you don't need to turn the blow torch all the way up, or even half way up. You don't need to exert much energy. Rather, pace yourself, and apply your creativity sparingly. A little goes a long way. The same is true with taking a chance on something. Rather than the big risk, you will thrive on the subtle new experience, or even re-exploring an old experience. If we translate this into any form of creative or artistic endeavor, you are being invited to return to your roots. For the sculptor who became a musician, get some clay into your hands. For the photographer who became a painter, look through the lens and notice what you see.

**Capricorn (Dec. 22-Jan. 20)**

Whether a bottle of soda spews all over the picnic table depends on whether you shake it up first. It also helps to keep it cool. That is my best summary of your astrology: remain cool and don't shake yourself up. Keep your eye on right and wrong, and don't lose sight of the bold line between the two. This must be the basis of all of your decisions. The central issue here is not whether you would make the right choice given distinct options, but rather falling for the notion that everything is a matter of opinion. The confusion is not between right and wrong. It's about whether the distinction exists. This may be within you, or it may show up anywhere in your environment; it's so widespread that few people seem to even notice the matter. Therefore, it's easier to just blend in and pretend nothing is wrong. This may manifest in subtle, barely noticeable ways; it may show up in situations that seem larger than life.

**Aquarius (Jan. 20-Feb. 19)**

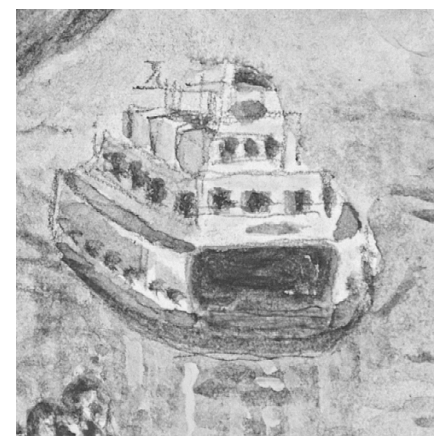
The only thing between you and your deepest creativity is your need for flexibility. Saturn in your sign may seem like an influence that calcifies or crystallizes, though many times it has the opposite effect -- especially in Aquarius. The essence of making the most of this superpower is not deciding you're right before you really are; and holding off on decisions before you have conducted a full evaluation of the data. Then, when your body and mind align on yes, you move. To do this takes coming out of robot mode; that means bending, stretching, and allowing your mind to enter the various gray areas of morality without getting stranded there. Yet this is not an aggressive or violent process. It is, rather, necessarily graceful and delicate, and sensitive to energy. There is no chipping away at the stone involved; instead, more like the intuitive blending of paints. Speaking of art, finding your way to freedom is one.

**Pisces (Feb. 19-March 20)**

The message of the forthcoming Mars retrograde, and Mars in Gemini genera This includes your physical home, your interior emotional space, and your communications with immediate relatives and neighbors. "House in order" starts as simply as cleaning and organizing. Dig out a closet, clean a drawer, and in the process, sort out little elements of the past. Toss what you don't need, keep what is valuable, and make a conscious decision regarding everything you touch. These activities, mundane as they seem, will ground you and help you concentrate your power. As you get into the groove of conquering your bookshelves and undergarment drawer, your presence in your wider and more visible life will shift. And you will have a more positive influence on the people around you -- that being a fact of your existence. Your presence shifts environments, whether you say something or not, and no matter how invisible you may feel.

Read extended monthly horoscopes plus a wealth of extra material at

**PlanetWaves.net**



## Thank You for Reading Our First Issue

Thank you for reading the first issue of the rebooted Vashon Loop. The learning curve has been huge, but the journey has been amazing. We are so grateful for the enthusiastic support we've received from this community. It's an honor to serve you! We know these pages aren't perfect, but they are pure Island.