

Katrina Spade, Founder of Human Composting, Coming to Vashon

Washington became the first state to legalize “human composting” on May 21, when Gov. Jay Inslee signed a law that will allow human bodies to be converted into soil in licensed facilities. On Thursday, September 19, 7:00 p.m., Katrina Spade, the innovative entrepreneur who created a system called “recomposition” that transforms human bodies into soil, will be speaking at Vashon High School.

Spade grew up in rural New Hampshire, earned a Bachelor of Arts in anthropology from Haverford College in Pennsylvania, then turned her focus to sustainable design. While earning a Master of Architecture from the University of Massachusetts, Amherst she, invented a system to transform the dead into soil.

In considering her own mortality, Spade wanted options that were environmentally sustainable and allowed family and friends to participate in the care of their loved one. In 2018, she founded Recompose, a public-benefit corporation, that is developing a patent pending process to gently convert human remains to soil. It seeks to create a scalable and sustainable alternative to conventional burial, particularly for



urban dwellers. The modular system uses nature’s principles to return our bodies to the earth, sequestering carbon, reducing toxic materials buried in the earth and improving soil health. Recompose has calculated carbon savings of over a metric ton per person.

When the law takes effect in May 2020, Spade intends to open her first facility in Seattle. This innovative idea has captured the imagination of many. Recompose has received press coverage in all major newspapers, The New Yorker, CityLab, Forbes, NBC News and

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The Road to Resilience

The Soil Carbon Sponge

Walter Jehne, an internationally known Australian soil microbiologist and climate scientist has some potentially very good theories about how we can mitigate global warming, solve the water crisis, grow abundant food, and create wildlife habitat. I know that is a big promise, and I can imagine those skeptical eyebrows rising as you read this. It involves soil regeneration, which I’ve already talked a lot about, but the focus is not so much on carbon sequestration as it is on reestablishing the water cycle (how the water goes from the Earth’s surface into the atmosphere and back to the Earth again). This gets a little wonky but it is well worth slogging through it.

You are probably already aware that our atmosphere now holds over 400 parts per million (ppm) of CO₂. There are 44,000 ppm of water vapor (a hundred times more). The power of water vapor to absorb and transfer heat is 20 times higher than CO₂, molecule for molecule, although the major role of CO₂ is primarily as a reflector rather than an absorber. Plants cool the Earth by transpiring water into the atmosphere. Much like an air conditioner, the process of evaporation absorbs a large quantity of heat from the planet surface. As the water vapor rises into the atmosphere it cools and condenses, thereby releasing the heat in the upper atmosphere. Most of that heat dissipates out into space although some provides the energy for storms.

To transpire water vapor, plants and

By Terry Sullivan,

soil need to have sufficient water. In order to store sufficient water, there needs to be a soil carbon sponge. The soil carbon sponge is created in healthy soils. When soil is undisturbed, kept covered with plants, receives sufficient water, and has sufficient microbiota, it will sequester carbon. When all of this comes together, a wonderful thing happens: the minerals in the soil and the carbon are bound with 1-3% organic matter by the microbiota to create a living community that is 60% air. This is the soil carbon sponge!

Soils that have been plowed, cleared, and compacted in the usual manner of today, even if organic, may only absorb a half inch of water an hour. This means that most rainfall will run off into streams. Especially today with the larger storms we are getting, this leads to catastrophic flooding, soil and crop loss, and pollution in downstream waters. The soil carbon sponge can absorb 6-7 inches of rain per hour (see Gabe Brown) and often eliminates flooding. That water is then not only available to the plant and the farm, but also feeds the aquifer and will transpire into the atmosphere via foliage to cool the planet.

Arid places become more arid because the dry soil temperature is always much warmer than plant covered healthy soil. This creates a high-pressure dome in the atmosphere that does not allow low-pressure, moisture-laden air to enter. Urban areas add to this effect. This is the situation in the Central Valley of California, which has been in drought for years now. Before

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Second annual Vashon Japan Festival

Celebrate the newly replanted gardens of Mukai Farm & Garden at the second Vashon Japan Festival. The outdoor festival is Saturday September 14, 2019, 11 a.m. to 8 p.m. at the Mukai Farm & Garden, 18017 107th Ave SW, Vashon. You can experience Japanese traditions, food and craft and meet Japanese American neighbors at this free event. See the recently reconstructed pond and gardens designed by Kuni Mukai. Learn what’s happening at the historic fruit processing plant and how you can be a part of this vibrant community venue. Join the lantern walk at end of evening. Find information and other events at <https://mukaifarmandgarden.org/>

The Vashon Japan Festival is a traditional Japanese street fair with activities for all ages, including:

Taiko drummers and Bon Odori dancers

Outdoor dining with food from May’s Kitchen, recently recognized as one of Washington’s top 100 restaurants

Vashon Baking Company treats and mochi sweets

Japanese inspired hot dogs

Sake, perry and Japanese beer garden

Mochi making, a traditional rice ball pounding demonstration

A children’s village with Japanese games & art projects

Local artisans demonstrating and selling Japanese inspired wares

Domestic market Japanese vehicles

Evening lantern walk

The Mukai house and garden are the sharing of cultures: B.D Mukai, a Japanese immigrant and successful



entrepreneur, and his wife, Kuni, invited the community to their Japanese stroll garden and Craftsman home. The family became an integral part of the Vashon-Maury Island community as successful business owners and employers, and neighbors. Their home, garden, and barreling plant are icons of these blended cultures and island history.

Mukai Farm & Garden property is being restored and managed by the Friends of Mukai to celebrate Vashon’s Japanese American and agricultural heritage. The home, garden and barreling plant reminds us of the influential contributions of the Mukai family and the Japanese American immigrant community to 20th century agriculture, business, and community life. Mukai shows how history lives and is relevant to our lives today.

Second annual Vashon Japan Festival
Mukai Farm
18017 107th Ave SW, Vashon
Saturday, September 14th
11:00am-8:00pm
Free entry!

Conscious Cartoons International Animation Festival

Mark your calendars for the “Best Of” Show from the 2018 Conscious Cartoons International Animation Festival. Following the spectacular success of the 2018 inaugural festival on Vashon, (which boasted sold-out screenings, over 1600 attendees, international filmmaker attendance, and an enthusiastic audience base eager for more,) we have curated an 85-minute “Best Of” Touring Program that showcases the spirit of the Conscious Cartoons Animation Festival, and its ability to engage, enlighten and entertain audiences across the country.

This show features some of the award winners from the 2018 festival, like Turkish animator Ayce Kartal’s “Wicked Girl”; a beautifully hand-drawn film about a girl’s painful recollections of the “good old days”, the utterly charming, “Fruits of Clouds” from Czech animator Kateřina Karhánková and the wonderfully weird, computer animated film, “The Box” by Dusan Kastelic of



Slovenia. Along with 8 other outstanding favorites, this is a rare opportunity to see these animated shorts in a single

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Windermere

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PENDING!

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Restaurant Hours: Mon - Wed, Fri & Sat 11:30am-9pm.
Sunday & Thursday 11:30am-8pm,
Bar Hours: Sun, Mon, - Thur 11:30am-10pm
Friday & Saturday 11:30am-12am

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6pm to close

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Chloe and Norris Needs a Home

We’re a brother and sister who have learned to like people even though we weren’t around any when we were teeny-tiny kittens. We’ve figured out that good things (like treats!) come from people, so we look forward to seeing the volunteers at the shelter. One of our favorite places to hang out together is the catio. Speaking of which . . .

Do you know about the September 21 catio tour? Our very own catio will be one of the stops. In addition to the shelter, you can visit four other catios. Google “VIPP Catio Tour,” and come and see us!



Chloe



Norris

Go To www.vipp.org
To view adoptable Cats and Dogs

Advertise in the Loop!

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

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Next Loop comes out September 19

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September 6-11



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September 10 @ 6:00 pm
Conscious Cartoons
September 14 @ 7:00 and 9pm
A Concerned Citizen
September 17 @ 6:00 pm
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China Plastic
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Live in Cinemas
Margaret Atwood
September 24

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For show times and info check
www.vashontheatre.com

The Vashon Loop

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Local Weather

www.vashonweather.com
Local Rain Totals
Temperature hi/low
Wind Speed & Direction
Barometric Pressure
Weather forecasts

Get in The Loop

Submissions to the Loop

Do you have an event or Public Service Announcement? Email questions or submissions to Steven Allen, editor of the *Loop*, at editor@vashonloop.com. Photos are welcome as jpeg or pdf attachments.

Master Gardener

Bring your gardening questions, plant samples and/or plant photos for identification to the Vashon Master Gardeners in front of Vashon Ace Hardware and receive free, science-based advice every Saturday 9:30am-2:30pm from April 27-September 21, and first Fridays 9:30am-2:30pm June-September. Contact Vashon Master Gardeners WSU Extension at mgvashon@gmail.com for more information.

Alzheimer’s Association Caregivers Support Group

Caring for someone with memory loss? Do you need information and support? Alzheimer’s Association family caregiver support groups provide a consistent and caring place for people to learn, share and gain emotional support from others who are also on a unique journey of providing care to a person with memory loss. Meetings are held the 3rd Wednesday of the month from 1:00-2:30 pm, at Vashon Presbyterian Church, 17708 Vashon Highway SW, Vashon, WA 98070. For information call Regina Lyons at (206) 355-3123.

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

FOR ORCAS AND FOR ISLANDERS
PLEASE REPORT LOCAL WHALE SIGHTINGS
ASAP TO
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Vashon Hydrophone Project
Orca Annie Stater and Mark Sears
Vashonorcas@aol.com
Support Vashon-Maury Island Whale Research
Sightings NOT Disclosed to Whale Watch Boats
vashonorcas.org

Kenpo Karate Adult Classes

Adult classes are for students ages 13+ and will be from 5:15 to 6:15 pm every Monday from September 9th to December 16th at the Ober Park Exercise Room. Tuition and belt fees will be \$100 for 15+ classes. This class is for beginning white belts to expert black belts. Registration and payment by cash or check for all classes begins 30 minutes before the first class meets. Participants may join at any time during the season if space is available. Every Wednesday, from 5-6 pm, there are free drop-in classes for all students with once-a-month sparring offered for all students above yellow belt. Aerobic Kickboxing and Kenpo Concepts will be offered on other days. Kenpo is a modern self-defense system that trains students to instantly respond to physical attacks from locks, chokes, pushes, punches, kicks and weapons. Vashon Kenpo incorporates other martial arts systems including ju-jitsu, kung fu, boxing, and ground fighting. Intermediate students will learn escrima (sticks) and staff. The classes are sponsored by RJ’s Kids, a non-profit devoted to the all the people of Vashon Island. Prices are kept low so everyone can participate in these classes. Special scholarships are available for young adults and teenagers. Instructed by Alex Echevarria, Kenpo Karate 4th Degree Black Belt. Mr. Echevarria has over 29 years of experience in the martial arts and is a retired public school teacher and local Vashon artist. For more information, please visit <https://www.facebook.com/vashonkenpo>.

Writing After Seventy! A Conversation

On September 19th 7:00 pm the Vashon Havurah’s Speakers Program is proud to present Jeanie Okimoto and Karen Cushman in a conversation about “Writing After Seventy!” Both Okimoto and Cushman are award-winning and highly acclaimed authors who have resided with their families on Vashon for two decades. Jeanie has published over 20 books for both children and adults, had 6 plays produced, and her short stories have appeared in Visions: Short Stories by Outstanding Writers for Young Adults. Her awards include American Library Association Best Book For Young Adults, the Green Earth Book Award, and Smithsonian Notable Book. She has appeared on Oprah, the Today Show and CNN. Karen has published 10 books for Middle Grade readers (including the forthcoming War and Millie McGonigle, due sometime in early 2020). Catherine, Called Birdy was named the Newbury Honor Book, The Midwife’s Apprentice was named the Newbury Gold Medal, and The Ballad of Lucy Whipple was named winner of The Golden Kite Award, which was also made into a movie starring Glen Close. Catherine Called Birdy is being made into a feature film, now in production by Lena Dunam through Working Title Films. Jeanie and Karen will carry on a conversation about why they write, what writing after 70 is like, what writing after 70 as a woman is like, what matters to them, and whatever else comes to mind. Comments and questions from the audience are encouraged. Havurat Ee Shalom is located at 15401 Westside Highway; all are welcome, as are free-will donations.

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TRASH TALK

We’ve all been disturbed by recent images of fires in the Amazon. Much of the land clearing is being done to make way for large agribusinesses that produce beef and palm oil. Take a stand by avoiding these products. If you do eat beef, make sure it is locally produced. Also avoid tropical hardwoods in furniture or flooring. Check out rainforest-alliance.org for more.

ZERO WASTE VASHON
www.zerowastevashon.org

Celebration of Life

For Phil Ross-Commonly known as Goose
Saturday September 7th, Dockton Park, Noon Till 6
Bring Stories and a dish to share

Community Service Area Town Hall Open House events

King County Local Services’ Community Service Area Town Hall Open House. Monday, Sept. 23, 7-9 p.m.; Vashon High School, 9600 SW 204th Street, Vashon
These events give unincorporated King County residents a chance to meet with their local county government officials, learn about government services in their areas and talk about issues that affect their community
Doors open for these events at 6 p.m., so residents can come early to meet some of their King County service providers.

Farmstad Music Festival

Come join us on a beautiful summer day at our farm. We have an outdoor stage with some wonderful music lined up. Alexandra Blakely will be singing her timely and passionate songs. Boka Kouyate & the Djelijah Band will be serving up West African Fusion of Griot, Afro-Beat and the modern music of Guinea. A rare one time only menu by the chef Rustle and Lauren of Ruby Brink will be available in our kitchen area. Feel free to BYOB and picnic with your friends and family. We look forward to a wonderful Vashon Island community gathering under the open sky.
Farmstad Music Festival
Sunday Sept 8th 2019 5-9pm, 12108 SW 148TH ST
FARMSTAD.COM to purchase tickets \$20.00

New After School Nature Program



Herbal Kids is Vashon Wilderness Program’s newest offering for children ages 7-10. Every Tuesday, 4-5:30pm, kids make wild edibles and medicinals, learn to cook outdoors, practice survival skills, play games, hear stories, sing songs, and more! Fall Session: Oct 1st – Jan 28th; Spring Session: Feb 4th – May 26th. Register/ More information: VashonWildernessProgram.org

Community Sound Bath

Vashon’s Threshold Choir will share its soothing bedside songs with the island community. Come relax in a zero-gravity chair and listen to the group’s calming a cappella harmonies. Friday, Sept 27 from 6:45 to 7:30 PM at Vashon Cohousing Common House, 10421 Bank Road.

Next Edition of The Loop Comes out Thursday September 19

Deadline for the next edition of *The Loop*
Saturday, September 14

Find the Loop on-line at
www.vashonloop.com

Can Scallops Fly



By Sean Malone and John Sweetman

John and I had just finished building a clam-gun for catching geoduck and were headed for the point at Dockton where other people were taking advantage of the minus tide to dig clams and hunt for the elusive geoduck.

Gerald Plancich owned and fished the Arline, whose hulk can still be seen tied to a float in Dockton where she has the dubious distinction of being the last of the Dockton fishing fleet. Gerald was walking ahead of us in the sand and marking the geoduck holes with small sticks so they would be easy for the tourists to find.

On a different day, on the west side of Vashon the tide was coming in and we were halfway down the hill to the old steamer dock at Cove, when we smelled the scallop boat. I’ll never forget that smell, though I don’t remember the name of Mr. Ahlmquist’s boat. It had a twelve or sixteen foot-wide chicken-wire basket that was two or three feet deep and open to one side and when it was dragged across the bottom, the scallops became alarmed and flew up at its approach. Colvos Passage is 400 feet deep in places. Of course, we had never seen a scallop fly because they live on the bottom and propel themselves by opening their hinged shell to accommodate a large amount of salt water to spew out the tightened space between the shell halves. If the scallops were moving with the tide, they could fly as high as 20 feet off the bottom or so Mr. Ahlmquist told us. Of course, crabs fly too. If you have ever seen “deadliest catch”, then you will have seen thousands of crab racing along the sandy bottom, the very tips of their claws, the only part in-touch with the ground, the tide being the “engine” of their migration to better feeding grounds.

Mike and Kit and I were just messing around the old dock, looking for bait for our hand lines when Mr. Ahlmquist pulled

in with a good catch of scallop. “Could we get some bait off you?” Kit asked as we helped tie up the thirty foot boat. “No problem,” Mr. Ahlmquist replied and sent us to the rear deck, where we collected clams and pile worms, the perch’s favorite food. There were 100’s of perch feeding off the old pilings, but no way to get our lines to them except through the cracks between the old planks; then the problem was in getting the fish, who were many times the size of the cracks. Mike had one on; he was the best fisherman and began swinging it above the water until he had enough to land the fish on the beach. I couldn’t figure out how Mike could swing the fish to the float when the tide was in and little room between the planks and the water.

David Church was two years ahead of me at Vashon and had fished off the Janet G. for twelve years. I had heard of guys that fished Alaska and came home with \$10,000 cash at the end of the summer, there having been no place to spend it. Joe Green Jr. owned the Janet G. and fished off Cattle Point, San Juan Island as well as Icy Straits in south eastern Alaska. David recalls painting eggs with sodium silicate or water glass to help preserve them, before storing them in the lazarette in the stern of the boat. The eggs didn’t last the whole voyage and when they began exhibiting greenish-gray yolks and whites resembling brown jelly, the crew would take to using steak sauce or hot sauce to disguise the eggs before they became inedible. Seiners have unwritten laws about how close the boats set their nets to each other and if a net was too close to be safe, the other boat was peppered with the too-old eggs from the lazarette.

Ever since then, John nor I have never been able to tolerate caviar.

Sean@vashonloop.com

Stupid Bike Night

September’s First Friday Gallery Cruise will be invaded by a parade of decorated bicycles lead by a gang of art bikes. Stupid Bike Night is a greatly anticipated event that heralds the end of the Summer season and is uniquely Vashon.

STUPID BIKES FACEBOOK PAGE

This year Vashon Highway from Bank Road to 178th will be closed to vehicle traffic so bikes can parade through town in safety. This also means this section of Vashon Highway will be pedestrian friendly for First Friday Gallery Cruise, restaurants will offer cafe seating in front of their storefronts so come perambulate in the streets as you soak up the sights, sounds and tastes of First Friday!

Decorate your bike and join the Stupid Bike Night Parade. Bring your decorated bike, dress up in a costume and join the Stupid Bike Night parade. Pre-parade activities start at 6 PM in the parking lot of the Vashon Chamber of Commerce and The Lodges on Vashon. Just show up you won’t be able to miss them!

- Order of Events: September 6
- 5:00 PM Vashon Highway Closed to Traffic.
- 6:00 PM Stupid Bike Night Assembles
- 7:00 PM Sum Band plays live at the Voice of Vashon Studio
- 8:00 PM Stupid Bike Night Parade starts



and rides through town.
8:20 PM to 11:00 Stupid Bike Shenanigans: Including a Dance Parting hosted by The Whiskey Hour Radio Program’s DJ Moo and Whiskey Jim!
11:00 Roads open to traffic, you don’t have to go home but don’t play in the streets.

Annual Passport2Pain

The Vashon Island Rowing Club (VIRC) is set to host its infamous “Best Hard Time” bicycle ride fundraiser on Saturday, September 14th. Registration is now open at www.Passport2Pain.org.

Organizers expect about 400 riders for the event. The heartiest will pedal an 80-mile loop from Vashon’s Jensen Point Park and climb a total of 10,000 feet up Vashon’s short but wickedly steep hills on a course aptly named The Idiot. They will be supported by 18 checkpoints along the way, where costumed volunteers in movie-themed sets will serve food and fluids – and put stamps in their Passports to remind them forever of the fun they had thrashing themselves.

Less ambitious riders can tackle a 30-mile, 3,400-foot version of the course called The Weenie. Those torn between trying to be an Idiot or admitting to being a Weenie can opt for The Weasel, riding 50 miles and climbing 6,400 feet. Folks who want to be part of the fun but skip most of the pain can ride The Granny, 12 miles with 800 feet of vertical. And everyone gets to enjoy the catered barbecue back at Jensen Point Park.

Passport2Pain, or P2P, has become a bucket-list experience for many and a season capstone for others. About half the riders are new to the event each year, and there is a handful of rugged souls who have ridden all eight previous P2Ps. More than three-fourths of the riders came from off-Island last

year, representing 10 states. Almost two-thirds of the participants chose to ride The Idiot, and 90 percent of them completed the course, returning to the barbecue sporting the coveted handlebar streamers issued at the final checkpoint.

In the spirit of the event, Jim Marsh, the Executive Director of the Vashon-Maury Island Chamber of Commerce, has created and assumed the role of The Devil of Burma Road, stationing himself near the top of P2P’s toughest hill in full devil costume –with pitchfork – to exhort flagging riders over the top.

P2P isn’t a race; no times are taken, and riders start off in small groups to keep from clogging the Island’s rural roads. Everyone is encouraged to stop and enjoy the checkpoints and the stunning views along the way. Many riders linger at the finish-line barbecue trading stories, debating which checkpoints were the most clever or outlandish or just plain weird, and cheering later finishers.

The idea for P2P emerged from the bike cross-training that many of Vashon’s rowers do over the summer, making a virtue of the Island’s notoriously hilly terrain. VIRC enlists its members and several community groups to staff the checkpoints. Proceeds from the event are shared with participating groups and help VIRC maintain its fleet of rowing shells. One-third of sponsor revenue and all direct donations from riders go to financial aid for the Club’s Junior rowers.

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Compost the Loop

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

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Loose Change

R&B Band

Loose Change is now booking for your summer parties. We have dates available Call Troy @ 206-794-9451

Spiritual Smart Aleck

By Mary Tuel

Carpe Your Diem

Warning: the subject matter of this piece will be hard for some people.

♫
The reminder letter came at least a year ago. “It’s time for you to make an appointment to get a mammogram,” it said. Am I the only woman who does not say, “Yippee!” when told to get a mammogram? I think not.

The letter went into a pile of things I meant to get to eventually.

A few weeks ago, it surfaced, and I decided I might as well get it over with. I called the imaging center and made an appointment.

A mammogram is an x-ray of the inside of the breast with the intent of detecting cancer. We women are encouraged to get mammograms regularly after age forty.

Mammograms have come a long way. Around the year 2000 mammograms went digital and became more accurate, but now there is something called digital breast tomosynthesis, or 3D imaging. This means that mammograms are more accurate than ever.

My appointment day came, I went into town to the clinic, and began my mammogram journey. First, they took a set of 2D pictures, and then I was walked down the hall for some 3D pictures. Then I was walked down another hall, where a chipper radiologist who was about half my age and size introduced herself and proceeded to do an ultrasound of my right breast, then – whoo! that goo is cold! – went up into my right armpit, where, she said, my lymph nodes were all clear, and that was good.

By then I knew where this was going. She showed me one of my mammogram x-rays and pointed out the jagged edges on this one small object. “Jagged edges are typical of cancer,” she said.

I thought at the time that she was remarkably perky as she gave me this news. I prefer to believe that she was happy to have caught the little tumor red-handed.

A mammogram does not a diagnosis make, so the next step was to have a needle biopsy. I won’t describe that, except to say it made me think of the Spanish Inquisition.

The results, as expected, were that the little (7 mm, or approximately 3/8 of an inch) tumor is, indeed, cancer.



The word, cancer, carries such a powerful punch of fear and dread. It punched me. I was dumb with shock. Still, even though that visceral reaction prevails, I know rationally that a cancer diagnosis is not as likely to be a death sentence as it once was. My husband, Rick, had cancer twice (prostate and bladder), and was cured twice. Cancer is not what killed him.

I have gradually been getting used to the diagnosis the past few weeks. What I am having a hard time with right now is the dark silence, or the haunted stare, when I tell someone, because, you know, the word, cancer, carries such a powerful punch.

Don’t cry for me, Vashon Island. My surgeon tells me emphatically that this is curable. I will have a lumpectomy, radiation, and a few years of a cancer discouraging drug. This is standard treatment protocol when breast cancer is caught early and small, and a treatment that has brought through many, many survivors. I’m hearing from a lot of those survivors now, who are giving me empathy and tips on the process. Because I have told some people and the cat is out of the bag, I thought I’d write about the experience as a form of rumor control, and so that I, and you, all of us, know we’re not alone.

Boy, are we not alone. I have learned that there are a lot of people in this community being treated for various forms of cancer, and I did not know that until I said I had cancer, and that brought out the stories. My cancer looks no big deal compared to what some people are experiencing. I am a cancer rookie. I have not started treatment and I feel fine. Once I have surgery, I will not feel fine, and I always remember that life has no guarantees. Here comes the sermon: I am glad I did not decide to put off my mammogram for another year. Yes, mammograms can be painful, and having a mammogram is one of the most vulnerable moments in a woman’s (and sometimes a man’s) life. I’m always thinking, please, Jesus, don’t let there be an earthquake while I’m clamped into this machine.

Now you will be thinking that, too. Sorry.

Stop putting off your mammogram, and go find out you are healthy, or get saved by early detection.

And seize the day, starting now. Funny how a cancer diagnosis sharpens your focus on what is important.



By guest writer Suzanna Leigh

Okra Doesn’t Have To Be Slimy

I always thought okra was that slimy vegetable people in the south liked to put in their gumbo or to thicken their soups with. Then Jamila showed me how she cooks Okra. I loved it!

Okra cultivation originated in Africa, spread throughout the middle east. It came to our country with the slave trade, where it soon became a staple in the Southern states. When coffee was unavailable, roasted okra seeds were used as a coffee substitute. Some people grind the seeds and add it to their cornbread, or press them for oil. Even the beautiful hibiscus like flower and the leaves are edible!

Jamila always grew okra in her kitchen garden in Syria, along with tomatoes, cucumbers, parsley, mint, eggplant, green onions, and squash. Jamila told me. “Everybody in my village has garden. We grew just for us and for people who need.” “The okra we grew is this big” Mustafa said, showing me the last joint of his little finger for size. “Very good!”

Jamila showed me how the okra pods have mucilage which some people don’t like. I learned later that this mucilage attaches to cholesterol and triglycerides and removes them from the body, so it is good for you! However, if you don’t care for it, Jamila’s showed me what to do.

I watched Jamila put oil in a large deep sided frying pan. Then she put in the okra pods and turned the heat to medium or medium high. While the okra was frying, she cut ½” cubes of beef from a roast. “you can use beef or lamb, even ground meat”, she explained. “We use halal meat. Halal means a prayer is said over the animal as

it is killed.” This calms the animal and the meat is not flooded with adrenaline, so the meat is more tender and tasty.

When the okra turned a brighter green, she removed it from the pan and added the beef cubes, along with 2 Tablespoons of vegetable ghee. “If you don’t have ghee, you can use butter,” she told me.

Jamila added crushed garlic, tomato sauce (“much better with fresh tomatoes!”), water, and salt. She turned the heat down a little and let it cook for 20 minutes. When ready to eat, she adjusted the seasoning by adding a little salt and more garlic.

Here is her recipe:
Wash 1 pound of fresh okra. Allow to dry overnight.

Put about ¼ Cup of olive oil in a deep frying pan. Turn heat to medium or medium high. Add okra.

Add 4 cloves of garlic, crushed
Stir okra occasionally.

Cut 1 pound of beef roast into ½ inch cubes.

When okra is tender and bright green, remove from pan.

Put beef cubes in pan with 2 tablespoons of vegetable ghee or butter
Brown the beef

Add:
Okra
half a can of tomato sauce or 3 fresh tomatoes

½ can of water
1 ½ tsp salt

Cook about 20 minutes until done.
Add more garlic and salt if needed.

Serves 4

The frying and the tomato sauce cut the mucilage, and make the okra tender. Lemon or vinegar also works to get rid of the mucilage. The Okra contains vitamins A, B, C and –very good for bones – vitamin K. It also contains quercitin and isoquercitin, which reduces inflammation.

Both Thriftway and IGA should have fresh okra this week or next.

*Recipe is from the Mustafa Syrian Kitchen. For more information or for a special meal for a wedding, family gathering, or other event, call Jamila at 206-466-9597 or Mustafa at 206-458-2450 or email: m2mustafa71@gmail.com

Adopt A Cat Day!

Vashon Island Pet Protectors

Saturdays 11:30-2:30

Our VIPP Shelter is open for adoptions every Saturday. Visit our website www.vipp.org for Directions and to view the Cats and Dogs available for adoption. Or give us a call 206-389-1085

Road to Resilience

Continued from Page 1

the soil was exposed and depleted, this area received regular rainfall from nearby marine air masses.

Another problem is getting the water vapor that is in the air to condense and fall again as rain. There are many areas in the tropics that are in drought even though they are continually in a water vapor haze. The water is actually condensed into micro droplets, but there has to be sufficient hygroscopic precipitation nuclei for a thousand water droplets to come together to create a raindrop big enough to fall from the sky. Ice crystals serve this purpose in high latitudes and altitudes. Salt can serve this purpose over the ocean, but over land the best is a hygroscopic bacterium. These bacteria are produced near the stomata (pores) of leaves. When the leaves transpire, the bacteria rise into the air with the water vapor. Thus, forests create their own rainfall! In the Amazon it is almost like clockwork – every day at about the same time in the afternoon the rain falls. Per area, much more water evaporates from vegetation than from water

surfaces because of the much larger surface area provided by leaves. So, this is another reason to keep the ground covered with plants. It is also a very hopeful sign for arid and desert areas.

What I love about this idea is that weather and climate might be a truly biological phenomenon, not a non-living mechanical function. By merely focusing on healthy soil, more carbon gets sequestered (proven), more rainfall is produced, more water saved in the soil (proven), more food is grown, wildlife habitat explodes, and the earth is cooled. And all of it is self-renewing, inexpensive, low tech, and anybody can do it at whatever scale because mostly it just requires a little muscle and human care and diligence. There are probably a few more positive aspects, but no negatives as far as I can see. It’s still a theory but there is no downside to proceeding with this right away in our own backyards.

Comments? terry@vashonloop.com

Katrina Spade, Founder of Human Composting, Coming to Vashon

Continued from Page 1

NPR. As a result, there are inquiries and interest from all over the United States and beyond, with a growing email list of nearly 13,000 people.

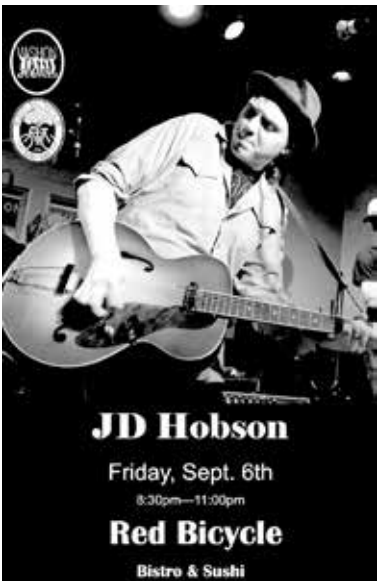
In Spade’s vision, we would have a dozen options for disposition in the next 10 years or so, because she thinks that’s really what we as a diverse and creative society deserve. She believes that death care is an essential part of life. In addition to creating a system that will gently return us to the earth, Recompose encourages participation and strives to make the experience transparent and meaningful for everyone. From having a home funeral to the care of a loved one’s body after death, her new model will encourage the participation of families and friends during this profound human event.

Katrina Spade is in great demand. We are extremely fortunate that she is coming to Vashon to share her vision. Thanks to a generous anonymous donor and our sponsors, Vashon Market IGA, Pandora’s Box Pet Products and Neighborcare Health, the Vashon Conversation for the Living about Dying is able to offer the event free. Donations will be gratefully accepted to cover additional expenses. Please join us on September 19 to hear Katrina and to learn about the future of human composting. For more information, visit the Recompose website: www.recompose.life or Vashon Conversation for Living and Dying: www.vashonconversation.org

The JD Hobson Band

Welcome to the Outlaw Blues! Welcome to the JD Hobson Band! When Outlaw Country and Americana meet the Delta Blues you get a whole new genre. JD Hobson takes his Virginia Appalachian blues roots and combines it with Seattle’s Americana and rock scene, and a sound is created that has gotten people standing up to take notice.

The JD Hobson Band is composed of four members: Dan Infecto on bass, who toured for years with the infamous Bob Wayne as one of his “Outlaw Carnies,” often opening for Hank Williams III. Then there is Mike Peterson on drums, and Ron Weinstein (Suffering F*ckheads, Crack Sabbath), who packs a genuine Hammond B3 organ with Leslie speaker to every show. The sound of the organ and its rotating speaker



adds a mesmerizing depth to every song.

The JD Hobson Band
Friday, Sept. 6th, 8:30pm
The Red Bicycle
This show is a free cover charge show and is all-ages until 11pm, 21+ after that.

A Concerned Citizen



A concerned Citizen documents the work of Dr. Riki Ott, who stepped up after the Exxon Valdez disaster to aid her Alaskan fishing community in its 20-year battle for scientific truth about ecosystem damage and fair compensation for loss of health and income. A year after Alaska fishermen lost in court, the BP Deepwater Horizon well blew out, and Riki mobilized again. Taking lessons she learned as an active concerned citizen, she developed an Ultimate Civics curriculum to empower students to participate in their democracy. Recognizing the power of money in politics, she also co-founded MoveToAmend to advocate

a constitutional amendment to end corporate personhood and reform campaign finance laws. Witnessing health harm from oil-chemical exposures, she created a Toxic Trespass training program to strengthen environmental justice leadership. Riki shows how one person can make a difference, inspiring others to action.

www.bullfrogfilms.com/catalog/ccit.html

Screening documentary FILM with Riki Ott, PhD, an Islander.

Sept 17, 6:00-7:45-ish PM
Film running time: 41 minutes

Q&A to follow with Riki

Conscious Cartoons

Continued from Page 1

collection. So, if you missed the festival in 2018, or you only had a chance to see a screening or two, come see what folks were raving about.

Showing One Night Only at the Vashon Theatre! September 14th at 7pm and 9pm.

11 award winning films from 9 different countries.

Tix are \$10 for adults and \$8 for Teens and Seniors.

This show is appropriate for teen to adult audiences.

Check out the trailer here: <http://consciouscartoons.org/best18/>

Conscious Cartoons is a non-profit, competitive international animation festival, and the first of its kind solely focused on short

works (15 min. or less) addressing social issues.

This festival aims to open eyes, hearts, and minds, through the uniquely transcendent medium of animation.

For advanced tickets go to vashontheatre.com

For further info go to consciouscartoons.org

“A must-see for anyone interested in animation

and social consciousness”

~ Liz Shepherd, Director of The Seattle International Children’s Film Festival

“... well curated and the films are excellent. ..

I highly recommend this festival.”

~ Joan Gratz, Oscar-winning animator

Halfway Crooks Entertainment LLC are set to begin a multi-city roadshow tour of writer/director Nick Richey’s LOW LOW.

Writer/director Nick Richey, star Ali Richey and Producer Zach Mann will be doing Q&As at all shows, with executive producer Mark Mathias Sayre joining them for at least the Seattle and Vashon Island dates. Full theater and ticketing information is below.

Gravitas Ventures released the film digitally on August 20th. via Comcast, Spectrum, AT&T, Cox, Dish, Verizon Fios, iTunes, Prime Video, Vudu, Google, Vimeo and others, including Shaw and Telus in Canada.

LOW LOW’s lead cast includes Ali Richey (AFTER THE TONE), Alexis Raich (Fringe, Criminal Minds). Kacie Rogers (Served) and Montana Roesch (Veep, Commanders), while supporting cast features Elaine Hendrix (Joan of Arcadia), Sean Carrigan (FORD v. FERRARI), Dominique Columbus (Ray Donovan), Tyler Chase (LOVE, SIMON and The Walking Dead), Moniqua Plante (Nashville) and Savannah Stehlin (Without a Trace).

Produced by Halfway

One Night Only! Low Low

Crooks Entertainment, Richey’s debut feature is a fresh, bracing take on the coming-of-age teen drama that finds four working class high-school girls – Ryan (Richey), Cherry (Roesch), Lana (Rogers) and Willy (Reich) – navigating their last days of high school through a haze of sex, drugs and violence, each trying to find their way to the next phase in life without losing everything.

“...a strong debut... [Richey] shows a real compassion and understanding for these women...empathizing with the worries and woes of some people whose lives are rarely reflected on screen.” – Los Angeles Times

“I wanted to tell a story about the lower middle class – my story – about a crew that basked in a lack of supervision,” said writer-director Richey. “We were jacking clothes from the mall, peddling our virginity and shoulder-tapping for cheap beer, and LOW LOW is entrenched in this community: this socioeconomic class that always seems to be slipping through the cracks.”

“It was important to me to make a film that would expose audiences to this world through the fading youth of four young



women, beset by the obstacles of their circumstances, while avoiding the weary trope of high-school girls betraying each other in petty disputes. Rather than focus on trite stereotypes, I wanted to focus on a story about the strength that young women must grasp in order to navigate their high-school lives while simultaneously moving on to the next stage and beginning to form the person they will become.”

September 7, 2019 | 8PM
Vashon Theater, 17723
Vashon Hwy SW, Vashon

The Boys Who Said NO!



Producers of the upcoming documentary The Boys Who Said NO! will screen the fine cut of the work-in-progress at a preview and fundraising event at 7:00 pm, Monday, September 16, at Havurat Ee Shalom, 15401 Westside Highway SW on Vashon Island.

Directed by Oscar-nominated director Judith Ehrlich, the film documents the largest mass refusal of military service in American history. Draft resisters risked up to five years in prison by publicly defying laws requiring military service, to draw others to their side and show choices other than automatic obedience. Opposition to the war grew until millions marched in the streets and the war was brought to an end. It was the only time in American history when a citizens’ movement forced the government to stop a war.

Admission to the event is free, but we ask for donations to help finish the film. The film will be followed by discussion.

Monday, September 16, at 7:00 pm, at Havurat Ee Shalom 15401 Westside Highway SW.

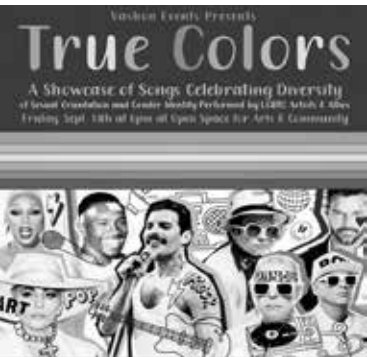
True Colors

Vashon Events is hosting their second showcase of the year at the Open Space for Arts & Community in the Grand Hall! Enjoy island musicians and bands as they perform songs to celebrate the diversity of sexual orientation and gender identity. Tickets are \$10 in advance and \$15 at the door. All ages!

Vashon Events is notorious for their showcases, featuring the jaw-dropping, inspiring, and sometimes hilarious performances of local musicians. Get there early for a good seat. Doors open at 6:00pm. Mingle with friends before the show and check out our silent auction, then musicians will take the stage as solo, duo, or ensemble performers. Beer, wine and other beverages will be available for purchase.

Throughout the evening, 12-15 songs will be performed, each by a different act. Together, the performances create an unforgettable journey of experiencing an immense variety of Island musicianship and interpretations of songs from a library of artists such as George Michael, Boy George, Elton John, Little Richard, Morrissey, Lady Gaga, Melissa Etheridge, Meshell Ndegeocello, Freddie Mercury, The B-52’s, Sam Smith, Indigo Girls, k.d. lang and more!

The event is a fundraiser to support Vashon Events, a nonprofit organization whose mission is to inspire and connect the community by promoting and producing extraordinary music experiences and supporting musicians by providing access to instruments, education, resources, and opportunities for paid



performances. We would love your support by coming to the show and enjoying the music!

Supporting sponsors for the True Colors Showcase are Sue Carrette of Windermere Vashon, The Vashon Heritage Museum, The Dove Project, Dusty Slow Down, John L. Scott Vashon, Susan Lofland of John L. Scott Vashon, Noble Stone, Mike England of Fairway Independent Mortgage Corporation & The Lodges on Vashon.

Purchase tickets here: <https://www.vashonevents.org/support-us/truecolors2019>

This showcase is presented in conjunction with Vashon Heritage Museum’s Exhibit, IN AND OUT: Being LGBTQ on Vashon Island. Please visit the museum to experience this important cultural exhibition.

Want to perform? Here’s the link: www.vashonevents.org/formusicians/showcaseapplicationtruecolors2019/ September 13th, 2019, Doors and Silent Auction at 6:00pm

Open Space for Arts & Community

Tickets \$10 in advance, \$15 at the door

Ticket link: www.vashonevents.org/support-us/truecolors2019



Planet Waves

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



Aries (March 20-April 19)
If you want to take better care of yourself, start with your awareness. Notice how food (any and all food) makes you feel. Notice whether you feel warm or cool in a room, and pay attention to how the air feels and smells. This is the kind of basic feedback you need, which will lead to taking steps that help you feel better. Notice things like whether you’re bored or angry (they are related). Basically, I am proposing that you create a yoga of paying attention, and then responding to what you observe. More than you need “life/work balance,” it will help if you know when to slow down, when to stop, when to rest, and when to get some sunlight into your eyes. You might also take the opportunity to stay up all night and make dinner at 3 am. Your chart is packed with such diversity of potential that you may feel called in every direction at once. Well, you can’t go in all of them at the same time, but you can run through your various desires and try things one or two at a time, and keep moving. This is a great time to soak in the possibilities of your own existence.

Taurus (April 19-May 20)
Art is an experiment, sex is an experiment, and anything worth doing entails a risk: if only that it might not work out. Yet life is not about accumulated gain or loss; it is about experience. And such is never perfect or predictable; that’s the whole point. I suggest you proceed in the spirit of exploration and wonder, and not worry what your audience thinks of you. Rather, do something that is rarely done, and that is to study your environment. If that includes your audience, study it (or them, if you prefer) as entirely apart from you. Feel where you are, in time, and in place. Notice the currents and trends of the digital sphere as if you’re an anthropologist or sociologist, remembering that at this point what you actually are is an artist. By that I mean someone who does not shut down or numb out when the stimulation gets too intense.

Gemini (May 20-June 21)
Do you feel safe? When and where? What is your criteria? What is your threshold for feeling unsafe? I have a feeling you may be suppressing both sensations: thinking you’re perfectly fine when something is troubling you, and feeling threatened when there is nothing in your environment that would harm you. Most of safety and lack of safety is a mental phenomenon, which you may experience as emotional if you don’t give yourself words to describe your experience. Therefore, if you’re noticing any feelings along this spectrum of security, describe to yourself what is happening and you will start to get deeper insight and even some mastery over it. Pay special attention to physical spaces; that is, the four walls that surround you at any time. Most significantly, notice how you feel in your own home, and why. Incidentally, who are all these people who keep showing up? Make sure they stay out in the living room unless invited in anywhere else.

Cancer (June 21-July 22)
Though this has probably never been written in an astrology book, yours is one of the signs most inclined to literacy and to deep thought. Yes, you are more than a cuddly little ball of emotion. The intellectual, introspective angle of your chart is lit up right now. It’s likely ideas are flying through your mind, and you can trust that at least some of them are worth developing. What you would benefit from is organizing yourself like an airport, and getting those airplanes onto the ground. You only need minimal structure: a few words in a notebook, or a one-paragraph rough draft, will be enough to get you started. The other part of this is reading. You may be the type to devour books, and if you are, slow down.

Take a thoughtful approach to something interesting, even a few pages of something that engages you more deeply than on the level of story. You are on the shore of a development process; there is something being born in your life and in your mind.

Leo (July 22-Aug. 23)
You are much clearer about several important issues than you were one week ago, and you can trust that the deliberation process will continue. Based on your astrology, I have two suggestions. One is to be cautious about the notion that you might be doing something for the sake of a commitment or a relationship. For quite a while, the central issue in your life has involved being faithful to your commitment to yourself. This whole concept gets lost in various notions of egotism, selfishness, narcissism and the like, which do not apply to you and certainly not to your current situation. The thing you are being called to do is to manage your priorities in a way that works for you; until then, nothing you do can really work for anyone else. The other matter involves how you manage your doubts. I suggest you not be deterred by any self-questioning that you may do, but rather engage in it willingly, and with curiosity, and as cheerfully as you can.

Virgo (Aug. 23-Sep. 22)
Last week’s astonishing New Moon in your birth sign has set off one or perhaps many chains of events, and these will keep going for a while. What you can rest assured of is that you are entering many new life cycles at once, which means many old things are ending. The background of your astrology, or perhaps the ground itself, has been the gradually building conjunction of Saturn and Pluto in Capricorn. The purpose of that is to break up the big chunks of karma so you can actually process them, make use of them, or otherwise dispose of them. Now you have a gush of energy coming through your sign, and this is all that’s necessary to get things moving along. Whether you like what is happening now or not, the benefits of your current experiences will be tangible, and will not take long to manifest. You are, basically, setting yourself free from many old tales and fables, and more than that, the legacy of your parents and family. Keep that party going.

Libra (Sep. 22-Oct. 23)
You may as well make different mistakes from ones you’ve made in the past. Making the same errors over and over gets boring. At least when something new goes wrong, you have evidence that you’re conducting an actual experiment; that you’re trying something different. And you also have the chance to quickly adapt and make corrections, because thanks to something new happening, your attention is focused and your interest is high. As for past mistakes, it helps to learn from them, and it is possible, unless you’re determined not to. That all said, Venus is moving into opposition with Neptune this week, so you want to both dream big and be a little skeptical when it comes down to making an investment in something, be it financial or emotional. Particularly where business is concerned, focus on the pragmatic level: the actual numbers, the schedule, and whether the bills have been paid. Then go back to making music, art and love like a banshee.

Scorpio (Oct. 23-Nov. 22)
Everyone is some shade of public figure these days, whether you use Instagram or are a realtor whose picture is shown on ads placed in supermarket shopping carts. You will have a lot of fun in the social spheres this week, though you want to stay a few drinks behind the crowd and the breathalyzer. In the alternate, you may eschew the whole going out thing and hole up somewhere and

Bella Needs a Home

My name means “beautiful” in Italian, and that’s a pretty good description of me. I have a beautiful shiny black coat, which is nice and clean because I like to live indoors. Life was beautiful until I lost my home when my person went into assisted living. Now I’m looking for a new friend who needs a devoted companion. Could that someone be you?



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To view adoptable Cats and Dogs

paint, draw, read or write. Yet there is real benefit these days in being out and among people. Our social skills are being atrophied, and people have a false sense of compassion fatigue. You will learn interesting things outside of the house, where a few people are gathered. I suggest you stick to quiet spaces where you don’t have to raise your voice to be heard, or strain to hear. Keep people talking by asking what may seem like trivial questions, then listen between the lines

Sagittarius (Nov. 22-Dec. 22)
Your astrology this week will have you craving peak experiences. That might be fun, though you will want some containment. Know where the edge is, so you don’t fall off the stage. If you plan to drink, stay home or stay the night. You would be wise not to make decisions under the influence of alcohol or other substances, but you might certainly come to a realization or two; these you will probably forget, if you don’t write them down. In the midst of whatever you’re experiencing, the thing you want to do is use your ears. Most people don’t listen, anywhere beyond hearing the words. I suggest you hear the words, and then repeat them to yourself several times until you internalize their meaning. What words exactly? Any that are spoken to you. In other ways, your hearing will serve you well as a means of testing the vibe. Listen like a dog, who gets the meaning from the tone of the speaker’s voice. Don’t be spooked by thunder.

Capricorn (Dec. 22-Jan. 20)
You might take a break from your present situation and consider your possibilities for the future. It will arrive faster than you may be expecting. Get at least as far as having some notion of what you want to do and where you want to be, even if you’re not certain yet; you’re not making a commitment by entertaining the possibilities. And there are quite a few of them in your awareness. One thing I would suggest is that to consider a potential does not mean finalizing the plan. Yet neither is it idle thought, wishing or fantasizing. You have some definite ideas. Some of them may seem distant or a little exotic compared to what you are now doing, and have done in the past, though they all have a pragmatic enough angle to give them the three legs of a tripod on the ground. You will need to work out schemes and details and specifics and

all that, but now is not the time. Now is the time to dream a little bigger and a lot bolder.

Aquarius (Jan. 20-Feb. 19)
Keep digging, dusting, shoveling and filling trash bags, even if only for an hour a day. When you clean a closet or a drawer, drag everything out and put back only what you really want. This will be easier and more efficient. Don’t go one item at a time or you won’t feel like you’re making any progress. This is a metaphor for your mind. Put everything on the table or on the page: your desires, your fears, you needs, your hopes, your dreams. Next look at it all and sort it out, then move on to the next thing. That said, there may be some interesting discussions in the very human realm of commitment, finances and sexuality. You and/or a partner may be tempted to go into analysis mode. Keep your feelings in your body, and use your ears. There are some things that can never be understood, much less analyzed. Many forms of communication must occur on the physical and sensory level, rather than being translated into the metaphor of words. That said, in your current state of being, poetry works better than prose.

Pisces (Feb. 19-March 20)
Keep your filters up. There are a lot of people buzzing around and a diversity of situations in play. Some individuals may seem wonderful, one or two may seem aggressive, others perplexing. You will be unlikely to distinguish what is real and what is not, what is helpful and what is not, at first blush. That is why you need to be discerning. I’m not saying wear a tee-shirt that says SKEPTIC, or even to let on that you’re in any doubt. Neither of these things may be true of you. Yet rather than make or accept commitments, listen to what people say, notice your own intentions, and make an appointment to continue the conversation in the near future. Under the current astrology, the thing you can stoke without hesitation is your vision for your life and in particular, your work. Usually grand visions are scaled down and made more modest, but they can start great and you work from there. Skip any disappointment; life is an experiment and a growth process.

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

La Traviata

In September, Vashon Opera presents Giuseppe Verdi’s melodious and effervescent La Traviata. The tragic story of the beautiful and enchanting Violetta unfolds amidst glorious melodies, sublime choruses and plenty of champagne. A Vashon Opera first, La Traviata marks the company’s premiere presentation of a Verdi opera. Tickets at vashonopera.org range from \$25-\$45
Vashon Center for the Atrs.
September 13, 2019, 7:30 pm
September 15, 2019, 2:30 pm



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