

## Vashon Farmers Market Closed for Summer

Due to the COVID-19 pandemic, the current virus statistics here on Vashon, and the staggering list of state and local, health and safety requirements that would have to be met in order to operate a safe, and welcoming, Market, VIGA has decided to keep the Farmers Market closed for the remainder of the 2020 season.

The Vashon Island Farmers Market is a source of livelihood for many of its vendors. It also holds an important place in the hearts of the Vashon-Maury Island community. However, it is because the health and safety of our community must be our highest priority, that VIGA has taken this extraordinary step. The decision to not open the Farmers Market in 2020 was a difficult one to make, one that was not made lightly. VIGA has been in conversation with, and sought consultation from, market vendors, island community members, and the Seattle King County Department of Public Health while closely monitoring what other markets around the state are doing.

In the meantime, many farmers have begun to partner together. Some are offering CSA's, some are hosting multiple farmers at their farm stands. In an attempt to support this creative

response, VIGA solicits information from its members weekly, asking for updates about what products are available. That information is available at [foodaccesspartnership.vigavashon.org/farm-stand-locations](http://foodaccesspartnership.vigavashon.org/farm-stand-locations) as well as highlighted in our weekly newsletter. A list of our other vendors is available at [vigavashon.org](http://vigavashon.org).

Back in March, when it became apparent that we would have to postpone the opening the Farmers Market, VIGA shifted its time, people, and resources to launch Vashon Fresh early (our online farmers market) to help vendors establish an online presence and begin selling their food, flowers, and crafts through the Vashon Fresh platform ([vashonfresh.com](http://vashonfresh.com)).

We have all been impacted by the corona virus crisis. It will be a long time before we can gather again on a bright Saturday, listen to music, buy plates of food, shop from favorite farms and crafters, welcome old customers, and new. It will be a long time, but it will not be forever.

VIGA is always open to feedback and we hope that you reach out if you have questions or concerns. You can email [board@vigavashon.org](mailto:board@vigavashon.org) or call (206) 778-8001.

## Vashon Relief Fund Supports Island Pandemic Response and Recovery

Vashon Island's VashonBePrepared volunteer emergency response group has launched a major fundraising effort to expand relief to rural Vashon Island residents and businesses. The Vashon COVID Relief Fund distributed \$25,000 in late April to pay for groceries, meals and rent relief for islanders facing economic hardships from the pandemic. Payments to five island agencies were the first allocations from the Relief Fund, originally started to cover the costs of an ongoing COVID-19 testing project. Details on the fund are at [VashonBePrepared.org/Donate](http://VashonBePrepared.org/Donate) and [VashonBePrepared.org/DonateFAQ](http://VashonBePrepared.org/DonateFAQ).

"We estimate that more than 1,000 Vashon residents have lost their jobs. Four out of ten Vashon businesses have shut down and some may never reopen," said VashonBePrepared President Vicky de Monterey Richoux. "We have been struck by a silent, devastating earthquake. We are taking action now to protect our neighbors and save the Vashon we love."

The first \$25,000 of funding purchased 260 bags of groceries from the Vashon Maury Community Food Bank and 100 packets of Vashon Island Growers Association's Farm Bucks. Funding to Interfaith Council for Prevention of Homelessness helped support eight families with rent relief who were in danger of losing their homes. Funds also paid for 2,490 meals provided by the Vashon School District nutrition program, Vashon Senior Center lunch program and Interfaith Council to Prevent Homelessness community meals program.

"We have never faced such a challenge," said Vashon Food Bank Executive Director Emily Scott. "This historic disease pandemic would be bad enough but it has been many decades since our society faced such an economic disaster. Not only have we been working to deliver more food than ever before, but we are doing it under severe social distancing disease prevention guidelines. We are grateful that we have been able to partner with VashonBePrepared and the Vashon COVID Relief Fund."

VashonBePrepared's first public fundraising effort will expand the island's existing relief capacity and provide help for the 10,000 people living on rural Vashon Island. In recent weeks, the fund began with three major donations totaling \$163,000, allowing the VashonBePrepared Board to expand support beyond testing. In the first week of fundraising more than 40 donors added \$11,000. The campaign hopes to raise another \$250,000 to meet the \$425,000 Vashon COVID Relief Fund goal.

The board has focused spending on goods and services for health, food, shelter and economic recovery rather than cash grants. Relief Fund efforts will go for urgent near term needs and to address long-term economic recovery and impacts from the behavioral and spiritual difficulties of pandemic stress.

"This approach means we can quantify for our donors the impact we have been able to make with their investment," said de Monterey Richoux. "We believe it will help us in our planning to project the number of meals and groceries and rent relief cases we will need to fund to support the already strong efforts of our partners. It is also possible that this itemized purchasing approach will improve chances of FEMA reimbursement which mean a major boost to the value of donated funds."

Vashon's all volunteer Emergency Operations Center was activated on March 12th to organize and support pandemic response under the Incident Command direction of Chief Charlie Krimmert of Vashon Island Fire & Rescue. More than 50 volunteers have been working during that time on a range of support programs for households, neighborhoods, businesses, unemployed workers and healthcare.

**VashonBePrepared**  
*Neighbors Helping Neighbors*



## The Road to Resilience The Twilight Zone

By Terry Sullivan,

As we move further into this true-to-life Twilight Zone, I can't help feeling sad, scared, and anxious, but I have to admit that I also feel a bit excited—the way one may feel excited about a coming hurricane or some other powerful, larger-than-life event. I also have to admit that as I've adjusted to the situation, there has been a kind of numbing effect, like shock. I actually don't socialize that much, so my routine isn't that much different, but I also enjoy being among the clamorous hordes at a Mariners game or Folklife or our own Strawberry Festival. Not getting that may have something to do with that feeling.

I count myself extremely fortunate for being retired, owning my home, having a congenial and industrious mate that I love, having a nice garden, and many friends and family that I at least connect with virtually. It's up to me and those of you that are equally fortunate to no longer accept the system we live in that allows anybody to have anything less.

This is an appropriate place to give a shout out to the Vashon Covid Relief Fund, Vashon Be Prepared, the Food Bank, grocery store clerks, healthcare workers and all the others that are right now seeing that our people are fed, housed, and cared for. You are setting the tone for the world we want to have on the other side of this!

The pandemic didn't cause these problems. Living in a system that makes it extremely difficult for most of us to have a home, we follow our regret with a shrug. With great effort we can help a few, but to correct the underlying system

to serve everybody seems as if it is beyond our control. The same can be said for healthcare, education, food, and all the accoutrements that make for a happy, functional and independent individual or family.

I can't imagine a more elegant teaching tool than this pandemic to show us that the state of safety of even what we used to call the "least of us" has life-or-death implications for all of us. The wealthiest of us used to be reasonably certain that those of "no account" could live or die with no fear of any fallout for them—no more. The same pandemic has shown us as well that the people who clean up after us and pick our food, the people with the least status and pay, are actually much more important than we thought. If their jobs were so easy and unimportant, we wouldn't feel the need to get somebody to do them.

Getting back to the Twilight Zone, I think that most of us are beginning to see that the likelihood of a return to the pre-pandemic world is becoming increasingly unlikely. I feel a sense of unease along with the excitement in contemplating that the changes we will be facing will need to equal the magnitude of the pandemic itself. Philosophical, economic, political, and social bedrock are likely to be questioned and altered. Part of what I feel is grief for a world that will never be again, but how much of that grief is for something I cherish and how much for something that is just familiar?

Let's face it, the pre-pandemic world

*Continued on Page 7*

**VASHON  
FIRE**

**Live Local Weather**  
**[www.VashonWeather.com](http://www.VashonWeather.com)**

The Vashon Loop has installed three weather station on Vashon Maury Island. Each weather station transmits it's weather information to [www.wunderground.com](http://www.wunderground.com), [www.pwsweather.com](http://www.pwsweather.com) and Weather bug Back yard. The easiest way to view the weather information is to go to [www.vashonweather.com](http://www.vashonweather.com). Live weather information is also used on the [www.vashonloop.com](http://www.vashonloop.com) website and its sister site [www.vashonnews.com](http://www.vashonnews.com). Weather station locations are, Vashon Loop home on Gorsuch rd, Voice of Vashon at Sunrise ridge and Maury Island at the 3 towers with the sheep in the field. The best way to learn about each weather station is to find them on line, where you will find more Island weather stations.

Find out how much rain Vashon Maury Islands get and how gusty the winds are on Vashon's new weather site [www.vashonweather.com](http://www.vashonweather.com).



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



WRE Vashon-Maury Island, LLC      [www.windermerevashon.com](http://www.windermerevashon.com)      17429 Vashon Hwy SW      206-463-9148

# Mukai Farm & Garden First Haiku Festival Contest Winners

The Mukai Farm & Garden offered its first annual Haiku Festival and Contest in early April to inspire people of Vashon Island with the beauty of haiku, an ancient form of Japanese poetry. Haiku poems are three lines of five, seven, and five syllables. In lieu of the usual meetings and celebrations at the Mukai Farm, the haiku contest offered a socially distanced, meditative way to connect and share. A community of poets responded with an avalanche of creative haiku that spanned all age groups and several nations.

As of the April 30 deadline, contestants submitted 280 haiku in seven categories, including People's Choice and the newly created Pre-K/Toddler category. Most entries are from Vashon Island residents, but also Zagreb, Croatia; Jalisco, Mexico; Brooklyn, New York; and Santa Barbara, California. The contest winners range in age from three to 99 years old. People's Choice votes were accepted through May 9, giving readers time to savor the haiku variety.

The winners are:

Heritage: Jennifer Gogarten, Vashon, First Place; Brit Myers, Vashon, Honorable Mention.

Nature: Yvonne Belshaw, Seattle, First Place; Ann Spiers, Vashon, Honorable Mention.

Emotion: Mel Goldberg, Jalisco, Mexico First Place; Melissa Urushidani,



Port Orchard and Shirley Ferris, Vashon, Honorable Mentions.

Funny Bone: Ronald Simons, Vashon, First Place; Pat Minier, Vashon and Chris Bollweg, Vashon, Honorable Mentions.

COVID-19: John Okamoto, Seattle, First Place; Debbie Butler, Vashon, Honorable Mention.

Youth: First Place winners are Pre-K Wilfred Gogarten, Vashon (in the new Toddler category); K-6 Ella Odegard; 7-12 Jolyon Gogarten, Vashon; and Regina May Obnial, Vashon, Honorable Mention.

People's Choice: Ariel Koering, Tacoma, K-6 First Place; Sadie R, Vashon, K-6 Honorable Mention.

The panel of jurists included social activist and poet Dr. Lawrence Matsuda, poet and philosopher Thomas Hitoshi Pruiksma, writer/editor Michael Feinstein, a member of Vashon's Mondays at Three Haiku Collective, and Mukai Board President Rita Brogan.

"We were all blown away by the beauty and brilliance of so many of the entries," said Michael Feinstein, writer and member of Vashon's Mondays at Three Haiku Collective.

All haiku entries are at [www.mukaifarmandgarden.org](http://www.mukaifarmandgarden.org) and are on outdoor display on the Mukai Farm & Garden grounds. Visitors may stroll the grounds at a social distance from other haiku fans and enjoy spring foliage, the last of the cherry blossoms and beautiful poetry.

## The Vashon Loop

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# Get in The Loop

## Submissions to the Loop

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

### Have a Story or Article

Send it to:  
[Editor@vashonloop.com](mailto:Editor@vashonloop.com)

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Send in your Art, Event, Meeting Music or Show information or Article and get included in The Vashon Loop.  
Send To:  
[Editor@vashonloop.com](mailto:Editor@vashonloop.com)

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### COVID-19 Webinars for Businesses, Nonprofits and Self Employed

The Vashon-Maury Chamber of Commerce is collaborating with VashonBePrepared on a series of webinars focused on issues facing our business community during the COVID-19 pandemic. The series is on Tuesday and Thursday mornings at 9 a.m. to 9:45 a.m. and accessed through a link from [vashonchamber.com](http://vashonchamber.com). Topics like navigating the tax stimulus, unemployment benefits for employees, and issues facing self-employed, tenants and landlords, and nonprofits are discussed by local experts.

“We are trying to share immediate resources and aide for people to navigate and offer diverse resources that meet our island needs,” said Cheryl Lubbert, President of the Board of Directors of the Vashon-Maury Chamber of Commerce. “The Vashon Chamber is an all-volunteer nonprofit organization and we are putting these together as soon as we can. Our goal is to help all our bushiness survive, if not thrive, when this is all over.” For upcoming topics check: [www.vashonchamber.com](http://www.vashonchamber.com)

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

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

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

FOR QUESTIONS, OR TO SIGN UP FOR HOME DELIVERY,  
CALL THE FOOD BANK OFFICE @  
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### VIPP Cat House Temporary Closed, But you can Still Give BIG

The GiveBIG deadline has been extended to May 15. If you haven’t already donated to Vashon Island Pet Protectors, please go to [www.vipp.org](http://www.vipp.org) and click on the banner at the top of the home page.

### End of Life Questions and Planning

The Covid 19 Virus has raised a lot of questions for all of us. Honoring Choices Vashon is offering a series of Sessions focused on End of Life Questions and Planning.

END OF LIFE PLANNING - WHY NOT NOW?  
WHYNOTPAYATTENTIONINSTEADOFPROCRASTINATE?

If you cannot speak for yourself, for whatever reason, who will speak for you?

In ordinary times it is important to think clearly about your wishes and communicate them. There is no better time to pay attention and communicate those wishes than NOW during this uncertain time. You can speak to all the questions and decisions that will need to be made. We can help you, and we know from experience you will be glad you did. Your friends, your family, your Physicians, will all be glad you did! You can be your advanced care director!!

The first option in the series is to support you in completing your Advanced Care Directive which includes Part 1 & 2. It will be hosted by Jeri Jo Carstairs and Jane Neubauer and will take place on the internet using the Zoom app Monday, May 11 from 1:00 to 2:30. It is limited to 5 participants and you must preregister. We will send you materials for the session. Please send an email to register to: [janeonvashon@comcast.net](mailto:janeonvashon@comcast.net). You might want to watch one of the E resources videos on Compassion and Choices <https://compassionandchoices.org/take-action/staying-stronger-together/> before the session.

‘Let’s talk about Living and Dying’ is the second option of the session. This is a variation of our quarterly get togethers. Our topic will be ‘What’s on your Mind about Covid 19’. Susan Pitiger, Kim Eckhardt, and Jane Neubauer will host. We will use the ZOOM app for a discussion after you have watched this Compassion and Choices e-resource video National Healthcare Town Hall Decision Day <https://compassionandchoices.org/take-action/staying-stronger-together/> It will be held Friday, May 22 from 1 to 2:30. Registration is limited to 12. Preregister by sending an email to: [janeonvashon@comcast.net](mailto:janeonvashon@comcast.net).

If we have more interest, these sessions will be repeated. If you don’t like Zoom and want to talk, contact us.

**Next Edition of The Loop Comes out Thursday May 28**

Deadline for the next edition of *The Loop* is **Saturday, May 23**



Open Daily 9am to 7pm  
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# Playing Naked Indian

By Sean Malone and John Sweetman

‘Where are you going with My stepladder?!’ John’s mother yelled out the kitchen window..

He and his friend Gene were passing by with an old stepladder they had ‘liberated’ from the root cellar.

‘We need it for our new clubhouse’, the boys responded.

‘What do you mean... new.. clubhouse? What’s wrong with Playhouse that your grampa built?’

‘Well we can’t use it anymore.’

‘Why not? It’s got everything you need , and you boys put that stepladder back where you found it. Last time you two left it in the mud by the barn’

‘We can’t use the playhouse ‘cause it’s got... well it’s got ... girls... and they won’t let us in...because we bring dirt and.. cooties..’

john’s sisters and their friends had successfully staged a coup of occupation and so after replacing the ladder , John and Gene went off with whatever scrap they could find to build a ‘tree’ clubhouse... and strictly ...‘no girls allowed’ kind of tree house , not that any sensible girl would actually dare venture into such a flimsy structure that the boys had constructed about ten feet up in an old cherry tree. Besides the ladder was half rotten old rope with hacked off branches as crude footsteps which served to deter even the club members (both of them ) from using the ‘fort’.

The materials for our beach forts came in with the tide, with fresh pickings after every tide. If the log was too big, we used a rope or two to drag it along the beach. I yelled at Kit, our next door neighbor: “When you pass the rope under the log, tie it off with a timber hitch.” Uncle Bruce had been teaching us Boy Scouts how to tie



new knots such as a bowline on a bight or a timber hitch. “Run the line under the log and loop it around itself and then wrap it around the line under the log, forming a slip knot that is easy to untie.” When Kit had accomplished the knot, he threw the line over his shoulder and couldn’t move the log, until I added a second line to the log and we proceeded to drag the log along the beach at the head of Quartermaster harbor.

We had a big log just above the current tide line and proceeded to make a lean-to by dragging our new log to the front of the lean-to to support the 3 or 4 inch poles that would make up the roof. There was a huge island of kelp that had broken loose and we used kelp fronds and sea weed to make the roof waterproof, which it seldom was. Kit found the prow of an old rowboat sticking out of the sand and was able to prop up the bow with a driftwood post and Kit stayed dry when we didn’t.

Sean@vashonloop.com

## Heritage Museum Announces History Contest Winners

“Vashon is worthy of a poem!” So explained budding poet Josie Reiling, one of the winners in the 2020 contest held by the Vashon Heritage Museum for 9- to 11-year-olds, or 4th and 5th graders, each year. Thanks also to our sponsors who make the contest possible, Thriftway, Puget Sound Cooperative Credit Union, and 4Culture.

Results are in! More students than ever participated in this year’s contest, so additional prizes were awarded. This year the museum presented two \$100 first prizes, two \$50 second prizes and two \$25 third prizes. A new category was also added: History Buff. The winners in this category show a strong interest in history, and each received a copy of the illustrated book Vashon-Maury Island by local authors Bruce Haulman and Jean Cammon Findlay. Finally, nine students each received an Honorable Mention, for their entries were clearly worthy of recognition. Participants showed imagination and perseverance, especially important this year when the stay-home order has closed the library and the museum. Because of the current restrictions on life, all the entries were submitted electronically. For the same reason, in lieu of a celebration party, winners were announced on the Museum’s website this week.

Leif McBennett and Miriam Casad won the 2020 Vashon Heritage Museum contest’s first prizes. Leif, son of Tara McBennett, produced a historical essay, “Vashon Strawberry Industry,” illustrated with color photographs. He said this was the first time he had done

a project which involved writing that included information he had gathered. Miriam, daughter of Andrew and Michelle Casad, described the Salmon Bake at St. Patrick’s Church in Dockton and more recently at St. John Vianney.

Second prizes went to Brendan Blower, son of Aaron Blower, and Bennett Thorpe, whose parents are Laurie and Scott Thorpe. Bennett entered a stop action video using Lego characters to represent Native Americans in a landscape including longhouse, forest and beach. Brendan presented historical details about the Dockton Dry Dock.

Antoinette Guy and Alexis Delgado each won a third prize. Antoinette, daughter of Toni and Matthew Guy, presented an essay accompanied by a video collage about Maury Island’s flying saucer. Alexis, whose parents are Irene and Alex Tokar, included fascinating information about squid fishing in his essay about the Tramp Harbor Dock.

Our future historians who won the History Buff prize are Emily Rock, daughter of Taj and Danny Rock; Natasha Sullivan, who is Sarah Sullivan’s daughter; and Weston Dorr, who incorporated a lot of historical information as he wrote about Admiral James Vashon in a humorous way. Weston is the son of Alice and Russ Dorr. Emily’s essay, “Horse Riding on Vashon,” gives us a picture of this activity on the island, while Natasha’s essay concentrated on the island’s history.

The following students earned

# Spiritual Smart Aleck

By Mary Tuel

## We’re All Dealing in Our Own Ways

Some of us do not know anyone who has become ill, or died, in the coronavirus pandemic, yet. All the same I will begin by expressing my condolences to you who have lost people in this pandemic, or have loved ones who are currently ill, or loved ones who are fighting the virus as medical and other soldiers.

And gratitude to those of you on the frontlines, whether at hospitals or at the supermarket. You rock, you who keep us going.

A moment of silence, please, for all the havoc and sadness of this time out of time.

By now some of us may be feeling extreme financial distress, or extreme annoyance with our housemates. I hope and pray for you not to be in the toils of either of those.

I hear that there are people turning on each other, and their children.

Originally when I wrote this essay, I pled with people who were teetering on the edge of violence to get help. Then I looked up resources for people struggling with their violent tendencies. I was stunned to find zip. Nada. Nothing.

However, there are tons of agencies set up to help victims of domestic violence.

Also, there are so many therapists in West Seattle that I suspect the population there is entirely therapists. Also, most of them are women who use headshots that look like they are doubling as their dating site photos. I could be wrong.

So if you are a person dealing with anger at this point in your isolation/quarantine, I hope you can find some way to deal with that in a peaceful manner and not take it out on your family. Please.

Some of us are thriving and feeling extremely privileged now, even without money. Many of us feel like life is more humane since “normal” ground to a halt, and that however we come out of this time of isolation and quarantine, we hope that we will retain some of the good stuff – having more time to be ourselves, and time to be with our families and do things that feed us. It is grand to be getting enough sleep.

My grandson tells me he is doing much better in school now that he is doing it online. He is loving getting enough sleep. How many times have



we heard that teenagers would do better with later schedules and more sleep? But no. God forbid we set schools up for the benefit of the students when we need to train them to be worker bees.

But do not get me started.

One of the things some of us like about isolation/quarantine is how much money we are not spending. My bank sent me a note telling me I did not spend as much last month as the month before. Duh.

Of course, there will be some bills coming due for the online spending. Ahem.

Some people have spoken about how they have cleaned and organized their houses in this enforced time at home. I envy those people. I would like to clean and organize my home, but in order to do that I would have to get off dead center.

I have been meaning to de-clutter and organize my home for years. I have cleaned up some spaces temporarily, and they are a pleasure while they last, but soon there are piles of stuff again. I make those piles. It’s a gift.

The worst accumulations are paper.

So much paper. Now I have time to sort and toss. How much sorting and tossing have I done? A little. I have found recent stuff, and stuff from decades ago.

I have found old letters that I thought I could chuck, but my mother made notes on the envelopes: “This lady was the nurse at the home during the ten years we lived there. She was a jewel.”

The “home” was the orphanage in Texas where my mother and three of her siblings grew up. Nice to know there was a jewel at that orphanage. I know there were a lot of non-jewels.

So that one goes into the family history file, damn it.

Thanks, mom.

My roommate is using this time to make a garden. It started with two small raised beds and a greenhouse. Now there are two more small raised beds, two large raised beds, and a semi-dwarf cherry tree.

We are going to be mobbed with vegetables in a few months, providing we are successful in keeping off the deer and other vegetable predators. We are discussing fencing to discourage the deer.

Deer discouraging, not deer proof. I know that deer can fly, as can slugs.

Even knowing that deer and slugs can fly, I’ll ask you now: want a zucchini? Or two?

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**May 28**

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# The Man in the High Room With Stuff

By Peter Ray  
pgray@vashonloop.com

A bit before everything stopped and the physical journey could no longer be the destination, I already had the feeling the walls were closing in. In many ways, the situation was somewhat akin to the mythical tale of the frog in the slowly warming pot of water- in other ways it bore a striking resemblance to a processional glacier, but without the vast and bright reflective surface and the piercing and oppressive cold. This particular glacier was not in any danger of melting however, since it is comprised of boxes, papers, an assortment of electronica and things I had otherwise forgotten were still around. Some would suggest that the attic might be a better place for the bulk of it, but it was the situation in the attic, the one with rats a few years back, that forced an expedition to the upward regions to check on, secure and return things that might be deemed important in some quarters and that otherwise, if it remained as it was, would be left for the intruders- the roving, chewing, peeing and sometimes nesting pestilence, to reduce it to garbage can filler. And then there were other things of similar importance, although not of immediate or regular use, that gathered here as well, because they too would suffer at the hands of rodentia in the lofty regions, and we had no other alternative zone of piles, like a dry basement (or one of any kind for that matter) or a garage of any shape or form that would gladly be accepting transient but valued debris of any sort.

Finally it did get to be too much, the rodent incursion that is, and I went spelunking for active incursion points, braving spiders’ webbing and fecal landmines left by cats and did what I thought was a bang-up job in securing the borders. There was no longer a hint of any random rodent rumpus in the walls or ceiling at any moment, but at the same time, the debris field of depth and breadth did continue its creep behind my back as I sat in the “guest” room at my editing work station and did a pretty good job of ignoring any movement there, except for those crashes and slides of stacked papers or small boxes that happened to move as I required access to whatever was there of recent, relative importance and need. There was the option of breaking out the step ladder and opening the attic trap door and returning some or all of the piles to the higher realm, if not necessarily a higher purpose, but that just seemed like a lot of work.

I can’t recall what inspired a certain deep dive into one of these glacial boxes six or so months ago, but that wound up revealing a trove of color

slides I had taken of a protest march against the Vietnam war from nearly fifty years ago. As it turned out, the archivist at my high school found them extremely interesting and unique, and an assortment of scanned images from that collection ended up gracing the pages of the school’s quarterly, glossy alumni magazine, which was kind of cool. It got me to thinking about selective memory as it related to my photography over the years, because as it turned out, I had no real memory of the event until I found the photos. One of the things I have noticed over time is that, in many cases, I have fairly vivid image memories of many of the photographs I have taken, which is one of the things that sends me clambering through my piles of pics in search of a specific shot. In this case, it was like opening up a multitude of Christmas presents, with each one being at least a pleasant surprise, if not a downright exciting discovery.

On both of my cross country adventures of the last two years I have stopped at the home of a fellow alumnus who now resides outside of Denver. He is one of the reunion class representatives, and both times we have discussed our upcoming fiftieth (really?) reunion next year. One of the things that has been bantered about is the proposed reunion yearbook that is one of the traditional endeavors of that “grand” class. In thinking ahead about that, I dug out one of the boxes of negatives I had produced as photo editor of our senior yearbook back in 1971 and started to pick and peek through them. Some time right after returning from this past winter’s documentary festival in Missoula- my latest, and for the moment last journey away- I began to search for the second box of negatives I knew was around here somewhere in the rambling room glacier. Upon locating that, I began to randomly scan and digitally clean photos I knew had not been used in the yearbook, not because they weren’t good, but rather because there simply was not room for them all.

Speaking of glaciers, at times this scanning thing can be a process that is maddeningly slow. Even though the negatives have been stored in glassine envelopes or folded paper towels (not the height of archival rigor here) and closed in shoe boxes all these years, for some reason there is stuff that has crept in and speckled the surfaces of most of the film. This requires the attention of cotton swabs and film cleaner, a blowing off with canned air and still a bit of photoshop to make things just right. I know there is disagreement out there as to whether or not old images should be cleaned or not. I would rather that they be restored to as close to the original as possible than to suffer the historical dust as found. Just as then, back in darkroom and enlarger and developing tray times, bad prints were chucked, or spot retouched till they were clean to the eye. Photoshop just makes the fixing so much easier.

In these times of social media, I have found it fascinating to make a photograph and dump it into the internets and see where it goes. As it is, I do not spend much time in the dungeons and tubes of the internets, I just dump and run and answer questions when I can. If I spend more time there than that I generally find more arguments than I care to acknowledge, and so I take pictures and toss them in the collective viewing box and see what floats. What has been of interest of late for me is a few of the parallels I am feeling with this historical high school walk down memory lane, and our latest binge venture here at home with the teevee show known as ‘the Man in the High Castle’. As it deals with time warps and alternate realities, I have found as of late that my mind has been wandering over old ground seen through different eyes as I dig through these ancient images. Since the mystery man of this teevee show exists through the episodes in a world of cans of old newsreels from a couple of different realities, I can on some levels relate to his obsession and passion whilst sitting here with my boxes of ancient imagery. As the show deals with two different parallel worlds that have taken vastly different paths (in most ways), it is tempting to engage in the hypotheticals and what-ifs of where a slightly different turn might have taken me. But for the most part I avoid too many trips down or even toward the path not taken or the road less traveled- it’s interesting to speculate but mostly pointless and more frustrating than should be allowed.

One thing that has happened that I have come to accept as both a resident of the planet, as well as of this Island, is the synchronous surprises that happen when one tosses things out into the electronic or worldly stream and then sees what comes boomeranging back. As it was, I was agonizing over whether or not I should post pictures of the headmaster of my high school that I had a chance to snap while staying with friends on Cape Cod at the end of a summer swim league season. As it turned out, the headmaster and his family had a house next to my friends’ house out there, and while he was bringing in his boat to button down the place before the fall term started back at school I snapped some pictures of the process. It was a view that none of us at the school had experienced. As it was, and is I guess, the school had a jacket and tie policy for students and faculty, and here was the headmaster in sweatshirt, swim trunks and knockabout shoes. And so I clicked away, and one of the photos made it into the yearbook, and that was where the headmaster signed my book to me. And all was good, and so I figured the rest of the visual story might be of interest to some of my classmates on the facebook some nearly fifty years on. It turns out they were interested. It also turned out that one of his daughters was passed the pictures as well, and I found out just yesterday that she appreciated the post and would like high resolution copies for herself and the family. This is a request I will be more than happy to oblige, and I may even be able to deliver them in person at some point in the not too distant future. That is because I also just found out that she and her husband and their family live on the Burton Loop- yes, that Burton Loop. I suppose I should say- funny how that works- but this is Vashon after all.

# Heritage Museum Announces History Contest Winners

Continued from Page 4

honorable mentions. Grant Fitterer, son of Elizabeth and Dylan Fitterer, searched his memory to create his poem, “This Place,” and presented it on an abstractly painted background. Henry Jonasson, whose parents are Maia Chance and Zach Jonasson, drew his favorite birds of Vashon Island, the Northern Flicker, Anna’s Hummingbird, and Steller’s Jay. Charlie Irish, son of Chelsie and Jonathan Irish, shows Island historical scenes in a comic strip he drew, including events long ago and today. Matilda Strain, daughter of Lauren and Brad Strain, painted an orca in our waters against a dark sky. Maren Stern, whose parents are Jordan Howland and Gabe Stern, wrote a group of haikus in order to describe Vashon Island to us. Isaac Hobson, who is Kristy and Jamal Hobson’s son, explained how he came to live on this island. Zoe Star D’Artell, daughter of Deborah and Quinn D’Artell, created her own aerial dance and chose its music, both to represent feelings about Vashon. Lucy Ahern, whose parents are Shauna and Dan Ahern, wrote about “What Vashon means to me,” including experiences like drinking hot cider at the annual tree lighting. Finally, two girls did a project together: Emi Odegard, daughter of Haley and Eric Odegard and Josie Reiling, whose parents are Karen and Brian Reiling. They used lots of time on Zoom to consult with each other and write the poem, “Many Wonders All in One.”

Also participating were Sophia and Simon Lanphear whose parents are Damon and Rebecca Lanphear. Simon’s project was an interview with the owner of Anu Rana’s tea shop and Sophia did a large poster on “The History of the Blue Heron.”

Students indicated how much they learned about their topics as well as how to create and complete a project. Bennett said that he learned to have more patience, and Brendan said that this was the first project that he had ever typed. Antoinette had never done an actual site visit for a project before. Natasha said the contest “was a nice way to get to know where I live a little better.” More than one student found out, as Leif said, “There’s not a lot on the web” about their topic.

Our local 4th and 5th graders not only learned a lot about completing a project, they learned a lot about Vashon-Maury Island.

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# Island Epicure



By Marj Watkins

## Potatoes for Your Salad Days

A recent issue of Seattle Times carried a color-photo story about 250 acres of potatoes being about to get plowed under. What could that farmer be thinking of? As Mike Pink, the potato farmer, told the Times reporter, there was no point in nurturing his potato plants to maturity and then spending time and energy harvesting and trying to sell this year’s potato crop. He’d been freaked out by the novel coronavirus, and our governor’s command that we all stay home. With the restaurants closed, nobody would be going out for fish and chips or burgers and fries, or restaurant meals with mashed potatoes, Mike P. thought, so there would be no market for his spuds. None of his usual customers had put in their regular orders in April. He probably thought hoards of us would be hunkered down in front of our TV sets eating microwaved beans out of cans.

Take heart, Mr. Pink. In real life most of us normally eat at home. We sometimes make oven French fries by peeling potatoes and cutting them into French fry shapes. We toss them with olive oil, spread them on parchment lined baking sheets, then baking them in a 375 degree oven to an appetizing brown. Salt them to taste.

On hot days, we make potato salad early in the day and chill for a backyard picnic. Or we nuke potatoes in our microwaves for a quick carbohydrate to go with warmed up leftover meat and a lettuce, cucumber and tomato salad. Without Mr. Pink’s 250 acres of potatoes, we may be eating more pasta and more rice, millet, or quinoa.

Will it be with potatoes like it was with toilet paper for a while? I don’t really think so. Potatoes do not hoard well. Unless you have a huge refrigerator your potato hoard will soon put out

inedible shoots. One thing you could do is to cut a potato or three into chunks, making sure each chunk has an “eye”. Plant them in buckets or bucket size patio pots filled with dirt or potting soil. Water them occasionally. Potato plants were once grown for their beauty, They grow perhaps eight inches tall and produce pretty little lavender blossoms. In the fall, empty the potato filled buckets. Or dig into one of your ornamental pots to harvest your home grown potatoes. return the dirt to your garden scrub the potatoes and store in a dark place until you are ready to cook them.

We usually make a plain Scandinavian type potato salad garnishing it’s stop with slices of boiled egg and a sprinkling of paprika, but we also like other varieties. Here are, one from Germany, and one one from Poland. These are summer salads. In winter, Germans make hot potato salad.

Kartoffelsalat  
Serves 4  
2 lbs. Potatoes, peeled, cooked and chopped  
4 Tablespoons olive oil  
2 Tablespoons vinegar  
1 small onion or 4 green onions with their tops, chopped  
Salt and pepper to taste  
1 cup beef stock  
.   
Mix all ingredients in a pretty bowl. Refrigerate until time to eat.

Salatka Kartoflana z Winem  
Serves 6  
  
2 lbs. Potatoes, cooked in salted water, then peeled and sliced  
1 cup white wine  
1 stalk celery, sliced and boiled in a little water  
¼ cup chopped fresh dill or 1 Tablespoon dried dill  
3 Tablespoons lemon juice  
1/3 cup oil  
¼ cup minced parsley  
2 Tablespoons chopped chives or green onion  
¼ teaspoon pepper

Pour the wine over the cooked,peeled and sliced potatoes. Puree the celery. Combine 2 Tablespoons of the celery cooking water with the celery, oil, dill, parsley, lemon juice, chives or green onion, and pepper. Add this mixture to the potatoes. Mix. Serve and enjoy.

# Climate Change in Changing Times

I recently watched several videos captured on youtube illustrating the new emergence of wildlife in human developed areas around the world. Scenes of mothers of various species with their offspring in tow, busy exploring empty streets and parks. One video described the changes in Venice, the waters now clear without the disruption of countless boats, and residents spotting fish and dolphins in the harbors. People are expressing amazement that nature can rebound so quickly and excitement in the promise that nature can apparently still heal. The drop in fossil fuel emissions is clearing the air around the globe and unveiling horizons hitherto smothered in smog. I also recently read about the present glut of oil and the devastation of the shale industry and fracking as demand has plunged downward since shelter-in-place policies. My next thought was how Exxon Mobil had known for decades about climate change, suppressed the information of its own scientists, and instead pursued massive oil based profits. This is not an industry that actually should recover. The entire fossil fuel industry shares the same priorities as Exxon Mobil and they are priorities we cannot afford.

Throughout history, times of crisis expose both weaknesses and strengths. The lack of robust public health investment, comprehensive healthcare, or adequate social safety nets in the US has been glaringly revealed, along with the ideological priorities of the party controlling the White House and Senate. The US has become an epicenter of this pandemic despite being among the wealthiest countries in the world. One politician even suggested that the elderly should sacrifice themselves at the altar of the economy. But the economy is not some absolute entity; it reflects the power structures and social relationships of production, ownership and political will. The question is not about resources, but about distribution; the economy is a creation of human society and it can be motivated by other priorities than profit. The 2008 mortgage crisis saw a massive transfer from public to private wealth. But we didn’t have to subsidize major corporate industries unconditionally. We could have required auto industries to prioritize electric vehicles. We could have broken up monster banks, and reinstated the role of smaller banks as lenders to support small businesses instead of huge speculators in finance capitalism.

We could have protected homeowners. We could have created the social safety nets for citizens and the regulations on business needed to protect our population from financial ruin and untold suffering in the future. What about this time? The world order is cracking again. Can we move forward toward a green new deal?

Watching those videos gave me hope but also broke my heart-we have a choice. The now clear waters of Venice can turn gray again with no more dolphins, the Himalayas can disappear again into the haze, our own communities can again push back the wildlife struggling to coexist against the terrible odds we have foisted upon them. Or we can understand that our own wellbeing, and that of our children, is aligned with those dolphins or those birds or those wild boars. I feel hope that this rapid incursion illustrates the resiliency of nature and ecosystems to heal, but also grief that business as usual will again betray our shared interests. Solving climate change will require changes that also resolve existing social injustices, and protect both the needs of human beings and wildlife. Yes, our children and the children of the wildlife now exploring new places are different species, but both are children of our single planet and their interests are inseparably aligned. We need to organize our human societies to protect them both. The many examples of mutual aid and human compassion this pandemic has motivated in our citizenry show our strengths; now is the time to require the same of our society as a whole.

Please join Vashon Climate Action Group for an online general meeting on May 17th from 3-5 pm. We will be joined by Dr. Sandra Steingraber, renown scientist, teacher and author who was pivotal in the struggle that banned fracking in New York State. She visited Vashon Island last September to speak at a screening of her documentary Unfractured. She will discuss working to resolve climate change in these times. Following Sandra’s talk we will lead a discussion on how we can learn from this current crisis to address the bigger crisis of climate change. Contact [suzannegreenberg@gmail.com](mailto:suzannegreenberg@gmail.com) to receive a meeting invitation.

Maia Syfers  
Vashon Climate Action Group

## Mukai Farm & Garden First Haiku Festival Contest Winners

Continued from Page 2

From First Place Awardees:  
**Heritage**  
Evacuating  
Japanese-American  
Scouts carry our flag  
--Jennifer Gogarten

**Nature**  
Winter comes. Under  
A soft blanket of clouds the  
Mountain sleeps til noon  
-- Yvonne Belshaw

**Emotion**  
The funeral home  
She bends to straighten his tie  
For the final time  
--Mel Goldberg

**COVID-19**  
Asian physician  
Battles virus at clinic  
Battles hate on street  
--John Okamoto

**Funnybone**  
Daylight savings ends  
The clock that hadn’t been changed  
Accurate again  
--Ronald Simons

**Pre-K/Toddler**  
Garbage trucks have hands  
They have forks and one arm yeah  
That’s how much they have  
--Wildfred Gogarten

**Youth**  
The simple beauties  
Make my heart sing with the joy  
Of this blue green world  
--Ella Odegard

**Young Adult**  
A lonely bird sits  
In a tree made of sorrow  
Waiting for its mate  
--Jolyon Gogarten



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Aries (March 20-April 19)

One of my boldest, most outgoing girlfriends ever, a French woman named Sabine, once said to me, in a fit of frustration and angst: Someday I will succeed, and speak. Ask yourself what you have not said. Take these next six weeks of Venus retrograde in Gemini and make an inventory. Keep your own counsel for a while, and reflect in a deep and sincere way. Write it all down: what you have not told lovers, parents, friends, children, or colleagues. Once you get a sense of what the scope of the material is, ask yourself about your need, or motive, for not speaking up. Do you feel like something is stopping you? Are you blocking yourself? Do you gain something, or lose something, as a result? I am not suggesting you open up now, but rather use the Venus retrograde phase, approximately now until the end of June, as a time of reflection. Be aware that silence has consequences. You may already be aware of that. Speaking your truth also has consequences, and is the first step in reclaiming your power.

Taurus (April 19-May 20)

You feel two ways about many things. There’s often a dialog going in your mind, which at times makes you want to go out for ice cream and leave yourself behind. The question you might ask is, are you really involved in a true dialog in there? Or is it something else? A dialog would lead someplace useful, so you might use that as a metric. The central matter of Venus retrograde involves deciding how you feel about some of the most important personal matters. This may seem like it will take a lot of sorting out, though the chances are you already know how you feel, and the endless ongoing deliberation is what derails you from getting with your true values. There is also the matter of commitment. Vesta, directly involved with the Venus retrograde, translates commitment to devotion. The difference is that one is usually an external assertion and the other is an internal state of being. What you’re devoted to is usually revealed in who and what you keep coming back to.

Gemini (May 20-June 21)

Venus stations retrograde in your sign this week. This journey, which spans between May 13 and June 25, has the potential to be a turning point event in your inner life. You are meant to discover something in your relationship to yourself. While this will not happen overnight, there will be moments of discovery and revelation. Your role is to notice them and bring them forward into your conscious life. Your new knowledge becomes the basis for new decisions — that’s what it’s for. It’s up to you to make your personal truth into something that has substance and also remains open to fresh information — but mostly, to use what you know. Twice before in recent times, you’ve been at a similar turning point: this time of year in 2004, and then in 2012. Consider both of those in terms of their “before and after” value. This time, though, you’re ready for something you may not have been ready for in the past. There is something you must give up, to make room for something you must gain.

Cancer (June 21-July 22)

In astrology there is a concept known as the 12th house. It’s the zone in one’s awareness where it’s difficult to acknowledge and admit what is there, because it’s not so easy to perceive. It’s like there is a place in the mind that plays hide and seek with you, or you with it. Now,

though, you have an advantage, as there is some unusual presence: the retrograde of Venus, in a conjunction with Vesta. These are powerful allies in your quest for inner truth, particularly in some of the most intimate and sensitive aspects of your life. Just one thing is asked of you: come back to the work every day, and in a sense, keep at it all the time. You bring the quality of devotion: of attention to your own thoughts and feelings. These might not be easy to discern at first. You are clearing an inner fog, which means that at the moment your sight distance is limited. But at least you know that, and you can develop other sensitivities. For example, sound travels better under these conditions, so for now you might depend on your hearing, and simply listen to yourself.

Leo (July 22-Aug. 23)

One of the most overwhelming aspects of life in our time is the obsession over image. Life was not always a nonstop public relations campaign. Over the next six weeks of Venus retrograde, it will help if you take time out of public view. With much social life happening in social media, this may not be easy for you. Yet as with certain scientific or medical procedures, there is something you can learn only under sterile conditions, which in this instance means in the sanctity of your own mind and feelings. What you’re looking for is an understanding of how you shape and mold yourself to be presentable and acceptable to your “constituency,” which is a distraction from your inner work and inner awareness. Give yourself the time and space to reconnect with the person within you who is not subject to all of this modification and image grooming. Remember what your life was like before every word you said or wrote was documented and scrutinized.

Virgo (Aug. 23-Sep. 22)

Your most important mission may not be the most lucrative. In our money-based society, that’s too often how we think of it, frequently filtering out important work because it does not meet the criteria in dollars and cents. I suggest you set that aside for now, and notice what you are devoted to as a matter of an organic calling, that draws you in year after year. True devotion is something that works through you. It’s like flowing water following the lay of the land. Yet a fire metaphor is more appropriate: the flame you keep returning to tend. It may be something you consider important, or something you might not think is so relevant. It’s what you keep coming back to. Do more of that, and deepen your relationship to it. Do not place upon this work the burden of being profitable. Be willing to support it any way that you can. As you do this, a particular inner conflict will resolve, and you will gradually find your way to a clear space.

Libra (Sep. 22-Oct. 23)

In our world, way too much emphasis is placed on belief. We would do well to eliminate the concept entirely, and instead, replace it with something useful, like the quest for knowledge and understanding. To believe something is what we do when we don’t know, don’t understand, and are not on a conscious quest for answers. Belief goes right to the supposed destination without actually getting there, but it has an even more serious problem. Most belief is based on some external authority, in the style of “That person said that what that other person said is (or is not) true, so therefore I believe it (or I don’t).” Your faith is not about all those

other people. This is particularly true in matters that pertain to you, and your relationship to existence. We might say your relationship to yourself, but that can get messy in terms of all the inner voices involved. Existence is your relationship to what is vastly bigger than you are. Here, belief is a shabby substitute for your true quest.

Scorpio (Oct. 23-Nov. 22)

You are entering an unusual phase of your relationships, though you may have picked up some indications of what is developing. It may seem like a relationship partner is changing, perhaps becoming less available. Maybe there has been a shift in the dynamics of your sexual attraction, which you cannot quite identify or name. You may feel like you’re not getting something that you dearly need, or as if someone previously close to you is not available. I would propose that you frame the situation this way: what can you offer someone to facilitate their growth, in some way that might not benefit you? In fact you may see it as working against your interests or emotional needs, which it’s now your opportunity to set aside in service of their needs, desires, or current situation. That may include holding space for their ambiguity, including about your relationship. Supporting that will mean suspending your expectations and allowing someone you love the space to seek their own self-understanding.

Sagittarius (Nov. 22-Dec. 22)

Our society in its fictional presentations emphasizes the romantic elements of relationships, which include all kinds of passion and glory, or meaningful tragedy. There is a kind of grandiose quality to stories where people’s love becomes the center of the known universe. Then what we mostly get is everyday ordinary life. It is noteworthy when people share mutual respect. It’s significant when they offer themselves the space to truly live their lives as individuals as well as members of a partnership. You need enough distance in a situation where you can feel directly that you have a relationship with yourself, the people you engage with have relationships with themselves, and then there may be a few places where the two meet. There may not be fireworks or moonlit balconies at those juncture points. But there would be honesty and that will facilitate a sincere conversation, which may begin with agreement on one seemingly simple idea.

Capricorn (Dec. 22-Jan. 20)

You have some leftover work to do from the past. This is the completion phase of a much longer project: what could be called closure. You are soon to embark on a new and unfamiliar phase of your personal journey, and I would propose it would be best not to bring along any unresolved material that you can actually address. You may know what I’m talking about. If you don’t, consider what matters keep coming up again and again for you, even if you thought you left them behind somewhere in the past. I suggest you turn around and face directly whatever this might be. Address any feeling that you will never get over it, or that the scenario is hopeless. Pay particular attention to where you feel guilty or shamed. That, in particular, will orient you on the nature of what you’re working with. Take a new look at this. Notice any assumptions you’re making about the “quality of your character” or whether you’re good enough to be approved of by someone. That is your material, not theirs.

Aquarius (Jan. 20-Feb. 19)

One potential downfall of Aquarius is its serious cast. Your sign can have a heavy or perhaps rigid intellectual quality that has a way of holding you back. What

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Road to Resilience

Continued from Page 1

was not that great. In fact, one might say it was naïve, short sighted, cruel, and it was moving not only our civilization but the entire life system of the planet toward certain destruction. In the midst of it, most of us have struggled to find any meaning or direction whatsoever. The coming of the pandemic is kind of like a benevolent Yahweh gently but firmly stopping us rather than drowning us all in a flood or scorching us with a nuclear cataclysm. With that incredible restraint, our attention has been gotten, and it is incumbent on us to learn something important from it. And it is not just about viruses.

When we come out of this, will we still be concerned about who gets to have the best and the most, or will we be thinking in terms of the welfare of all? Will the “wild west” world we live in submit to law and order? We in the US are especially loath to lose our right to do unto others as we see fit. Could the UN at last become a governing body? The Pandemic, again, is the piece de resistance.

For years, we have been trying to stop the great juggernaut that has been burning through the world’s resources, destroying lives and livelihoods, and making our climate uninhabitable. Now, it has been stopped for us in the most gentle way imaginable. Why would we rebuild something that was destroying the world when we could build something that healed instead? I don’t know about you, but I rue those times when I’ve failed to act because of lack of attention, courage, confidence, or imagination. I don’t want to make that mistake this time.

Comments? terry@vasnonloop.com

this week’s beginning of Venus retrograde emphasizes is your sense of play. I suggest you retrieve the little kid in you and make friends with him or her, or maybe it’s twins. Do something you love just because you love it. Productivity is irrelevant; this is about pleasant activity that offers you the space to indulge your curiosity. That means eager to know and desirous of seeing for yourself. As you do this, you may notice the ways you held back this craving in the past. Did anyone tell you that what you truly cared about was in some way irrelevant? Did you pick up on someone’s signal and tell yourself? Explore your way through that feeling and get to the part where you give yourself permission to have fun, for its own sake.

Pisces (Feb. 19-March 20)

Your home is your most precious resource, and in particular, your kitchen. Let’s start there: invest time and resources into your food preparation area. Do some deep cleaning. Attend to the stove area first. Then dig out the fridge as an offering to the goddess, wash and recycle, and replenish with your favorite foods. Then go through your home room by room, space by space, and organize each around a central principle. This is the greatest gift that Venus retrograde in Gemini has to offer you. You probably like things bright and fresh during the day and the lighting subtle and understated at night. Make all that possible. Your home is what feeds you. It’s where you belong, and it’s the one place in the world where you must feel both safe and confident enough to be yourself. If you live with others, sign them up for this program. Your leadership here will come naturally, and people will feel good about the results.

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Remember to boost your immune system, that's your best defense right now. As usual, we are here to help you with that!

Stay healthy, my friends...



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