Vol. 17, #12

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June 11, 2020

# Ink To Spill Explores The Tensions Centered Around Immigration

Beloved alt rock outfit Ink To Spill is back with their most dynamic hit yet, set to release on Thursday June 25th. "Where Went Josè?!" explores the recent turbulence caused by stricter laws around immigration reform. The song delivers a story of betrayal and grief expressed through the innocent eyes of a child. The song isn't shy about diving right into its grim nature as a young boy discovers his classmate and best friend Josè has been captured by ICE and shipped back to the country his parents left decades ago. Betrayed by the realities of our current political divide, Ink To Spill sheds a necessary light on a tough topic through captivating lyrics and powerful instrumental production. The song builds organically from beginning to end as the sounds of electric guitar gain momentum to instrumentally create the feeling of anger, resentment and ultimate deception by the country we once knew to be free.

The current state of our country wants to have it both ways; a low-wage-accepting, hardworking workforce but one that looks the way they want them to look and to speak the same language. Ignorance and unrealistic expectations have led to a very clear division politically and musicians



have not taken it upon themselves to shed light on the issue. Ink To Spill is never too shy to take a bold stance and by doing so they prove the effectiveness and overall creativity of a conceptual track. In "Where Went Josè?!", the band continues to explore new territory by incorporating a bit of Hip Hop influence behind what is normally a traditional alternative rock sound shuffled in notes of Americana and Blues.

The members of Ink to Spill live coast to coast; they create with one another remotely *Continued on Page 5* 

## The Road to Resilience

#### Inequality

As we engage our "nineteenth nervous breakdown," courtesy of Officer Chauvin's casual murder of George Floyd, I begin to think that somebody or something is trying to tell us something. As a result of deep-seated racial prejudice, a climate crisis, a pandemic, an economy in ruins, democracy in mortal danger, and general religious, ethnic, and gender intolerance, we have a society teetering on collapse. Obviously, we can say that we are getting some things wrong, but are they a bunch of different things or can we narrow it down to a thing or two?

I'd like to speculate that the common thread in all of these is inequality. As we consider the implications of this, I think we begin to see how deeply rooted it is in all the institutions on which our society is based, and how radically we are going to have to change in order to address it.

In the dawn of civilization, when we first began to aspire to luxury and leisure, the biggest obstacle was not lack of abundance, because that was always there. Food needed to be grown, harvested and prepared. A big comfortable house needed to be built and maintained. Clearly, in order to have our cake and eat it too, we needed somebody to help. But why would somebody that wanted the same things you want spend their time getting these things for you?

To bend them to your will, you had to exert control over them either by threat of force or persuasion. We invented war, racial and ethnic superiority, politics, pursuit of wealth, and religion. The

By Terry Sullivan,

conquered became slaves as did people of different races or ethnicities. Religion was used effectively to garner service from supplicants without having to offer anything of substance in exchange, and, as experience has shown, we can rationalize anything in the name of religion. With these constructs, we invented hierarchy: kings over all, master over slave, men over women, man over nature, white over black, rich over poor, believers over heathens, and so on. The invention of private property insured that nobody could easily take your advantage away. This is what we now call wealth, which in my mind implies a poorer class that has to work for you. Technology has provided machines to replace human or animal servants, but we have found the institutions of wealth and hierarchy, and the resulting inequality, to be advantageous to the few that manage to attain the top

That advantage came into its own with the concept of rent, by which an owner could lend out their wealth to another and earn more wealth without actually having to do any work at all. Henry George wrote a book 135 years ago decrying the injustice of rent, and the fact that you probably never heard of him is telling. When all real estate is mostly privately owned and little left in common, and half or more of the people can't afford to rent much less buy that housing or real estate, then we find ourselves in a real bind. Somehow, we need to create a new economy where everybody is able to access shelter on their own. Community Land Trusts can provide Continued on Page 7

# VYFS helps our Latino neighbors before, during and after COVID-19 Crisis

Over the last two years Vashon Youth and Family Services has been steadily expanding its support of Vashon's Latino community. Today, VYFS supports our Latino neighbors seven days a week, listening and assessing their needs and providing referrals and resources that support and strengthen families. These consistent support efforts have become increasingly essential during the COVID-19 crisis as unemployment, anxiety, fear and need have all grown exponentially.

Staff spotlight: Mariela Franco VYFS Latino Outreach Director

The determined work of Mariela Franco assesses, informs and connects our Latino neighbors to resources that are available to them as Vashon residents. Through her outreach, Mariela is able to close communications gaps and make assessments of how Latino families are doing and what services and resources they need. She communicates and connects with them in a way that empowers and support families, including dissemination of important information, weekly food distribution, scholarships for Vashon Kids, referrals to licensed mental health counseling at VYFS, and parenting support and education from Family Place. These services are provided by VYFS in bi-lingual environments that are safe, supportive and combat feelings of fear and isolation.



Mariela Franco

"At the core our efforts use a person centered approach. We listen deeply, with genuine care, allowing clients to inform the process of how we can best help them," explains Mariela. "By listening deeply and respecting their confidentiality we develop trust and are able to provide services in an environment that is safe, confidential and compassionate. The purpose of the VYFS Latino Outreach Program is to empower and support families and individuals, to bring community together, and to unify our Island."

Community partnerships are key to the success of Mariela's efforts. Her outreach directly connects Latino families not only to VYFS programs, but also to other Island organizations that advocate on their behalf and provide direct support. *Continued on Page 2* 

# Health Care District Appoints Superintendent

By Eric Pryne

Veteran Washington health care executive Eric Jensen was appointed Superintendent of the Vashon Health Care District by the District's board of commissioners at its regular meeting June 3.

Jensen's appointment as Superintendent was the culmination of a process that began in March. Job postings for the position attracted a number of qualified applicants from Washington and out-of-state. Applicants

Jensen has 30 years' experience as a health care CEO, including 24 years as the chief executive of public hospital districts in rural or semirural Washington communities such as Vashon. Most recently he was CEO/Chief Integration Officer of a hospital in Toppenish.

He is a former chair and board member of the Association of Washington Public Hospital Districts. Jensen also has served on the board of the Washington State Hospital Association and the Governor's EMS/Trauma Care Steering Committee.

He has a long history of involvement in community organizations in communities in which he has served, including the Chamber of Commerce, United Way, Rotary and the Kittitas County Board of Health.

Jensen's appointment as Superintendent was the culmination of a process that began in March. Job postings for the position attracted a number of qualified applicants from Washington and out-of-state. Applicants were screened by a search committee consisting of Commissioner and Board President Tom Langland, Commissioner Wendy Noble, and Vashon residents Alan Aman, a health care executive, and Patricia Haley, a retired health care consultant.

Finalists were interviewed by the full five-member board of commissioners. Jensen was their unanimous choice.

"We're thrilled to have an executive with Eric's experience to help the District find a path toward sustainable health care on Vashon in these tumultuous times," Langland said. "He has just the right skill set for us."

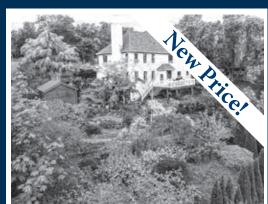
"I look forward to assisting the Vashon Health Care District as it works to

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## Windermere

#### The island home experts



GLORIOUS GARDENS - This 4 bdrm home enjoys views of the Sound and Mt. Rainier, fine finishes, and the privacy of a double lot. Stone patios, terraced gardens & studio. #1594623 \$779,000



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-Dr. Seuss

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## Class of 2020 Senior Parade

A car parade honoring the Vashon High School Class of 2020 graduating Seniors, Saturday, June 13th, 4:00pm -5:00pm

(At 6pm the VHS Virtual graduation commencement will launch on YouTube)

Parade starting point is at The Harbor School 15920 Vashon Hwy SW. It will be led by a school bus and the principal and vice principal.

MIDWAY-Voice of Vashon stage will be outside the studio in town with Kevin Joyce and Martha Enson announcing the graduates as they cruise by.

END-The parade ends at the Vashon High School 9600 SW 204th St. for a diploma pick up.

(Campus closed to spectators). VHS Campus will be closed to the public with no visitors allowed. Families and Friends are encouraged to park along the parade route, remain in their vehicle and honk and holler to the grads as they drive past.

Please come and line the roads of Vashon Highway all the way to the school to honor thegraduates on their success. (6 foot distancing and masks



recommended!)

Roads will not beclosed, however there will be two police officers on duty to direct traffic atthe main intersection uptown and at center from 4pm-5pm.

The livebroadcast of the emc's will occur from 4pm-4:30pm as the parade passes VOV andbe aired on VOV 101.9FM.

At VHS the Diploma Stage will be live streamed & recorded for viewing on VISDTV and YouTube.

The pre-recorded virtual graduation will be available for viewing at 6pm on VISDTV and YouTube.

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#### **VYFS Helps**

We wish you all the BEST!

Continued from Page 1

VYFS works closely with many Island partners including the Vashon Food Access Network, Vashon Food Bank, Indivisible, St Vincent de Paul, Interfaith Counsel, DOVE, Vashon Be Prepared, and Backbone Campaign.

"Mariela's work allows VYFS to check-in individually with families, to visit socially in order to combat isolation, to check-in on the kiddos and see how they are doing, to listen and identify additional stressors that VYFS and our partners can help alleviate," explains VYFS Executive Director Jeni Johnson. "It is really heartening for me to see how Vashon comes together to value and care for our Latino neighbors."

VYFS has also established a contract with the Vashon School District that supports families, helps them navigate the school system and works to advocate for racial equity within the District. For Latino students learning English as a second language, the feeling of being an outsider can be devastating. VYFS has established dedicated communications channels that bridge the gaps, help students integrate and provide assistance including tutoring and translation. During COVID-19, much effort has been focused on helping Latino students get the assistance and technology they need for remote learning.

"Building trust is key to supporting our Latino neighbors," says Mariela. "They have the same needs and anxieties as other families in crisis, but it's harder for them to access what they need. So VYFS is here to support them so they can remain resilient in spite of so many challenges."

#### 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. Photos are welcome as jpeg or pdf attachments.

## Have a Story or Article

Send it to: Editor@vashonloop.com

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Send in your
Art, Event,
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#### **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

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Visit the Vashon Chamber on line at www.VashonChamber.com



Sudd's Laundromat wants to congratulate all of the Vashon seniors graduation this Saturday you don't have the typical graduation but you do have one that we wont forget. So from the whole crew and our family we send you love and good wishes stay safe and congratulation on your accomplishment we are very proud you . Cole Matthew Robert Parks and Jenna Harold and all the Seniors

17320 Vashon Hwy SW

(Located across from Pandoras Box)

#### **Pride Month**

The Vashon Island Queer Task Force is offering two free virtual pride events this June. Join us Thursday, June 11th for a Parent-Talk panel, where local parents and therapists answer your questions on how to best support your LGBTQ+ child. Curious about LGBTQ+ history? Make sure you check out the LGBTQ+ History panel on Thursday, June 18th. These events were created in cooperation with The Heritage Museum and The Dove Project. For more details and Zoom links, check out their respective websites. We look forward to seeing you there!

#### Virtual Events Throughout June

## VASHON PRIDE





June 28th VIRTUAL PRIDE PARADE

June 15th Lesbian Literature June 11th Teen-Parent Panel June 18th LGBTQ History



visit VashonPride.com

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## Next Edition of *The Loop* Comes out Thursday June 25

Deadline for the next edition of *The Loop* is

Saturday, June 20

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## Kids Smoking and Other Bad Habits



By Sean Malone and John Sweetman

Everyone smoked in the 1950's, or, so it seemed. Our Grandma Ollie smoked chesterfields and when her feet hit the ground in the morning, she would sit on the edge of her bed in a coughing fit, and reach for her cigarettes. Both Mom and Dad smoked; though Dad not as much and it seemed that everyone smoked different brands. Kit Bradley's mother smoked Herbert Tarryton's and Aunt Pat and Aunt Verna smoked Raleigh's for the coupons that came with every package, entitling them to a set of pots and pans when they had gathered enough coupons. Mom's brother Tom lived in the small town of Hillsboro, Oregon where the cigarettes were not taxed. Before we left for Oregon, Mom would get orders for cigarettes from the neighbors down at Cove and save them half the cost of their bad habit.

"Mike, what are you doing in Mom's purse," Sister Molly asked, as Mike dug around in the bottom of Mom's purse for tobacco that had fallen out of her cigarettes. When Mike had enough tobacco, I would help him roll it into a cigarette we had a code-name for; "JUD." Or, sometimes called a "cig." If we used the word "JUD", it was in the sense of something sacred as in; "Hey! Kit," (we were at grade school) "There is nobody behind the gym. Let's go smoke a "JUD." Or, do you know how many "JUDS" Dale has; I think I know where he has them hid. Then we could take them and hide the "JUDS" somewhere else where Dale couldn't find them to use at school to trade for things like a slingshot or even a worn out BB gun if it still worked. Most of our stuff was second hand or much worse, like my bicycle that had been through five owners. Or, at least, "That's what Cappy Berard said, and he didn't know that peaches grew on trees, before he came to Vashon." Cappy's bike had no fenders, so when it rained, I came home with a mud stripe up my back. Or, I just don't

#### **Health Care District**

Continued from Page 1

promote and maintain accessible health care on the island," Jensen said. "I know Vashon presents unique challenges, and I appreciate the trust the commissioners have placed in me."

Jensen's position is part-time and starts June 15.

The Vashon Health Care District (King County Public Hospital District #5) was established by Vashon voters in November 2019. Its mission is to promote and maintain the health of the residents of Vashon and Maury Islands by supporting accessible, quality primary health care through community partnerships, shared decision-making, transparency, and responsible stewardship of resources.

remember taking the fenders off. It made the bike look cool. I painted the frame, red including painting over the schwinn chrome plate on the front of the steering column. Decoration for any reason was embarrassing. We wanted to be tough; at least, that's the way we looked at it.

What Sean relates is pretty much true..Everybody smoked. In those days cars came with ash trays dispersed even more abundantly than today's coffee holders. And in the fifties ash trays were not used as receptacles for loose change or ferry tickets.. While most of Sean's family smoked, most of my family did not with the exception of my grandfather and my uncle Bill. My grandfather smoked fancy Cuban cigars and hand rolled cigarettes and my uncle Bill preferred 'Lucky Strikes'. In the office buildings of downtown Seattle the receptacles for ashes were everywhere and people even smoked at lunch counters.

So it is not surprising that we kids occasionally snuck a few 'fags' or 'cigs' from family sources and experimentally shared them..

One time my grandfather half finished a 'Romeo and Juliet' Cuban cigar. He left it unattended as he was called out to some duty as a port Townsend engineer.. And. Seizing opportunity I snagged the remains. His other favorite was 'juan de fuca' and I still have an empty box dating from goodness knows when.

Well with such a treasure I had to share and so I shared with my grade school friend Gene Amundson..such a sharing should not be repeated as both of us got green faced throw-ups as we tried our best to inhale in the back of a garage.. We did not enjoy dinner that evening. it was only later that we figured out that my grandfather never really inhaled the smoke, and he always smoked outside in the late afternoon with the breeze blowing a bit away from grandma...

Sean's mom's chocolate was another holy place. At least that's the way we looked at it as kids, mainly, because it was hard to get to from the top of the counter, where I had to stand on my tiptoes to reach the jar with two kinds of cooking chocolate in it. Sometimes the chocolate was wrapped, but more often, the thick and very hard chocolate was either bitter or sweet. Sometimes the sweet was a lighter color that could fool you. I can't believe that Mom didn't know that we had been nibbling on her chocolate, not the bitter stuff, but the one we left our teeth marks in. All those years at Cove, stealing Mom's chocolate and she never mentioned it.

Sean@vashonloop.com

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## Spiritual Smart Algek

**By Mary Tuel** 

#### **Interesting Times**

Remember that old Chinese curse? "May you live in interesting times."

The curse is working.

A lot of people are feeling despair over all that is happening - the pandemic and the pressure of being in isolation for so many weeks; the rise of white supremacist neo-Nazis; the murder (lynching) of black people by the police and any arrogant, frightened white person with a gun or whatever weapon is at hand, like a knee, truck, or rope, etc.; the clear not only lack of true leadership from our president but his more and more apparent separation from reality, most recently manifested in tear-gassing and firing rubber bullets into some peaceful protesters so that he could walk across the street and get a picture taken of himself in front of a church, holding

This was such a blatant display of hypocrisy I do not know why that poor abused Bible did not burst into flames. Heck, I don't know why the guy himself doesn't burst into flames.

Oh, if only physics had a conscience. We were taught to love our country. We were told fine stories of great men who wrote and spoke glorious words, who said that all men are created equal.

I am going to repeat myself now, because I have said this in the past: We were not taught that "men" only meant white European men who owned property (some of which was slaves).

Not women, not people with brown or black or any color than white skin, certainly not our country's indigenous peoples, some of whom owned slaves, and some of whom resent that black activists have not brought indigenous peoples along in their fight for equality.

This is more complex than you think.

Now we are seeing our beloved country getting its poxy white skin ripped right off, especially the skin of white policemen who feel they can kill/murder/lynch black people with impunity and get away with it because that is exactly what they have done for so long.

The Civil Rights movement of the 1960s was tumultuous and entwined with the anti-Vietnam war movement. There were riots, assassinations (Malcolm X, Martin Luther King, Bobby Kennedy, just for starters), war in the streets of Detroit in 1967, and a war in Chicago at the Democratic convention in 1968.

Hubert Humphrey was nominated



there. He lost to Richard "Tricky Dicky" Nixon, a smart guy who would have been a much better president if he had not been mentally unstable and had not resorted to criminal measures to get what he wanted. Oh, and he was a right-hand man to Joseph McCarthy in the 1950s, chasing Commies, many of whom were not Commies.

Anyway, when the Black Panthers were making white people pee their pants (Black men! With rifles!) and the men of the Nation of Islam stood in long lines in their long black coats and hats, man, I'll tell you, they were every bit as scary as the lines of bubble helmeted policemen with their kill clubs were then and are now

After the passing of Civil Rights Acts in the sixties under the presidency of Lyndon Johnson (a much despised president who also started Medicare and other social programs that latter day Republicans have been deconstructing as fast as they can), after police murdered black activists in the streets and asleep in their beds, after the Vietnam war was halted, after black actors began turning up in television commercials and shows, and blaxploitation movies became popular, after the advent of busing and affirmative action and college admissions quotas, there prevailed a false sense that racism was beginning to be a thing of the past - at least in the minds of some white people.

Non-white people have always known that was a lot of hooey. Racism only went into hiding for some people. It became visible with a vengeance during the Obama administration.

Black people have politely pointed out that lately we have become aware of the persistent and random killing of black people because people now have cell phone cameras and can make videos of white people murdering black people, as in the case of George Floyd, and Ahmaud Arbery.

Watching a person die while you hear his voice fade, or you see his body reel when the gun blast hits him, begins to make this centuries old practice of treating black people as animals to be hunted down and killed real, and repulsive, and impossible to ignore or dismiss, and maybe, just maybe, you begin to grasp why people say BLACK LIVES MATTER. Because in the entire history of the settled white European presence on this continent, black lives have not mattered.

Brown and Red lives have not done so well, either, but I have to stop now.



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## Island Life Discovery

By Peter Ray pgray@vashonloop.com

There was an active advertising campaign by a certain car company at a time now many years passed, that was geared to urge Americans to "See the U.S.A. in your Chevrolet". It was the Chevrolet that was cast as the gleaming chariot that would carry anyone willing to buy into the Chevy dream straight out into the beckoning, golden sunset whilst taking in the natural wonders one might find just around any corner way out there in these United States. In the summer of 1964, it was indeed a white Impala station wagon that took my family from the suburbs of New York City to Colorado and Montana and the wilderness of British Columbia and back along the still under construction Trans-Canada highway and home again.

I kind of remember Denver and what seemed to be impossibly high step-ups from the street to the sidewalk, at least it seemed like a tall order for me at the time. I remember the Going to the Sun highway in Glacier National Park and my Mom freaking out at the drop-off at the edge of the road, with no guardrails to keep anyone from plummeting over the edge. I vaguely remember just barely getting over the province line into Yoho National Park in BC and how light it stayed late into the evening in August. This was the first of our family camping trips with our Apache tent trailer, and my Dad and I would regularly compete with ourselves in trying to best our setup time at each camping stop. I also recall dealing with a set of mixed emotions as we headed off onto each gravel road, as they spelled both a bit of adventure with their primitive nature, while being cloaked with a bit of foreboding as well. At the age of eleven, this was my summer to learn how to change flat tires, since we had somewhere in the range of twelve or thirteen of them on this trip- both on the car and the trailer. It was a passing stranger with a patch kit and a pump that saved us one of those times out on the Trans-Can, when we had two flats at once from the sharpness of the crushed rock they were using for base material for the incipient highway where there still was no paving, and we found ourselves with only one spare that would never have gotten us to the next service station and tire repair.

But it was something else that I woke up to this morning, something that resides in that foggy, hazy, uncertain land of reminiscence- a transmission from an event that blew by me nearly sixty years ago. It was something that had a deeper resonance that lodged and logged it into my memory banks, and it went like this. I recall a turnout next to some big rocks, somewhere in the upper middle of these United States. It was in the middle of nowhere, and for some reason there where a couple of Native Americans in full Indian regalia and they had a horse and they were standing off to one side at the edge of the turnout parking. Some people- kids as I recallwere having their picture taken with the Indians. As all was being wrapped up and the people turned to walk away from their roadside Kodak moment, the Indian on the horse leaned over and held out his hand. I don't recall words being exchanged, but perhaps there were. I remember the mother of the kids looking at the outstretched hand in disgust, opening her purse and pulling out what appeared to be a dollar. She walked over to the Indian on the horse and handed him the dollar, but let go of it just before he had a hold of it, and it floated to the ground as she turned and walked away.

I think this was the first time I felt the shockwave of racial hatred, although I can't say I identified it as such. It just seemed like a mean thing to do. On a primal level though I knew it was wrong, even if I didn't understand it.

Leap forward from there to two years ago, somewhere east of San Francisco. I am cruising along in my Sportwagon, which curiously enough was the name of the car we had when my family went on its second cross-country jaunt, although neither car, then or now, was or is a Chevy. I was heading east, following in reverse the route that Horace Greeley took in a westward direction in 1859 from New York to San Francisco. The plan had been, using Greeley's book that recorded his travels, 'An Overland Journey', that I would try to find where Greeley had gone and do a kind of then and now type video documentary. This had seemed like a good idea, and still seems to be in one way or another. But something snapped as I was passing through the foothills of the Sierra Nevadas, and I came to the realization that I was a white guy following a white guy who had spent most of his life telling people to 'go west young man', all with the assumption that anything one came upon along that westward way, be it farmland or timber or Pike's Peak gold was just there for the taking, in complete disregard of a native population whose home it all had been for millenia. It seemed that that part of the story needed to be told as well.

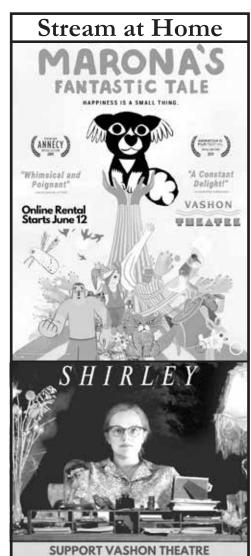
And so it was that I started digging, and what I kept noticing in my readings is something I have mentioned here before but had previously never heard of- the Doctrine of Discovery. The essence of it was set forth in 1493 by Pope Alexander VI, and what it said was that any lands not inhabited by Christians were available to be "discovered". Coming from papal pen to paper, just a year after Columbus "discovered" America, it stated that by decree, Indians could occupy the land that they always had, but they had no right to ownership, and in the end that occupancy right could be abolished as well. Wow, thank you Jesus. There was also a stipulation that "the barbarous notions of the peoples of the discovered lands should be overthrown and that those peoples should be brought to the faith". In 1823, Chief Justice John Marshall wrote the opinion for the majority in a unanimous decision in the US Supreme Court case of Johnson vs. M'Intosh (McIntosh) which set a judicial precedent using the discovery doctrine, stating that where it had been established that because Great Britain had to give up the right of US land ownership to the US government after independence had been declared by those darned colonists, that the land here could originally only be purchased from the US government, and that any tribe, though occupying the land, had no right to sell it to anyone but the US government.

It has come to be noticed in some corners of the internets recently that, regarding removal of names and statuary of confederate soldiers and heroes, William Lewis Maury, for whom Maury Island was named in 1841, spent some time as an officer in the Confederate navy. As a career naval officer and having been born in Virginia, not to make excuses or dole out absolution from guilt, it seems that choosing to serve the one's native South in that conflict was probably expected and was what other military men did as well. History is cursed with the context of the times and leaves us with the dilemma of judging the actions of a then with the wisdom of the now. It is in fact yet another of the problems I have had with dealing with the Greeley story. On my first trip following his trail two years ago, I wound up in my home town of Chappaqua, which is where Greeley had a farm, and is why I decided to find out more about him and his 1859 journey. While I was there, I was sitting in a pub having dinner, and a shot of Greeley's statue, precisely where I had been that morning, came on the big screen news over the bar. It turned out that one of the seniors at Horace Greeley High School was suing the school board over some racist, disparaging comments that he attributed to Greeley, and he was suggesting that the school be renamed for someone else. As it was, Greeley did make the statement saying that blacks were an inferior race. It is also true that Greeley was one of, if not the leading advocate of the day for the abolition of slavery, and from all I have read it appears that if Greeley had not been as persistent with bugging Abraham Lincoln about issuing Proclamation 95, the Emancipation Proclamation in 1862, it might not have ever seen the light of

This is another part of the Greeley story that still does not make sense to me, at least in today's terms, with the modern enlightened view sitting in direct conflict with a norm of the past. Greeley dedicates an entire chapter in his book to mostly denigrating the image of the American Indian. In many ways it makes no sense to support basic human rights for one group of people and not for another. This is the crux of my problems with moving ahead with telling the Greeley story. It is as simple and complex as do unto others as you would have others do unto you. It is hard to understand now that that was not understood then, except that in many ways it appears that we still don't get it. From Black Lives to the police to civil rights to human rights to human health, its all pretty complicated right now, but in many ways we are being given an unprecedented opportunity to hold it all up to the light and see where we are and where we might be going. Things are changing-something I wasn't thinking about saying just a few days ago. In fact, my overall feeling has been that given the downward spiral of most everything lately, it mostly seemed like we are pretty much doomed. Somewhat more than to the contrary though, I chanced to watch a fascinating discussion about defunding the police and funding social services last night on the Daily (social distancing) Show last night of all places, and while it is too much to discuss here, it is perhaps the one thing of late that has given me hope. We will see if it all continues, because it also seems, as of late, that the only alternative is that it all won't.

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# Ink To Spill Explores The Tensions Centered Around Immigration

Continued from Page 1

taking advantage of today's production technology. Members include Gus Reeves (Lead Vocalist, Lead Guitar, Rhythm Guitar), and Ernie Adams (Drums and Percussion). They bring in Lead Guitarist Bob Palmieri for LIVE shows as well as C'Quil for songwriting and production. They examine the world through alt rock and candid lyrics; melodically influenced by Soul, R&B and Funk. The raw emotion of their tracks puts them apart from the pack. When these long distance creators do get together, the energy is not short of dynamic .Ink to Spill undoubtedly pairs experience perfectly with passion.

You can preview the song, which releases on all streaming platforms on June 25th here: https://soundcloud.com/inktospill/where-went-jose/s-7FgZodzb0P0

#### Coco Needs a Home

I'm a torti but without the tortitude. Sassiness and high energy are not part of my personality. My idea of a good time is to sit on a lap and help with reading a book or watching TV. I'm a senior kitty, but like good wine, I've just improved with age.

Did you know that June is national Adopt a Shelter Cat Month? I think you should observe it by adopting me. We can meet and get acquainted in my foster home. Then we can celebrate at your place - a nice, quiet party with lots of petting and lapsitting!



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

## Island Epicure



By Mari Watkin

#### **Boost Your Immunity**

Our immune systems have been severely stressed during these many weeks of the novel coronavirus. Fortunately our island has a wide moat and the ferry has room for social distancing. Most of us have been hunkered down in our own homes waiting for the pandemic to go away, or at least for Gilead or some other pharmaceutical company to create a vaccine against the virus. Meanwhile, here are some tips for boosting your immune system:

Load up on Vitamin C, especially from natural sources. I start each day with a two miniature oranges. My usual breakfast main dish is a couple of gobs of yogurt topped with a few tablespoons of homemade granola and a few sliced strawberries. This breakfast gives me at least 200 percent of the USDA's recommended amount of Vitamin C.

Other great sources of Vitamin C are pink guava, papaya, mango, starfruit and pineapple. A serving (about ½ cup) yields 50 to more than 100 percent of the recommended daily amount of Vitamin C plus many other vitamins, minerals, and antivirals.

Vitamin C from natural sources

seems to be more effective than vitamin capsules or chewable pills.

Another advantage of getting Vitamin C from strawberries, raspberries, pomegranates or blueberries is that these red and blue fruits are also anti-cancer...

Two natural remedies that should help your immune system to ward off coronavirus, flu, colds, and viral pneumonia are whole cloves and astragalus root. Swanson (800-437-4148) is a good source. You can find astragalus online at swanson.com.

Vitamin A needs to be prominent in your diet, too. Spinach yields 2014 IU per cupful. It helps you see well in low light. And spinach makes a great base for a fruit salad. Red, yellow and orange fruits contain Vitamin A aplenty. Here is a fruit salad for a warm day. It will boost your immune system.

Fruit Salad With Feta

2 servings

Spinach leaves, enough to line a plate

1 cup frozen mango squares, thawed at room temperature

½ cup pineapple pieces

2 ounces or more feta cheese, crumbled

Line a dinner plate or platter with spinach leaves. Arrange the mango and pineapple pieces atop the spinach. Scatter crumbled feta over the top. Pass the yogurt salad dressing or ranch dressing, or make your own dressing of fresh squeezed lemon juice, olive oil or canola oil, and a tablespoonful of honey. (Oil-coat the tablespoon before putting the honey in it and the honey will slide right out, all of it.

## Ian Moore LIVE

Ian Moore will be playing some songs for us all, telling some stories and hanging out for a bit this Saturday night. Let him know what songs you want to hear!

If you enjoy the concert, please consider booking a private mini concert with Ian through https://ianmoore.topeka.live/. You will be able to see each other, chat, and do this much more organically (virtual organic-is that a thing?). Get together with a few of your friends, whether next door or across the country, and let's hang. Plus you can choose the songs for these private concerts!

Coming on the heels of his most successful record, Strange Days, since his first album, the self-titled Ian Moore LP, and despite a never-ending cycle of touring, Moore offers a new record of bright, blazing rock-n-roll that combines his legendary guitar prowess with radio-friendly singles.

Meanwhile, he's founded the artists' healthcare alliance SMASH (Seattle Musicians Access to Sustainable Healthcare) and has joined the board of NARAS for the Pacific Northwest as governor and head of the advocacy committee.

As always, Ian has his eyes on the challenges faced by musicians of every stripe, having experienced the spectrum of artist successes and tribulations himself over a nearly 30-year career. "It's a very different climate right now. When we hit a city, it doesn't matter that I have 14 records, radio hits, etc. The only thing that matters is if we can really show up and leave the people feeling they saw something amazing. It keeps me hungry, and I like the challenge" says Moore. You might have been surprised to hear Moore's voice as well popping up on major network shows on prime-time television this past



year, after several selections prominently being featured as performances on both American Idol and The Voice ("Satisfied" and "Blue Sky").

Moore's story is often told and probably familiar to most critics; his initial record on Capricorn propelled him to national tours with the Rolling Stones, ZZ Top and Bob Dylan, acting in the acclaimed indie feature "Sling Blade," and having Ice Cube direct the video for his track "Harlem."

Ian Moore LIVE Saturday, June 13th, 6:00pm (PST)

Live stream concert
Link to watch: https://www.facebook.
com/IanMooreOfficial

Venmo: Ian-Moore-46 Paypal: merch@ianmoore.com

If you'd like to know more about Ian, check out his website right here:

http://www.ianmoore.com/

## Zoom in to Intro to Zen

The Puget Sound Zen Center is offering a brief, free Intro to Zen class via Zoom on Sat., June 20 from 10-11 am. Abbot Koshin Cain and Elizabeth Fitterer will guide participants through the basics of Zen Buddhism, provide an orientation to meditation as practiced in this tradition and answer questions. Among the topics are: What We Love About Zen and How We Got Into It, What's the Goal of Practice?, and The Benefits of Ritual.

Everyone is welcome - Buddhist or not, longtime meditator or complete novice. Obtain the Zoom link and



password at www.PSZC.org. No advance registration required.

## Zander Knodt Live Stream Concert



Zander Knodt is 16 years old and is a sophomore at Vashon Island High School. Zander has been playing the piano since he was eight years old, focusing primarily on classical music, as well as pop. He played in the McMurray jazz band for 2 years, and Todd Zimberg's jazz ensemble for 3 years. Over the years, Zander has become deeply interested in jazz, focusing on his favorite artists such as Oscar Peterson, James Booker, Red Garland, and others. Zander's current performances consist of playing a variety of Blues improvisations, jazz standards, as well as classical.

Zander Knodt Live Stream Concert Eriday, June 26th

Friday, June 26th

6:30pm, Link to watch: https://www.facebook.com/zander.knodt

## Arnaldo! Drag Chanteuse

Show your PRIDE with New York Bistro Award Winner Arnaldo! drag chanteuse as he visits Vashon Center for the Arts for a live stream event performed at Kay White Hall.

"Arnaldo is not just another drag act. Arnaldo is 'Just An Old Fashioned Girl' and about as close to an old time night club chanteuse as we're likely to find on today's scene. Armed with an hour's worth of well-chosen songs, fun banter and laid back ease with an audience, this drag is no drag. He's the real deal in a world where prejudices and quick judgements are too often the norm." – John Hoglund, After Dark on Cabaret Hotline Online New York

Saturday, June 20, 7:30 pm \$10 Suggested donation

The live-stream will be found on our home page:

VashonCenterForTheArts.org







## Planet-Wares



by Eric Francis <a href="http://www.PlanetWaves.net">http://www.PlanetWaves.net</a>

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

To be the 'master of your destiny', so much as is possible on the physical plane, calls for having a handle on your spiritual life. That's the bit where you consider your relationship to existence, and seek to understand your fears, and learn where you stand with yourself. It's easy to sidestep this. It's easy to Netflix and chill your way through life. The initial steps require the most adaptation, because old ways do not like to be challenged, nor do the inner identities that sustain them. Sometimes, though, there is a bold sense of adventure. Other times you might embark on something and not be sure what that is. Any of those would serve you, though you must make the connections — feeling the pull or the opening and allowing yourself to experience that. For a little while, you have access to knowledge that is beyond your direct experience. Listen carefully for that, and notice when you hear it.

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

What are the bonds that link you to another person? They seem to be shifting; are you observing that fact? It's not that the relationship is 'ending', but rather that its deeper basis, its foundation, is calling for recognition. It will be possible to live under the old terms for a while, though for the relationship to persist, you must grow in ways that you may find daunting, incomprehensible or impossible at the moment. When you have that feeling, consider that you're standing on the wave front of your next reality. You may or may not like this. You might try to compensate by holding onto some values or ideas you have long espoused. If you're doing that, do it consciously, because Venus retrograde is an opportunity to reassess your ideals. Even if you have no special interest in that, it's going to happen; you know that your spirit is moving you, and you must begin to question what you thought of as reality.

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

How is your listening process going? The one about listening to yourself, or reading what you've written? [Please see Gemini in Monday Morning 231.] This is not the kind of thing you do for a moment and move on. It's a skill you're being called upon to develop, so that you have it available when you need it. You can think of this as coming home to yourself, which may require making the discovery that you had, at some point, gone away. You have a tendency to dismiss the body-oriented level of knowledge and understanding, in favor of what 'makes sense' to you. What happens then is you miss out on the opportunity to be with your contradictions long enough to work them out. Notice when you're doing this: when you try to explain something, make it simple, or resolve the tension by taking sides. True maturity comes from being able to live in peace with uncertainty and in the face of the unknown, if only for a while.

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

Last week, I reminded you: for healing to be real, the problem most certainly must have the element of opportunity, otherwise, what is the use? This is the 'other way of seeing things' that is so essential to any progress. Evolution of thought means seeing yourself and your situation from a new angle, particularly one where you notice you have the power to make decisions. That is the moment where and when you engage your true being: the place you see and acknowledge that you can call the shots. As you study this, you're likely to notice how it embraces everything about you, right down to choosing who

you are, and choosing to accept who you are. This would be simple, save for all the layers of guilt and denial that are piled on nearly everyone as a child — particularly an insidious form of self-denial that results in losing contact with one's core being. Restoring your strength comes back to being fully present for your power to decide, and seeing your options.

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

Curiosity is your best friend. It's your permission to exist, to search and to feel. Curiosity is your permission to create, just so you can see what happens next. It is a bypass through or around clutter that would serve no purpose but to distract you from taking action. Usually, that clutter is put in place to make people less curious, and thus more manageable, predictable and subject to external control. To engage your motivation and selfauthority, therefore, you would be taking the most tangible step beyond external control. Are you ready for that? And how do you know? This would seem to be one of the deepest personal issues, connected to and multiplied into many of the problems we see in society, where so many people, as a mass movement, are united and emboldened by the need to not think for themselves. Then they wonder how certain political 'leaders' manifest, and parental figures, priests and other cops. Could all of this be obviated by allowing yourself to feel sincere curiosity, and acting upon it? Are you curious about that?

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

It's easy to tell who is honest, if you're really interested. If you don't care, it's nearly impossible, because the concept of honesty won't exist. If you fall prey to someone's lack of integrity, it will merely seem like circumstances outside your control led to it. Once you make a choice to be discerning, life may seem a shade more dangerous, because you're acknowledging potential problems that are related to your choice to trust or not trust — which is an important decision in any relationship. Then, there is what to do if you are not certain. However, this would seem to call for a basic protocol, such as paying attention, and gaining some experience in small ways that don't involve too much vulnerability. That would include listening. People will tell you who they are without much prodding. They will also show you who they are, with all of their actions. The only question is whether you care enough to notice. That is the same question as: how much do you care about yourself?

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

Make sure you need to do everything you're doing. That will require you to slow down and evaluate whatever you do. This means acknowledging what it is from a purely factual standpoint: I am painting the foyer lime green; I am planting rhubarbs in my garden before the New Moon; I am polishing my headlights. And it means noticing where that action fits into the sequence of events, motivated by something, and headed toward something. I am recommending these very basic kinds of orientation exercises due to a Mars-Neptune conjunction that is brewing, building, and will be exact on Saturday, June 13. This has the feeling of spiritual vertigo, including complicating your sense of the passage of time. To sort out what is real from what is not, it will help to have reference points, which include the calendar, and extend into the kind of rudimentary awareness exercises I suggested. Take care of your health by taking care of your wellbeing. For you they are closely related. Focus on feeling good, rather than feeling safe.

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

Your chart has the feeling of melting, as in you melting. This could be a pleasant experience of gently melting into warm water, or a meltdown that is the result of anger. You may find that these two states of mind are closer than you may think, and somehow mysteriously slip from one to another. Wherever you may be in consciousness, be there. Feel what you're feeling, and use that as a point of entry into yourself. The sensations you're experiencing are not the destination or result. Rather, they are openings into a deeper experience of yourself. Your way will be facilitated by not being so invested in your emotions, but rather taking some distance and acknowledging their existence. You may not get any easy answers about what is true and what is not. If you ride the waves and dare to breathe underwater, you may discover you're asking real questions that you're not in a rush to answer.

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

You're in a time where your potential is being revealed to you. Potential, is, of course, just that - any growth or revelation comes from action. Sometimes it's one thing, like doing something you might not ordinarily have done, which places you in new territory. Sometimes, it's like learning a difficult or unfamiliar dance move, where you just have to keep doing it over and over to get it right. In fiction, there is a concept called 'suspending disbelief'. That's what gets you into the universe of the book or film; you forget it's not real for a while, and do not actively resist your perceptions. That, too, would be a helpful move, though how you get there is the question. You can look for an idea you want to work with. Notice if you have some odd attachment to "the way things are." How does any attachment work or not work for you? Be alert to what serves a negative purpose, such as, "I have this person in my life to interrupt me." Then, decide if you want that purpose.

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

You may be noticing another wave of change you cannot control. That's the only meaningful kind. It's the experience that teaches you there's something more creative than control, which is to make up life as you go. Though this may seem either impossible or like it couldn't work all the time, in truth it's an approach and a skillset you develop and learn to use. Many have proposed that, mainly, it is attachment to the past that gets in the way of being in the present. However, the past cannot be dismissed. One place to start is to acknowledge you will always coexist with it, though that its meaning will change over time. It already has. You don't need to fear that if you look at the past, you will get lost in it again. You're bigger than it now; you're not there. You live in a parallel world. Think of your past as an aquarium you're looking into from the outside, and perhaps reconsider your response to anything you may see.

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

The paradox of approval is that it ultimately always comes down to you, for yourself. Others can do something useful, which is to set an example, thereby teaching you newer approaches than the ones previously modeled. Learn the specifics: tone of voice, choice of words. Be sensitive to what you like being said about you and what you don't appreciate, including the subtle shades. Pretty much all learning is by example, so choose the example you want. When you take someone as an intimate, you accept the way they treat you as the way you would treat yourself. This counts for whomever they may be, that is, in whatever supposed role, and however they may speak to you, or treat you. Let this be your guidance on filtering out who you don't want in your life and whom you do. You might say, as others do unto you, you do unto yourself.

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

I just happened upon this Pisces weekly horoscope from four years ago, in May. It seemed apropos of our moment. "If you feel like you're at a turning point, then keep turning. Your astrology reveals that you have more leverage than you think, though at times you may feel like you're mysteriously stuck. Actually, you're surpassing one limit after the next, though they may be subtle limits, many of them mental. As you do this, it's important to be aware of your significant gains. Pay less attention to the day-to-day ups and downs, and more attention to the longer scenario. Where were you at a year ago? What about two years? Make a list of every challenge and obstacle you've successfully navigated. Consider what you've built, made or created, and give yourself extra credit because it's so challenging to be enthusiastic about anything these days. Yet if you want to get your life onto the next level, it will help if you think of yourself not your life – differently. Your life is not about what you do. It's about who you are, and what you do follows from that."

Read Eric Francis daily at www. PlanetWaves.net

#### Road to Resilience

Continued from Page 1

one avenue to home ownership while the community still controls the land and keeps a property off the commodity market. It never fails to gall me that we actually celebrate an increase in property values.

A word about government or wealthy foundations intervening to make necessities available to poorer people. Charity is a demeaning and tenuous option. Everybody should be able to access what they need based on the work that they contribute to society. With the pandemic, we now know that a garbage man is just as worthy of adequate compensation as a stockbroker, perhaps more so. We equate wealth, whiteness, and maleness with higher status and place little value on manual "menial" jobs, genders, and races formerly associated with slaves or servants, and we compensate them all accordingly. Maybe compensation would be better handled by paying the most for the jobs that are the least popular. But if one is unable to contribute then charity is called for, but not as a result of an intrusive and insulting evaluation of one's private life. Hierarchy, status, and class have to be removed from our social lexicon. This is not something we can achieve without changing the entire structure of our culture. That is a sample of the magnitude of change we need to create.

That not only means that the wealthy must be taxed more heavily but that the earning power that they now enjoy must also be spread more evenly across the population. I'm talking about democratizing private enterprise, giving labor a stake in both the ownership and management of business, eliminating any rift in interests. Again, not a small change.

We need nothing less than the banishment of wealth and power when it is not democratically acquired. The relentless pursuit of profit and power for its own sake and the inequality it fosters is fundamentally responsible for the deterioration of our world: the climate, war, pestilence, and racial and economic injustice.

Comments? terry@vashonloop.com

The Vashon Loop, p. 8 June 11' 20

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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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Congratulations to the class of 2020! Go Pirates! Many thanks to our own graduates, Connor & Logan. Best wishes for grand adventures ahead.

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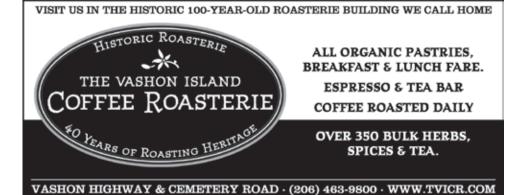
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