

## Vashon Community Support Hub to assist with internet and personal care services

With the library closure on March 13, hundreds of island residents lost access to internet wifi, computers, printing, bathrooms and handwashing. In response, a group in the Vashon Emergency Operations Center is working on a Community Support Hub to provide access to those key services to residents.

“Conversations with Vashon social service leaders alerted us to the unmet needs of library patrons. We realized how the sudden loss of these services amplifies the pandemic’s adversities for our most vulnerable residents.” shared Vicky de Monterey Richoux, director of the Households and Neighborhoods Support branch and president of VashonBePrepared. “Many patrons may not have smartphones or internet, so they have lost access to information about COVID-19 and testing, local food and meal programs and housing assistance, and the ability to apply for stimulus package payments, tax refunds and other government resources.” The King County Library System is unable to assist, due to concerns over employee safety under the current proclamations by Governor Inslee.

With that need identified, Michael Meyer developed a detailed plan for the Hub. Meyer is a volunteer in the Emergency Operations Center’s Households and Neighborhoods Support branch, and a VashonBePrepared board director. Vashon Island Fire and Rescue’s Chief Charlie

Krimmert approved the hub as within the state guidelines for essential services, and the protocols will follow Public Health of Seattle-King County guidance on cleaning and social distancing.

The hub will be under the Village Green pavilion, weekday afternoons except Wednesday, when VIGA sponsors VashonFresh pickups. The Vashon Park District will provide a permit to VashonBePrepared to allow the Emergency Operations Center to use the Village Green. “It’s great to be able to offer these services in a spot that’s well-known, centrally located, and easy for people of all abilities to access,” de Monterey Richoux said.

Vashon Park District’s executive director Elaine Ott-Rocheford has shared the park district’s vendors for needed equipment, such as porta-potties and a handwashing station, to be paid for by VashonBePrepared. Details are in the works, but de Monterey Richoux reports they hope to have the hub available for visitors by the end of this week.

For those who cannot or do not access the internet, the Community Support Hub will also share handouts with information on services and resources, along with access to internet and hygiene. Information includes COVID-19 updates and testing, resources on food and meals, housing assistance, and other basic needs. Distribution of handouts to island residents will include locations around the island and in island newspapers.

## Vashon Island residents to have COVID-19 Testing Project

Vashon Island will have a COVID-19 Testing Project for island residents referred by a care provider. Vashon Island’s volunteer Medical Reserve Corps (MRC), in collaboration with Vashon Island Fire and Rescue, and VashonBePrepared, will open the project site on April 7, 2020, from 1 p.m. to 4 p.m. and operate on weekdays as the availability of testing materials allows. Once the Vashon Covid-19 Testing team receives an order for the test from either an on or off-island care provider, a team member will contact the resident with instructions and directions. People arriving at the site without a referral will be turned away. Under existing Public Health guidelines, the team cannot provide a test without a care provider’s referral. Find details at <https://testing.vashonbeprepared.org/>.

The self-test costs \$50 and will be billed to patients’ insurance. No one will be denied a test if they are uninsured. If insurance claims are denied for any reason, the Testing Project will pay the cost.

“Testing helps us identify who has the virus,” said Dr. James Bristow, retired pediatric cardiologist and former deputy director of the Joint Genome Institute at Lawrence Berkeley National Lab. “Once we know who has the virus, we can contact others who have been exposed and test any of those with symptoms. The primary care providers who make referrals are a critical part of this tracking. This is the fastest and most efficient way to stop the spread of COVID-19.”

If you do not live on Vashon Island and would like to be tested, contact your care provider for a test site near you. Limiting visits on or off island for testing helps prevent exposing yourself and others to the virus.

“We need to begin testing so we can tell who is capable of spreading the disease, isolate and support them, and find out who they may have passed the disease to,” said Dr. Bristow. “Remember, it’s also flu and allergy season. Even now with over 4,000 confirmed cases in Washington, fewer than 10 percent of tested people with symptoms that could be Covid-19 end up having the disease.”

Testing is limited to symptomatic residents at risk for severe disease, first responders, those who provide essential services, and those people who have had contact with someone infected with COVID-19. Symptoms of Covid-19 are fever, cough and difficulty breathing. People with these symptoms, or exposed to someone who has Covid-19, should call their healthcare provider and discuss whether to get a test.

If a Vashon resident does not have a healthcare provider, they may call Neighborcare Health at 206-548-5710 or Vashon Natural Medicine at 206-463-4778 to discuss their symptoms. Testing is available to all Vashon Island residents regardless of whether they receive their primary care on or off Vashon.

“The number of cases in King County is doubling every six days. We can do better here on Vashon. The most important thing that islanders can do is

stay at home and absolutely minimize their contact with people outside their home,” said Dr. Bristow.

The COVID- 19 Testing Project’s strategy is to minimize the exposure of the volunteers and the community while conserving limited personal protective equipment for hospitals and clinics. Residents remain in their vehicle during the test. A volunteer will give them a self-test kit with instructions on how to administer the test and return the sample.

Using the self-test, a resident will use a small swab to collect material from their nose. This self-collection process is simple and easier than the test seen in recent news. The test is similar to those used by the Seattle Flu Study and the SCAN project and was recently approved by the US Food and Drug Administration and the Centers for Disease Control and Prevention after a study showed the test identifies over 90% of COVID-19 positive patients.

“Diagnosis is the first step to treatment. To diagnose COVID, you have to test for it. If we can identify who is infected, we can better help those infected while also protecting our island community and our off-island communities from viral spread,” said Dr. John Osborn, ER physician, Seattle VA Veterans Administration hospital and co-coordinator of the Vashon Medical Reserve Corps (MRC).

The COVID-19 Testing Project team will collect insurance information when scheduling the test and this will be sent with the sample to the diagnostic lab that will bill health insurers. By billing insurance, the Testing Project will conserve donated funds for those without insurance.

“Vashon’s geographical isolation from the rest of King County may have bought us some time, but the clock is ticking,” said Dr. John Osborn, ER physician, Seattle VA Veterans Administration Hospital and co-coordinator of the Vashon Medical Reserve Corps (MRC).

## The Road to Resilience

Déjà vu

By Terry Sullivan,

What we need to do right now is pretty straight-forward: stay home, push our government to provide the protective gear for our healthcare workers, build capacity to treat patients and a safety net for all the displaced workers. Aside from that, we should be thinking about what happens when the pandemic is over. With social, political, and economic norms thrown into complete disarray, I think we should have the imagination to see this as a real paradigm-changing opportunity.

Pete Buttlegieg said some months ago that people just wanted to fix things, not foment a revolution. That was before the pandemic. Think of the pandemic as your dad pushing you into the deep end of the pool when you weren’t quite sure that you could dive in and survive. Of course, the pandemic has more dire implications than your dad had in mind—many of us will not make it to the other side. But if it wasn’t for the mortal threat, we wouldn’t be doing all the things that we never would have imagined we’d be doing a month ago.

When this is over, at the very least, many of us will continue to work at home, many will continue to walk and ride bikes, far fewer will be booking flights and cruises. There appears to be a national boom in home gardening. My wife found that many of the major seed companies are no longer even taking orders. Similar runs on chickens and other farm animals.

We may think that hoarding toilet paper is pretty pathetic, but investing in home-grown food is a sound decision. There are hopeful signs that a lot more people understand that we really are all in this together, that what happens to the most vulnerable of us really will impact all of us. And last but not least, we have all come to understand that human civilization is actually quite frail and utterly dependent on the beneficence of nature. These are all healthy realizations as we face the multiple crises of climate, inequality, xenophobia, and the violence of dominance in our society.

Along with change, we can expect that a lot of jobs will be permanently erased. Right off, we can see that a lot of people in the transport and hospitality sectors will suffer losses. If we take this opportunity to advance publicly financed healthcare, college, and banking, and push to transform our energy sector to renewables, we will have a lot more stranded workers. The consensus now developing is that we are headed for a major depression. It’s a good thing that we have previously experienced this, because we know how to get out of it.

It’s a good thing we had Franklin Roosevelt then because it appears that we won’t be electing our own FDR. His answer then was the New Deal. From the New Deal we got the FDIC (savings

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# Mukai Farm & Garden Launches First Haiku Festival and Contest

During April 2020, the Mukai Farm & Garden on Vashon Island will sponsor its first Haiku Festival, a juried competition for people of all ages to submit their haiku poems to compete in the following categories:

- Heritage Award: most poignant portrayal of the history or some other aspect of the Mukai Farm & Garden
- People’s Choice: most popular haiku
- Funny Bone Award: most humorous haiku
- The Young Poet Awards: top haiku from children (grades K-6) and young adult (grades 7-12)
- Other categories that may occur to the jurors

Haiku is a poem of three lines, with the pattern of 5-7-5 sounds, or syllables. Matsuo Basho, Japan’s most famous poet described haiku as, “Simply what is happening in this place at this moment.” - “During these times of corona virus-induced uncertainly, we at Mukai wanted to find a way for our community to continue to create together,” said Rita Brogan, President of the Mukai Farm & Garden Board. “We are sponsoring our Haiku Festival and Contest to entertain people of all ages and poetic abilities, to develop an appreciation for Haiku, and that allows us to reflect and share.”

Vashon’s Mukai Farm & Garden is a

place that nurtures awareness of Asian-Pacific culture and history. The former strawberry farm has been listed on the National Registry of Historic Places as one of the few surviving Japanese farmsteads in the US. “In many ways, the Mukai property embodies the Japanese experience in America,” said Ms. Brogan. “The Haiku Festival and Contest, gives us a way to channel the power of poetry to express our appreciation of Japanese culture, our shared life on the island as well as to invite people to visit our lovely gardens in April—all while practicing ‘social distancing!’” she added.

The deadline for entries is April 30th. Entries must be submitted electronically at ([mukaifarmandgarden.org](http://mukaifarmandgarden.org)). As entries come in, they will be posted on our website and displayed (with appropriate distancing) throughout the Mukai site. Between May 1st and May 9th, we encourage visitors to vote for their favorite haiku for the People’s Choice awards online or at the Mukai Farm & Garden. Judging will occur on May 10th and awardees notified that day.

According to contest rules, all entries must follow the haiku convention of 17 syllables. Please include the name, contact information and age (optional) of author. Haiku participants are encouraged to join Friends of Mukai.

## VCA’s 2020 Garden Tour Cancelled

This year would have marked Vashon Center for the Arts’ 30th anniversary of our Garden Tour. Sadly, our 2020 Garden Tour has been cancelled due to the ongoing crisis across our country. The health and welfare of our community, and the uncertainty of when we will be able to re-open our campus make this decision necessary.

At VCA, our raison d’être is to be a center for the arts for our community. With our campus temporarily closed, we are adapting to what it means to be “a center.” We may be challenged by our inability to gather together in appreciation of the arts, but we can still find new ways to bring the arts to you. The same is true for our island’s annual garden tour. It has been one of our most beloved yearly events that showcases Vashon gardens and the talented gardeners behind them. The artistry in landscape design and floral compositions that each garden reveals is an extension of the arts, and one of the great reasons for its success year after year.

VCA’s Garden Tour will have to wait until 2021, but a very special art project that was being unveiled for this year’s event will proceed as planned. A dozen artists were each given a wooden Adirondack chair as a canvas for their creative talents. Featured artists include: Kari Ulatoski, Kristen Reitz Green, Eddy Radar, Gator Lamphear, Britt Freda, Christopher Overstreet, Jon-Eric Shafer, Lyle Harris, Susan Bates, and Keith Prior. These stunning lawn chairs were

### The Vashon Loop

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completed and we will be launching an online auction in May.

Stay tuned for an announcement at the end of April with a link to the online auction website where you can start bidding! Proceeds from the auction will support VCA and the loss of income related to the Garden Tour cancellation.



# 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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### Wastemobile On Vashon

The Wastemobile will be visiting Vashon on April 24-26 from 10am to 5pm. The address is 17001 107th Ave SW, Vashon and is the Tjomsland Gravel Pit . They ask that you postpone hauling your hazardous waste to this event unless necessary. If you are unable to delay your visit, they recommend you do the following:

- Stay in your vehicle when at a Wastemobile event.
- Wear your face protection mask.
- Practice social/physical distancing by keeping at least 6 feet of space between yourself and others.

If you are sick or experiencing symptoms of COVID-19, or if someone in your household is, we ask that you do not visit a drop-off site.

When we safely dispose of toxic and hazardous chemicals we have at home, unused and unwanted, the less risk we have of accidental spills or children or pets getting into them. Use the free disposal at the Wastemobile, but please stay in your vehicle. The Wastemobile offers King County residents a safe and convenient opportunity to dispose of household hazardous waste at no cost.

What is accepted at the Wastemobile?

- Fluorescent bulbs/tubes
- Oil-based paint
- Gasoline (30-gal limit)
- Automotive products (oil, antifreeze, etc.)
- Pesticides
- Household batteries (lead-acid, alkaline, button, rechargeable)
- Propane/butane gas tanks (5-gal limit)

For a full list of accepted items and collection locations, visit <https://hazwastehelp.org/HHW/wastemobile.aspx>

Questions? Direct message (DM) us, or call 206-296-4692 Monday to Friday, except holidays, from 9:00 a.m. to 4:30 p.m.

This service is funded through a charge on your utility bills so you won't be charged a fee when you drop off your materials.

### VIPP Cat House Temporary Closed

The VIPP cat shelter is closed until at least the end of April. We look forward to visitors when we reopen.

### Being Prepared in the Time of COVID-19

This is a challenging time. There are many things that are out of our control. But there are some things we can do to help us be prepared – both for ourselves and the people we care about. Here are three important things each of us can do, right now, to be prepared:

- Pick your person to be your health care decision maker
- Talk about what matters most to you
- Think about what you would want if you became seriously ill with COVID-19

If you want support and guidance in completing your advance directives, Honoring Choices Vashon has a team of certified advance care planning facilitators who are available to help. They are eager to engage their friends, neighbors and the community in making these important decisions – hopefully at the kitchen table and not in the intensive care unit.

The service is free and available to all. For advance care planning information and assistance, contact Jane Neubauer, 206.567-5404 ([janeonvashon@comcast.net](mailto:janeonvashon@comcast.net)) or Jeri Jo Carstairs, 206.229-4716 ([jerijocarstairs@gmail.com](mailto:jerijocarstairs@gmail.com)).

### 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)



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# Do Clams Have Eyes?



By Sean Malone and John Sweetman

“Hey Kit, do you wanna see the eyes of a clam?” The bucket of fresh clams was in the shade in a corner of the wood shed and the clams were squirting water out of the top of the bucket and onto the ground as they fed on the cornmeal that Mom had given them to sweeten their stomachs while they expelled sand. I very carefully reached in the bucket and pulled out a half open clam and offered it to Kit at eye level. “Here, look inside the shell and you will see his eyes,” and I gently squeezed the shell causing the clam to squirt sea water in Kit’s face. Kit exploded and chased me out into the peach orchard where we could lie on our backs to stare at the clouds, so hard, we could split them. You could hear old Boots, our Springer spaniel gnawing on windfall peaches.

‘Go out and get a basket full of ‘lambs’ quarters.. John’s Mom directed and he and his sister complied. ‘Lambs ‘quarters were what we know today as weeds, but decades ago they were seasonably harvested as similar to spinach but better.. Especially slathered with farm butter.

Other things regarded as weeds today were regarded as regular forage items in those days. Fresh young nettles, fiddlehead ferns and early dandelions were prized for both taste and good nutrition.

We also looked for borage, sorrel and even tapped the maples for an inferior type of syrup .. Which while tasty, took tremendous effort to collect and boil down. Vine maples along cold creek bottoms were the best..

The maple syrup technique was pretty simple: one just snagged an old hand drill from the barn and after intense effort several holes were bored into as many suitable trees as could be found. A hollow tap was inserted into

the bore. From this tap, sap slowly dripped into tin soup cans hung by baling twine.. Sometimes as many as several dozen cans were hanging from trees and sap collected every morning along with various sundry ant and insect life. The effort did not usually last long because the results were slim and the patience of we kids and mom quickly was exhausted. But we usually got a few tasty lumps of dark sugar out of the efforts which were quickly put on hot oatmeal with thick cream.

If you could ever remember this process , you probably have a clue as to why no significant maple syrup is produced locally, since it required a lot of no cost kid labour to get anything at all.. Besides not having the proper maples in the first place.

There is licorice root to be had from inside the moss on the bark of maple trees. It looks like a maidenhair fern, but isn’t. Old Bill who used to work for Mr. Joslyn told us kids that it was an old Indian remedy for sore throats. Mom showed us how to dry it and then chew on it for the licorice taste. You had to be careful of what old Bill told you since he was an Alaskan fisherman and full of wild tales like the day we walked up to Joslyn’s to hear more of old Bill’s stories and I had a bad cough. “Old Bill collared me and took me down to the barn where they were dipping cedar fence posts in creosote to preserve them and keep them from rotting out. It was black goo that stunk to high heaven and Bill made me drink a cup of it to cure my cold. I told Mom and it made her ‘mad as a wet hen’. “He could have killed you,” was what she said and I can’t remember if the cup of creosote cured the cough or not.”

Sean@vashonloop.com

# Spiritual Smart Aleck

By Mary Tuel

## The Consolation in Isolation

“There is no guidebook for living through this, but we will, and we are.”

“We’ve seen some beautiful things emerge from this time of tragedy.”

“We as a people, are really beginning to see that as it turns out, we need each other.”

“We’re going to get through this together.”

“The pain we feel today will be the strength we feel tomorrow.”

~ “Do you know what all of those statements have in common? They are all quotes from refugees that I’ve met over my years doing humanitarian work and those statements are so relevant to us all right now.” – Aid worker in Syria

Perhaps you have noticed that since the shelter in place rules have come down, many people are discovering unexpected feelings of happiness, unity, and community, and a new closeness with their families.

I thought that might be a first world phenomenon, until I read that dispatch from my friend working with refugees in Syria, refugees who have fled their homes which are now rubble, refugees who have lost family and friends to bombing.

The human spirit is a crazy thing, isn’t it, finding beautiful things in tragedy?

In this country, we are not fleeing war, we are fleeing a virus, and many of us are living life at a slower rhythm. We are not waking up to an alarm, stressing all day to meet expectations while trying to stay afloat in the fire swamp of office politics with its rodents of unusual size. Not chauffeuring the kids to lessons, sports, etc., rushing to make dinner, helping with homework, rushing to get chores done, rushing to night classes or meetings, having sex if it’s a sex night, maybe getting some sleep, getting up and doing it all over again.

Or some variation of that run-like-hell schedule.

Nope. It’s all different. Maybe you’re working at home. Maybe you don’t have a job anymore. Maybe you have kids at home, perhaps home schooling, perhaps doing online school.

Maybe you are retired, and life hasn’t changed that much, except for not being able to gather with friends. Perhaps you are an artist, a writer, a musician, and you have been doing solitary work at home or in a studio for years. No more rehearsals or classes right now.

Before the industrial revolution kicked off, the human raced pooped along in



its tribal village way for thousands of years. In the early 1800s we had to begin to adjust to spinning jennies, and then steam engines, railroads and factories, steamships, automobiles, the typewriter, the telephone, electric light so we could work longer hours, and before you knew it, aeroplanes, modern war, the Spanish flu, the Roaring Twenties followed by the Great Depression followed by World War II.

Inhale.

My cohort – the baby boom - was born into the mid-20th century and grew up with the Cold War, rock and roll, and the fear of nuclear annihilation, followed by Gen X, Gen Y, the Millennials, honestly, I have not kept track of all the Gens and their labels.

Comes now the novel coronavirus, mowing down people all over the world.

Normal life has come screeching to a halt, except for medical caregivers and other essential occupations, of course. They are literally working themselves to death. To. Death.

There are people who think the virus is bogus, just a little flu. They go on doing what they please, when and where they please, and they ain’t wearing no stinking face masks. That would be fine, if they weren’t making other people sick, and if there weren’t innocent people who love and depend on them.

Most of us are staying home and following the rules when we go out. We wear masks, and we keep our distance from other people.

We live this new slow rhythm of life, which is somehow ... friendlier. Technology and progress ripped us away from our family and village roots, developing much faster than humans were able to evolve. Our great jobs, our dashing about, our always being tired, living for the pursuit of the almighty dollar and power – tain’t natural, not for people who still have their souls.

So we isolate and move more slowly. With the internet we can stay in touch with people and have online appointments and meetings and conversations and church services and other gatherings.

I am not saying technology is bad. I think we need to run technology, instead of technology running us, that’s all. Technology is saving lives, and technology will defeat the novel coronavirus.

In the meantime, slowing down and finding the beautiful gifts in this tragedy is a good thing.

One last thing: rest in peace, John Prine. Thank you for the beautiful gifts of your songs, and for who you were, and how we became better because of you.

# Voice of Vashon Names new Executive Director

The Voice of Vashon is pleased to announce the appointment of Kate Dowling to the position of Executive Director, replacing Lisa Breen who is stepping down to spend more time with her family. “We are excited to bring Kate on board at the Voice of Vashon,” said Board President Rik Reed. “We had an exceptionally strong field of candidates interested in working with us at VoV, but Kate’s background and love of community made her a perfect fit.”

Kate brings years of experience in the

private sector in management, content creation and facilitating various teams. She also has a close connection with the not-for-profit community on the island having served as a board member and treasurer of the DOVE Project. In addition, Kate co-hosts the Mostly True Radio Show on VoV where she displays her quick wit and ability to improvise. “From the moment I set foot on this island I knew I wanted to be an integral part of the community,” said Kate. “I don’t think there is a better place to

connect all islanders than through VoV and its incredibly valuable emergency alert service, radio and TV presence. I am excited to get to work.”

“The only sad part of this transition is losing the energy and hard work of Lisa Breen,” said Reed. “Lisa has done a tremendous job taking over a new organizational structure for VoV and implementing that in an incredibly smooth fashion. We will miss Lisa’s ideas and implementation skills.”

The Voice of Vashon, your island connection, consists of a low-power FM station, (KVSH 101.9-FM,), an AM station carrying emergency alerts (1650AM) and Cable TV Channel 21, and live streaming at voiceofvashon.org.

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# Island Life Resistance is...

By Peter Ray  
pgray@vashonloop.com

*Take your protein pills and put your helmet on*  
*David Bowie- Space Oddity*

One of the things I have been doing lately is watching movies and certain, select series on the teevee. I have been ripping out weeds and cutting down renegade willows and chipping branches into mulch and tracing fleshy cables of morning glory roots in full knowledge that some will get left behind and we will be at this again soon. Then there was a scratching and gnawing in the wall and ceiling that should not have been there recently, as I had spent hours and days a few years back on solo spelunking missions under the house (solo if you don’t count the cats who sometimes followed) so as to put an end to the rodent intrusion. And I did, until a few weeks back when they were there again. At the same time I also fixed a pitchfork handle that had come apart by sticking it back together again with two part epoxy. I cleaned (most of) the soap scum off the black tiles that line the downstairs shower. I whacked back the magnolia-leaved laurel that had been its own expanding universe for too many years now, and then we sat down to watch some more movies.

As it is, if you recall, I had just come back from watching a lot of movies of the documentary kind over in Montana in the latter part of February. As it turned out, one of the most recent movies I saw here was on the Amazon access thing that I have been ignoring for over a year now. I have been continually reminded over that time that I was not using my Amazon benefits with the prime thing. As I saw it, being able to sit down and push a few buttons and have something arrive here from afar without having to travel there or anywhere to get it, all kind of feels like both the future and a bit of magic to me. But then again, I have always been fascinated with making postcards, affixing addresses and a stamps to them and having them travel through space to persons somewhere in the distance. There is a kind of magic to that. That the blithering dolt in the White House can’t recognize a value to that is not a surprise, as he has proven incapable of recognizing value in many things that worked and had a purpose, even though he remains blind and ignorant of many of these simple functions that have made this into a nation with value for all. That is a function of greatness, and it existed long before he arrived, or put on a red hat to proclaim that he knew little or nothing of that which he spoke.

But getting back to that Montana trip and my getting back here after that, it should be noted that on the day or so after my return I began to feel not so great. It seemed to progress quickly into a throat thing and a cough and some sniffles, but no fever to speak of, and so I won’t. I was feeling at least somewhat fortunate that this bug, whatever it was, had held off until the festival was done and I was back here in my box. I was reminded of the fact that, although I had gone to and come back from that same festival with no issues other than some snow last year, it was the year before where something snuck in and cut me off below the knees and laid me up in the motel for nearly three days whilst films I had gone there to see ran on anyway in the dark of the various venues which I had no energy or motivation to get to. And so it was, when I was going through the list of documentaries that my newly found Amazon cable box bonus had

granted me access to that I found a film I had missed during those horizontal days of fever dreams that ran around the clock. The film is called ‘Coyote- the Mike Plant story’, and it tells the tale of the modern day sea adventures of solo circumnavigation of the globe in wind powered sailing vessels. In many ways, in this time of isolation and distance, this film seemed to become available by accident and coincidence at an appropriate time.

Some would say that a global pandemic and an extreme, solo sailboat race have very little in common. I would counter that they both have something very much in common, with the heightened sense of the presence of death that both are accompanied by to the table. As with all extreme sports, death is much more of a real time player than what is normally found in the moderate challenges of everyday life. The actor in an extreme event goes into it by making a set of calculations that they believe will get them far beyond go, and home again. If the calculations happen to all work out in everything that you do, then what happens is not so much that you win- you just don’t die, this time. One can claim a certain quantity of bragging rights in having “figured it out”, but bragging about having beaten death can only, eventually come around to bite you in the butt in the end, not to be redundant. On the other hand, if one is tempting fate, pushing the envelope, bucking the odds with a force of nature like this virus, the casual observer can only go ....huh? Perhaps if people viewed this virus in a similar way as to how one might approach a personal, global sailing challenge instead of an affront on the “rights” to party, pray or play that weekly game of poker as they always have, the perspective gained might serve all to their collective betterment.

One of the things that I recall from the Mercury, Gemini and Apollo space programs was the collective experience of having everything stop in my grade school classes, followed by being herded into one of the few classrooms that had a teevee set and watching as rockets went up and out and capsules came back. Beyond the weirdness of watching the teevee in school, there was the tension and excitement of the launch, and the worry and wonder about where the astronauts would land and if they would get picked up in time. After all that had run its course, one of the things that stuck with me then was the picture of the astronauts being escorted into that trailer on the deck of the recovering aircraft carrier and the announcer talking about how they were off to so many days in quarantine. It was never really made clear, as far as I can remember, what it was that they might have brought back with them. It was, after all, earth germs that killed off the aliens in War of the Worlds, but what could it have been that they were worrying about that the astronauts might be bringing back from space?

Most of the time, whether it’s real science or the land of Sci-fi speculative make believe, what we are looking and hoping for as we go rocket-manning around the universe is a breathe-able atmosphere when we get out there so we can get our helmets off, inhale deeply and get on with the business of discovery and extraction- why else would we be there? As it is, we’ve had bad experiences right here with explorers from elsewhere bringing in bad stuff and wiping out large swaths of native populations who were not hardened to the relentless onslaughts of invisible, transmissible bugs. It has been said that besides being the target of hunters who were hired to kill off the main food and life source to the plains Indians, the

# Heaven Forbid, CoVid19 . . .

By Kathy Abascal

I have decided to share my plans, such as they are, should I develop symptoms of having caught CoVid-19. Not because I have any expertise with this virus or have any medical expertise to support my plans. Nor am I recommending you follow my plans. But you might want to consider whether some early treatments might prevent the CoVid-19 from progressing to ARDS (acute respiratory distress syndrome) should you have the misfortune of catching this difficult virus.

The central, troubling feature of CoVid-19 is that it quickly moves deeply into the respiratory tract and begins to damage the lungs – sometimes before even causing overt symptoms. As the lung cells that form the outer surface (on both the insides and outsides of the lungs) are damaged, they become dense and fluid filled. This impedes oxygen exchange. Both from airways into the lungs and from the lungs into the capillaries that then feed the circulatory system and deliver oxygen to our body.

This edema also hinders the movement of antiviral compounds that your immune cells produce to attack the virus as well as any antiviral compounds you may have taken in the form of medications, herbs, and/or supplements. They cannot reach a target that basically has built a wall around itself as it replicates, bursts open the cell, and moves on to damage other lung cells.

Influenza does something similar although usually not as quickly or dramatically. When I wrote my book Herbs & Influenza, I described how Eclectic MDs (doctors trained in the use of herbal medicines) treated patients in the 1918 pandemic. I discovered that virtually all used chest applications as part of their treatment. This makes great sense. Most scents and odors are volatiles that can move across the barrier the virus creates in the damaged lung cells. Further, many herbs contain compounds that are both volatiles and antiviral. A classic example of a volatile mixture that has at least some antiviral activity: Vicks. But pine needles, cedar twigs, sage leaves, oregano, eucalyptus, and others have a great variety of very active volatile, antiviral compounds.

My plan is to begin using chest applications the minute I suspect I have

the virus such as developing a slight fever, a tightness in the chest, a cough, or unusual fatigue. I also plan to use steam inhalants to reach the “outside of the inside” of my lungs, so to speak. That likely will consist of simply hanging a towel over my head covering me and a pot of steaming (not boiling) water with some white sage or chaparral or pine needles in it.

What I will NOT do: I will not apply essential oils directly to my skin and will use them very carefully, if at all. Vicks is less than 10% volatiles because, in more concentrated amounts, these compounds can become toxic and damaging, especially to the liver. So, do your math carefully in figuring out how many drops of oil to add to how much volume of coconut or olive oil if you are making your own applications. As well, do NOT put Vicks or any of these compounds directly on infants and babies under the age of two. Fortunately, so far CoVid 19 is not much of a problem for children and if it becomes one, get medical attention. Do not experiment on fragile little ones.

When it comes to the fever that often accompanies CoVid-19, I plan to listen to my body: If I am acting chilled and the fever is not way high, I won’t try to reduce it. However, if I am kicking off blankets and acting “too hot,” I will use diaphoretic herbs or herbal teas perhaps to try to bring it down. The elderflowers will be blooming soon. They make a good diaphoretic tea so you might want to gather and dry some. Finally, based on the suggestions of Chris Cuomo who is sharing his journey with this illness on CNN, I am doing breathing exercises and will keep moving even during febrile moments when I don’t feel like it.

PS I mention Vicks a lot, not because it is the best choice but simply because it is something most of us are familiar with. There are many different chest applications and more are listed in my book on herbal pandemic treatments, including a simple onion poultice.

My book on pandemic herbs is available at Minglement, The Country Store, and at TQIDiet.com.

*Kathy Abascal TQIDiet Blog  
www.TQIDiet.wordpress.com*

buffalo also succumbed to diseases they had no immunity to, that were carried and transmitted by oxen and cattle brought by the westward emigrants. So what happens if when we get to another planet with an atmosphere to our liking if there are small things in the nice air that just happen to kill us instead.

Beyond all the unanswered questions about this present viral challenge we are now having to face, one has to ask why the current White House occupant is rolling back environmental safeguards that were put in place to make this biosphere a healthier place to live in, as well as preventing, cleaning up and correcting many of the ways we have found to make it less so. From relaxing water quality standards and fuel consumption standards and opening pristine wilderness up to exploitation and destruction, combined with the current administration’s disregard for scientific facts regarding this virus, both in how it works and how it can be controlled, it would seem that Trump is more interested in killing us all off than solving one of the biggest challenges of our time. As he continues to flail and fail his way through his daily routine,

and he continues to figuratively gun down thousands out on Fifth Avenue and elsewhere with seemingly no accountability, at some point his ‘have you no shame sir’ moment has to come to pass. Or not. For what it’s worth, we still have the option of not following the rest of the lemmings into the abyss. For some reason that seems to be of little consolation for what remains.

## Next Edition of *The Loop* Comes out Thursday April 30

Deadline for the next  
edition of *The Loop* is  
**Saturday, April 25**



# Island Epicure



By Marj Watkins

## ANTIVIRAL COOKING

With “waste not, want not” thoughts in mind, can we create meals that actually may help us ward off that wicked coronavirus? Yes. Know that cloves are antiviral, and that oregano is antibacterial.

Whether you are vegetarian, vegan or an omnivore, you can add a few whole cloves or a dash of clove powder and 1/2 teaspoon of dried crumbled oregano to your soup. The weather is still cool enough that our bodies welcome bowls of fragrant soup or stew.

Our family is omnivorous. When we have meat with bones, i.e pork chops or beef ribs, we save the bones until we have enough to make bone broth. Then we scrounge our fridge for scraps of leftover vegetables and toss them into the kettle with the bones. We add a few whole cloves or about ¼ teaspoon of ground cloves to ward off viruses and a dash of dried oregano for flavor and to help your immune system to cope with environmental germs. Toss in a few peppercorns or a couple of dashes of coarsely ground black pepper.

The soup recipe below depends on

whatever leftovers you have in your refrigerator or freezer. you plan for it by saving radish tops, tough outer celery ribs, kale sliced or diced carrots and parsnips. Scald them, dice or slice them and store in a zip-lock freezer bag until the urge to make soup coincides with cleaning out your refrigerator.

### SERENDIPITY SOUP

- 4 to 6 servings
- 4 cups bone broth or chicken stock or water
- 1 large white or sweet potato, scrubbed and diced
- ½ to 1 cup diced cooked beef, lamb, or chicken meat Or 1 cup cooked beans, rinsed
- ½ cup chopped onion
- 2 whole cloves garlic peeled and sliced or powdered garlic to taste
- ½ cup cooked green beans or sliced celery or peas
- ½ cup frozen spinach
- ½ to orzo or other pasta, broken up Or ½ cup cooked rice
- 6 to 8 whole cloves or ½ teaspoon powdered cloves
- ¼ teaspoon dried red pepper flakes, optional
- ½ teaspoon dried, crumbled oregano
- 2 or 3 slices of fresh ginger root, halved or cut in strips
- Chicken broth or hot water to soups desired consistency
- Salt and black pepper to taste
- Combine all ingredients. Bring to a boil. Reduce heat and simmer 10 to 15 minutes to blend flavors and be sure all the vegetables are tender.
- You may wonder why I didn’t tell you to peeling the potato. It’s because most of the nutrition lies in the potatoe skin. The ginger root adds to the soup’s easy digestibility.

## A Celebration Cut Short VYFS marks the 10th Anniversary of iconic Island program during COVID-19 crisis

By David Carleton

Ten years ago, the dedicated staff and board of Vashon Youth and Family Services stepped up and committed to save a vital community asset that was about to be lost. The YMCA had been running Vashon Kids school and summer programs, but in 2010 they announced they would close their Vashon programs.

So a group of dedicated Islanders worked together and found the community support they needed to keep Vashon Kids open. They saved a valuable resource, and Vashon Kids became an integrated program of Vashon Youth and Family Services. Today, Vashon Kids provides care for 1 in 3 elementary age youth on Vashon, with 1 in 4 Island youth coming from low-income families.

“Vashon Kids is such a critical resource for our Island. Dalinda and her team have always been exceptional and it’s a seamless continuum of care from Chautauqua Elementary to Vashon Kids. And VYFS makes Vashon Kids accessible to all income levels through scholarships – please support VYFS and Vashon Kids!” – Connie Sorensen, Vashon Kids Mom and Advocate

Vashon Youth and Family Services has operated Vashon Kids and its Washington State certified programming for the last ten years. Vashon Kids supports the development of social and emotional skills and ensures that our youth are succeeding academically and

socially. The selfless work of VYFS staff and the care that Vashon Kids provides our Island youth have a ripple effect across the Island, helping families and our community to be safer, healthier and more resilient.

Vashon Kids is no ordinary childcare. Vashon Kids enriching curricula provide a wide range of experiences that stimulate physical, social, intellectual and emotional growth. VK staff work cooperatively with Vashon School District educators to provide learning opportunities that are coordinated with School District curricula and events.

“When we moved to Vashon 10 years ago for more affordable housing and better schools we were both commuting to our jobs and juggling the schedules of 5 and 12 year old boys. Vashon Kids was a huge blessing. Vashon Kids helped keep our family safe, healthy and engaged. THANK YOU VASHON KIDS, and thank you VYFS!!” – Vashon Kids Parent

Unfortunately, celebrations for Vashon Kids 10th Anniversary have been cut short by COVID-19. VYFS has cancelled its May 3rd celebration concert and reception featuring Caspar Babypants. However, VYFS is still working to achieve its goal of raising \$50,000 for 2020 to support scholarships for Vashon Kids. These scholarships will be especially needed by working families that have suffered financially

## Get to Know Lisa Devereaux

Chances are you know Lisa Devereaux. It could be because she is a third generation Island resident. Maybe it’s because her interest in politics has been ignited, and she ran for Washington State Senator in 2016. Or maybe you’ve met her in her capacity as the Funeral Director of Vashon Funeral Home where her compassion and care create connections that bring an extra measure of peace.

She was lead into the funeral industry from her home on Cemetery Road. No, she’s not kidding. In Junior High she took an aptitude test and, appalled at the conclusion, hid the results which revealed she was meant to be a funeral director.

During high school she volunteered with the Vashon Fire Department which lead her to meet the owner of Vashon’s funeral home. She worked for him throughout the 70’s and 80’s while she was in high school and college.

After college, Lisa became a psychiatric nurse at the King County jail. But the aptitude test was right. Lisa got her funeral directors license in 2008, and has worked at the Vashon Funeral home ever since. She goes on every call of this 24/7 job. Accidents are the worst, of course. But Lisa Devereaux knows her community and she says, that helps her serve her families.

Yet there’s still something you might not know about Lisa Devereaux. She’s kicked her service to families up a notch—all the way to Washington D.C., to advocate for equitable death benefits for American veterans. Here’s how it happened.

In 2008 Lisa became the president of the King/Pierce district of the Washington Funeral Directors Association. She discovered liked it. Plus she was good at it. So good, the executive director encouraged her to run for the State board.



She did. She won and she liked that, too. Lisa has served on that board for eight years, two as its president. And that’s the process that lead her twice to the National Funeral Directors advocacy summit in Washington D.C. on behalf of the Brave Act.

Currently, when a veteran dies in a VA hospital, the death benefit is \$796. If they die at home or in another hospital it’s \$300. The Brave Act will mandate that death benefits be equitable regardless of where a veteran dies, (this doesn’t include active duty.) This year, the April summit has been canceled. Which means the Brave Act, which Lisa Devereaux has worked for passionately and tirelessly, won’t get the office visits, or attention necessary to approve it.

The Act did have a sponsor, but he recently resigned his office. So the hunt is on for a new sponsor in the House and enough phone calls from across the country to Congressional offices, (the legislative director is the key) to get the Brave Act enacted. And while Lisa has lost an opportunity, it seems the community she cares for has gained one---that being time to make phone calls to the offices of your Congressperson and insist that the Brave Act be enacted.

FOR ORCAS AND FOR ISLANDERS  
PLEASE REPORT LOCAL  
WHALE SIGHTINGS  
ASAP TO  
**206-463-9041**  
Vashon Hydrophone Project  
Orca Annie Stateler and Mark Sears  
Vashonorcas@aol.com  
Support Vashon-Maury Island Whale Research  
Sightings NOT Disclosed to Whale Watch Boats  
**vashonorcas.org**

**Compost the Loop**  
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from COVID-19.

During the COVID-19 crisis, Vashon Kids is open with a hybrid program in collaboration with the Vashon Island School District for those children whose parents are doing ‘necessary work’ as defined by the Governor. As soon as the ‘Stay at Home’ mandate is lifted, Vashon Kids will be ready to open immediately to help working families and those in need of childcare and enrichment programs. Contact vashonkids@vyfs.org or 206-930-2592 with any questions.

Vashon Youth and Family Services operates Vashon Kids with financial support from our Island neighbors. All donations, \$5 or \$5000, will help VYFS provide up to \$50,000 of scholarships to keep Vashon Kids accessible to all families. Donations can be made online at vyfs.org or mailed to VYFS 20110 Vashon Hwy. SW, Vashon, WA 98070.





Planet Waves

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



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

Telling the truth makes many people uncomfortable most of the time, and some people uncomfortable all of the time. Is that a reason to lie? Is it a reason to couch your truth in a press release, so as not to “offend” anyone? Let’s repeat two of those words: your truth. What you know, and what you’ve experienced, are yours to testify to. Speak in any tone of voice you want. You may speak to be believed, or to express yourself the most accurately, or in a way that you consider natural. You may also write your words. However, I encourage you to consider carefully consider any excuse for not doing so that approximates “I will make someone uncomfortable,” or “I will hurt someone.” It’s different if someone intends to harm or cause discomfort; that is not what we’re talking about. Your truth may be about how much you care. It may be about what you need. It’s always about who you are.

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

You may be keeping something from yourself. I don’t mean being in denial. The feeling is more like a dream you had that you’re trying to remember. It keeps tugging at you through the day. Sometimes that’s in the form of a feeling. Other times it’s in the form of an image. You might tune it out or get distracted. I suggest that you take the hints that are bubbling up from the deep part of your mind, reminding you of something that you need to know. Conditions are perfect this week for you to pause, and remember, and raise this thought to consciousness. It is likely to involve a subject so intimate you would never want to talk about it. Yet those are the topics that it’s essential to be honest with yourself about. Your awareness will take away the power they seem to hold over you. That is another way of saying that by admitting whatever this is to yourself, you take possession of yourself. Remember this subtle maneuver. It will serve you well for all of your days.

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

This is an important few days to remember the difference between public and private. It is a thin, temporary difference. You might think of it as wet paint. When you apply a new coat of paint, it will eventually be durable, and ready to be seen and touched and leaned on, and washed off. While it’s going on, and while it’s drying, you don’t want others to mess up your work, or get any on them. The same is true for a certain personal matter that you’re working through. Your relationship to the outer world (by public, I mean the people you know, and potentially beyond) might be reluctance, fear of being exposed, some form of discomfort or desire to tell the world — anything but a neutral thought. I suggest you hold your energy, and work on your painting, in the seclusion of your studio — meaning your inner being; your feelings; your mind. Tap into what may be the profound pleasure of being vulnerable to yourself. You must give something up. You will gain much.

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

You are not delivering a message; you are the message. Your art is merely getting out of the way all that stands between you and who you innately are. There are words involved, but mostly the example of your thought patterns, your choices and your actions. Evaluate everything on the basis of whether it is aligned with your calling or not. You may not know what your calling is, or think you don’t, and that may be a sticking point. However, the process of

evaluation using your mission as a basis will help you figure out what your calling is. This will work whether we’re talking about an X-factor, something you know but don’t yet trust, or a deep agreement you have with yourself. In any of these events, the inner quest will be the same. I assure you that you most certainly have a calling, and it’s a potent one, whether you’ve discovered it or not, acknowledged it or not, value it or not. You do not need to struggle. Just evaluate. Ask yourself what is true for you. Think through each thought that you intend to connect to an action, slowly.

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

The Sun is in rare form right now, which is saying a lot, given that it’s the Sun — a little star with close to a million known points orbiting it. Some of those little rocks and ice cubes mean more than others, and right now the power is ramped up. You must hold your spiritual center, and conduct yourself in a calm and thoughtful way. Be cautious if you experience any aggression at all, or obsessive feelings. Back away from whatever is triggering you and reflect on your circumstances for a moment. You probably have much more important things on your mind: for example, an urgent decision that you need to make. Here’s a clue about that: it seems bigger than it is; there is an exaggeration involved. It is merely a decision, though it’s the one that’s on the top of your priority list and must be treated as such. I suggest you work out your choice, and wait two days, if you can, and see if you still feel the same way. If you do, it will be a calm feeling, without pressure.

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

One of the dominant themes of your sign in this era is working out the way you tend to seek your identity within your relationships. Your astrology is now a full reversal from that position, though this is a gradual process of extraction and learning your independence. One potential obstacle is that to gain your mental and emotional autonomy, you would have to admit that you somehow were lacking in it before. If that is true, just admit it and move on. We are all subjected to endless conditioning by our families, which amounts to being conned into existing as someone other than who we are — and I do mean we; this is a culture-wide problem. You at least have tried to rebel within the system, or attempted to reform it from within. You succeeded to a degree, but it was a lot of work, and it didn’t entirely cut you loose from the conditioning. Suddenly you have the awareness and the tools, but you also have something else: a healing project that only you can accomplish, and for now, you must do this on your own.

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

It’s often difficult to tell if someone is presenting you with their true personality and thoughts, or with everything they’ve been programmed to be. You might notice the same theme in yourself. In your drive for security, you often take the route of conforming to what others expect of you — or perhaps better said, what was expected of you in the past. Those influences are strong right now; it’s like there’s a vortex trying to drag you back into ancient history. Be aware that this is not an influence of the present; it is one of the past. There are, however, other factors in your environment that are real and immediate right now. They are calling you to be present today, in this moment, and stand apart from whatever is trying to draw you back into ancient history.

The feeling tone is entirely different. The immediacy of what you are experiencing may be different and present you with certain challenges, but it has a distinctly refreshing feeling. Not like a basement. Not like an attic. More like a meadow.

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

Be mindful of putting anything resembling peer pressure onto someone, or anyone, particularly an intimate partner. That means no pressure to conform, or to do things the way they were done in the past. This may require you to step away or pause the conversation. Someone close to you is deep in an introspective healing process. They may not be sending out press releases about it, though. And at the same time, they are highly suggestible and can be influenced by what they believe others think. You might invest your energy in guarding their door, so nobody bothers them. It’s not easy when someone close to you is in a self-searching process; you might feel excluded, or like you’re not needed. Still, you need to offer time and space to anyone who needs it. Looking ahead at the astrology later in the year, you will be involved in a similar process. The wisest approach is to listen and take notes. Check all your prejudices outside.

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

You may be feeling many mixed emotions now. You also have options for how to be in the world, or how to feel, and for what to choose. Look in the direction of someone who may seem to hold out a kind of purity: of being, of purpose, of choice and of action. Allow their focus on their purpose, and their sense of resolve, to guide you in a positive direction. You may be experiencing deep passions, drives, and some anger. You may feel like you’re going to explode. It will help if you find a way to let off some of the pressure, in a constructive or at least benign way. The example being set for you is to tend to your inner needs; to call your awareness inside yourself, and remember who you are. This is not a dramatic or loud or bold thing to do. It’s so subtle you might not even notice when you’re doing it. Yet many factors are calling you to draw your energy inward, and focus there for a while. If you feel a door open, you may step through.

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

This thing known as spirituality is often mistaken for its accessories: candles and incense and books. It’s sometimes thought of as a tranquil or loving feeling, or a state of calm goodness and of peace and oneness with the world. That’s the Hollywood version. The actual journey to wholeness involves confronting deep personal challenges. This can be messy and painful, and the struggle can go on for a while. If you put that in the ad, it would not be appealing. Nobody would sign up. But what you’re experiencing now is not optional; you’re here, and you are being summoned to participate actively in your own healing process. For you, the bottom line is trust. The central issue you are learning to address is an injury to your ability to have faith and fidelity in yourself first, and others second. That is the order of operations. Start with yourself; there is nowhere else. But you do have help.

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

Mars and Saturn in your birth sign may seem to be sending you conflicting signals, which may feel like a blend of charge ahead, and stay put right where you are. I am saying this in the spiritual sense, since at the moment nobody is in a position to fly to India and visit an ashram. You need an outlet for your energy and your creativity, which you have in abundance. The world may seem to be offering you the opportunity to make little origami flowers when you want to weld half-inch steel plates together. However, I reckon you will settle down some the moment

## Road to Resilience

*Continued from Page 1*

insurance) and Social Security. We also got a hefty investment in infrastructure from hydropower (Hoover Dam for one) and grid expansion (Tennessee Valley Authority) to roads and bridges, support for farms and industry, and the trails and park improvements of the CCC and WPA. The important thing is that people were put back to work on solid investments in public infrastructure, and financial safety nets were put in place.

Today, we have a Green New Deal proposed by progressive Democrats. Before the pandemic, it was opposed by Republicans and Democratic leadership because it will be financed by taxes on the wealthy and on borrowed money. Also, many oxen will be gored in the process, i.e., the fossil fuel industry, the insurance industry, the banking industry, and many others. Post pandemic, a lot of those people are already out of work. Maybe 35 million people will lose their employer-provided health insurance. Seventy percent of Americans get their health insurance through their employer, and it took a pandemic for us to see the weakness in this system. We are in a state of flux. Now is the time to change course.

We know that the 15 years of deficit spending during the New Deal and WWII Era created a prosperous post war economy that lasted into the 1970’s. We today are similarly presented with a huge workload of infrastructure renewal and transition. We will also have a huge workforce recently out of work. How is this anything other than a wonderful coincidence? There is every likelihood that a person that was laid off of a job in the old economy will find a better one in the new economy.

The mistake that deficit hawks make is in thinking of money as wealth. It isn’t wealth. It is the grease that gets people working and spreads the fruits of that labor across the entire population. In the end, the wealth is in a transformed infrastructure, a secure, productive and prosperous workforce, and a peaceful world, and it will pay off that original loan many times over. The Covid 19 pandemic may prove to be the catalyst that brought us the world we needed. Let’s see that it does.

Comments? [terry@vashonloop.com](mailto:terry@vashonloop.com)

you are involved with some activity that engages your intellect, and invites you to get into the flow of your thoughts. Gentle will work. Solitude will work. This is a good moment to take some time to yourself and do what you love, because you love it. Much else will melt away.

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

Keep your perspective. There are some distortions and exaggerations in your personal world. The big questions you may have can be addressed by asking relatively small ones. You can sort out the priorities for your whole life by addressing your priorities for any given day. Work from the small to the large; from the micro to the macro. Take care in the seemingly minor things, and that pattern will expand into the greater ones. If you address the matter of quality, the cosmos will address the matter of quantity and scale. Be precise in your thoughts and your speech. Yes, this is a matter of discipline, training and karma yoga. Yet there is also a practical matter involved, which is that what you do now, and how you do it, are what will be amplified and magnified as you move into the future. Therefore, do not aspire to any form of greatness or worldly achievement. Rather, aspire to do well what you do every day, and in particular, what you do today.

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



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