

Vashon Nonprofits Shine on Voice of Vashon

By Kate Dowling,
Executive director, Voice of Vashon

For the past several years VoV has invited island nonprofits into our studio to tell their stories on air during GiveBIG day, a day of crucial fundraising across the Puget Sound region. In this time of crisis, GiveBIG expands to two days and Voice of Vashon will host nonprofits virtually.

From 9 am to 4 pm on Tuesday, May 5 and Wednesday, May 6, the community is invited to gather round the radio to connect and listen to heartfelt stories and the vital services provided by our incredible community nonprofits.

This is the time to let our nonprofits shine. We are happy and filled with gratitude to provide a platform to amplify their voices and their needs during these unbelievable times of hardship.

Participating nonprofits include Vashon Community Care, the Senior Center, The Food Bank, The Dove Project, VIPP and so many more. Visit voiceofvashon.org/GiveBIG to get a schedule of nonprofit participant broadcast times.

"We describe Voice of Vashon as 'Your Island Connection': These special days of GiveBIG broadcasts are vital to maintaining funding for nonprofits who provide lifelines to struggling families

and individuals across the island," said VoV President Rik Reed. "We aim to be the nonprofit that supports all other island nonprofits."

The financial impact from COVID-19 has hit hard across the island. VoV faces a budget shortfall this year of more than 20 percent. On behalf of all the nonprofits on Vashon-Maury island, we invite you to tune in and ask that you GiveBIG this year.

We cannot do this without you – we truly are all in this together.

Listeners can tune in to KVSH 101.9 FM on the radio, download VoV's free app and stream live, visit the website, VoiceOfVashon.org or ask your smart speaker, "Play 101.9 KVSH FM!"



The Road to Resilience Strike While the Iron is Hot

By Terry Sullivan,

Recently, for at least a day, oil companies in West Texas had to pay \$37/barrel to get somebody to take their oil! It has since gone back to having a positive value of about \$10/barrel, but, clearly, the pandemic is applying further stress on an already stressed industry. With all the planes, trucks, and cars parked, demand has plummeted.

Due to the tapping of the difficult-to-access reserves through fracking and other expensive extractive procedures, the US had become the leading fossil fuel producer in the world, something that would have been unbelievable just few years back when Obama was bemoaning the fact that we were dependent on foreign oil. As demand outstripped supply 10 years ago, the price of oil skyrocketed. It was over \$100/barrel for a while, and the hard-to-get reserves here required only about \$50/barrel to break even. Fracking and tar sands became profitable, the industry invested heavily, and US oil and gas output doubled between 2009 and 2019. Coal use diminished rapidly due to its deep carbon footprint, pollution and harmful extraction procedures. Oil and gas are our main energy sources.

The expansion of fossil fuel production was first understood as a national security issue. We had to be energy independent. As production surpassed our own needs,

we were only too happy to sell the surplus to the world. So much for lowering our carbon footprint!

Before the Covid 19 pandemic, the fossil fuel industry was already in trouble. The environmental awareness in light of the climate crisis was clouding the future of fossil fuels. Fracking and tar sands production are very dirty, polluting, and expensive, and have been losing the public relations battle for some years now. Technology and production capacity of wind, Solar, and energy storage have been coming on fast, and they are now the cheapest new energy source. For some years now, between oil spills and borderline oil prices, the oil industry has been operating in the red. The fact that they are still alive is probably due to the exorbitant subsidies that you and I give them, over \$2000/yr/person.

More recently, the Saudis and the Russians have been having a price war, each trying to drive the other out of business. The price fell. Trump supposedly got them to agree to a production cutback to raise the price, but the damage was done. The price was still dangerously low for US producers when the bottom dropped out due to the pandemic.

All over the US, fossil fuel companies are sealing off productive wells and laying off workers. Depending on how long the pandemic goes, many are looking at bankruptcy. The government is considering

Continued on Page 7

Vashon Relief Fund Supports Island Pandemic Response and Recovery

Vashon Island's VashonBePrepared volunteer emergency response group is starting a major fundraising effort to expand relief to the 10,000 rural Vashon Island residents. The Vashon COVID Relief Fund distributed \$25,000 in one week in April to pay for groceries, meals and rent relief for islanders facing economic hardships from the pandemic. The payments to five island agencies are the first allocations from the Relief Fund, originally started to cover the cost of an ongoing COVID-19 testing project on the island. Details on the fund are at VashonBePrepared.org/Donate and VashonBePrepared.org/DonateFAQ.

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

The week's \$25,000 funding purchased 260 bags of groceries from the Vashon Maury Community Food Bank and 100 packets of Vashon Island Growers Association's Farm Bucks. Funding to Interfaith Council for Prevention of Homelessness helped support eight families with rent relief who were in danger of losing their homes. Funds also paid for 1,800 meals provided by the Vashon School District nutrition program, Vashon Senior Center lunch program and Interfaith Council for Prevention of Homelessness evening meals program.

"We have never faced such a challenge," said Vashon Food Bank Executive Director Emily Scott. "This historic disease pandemic would be bad enough but it has been many decades since our society faced such an economic disaster. Not only have we been working to deliver more food than ever before, but we are doing it under severe social

distancing disease prevention guidelines. We are grateful that we have been able to partner with VashonBePrepared and the Vashon COVID Relief Fund."

In recent weeks, the fund began with three major donations totaling \$165,000, allowing the VashonBePrepared Board to expand the work of the Relief Fund beyond testing. The board has focused spending on health, food, shelter and economic recovery. VashonBePrepared is starting a fundraising effort to expand relief and help for the 10,000 people living on rural Vashon Island. Relief Fund efforts will go for urgent near term needs and to address long-term economic recovery and impacts from the behavioral and spiritual difficulties of pandemic stress. With the initial donations, the campaign needs to raise \$260,000 to meet the \$425,000 Vashon COVID Relief Fund goal.

VashonBePrepared is providing support by buying goods and services rather than by making bulk cash grants.

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

Vashon's all volunteer Emergency Operations Center was activated on March 12th to organize and support pandemic response under the Incident Command direction of Chief Charlie Krimmert of Vashon Island Fire & Rescue. Almost 40 people have been working during that time on a range of support programs for households, neighborhoods, businesses, unemployed workers and healthcare.

Vashon Island's COVID-19 Guide on Page 5. Pull it out and Save the information

Live Local Weather www.VashonWeather.com

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

Find out how much rain Vashon Maury Islands get and how gusty the winds are on Vashon's new weather site www.vashonweather.com.



Windermere

REAL ESTATE

The island home experts



New Listing!
Pending!

HOME ON ACREAGE - Almost 3 private acres of woods, gardens and fruit trees. Manufactured home with permitted cabin and outbuildings. Walk to town!

#1590109 \$430,000



New Price!

SINGLE STORY HOME - Nestled in 5 lush Westside acres. Comfortable well-maintained home with light-filled floor plan. Quiet serenity in private landscaped setting.

#1557911 \$450,000



Pending!

NORTHEND HOME - Walk to the Seattle ferries from this 4 bdrm home in 6 acres of preserved forest. Home offers generous and flexible spaces. Private corner lot.

#1582244 \$625,000



DRAMATIC VIEWS - From this 3500 sq. ft. Contemporary home with soaring ceilings and walls of windows. Multiple decks, hot tub, boathouse and 75' of beach.

#1582071 \$1,250,000



CHARMING OASIS - 1920's bungalow lovingly restored with quality and style. Includes detached multi-use buildings, 1 car garage & sweet art cottage. On 5 acres.

#1572722 \$699,000

Bringing our homes to you!

During this period of social distancing, we realize that many need to continue their home search. One way to do this is through our 3D/Virtual Tours. These tours allow viewers to “walk” through homes to decide if the homes work for them before seeing them in person.

Find these tours on our listings @ www.WindermereVashon.com



WRE Vashon-Maury Island, LLC

www.windermerevashon.com

17429 Vashon Hwy SW

206-463-9148

Island Life Depopulated

By Peter Ray
pgray@vashonloop.com

“Millions of chickens, pigs and cattle will be depopulated because of the closure of our processing facilities, Tyson writes. The food supply chain is breaking.”

Just a little more than a year and a half ago, I was standing in my old neighborhood on the front steps of the house I grew up in. I was talking to a person from India, who happened to be the current owner of that house. He was and is a U.S. citizen, and as we talked, mostly about my recollections of the neighborhood from long ago, I got the sense that he was a conservative. Part of my reasons for assuming this were expressed in his feelings on and about climate change. As he stated it, his belief was that the primary source of carbon dioxide in the atmosphere was not cars or coal power or industry, but rather that it has its origins in the raising of cattle- I did not ask whether he meant meat or dairy cattle, mostly because I did not want to sustain this part of the conversation for any longer than was necessary.

I also did not mention that, at that point, I had been a vegetarian for over forty years, and so to some degree I could agree with him on part of this assumption most whole-heartedly, because in fact some of that greenhouse gas blanket can be attributed to cows. From the CO2 from cow poop and, I guess, cattle belching, to the burnt fossil fuels and fossil fuel based fertilizers used to grow corn and sorghum and alfalfa and other forage and silage crops necessary for meat and dairy production, it would seem that there is a significant role that this part of the human

condition is playing in putting more carbon into the atmosphere. To admit that it was the entire fault of perambulating bovines would have come as a great stretch on my part. But I wasn’t there to argue the finer points of global climate concerns, and my intuition was that I would be better served to keep on nodding and be able to walk away without causing a ruckus when all was said and done. The myopia of his blaming the cows, and them alone, perhaps gave him some comfort in doing something about the climate, without doing much of anything- if he was a vegetarian himself. I do not know and did not ask whether he was veg. Having spent some time talking with a director from India about his film on bullfighting in India that screened at the Big Sky Doc Fest in Missoula last year, and having learned from him that the Indian sacred cow thing was not as nationwide a phenomenon as I had understood it to be, it would seem that a less than actual universal reverence for cow life in India would suggest that having birth origins there does not necessarily dictate a meatless lifestyle wherever one winds up. In many ways, it is likely that the Indian owner of my childhood residence did not have vegetarianism as a moral refuge in his carbon from cows global climate manifesto, and I guess it really doesn’t matter.

I think it was on my way back west on that first, sort of recent journey to my home town, when I found myself stopping in Atchison, Kansas, mostly because it had gotten dark and that’s where I was. As it turned out, the innkeeper of my last minute, roadside, booking.com motel choice was Indian, and the next day we happened to get into a long conversation as I was checking out. As we were talking about a wide range of things, I decided to ask him about the phenomenon I was noticing as I stopped and stayed at numerous other small motels across these

United States, and that was why there were so many Indian innkeepers all over this country. According to him, apparently the word had gotten out a number of years ago in India- I think he said it was in the 1970’s- that America needed innkeepers, and so there was this migration, and mostly all at once, of people from a fairly small and specific region of India, who had been inspired by the word of this need, and so they came. He also mentioned that there were a number of people who were related who had come to take advantage of this business opportunity, and that their family name was Patel, and that is a name which I have indeed seen at some of the motels I have stayed at. I cannot remember for certain, but this establishment in Atchison may have also been the motel where, along with the Gideon’s bible, there was also a copy of the Baghavad Gita in the bedside stand. I wondered if that too might help in good Rocky’s revival- you never know what might help.

Another thing that I have been somewhat surprised about in my two, round-trip road trips in the last two years is the proliferation of wind farms out there in the wide open, and I guess in the not so wide open of the hilltops of Vermont and elsewhere. I recall first being made aware of early wind power in Terrence Malick’s film, Days of Heaven and I think, maybe, Comes a Horseman, and which, as I’m remembering, both came out in the same year, 1978, and both had small, electricity generating windmills as incidental props. At the same time I began reading about early innovations in wind power design. And so it was when these behemoth towers began showing up along roadways as of late, I was fascinated as to how we got here from there. I was baffled by people’s dislike of their appearance, as to me they seemed to be simple, elegant sculptures, as well as being functional in power generation. It

The Vashon Loop

Contributors: Kathy Abascal, Eric Francis, Terry Sullivan, Orca Annie, Seán C. Malone, Mary Litchfield Tuel, Marj Watkins, Peter Ray and John Sweetman

Original art, comics, cartoons: Ed Frohning

Ad sales and design: Steven Allen
Phone 206-925-3837
Email: ads@vashonloop.com

Editor: Steven Allen
Email: editor@vashonloop.com
Publisher: Steven Allen
PO Box 1538, Vashon, WA 98070
Phone 206-925-3837

Published every other week
by Sallen Group

Vashon Loop, Vol. XVII, #9
©April 30, 2020

Loop Disclaimer

Paid advertisements in The Vashon Loop in no way express the opinions of the publisher, editor, or staff. Likewise articles submitted to the Loop in no way express the opinions of the publisher, editor, staff or advertisers. We reserve the right to edit or not even print stuff.

also seemed, given the alternative of having a coal-smoke belching generation plant with endless train cars hauling in loads of black rocks that were then burned and turned to coal ash on the wind, that having something that, instead, spins in the wind and puts out useable energy, just might be a vastly preferable contraption to have as a

Continued on Page 6

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

Get In The Loop

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

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

VoV Is Your Island Connection



Make Us Part of Your Day!

101.9FM • VoV-TV • VoiceOfVashon.org • VoV App • 1650AM Alerts

VASHON FOOD BANK COVID-19 PROGRAM HOURS

(Starting the week of 3/30)

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

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

FOR QUESTIONS, OR TO SIGN UP FOR HOME DELIVERY,
CALL THE FOOD BANK OFFICE @
206-463-6332 OR
EMAIL ADMIN@VASHONFOODBANK.ORG

VIPP Cat House Temporary Closed, But you can Give BIG

The VIPP cat shelter remains temporarily closed, but you can still support VIPP in the meantime. Go to www.vipp.org, and click on the GiveBIG banner at the top of the home page.

Watch The Hill's "Rising"

You Tube

the new Right

the new Left

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. 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



Barber & Beauty Shoppe

(206) 463-7212

Family Hair Care ~ Sensible Prices
Colors, Perms, Hair Cuts

Parker Plaza 17232 Vashon Highway

Suds

LAUNDROMAT

OPEN DAILY

Open Daily 9am to 7pm
"Last load in at 6:15pm"

17320 Vashon Hwy SW
(Located across from Pandoras Box)



VASHON ISLAND

Chamber of Commerce

**Lodging
Shopping
Food & Drink
Things to Do**

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

Next Edition of The Loop Comes out Thursday May 14

Deadline for the next edition of *The Loop* is
Saturday, May 9

Law Offices of
Jon W. Knudson
Parker Plaza * P.O. Box 229
Bankruptcy -- Family Law
463-6711

www.lawofficesjonwknudson.com

Advertise in the Loop!

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

ads@vashonloop.com

Next Loop comes out May 14

Local Weather

www.vashonweather.com

Local Rain Totals

Temperature hi/low

Wind Speed & Direction

Barometric Pressure

Weather forecasts

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

Quarantine



By Sean Malone and John Sweetman

“When the little red bumps appeared with a fever, Mom would segregate our dishes and silverware, so the rest of the family wouldn’t get the measles. If two of us came down with it, all three kids were stuck in the same room, to let the disease take its course. Mom made red bush tea with blackberry juice to help build our immunity. The itching was terrible and we weren’t allowed to scratch, while Mom took our temperature and told us we were lucky it was German measles and would only last for a few days. We rubbed calamine lotion on each other’s red rash to help relieve the itching and waited for the disease to pass with loud complaining at being locked up and unable to get out and play. If you got the deep pink lotion on your hands, it wouldn’t come off, you had to wash them.”

“Don’t come in here with muddy feet, go wash them off at the standpipe first,” Grandma Ada would admonish us not to track mud from the beach onto her oriental rugs. She was fastidious in all ways and very Danish about her housekeeping. When the lady at the beauty parlor wouldn’t cut Grandma’s hair because she had lice, Grandma was devastated and cried softly to herself all the way home.

All that I could see from bed, where I was stuck because I had had my tonsils out, was the garage and our little apple tree that only had one apple. I had a little American flag on a stick with a pointed top, painted gold and I was running on our hardwood floor with the top of the stick in my mouth, when I slipped on a corner and rammed the flagstick down my throat, irritating my tonsils, so I had to have them taken out. Day after day, gazing out the window, waiting to get better, watching my apple ripen. Mom came in with a cup of chicken noodle soup which she swore would help me to get better. She called it “penicillin soup,” and guaranteed results. After drinking the soup, I turned back to the window, just in time to see Kit Bradley grabbing my apple off the tree and running home with it. Mad as a wet hen, I yelled, but it was too late for herpicide.

I was running for the kitchen door to climb the hill to the school bus stop, when Mom stopped me. “Come here, I want to see your face,” she said as she tilted my face up to the light from the kitchen window. “What is that red around your mouth?” “It looks like impetigo.” And she sent me to the bathroom to get the gentian violet, a violent purple stuff and antiseptic dye which she applied to my mouth, making me look like a circus clown and no candidate for school as impetigo is highly contagious.

Walter’s folks had a chicken farm on the

west side. They lived in a trailer that was so covered with blackberries; you could only see the doorway. Walter’s mom told him to take a bunch of chicken guts out and bury them. Instead, Walter threw the guts in the creek that ran through the place and so the story goes, caused the epidemic of yellow jaundice that raced through the wells on the west side of the island and we at Cove were right in line to catch it. Us kids knew it couldn’t kill you but it could cause brain damage and I had trouble enough getting good grades. Al Roen almost died from it and the yellow jaundice scare went on for months or even longer.

Sean’s experiences are pretty well typical of what all of us went through. There were a lot of scary afflictions going around that were deadly such as polio and whooping cough. Mumps, while rarely fatal had the added horror of ‘it will make you sterile’.

All of us at that age knew someone that had either had polio and was crippled or had died. Widespread panic about polio resulted in closed swimming pools and restricted summer camps. Many of these nasty things faded in the midcentury as effective vaccines were administered freely in schools before preventative medicine became a profit making system.

Some things were highly contagious but not fatal, but the treatments could be extreme. Four come to mind. Lice, impetigo, ‘pinkeye’ and the worst...‘ringworm’.

Ringworm was a fungus that generally got one on the scalp. It was easily transmitted by stray cats that kids naturally picked up and adopted. Itchy places appeared on your scalp and hair started falling out. Quickly observed by alert mothers, the treatment was immediate and drastic. First hair washing with Fels naphtha or worse, even.. homemade lye soap. Then a severe hair cut and close clipping of the affected areas leaving a collection of round bare scalp exposed. Then the worst came. Painting the areas with ‘gentian violet’ which usually came from the animal medicine section of the barn. The result was a spotty ugly scalp covered with purple stains that you had to wear like a badge of shame. Today it would not be so unusual as many have dyed their hair purple, but generally ALL of their hair, not just spots. You were advised when sent back to school never to loan or borrow another’s comb.

‘Pink eye’ was also highly transmissible although it was unclear to us exactly how it spread. The treatment was generally an eyewash of boric acid which while not painful, had to be done several

Spiritual Smart Aleck

By Mary Tuel

Isolating On Down to New Normal

Crumbling up newspapers to start a fire in the wood stove this morning, I came across the Seattle Times issue of March 2, 2020.

The headline reads: “2nd U.S. coronavirus death in King County; more cases likely”

I could not help but think, aw, look how sweet and naïve we were a couple of months ago, before schools and businesses were shut down, before people were thrown out of work, before the unemployment offices were swamped, before people were dying in the tens of thousands.

There is a guy named Matt on TV whose ad has been playing a lot. He says, “One thing we know for sure is that we’ll be getting back to normal ...”

Every time I see that ad I yell, “NO, Matt, we are NOT getting back to normal!”

For one thing, over the last few months, say from December to the end of April, a lot of people would have died in the regular course of events. Add to that number this year an extra two hundred thousand deaths, give or take, attributed to the coronavirus.

That’s an estimate based on the recorded numbers, but the recorded numbers for the pandemic are sketchy.

The United States leads the world in the number of confirmed coronavirus infections and deaths. The numbers vary depending on your source, but as of Saturday, April 25, several sources report that the US has had more than 50,000 deaths from COVID-19.

The fact is, we don’t really know how many people have been infected by the coronavirus. We don’t know how many people have died without being tested or diagnosed. We don’t know how many infected people have not been counted. We do not know how many governments are lying about their statistics.

Doctors are still learning about what this virus does, and how it behaves. Yes, it can make mush of your lungs and lead to multiple organ failure, but it can also make blood clots throughout your body and give you pulmonary embolisms or major strokes. At first it was believed that older people were more vulnerable, but the virus turns out to be more egalitarian than that regarding the age of its victims.

So, families and friends of about two hundred thousand people are grieving,

times a day. We were strictly admonished, ‘don’t rub your eyes’ and don’t touch others. Sometimes half the school would come down with it.

Outbreaks of whooping cough would result in kids being kept out of school for a period if one family member got it. In those days kids did die of it.

As vaccines became standard our parents eagerly awaited the schedule at the schools because they had seen many children die or suffer from some diseases that are only faint memories today.

Every time I smell ‘Fels Naphtha’ soap or ‘Pine Sol’ it brings back those memories. I don’t think ‘Gentian Violet’ is available now, except at veterinary supply stores

Sean@vashonloop.com



along with the millions who are grieving the deaths that were going to happen anyway.

We are not going back to the normal we knew.

I dream about the new normal. Wouldn’t it be great if the pandemic brought about national healthcare in America, like there is in the rest of the free world?

Why is medicine still a for profit business in America? Why do people lose their homes, lose everything, because of medical bills they can’t pay, even when they have insurance? Short answer: there is too damn much money to be made. Money is more important than people’s health or welfare in this country.

Wouldn’t it be great if the people who could make a change realized that there must be a financial safety net when there is a worldwide emergency that affects every single person?

I saw a mean looking man with a bow tie on television the other week. He was saying that we had to beware of this pandemic making the welfare state expand.

I wanted to reach through the screen and crush his windpipe. That impulse was unChristian and unworthy, and I pray for forgiveness, but a person gets tired of the conscienceless rich getting richer and the poor getting dead.

Heck, yes, expand the welfare state. Shave a small percentage off the defense budget and stop starving people and leaving people homeless and depriving children of education.

Yeah. That would get Mr. Bow Tie’s knickers in a twist.

Wouldn’t it be great if the new normal included time to be ourselves, time to be with our families, time not to be running our butts off to chase the almighty dollar, and included our current awareness of how precious we are to one another, and our being kinder to one another? You know, like now?

Some places are “opening up” now. Some people are refusing to isolate or quarantine because they think it impinges on their liberty. I’m thinking, great. Here comes the next surge of infections.

The coronavirus has made it easier for a lot of us to ask, “How are you?” because we really want to know, and to say, “I love you,” because we do, and we know there may not be another chance to say it, or hear it.

Which reminds me: I love you, you wicked monkeys. Get out there and laugh at a stuffed shirt today.

Wash your hands. Wear your mask. Keep your distance. Stay safe. We need you.

Blessings.

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

Local News
www.vashonNews.com
Local & Regional Headlines
Weather forecasts
All the Vashon Headlines
in one place from anywhere
on any mobile device!

Vashon Island's COVID-19 Guide Save This Page

How can I help? Stay healthy and avoid spreading the disease. Pitch in by volunteering at Volunteer@VashonBePrepared.org. Donate at [VashonBePrepared.org/Donate](https://www.vashonbeprepared.org/Donate)

What is VashonBePrepared? We are Vashon's all-volunteer emergency response network. We support Vashon Island Fire & Rescue by operating the island's Emergency Operations Center to prepare and support islanders in disasters. Our nonprofit is a federally recognized community coalition of island organizations and individuals.

When will the pandemic end? The Governor's stay home order is currently set to end on May 4th. Measures to prevent spread of the virus will be in effect for a while and we will take it one step at a time.

Symptoms of COVID-19

COVID-19 symptoms may appear 2-14 days after exposure: fever, fatigue, dry cough, loss of appetite, muscle aches, shortness of breath, or loss of taste and smell. Other less common symptoms may be headache, sore throat, runny nose.

If you have symptoms, consult your medical provider to be screened and possibly referred for testing. If you do not have a care provider, contact Neighborcare Health at 206-463-3671 or Vashon Natural Medicine at 206-463-4778.

Vashon Island COVID-19 Testing Project - if you have symptoms, you can also be screened by the Vashon Medical Reserve Corps Testing Project volunteers. Call 844- 469-4554 or email Questions.TestVashonNow@gmail.com. Those who cannot pay will be covered.

Caring for self/someone ill with virus, including yourself - follow instructions from a health care provider, monitor symptoms and prohibit visitors. Keep the person in a separate part of the house, with their own bathroom if possible. Important safety measures are at [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus) or call 800-232-4636.

Health – Mind and Body

Neighborcare Health and Vashon Natural Medicine are providing primary care and telemedicine. Call Neighborcare Health at 206-548-5710, or go to [Neighborcare.org](https://www.neighborcare.org). Call Vashon Natural Medicine at 206-463-4778 or go to [vashonnaturalmed.com](https://www.vashonnaturalmed.com).

Counseling Services - Vashon Youth & Family Services continues to serve islanders of all ages. Counseling is on weekdays between 9 a.m. and 5 p.m. In-person, telephone and video chat options are available, call 206-463-5511. Neighborcare Health offers mental health services via phone at 206-548-5710.

Domestic Violence - Vashon's DOVE Project offers support, resources and advocacy for survivors of domestic violence and sexual abuse. More info at [vashondoveproject.org](https://www.vashondoveproject.org) or call/text 206-462-0911 or 206-940-6430. Email info@vashondoveproject.org.

Students - Neighborcare Health at 206-548-5710 continues to provide medical and mental health services to Vashon students.

Food

Vashon Maury Community Food Bank at Sunrise Ridge behind the Neighborcare clinic offers nutritious food to anyone through delivery and pick-up programs. Call 206-463-6332 or email admin@vashonfoodbank.org.

Community meals program - the Interfaith Council to Prevent Homelessness (IFCH) has warm and brown-bag grab-n-go meals for anyone, 5:30 p.m., Sundays, Mondays, Tuesdays, Thursdays and Fridays at the Methodist church, 17928 Vashon Hwy SW. Call Nancy Vanderpool at 206-463-7776.

Students - the Vashon Island School District offers meals for any students. Pick up grab and go meals at Vashon High School, Monday-Thursday from 8 a.m. to 12 p.m. Thursday bags contain meals for two days. Bus drivers deliver meals to island locations Monday-Thursday, routes and times at www.vashonsd.org/Page/2516.

Seniors - the Vashon Senior Center delivers lunches on Mondays, Wednesdays and Fridays to those who have requested meals. Isolated seniors sign up by calling 206-463-5173.

Restaurants - Many Vashon restaurants are offering takeout meals and ordering. Go to www.vashonchamber.com/pick-up-and-deliver-guide-for-vashon-restaurants/ or call your favorite eatery.

Shelter

Rental Assistance - If you are unable to pay rent, contact your landlord. If you need help with rent or to avoid eviction, get information from the Washington State Department of Health and Human Services at <https://www.dshs.wa.gov/> or call 800-865-7801.

United Way, in partnership with King County and Seattle Foundation, offers a rent relief program called Home Base. Call 2-1-1 or email renthelp@uwkc.org.

Vashon Youth & Family Services can offer support; call 206-463-5511 or visit <https://vyfs.org/resources>.

Housing assistance - the Interfaith Council to Prevent Homelessness is accepting applications for rent and utilities costs. Contact Nancy Vanderpool at 206-463-7776.

Mortgage - If unable to make your mortgage payments, contact your lender. They may waive late fees or give you more time to pay. You can also contact the

Washington Homeownership Hotline at 1-877-894-HOME for information and assistance.

Utilities - if you are having trouble paying electric, gas or water bills:

- Puget Sound Energy will not disconnect services for non-payment and will waive late fees. PSE is offering payment plans and an energy assistance portal to income-qualified customers. More at www.pse.com or call 1-888-225-5773.
- Water: Contact your water provider for assistance.
- Washington Utilities & Transportation Commission provides information and referrals: 360-664-1160.



Other bills

Credit cards, student loans, car loans: contact your lender. They may waive late fees or give you more time to pay.

Jobless Support

Unemployment help is available from local, state and federal sources. Updated information is at www.vashonbeprepared.org/COVID-Resources/For-Unemployed. For questions call, Deborah Diamond 206-200-3236 or email at deborah@vashonbeprepared.org.

Business support

COVID-19 Testing - If your employees have ANY symptoms (cough, congestion, fever, shortness of breath) they should not work and should call their healthcare provider. If they do not have a regular doctor, they can call the Vashon Emergency Medical Reserve Corps testing at 844-469-4554. Employees will be screened and tested the same day, with results 48-72 hours after testing. Those who cannot afford the fee will be covered.

Ask an Expert - Local business owners with Vashon-Maury Chamber of Commerce provide advice on business related issues. Go to www.vashonchamber.com/ask-an-expert/ for contacts.

Chamber Chat webinars by Vashon-Maury Chamber of Commerce in partnership with the EOC Vashon Emergency Operations Center focus on issues facing our business community during the COVID-19 pandemic. For topics check: www.vashonchamber.com or call 206-463-6217.

Taxes - The Washington State Department of Revenue can provide extensions on taxes or waive penalties. Contact their customer service staff at 360-705-6705.

Other Resources

Vashon Community Support Hub - will offer access to internet wifi, computers, printing, bathrooms and handwashing. The hub will be in downtown Vashon under the Village Green pavilion, weekday afternoons except Wednesday. Print information about island COVID-19 resources will also be available.

Protective masks - #MasksForVashon is producing and distributing free, reusable masks to residents, essential needs workforce, health care workers and nonprofits. Mask requests are on a first come, first served basis. Volunteers receive a kit and instructions to produce and return 10 masks. For information, to request a free mask, donate or volunteer, go to masksforvashon.org.

Getting outdoors - Vashon Parks and King County Parks are closed, but getting outside is important! Some tips:

- **Do outdoor activities** only with folks in your immediate household (not extended families), close by your home. Avoid traveling, if you have to take a car, maybe it's too far.
- **If you encounter** others, maintain 6-feet social distance. Keep your pooch on leash to help her keep her distance!
- **Gatherings of any size** are not allowed outdoors, just as they are not allowed indoors, that includes friends getting together to go on a hike.

How can I help? Volunteer or donate

Neighborhood Emergency Response Organizations stay connected through EROs. Neighbors join together to increase their readiness to comfortably and safely manage emergencies. During the COVID-19 pandemic, there is weekly information to NEROs on developments and resources. Interested islanders may contact NERO Coordinator at nero@vashonbeprepared.org or call 206-567-5591.

Join VashonBePrepared email Volunteer@VashonBePrepared.org to volunteer.

The Vashon Medical Reserve Corps (MRC) is a section of the Seattle/King County Public Health Reserve Corps, and works with VashonBePrepared and the Emergency Operations Center to respond to health and mental health needs in a public emergency. Health care professionals are encouraged to volunteer with the MRC; send your name, contact information and description of your health care expertise and experience to mrc@vashonbeprepared.org.

Community Care Team (CCT) is the volunteer counseling and behavioral health unit of Vashon Medical Reserve Corps. If you'd like to be part of this team, go to www.vashonbeprepared.org/MRC.





By Marj Watkins

Away with Allergies

Now that flowers are blossoming, both wild ones and the garden variety, we’re hearing a lot more sneezing, and experiencing more stuffy noses and clogged sinuses. Relatives and friends call in to report seasonal allergies flaring up. That downpour we had several nights ago really cleared the air. But those sunny days that followed had us reaching for tissues to catch sneezes again.

It cannot be a coronavirus. Our temperatures remain normal. We have no true cold symptoms. So our sneezes must come from allergens that come in whenever we open an outside door or window. Son Steve and I mainly stay in our house. Nobody visits except my grandson James, wearing a facemask. He sometimes eats lunch with us, keeping much more than the required six feet away from Steve and me. James also takes our recyclables to the recycle collection place, and rook all our dead curlique light bulbs to the hazardous waste truck. That was a big favor, too.

For exercise, I do qi gong; Steve walks in the woods or on the beach wearing a scarf that covers the bottom half of his face. Or goes to Harbor Mercantile for groceries, wearing said scarf as stated. James, when he shops for his mother’s household, phones Steve to text him our grocery list and brings us Thriftway or IGA groceries, items the Burton store doesn’t carry.

We enjoy telephone visits with our far away and not so far away relatives and friends. We stretch our eyes by looking across the harbor toward and beyond Portage, and by watching dog walkers in the park below us. We cooked a superb pot roast for supper. We read a lot.

The two camellia trees beside our house have never caused sneezes, only pleasure from their red and deep pink blossoms. They can stay. We enjoy bouquets of them in the house. The three golden rain (laburnum) trees don’t clog our noses either. The quince tree produces so few blossoms that even if we could pin an “allergenic” label onto it, we’d keep it. The apple tree we keep

for it’s delicious fruit is not blooming yet. The Douglas firs near the house do us no harm, but being shallow-rooted they sway alarmingly in winter’s east winds. The madrona trees flower, but they do not seem to cause any allergic reaction. I don’t think they could cause current sneezing and other allergy symptoms because they blossom later in the spring.

So what plants rev up the allergies now? The trees and bushes in bloom in our neighborhood now are rhododendrons, golden rain trees, laurels, rowans and lilac.. The wild cherry trees have just finished blooming here at Jensen Point, at least, Have faith, allergic people. Those plants will soon stop blooming, and so stop producing allergens. People can be allergic to red roses.

Think of food. What we eat has an effect on our allergies. For instance, I don’t fare well if I eat white potatoes, or pasta or bread made with white flour, or cane sugar, or drink soft drinks, or coffee. Coconut sugar, totally rye bread, brown rice and brown rice pasta, these work for me. The nightshade vegetables: white potatoes, eggplant, tomatoes, and peppers of any color are all somewhat allergenic to me. I need to go easy on them.

Grass pollen causes people the most allergenic trouble, I think. Find someone to whack your grass before it blooms. Trees, not even shedding pollen, can be as bad as grass for some people. One year we had a pine tree for a Christmas tree. It gave me migraine for Christmas. We finally put it out on the balcony. Now we sometimes bring in holly sprigs and tuck them behind pictures on the walls. We just pile the Christmas presents on the antique sewing machine.

Sometimes we put Christmas lights on the apple tree.

Foods make a big difference in how you feel. You may find that your seasonal allergies that you’ve been blaming on plants tend to slack off or even go away when you eat different foods.

Choose these least allergenic foods: All meats, fish, shrimp, clams, oysters; sweet potatoes, yams, jicama; carrots, parsnips, peas, onions, beans, tomatoes in small quantities, mushrooms, rutabagas, turnips, spinach, zucchini, and all green leafy vegetables; all fruits except dates and raisins. Gluten free whole grain bread. Peanut butter. Nuts (brazil nuts, no more than three a day), granola, cream, almond milk. Green tea, but not too strong.

Avoid these most allergenic foods: White potatoes, eggplant, tomatoes, corn, spaghetti and fettuccine, unless made with brown rice, flour; pie, cakes, cookies, sweet puddings, candies, dates and raisins, alcohol in all forms, coffee, strong tea.

After eating like this for a few weeks, you may find the grasses a;nd other allergenic plants don’t bother you nearly as much--not at all, I hope.

George Thieme

George Thieme was my friend.

The last time I saw George was last year at one of the First Friday Fire Pit and S’mores on the lawn of Vashon Presbyterian Church. Many Vashon folks and visitors were gathered during the sunset hour, eating and talking, taking a break from the Art Walk.

As I heard of this death, I recollected the many ways that George’s influence touched me, and I would like to share four of them. First, I met George and his wife Héré at the Vashon Presbyterian Church. I love the story of how they met. George, a young man set on adventure, sailed around the world with a small crew, stopping at several points along the way. One of those stops was at Bora Bora, where Héré was born and raised. They met under the Bastille night fireworks. How romantic! During the time I saw them together, I was able to witness how much they loved and supported each other, at church, at dinner, and at community events.

He was a general contractor by trade, and an artist by heart. He created many fish sculptures, carved out of wood, simple and exotic. Many of these fish found themselves in some of the homes he worked on, some as design elements and some hidden. He created a film showcasing his fish sculptures in the Vashon Film Festival “A Fist Full of Films.”

George was also influential in the way he taught me how to forgive people who would not apologize, either because they couldn’t, didn’t want to, or didn’t think they were at fault. We were able to talk though a couple of deeply hurtful situations, and this ability has helped me

weather other disappointments later in my life. He has a deep faith and was willing to share it in a way that was non-threatening, and he showed it by the way he lived his life.

Lastly, we also had fun together. One time a group of us decided to investigate the upper reaches of the attic of VPC. Since George was the head of maintenance he held the keys to all the doors. One rainy afternoon we climbed the staircase and turned the corner to see the large yard ornaments of Mary and Joseph propped up in the side wall. I said George, “I think Mary and Joseph have a task to do.” George knew something was up, and while he was listening what my plan was, he was discerning how much trouble we would get into and if the risk was worth it. This was it: Above the front doors of the VPC are two square windows. I said “wouldn’t it be great if we positioned them so they could look out on the Vashon Highway?” Surprisingly, George went along with it. He rigged up those figures so Mary looked out one window and Joseph the other. And they were there, looking over the doings of two and four-leggeds wandering around uptown.

Alas, they were there for only a few short days until guilt crept in and George took them down.

Thank you George, for your life and sharing your life with us. See you on the flip side.

Jessika Satori

Jessika Satori is a poet, artist, educator, business consultant and spiritual director.

Island Life

Continued from Page 2

neighbor. One could mention the orange idiot-in-chief’s claims of the cancer causing effects of windmills, but then one now only need mention the words “bleach” or Lysol to remind us (not that we need reminding) that he really doesn’t know jack shit about anything, let alone running a country anywhere besides into the ground, but I digress.

I will say that as I was driving back through Kansas last summer, I happened upon a windfarm along interstate 70 somewhere east of Colby, Kansas, and I shot a brief film out the car window at 75mph as a kind of ode to wind power- if you search the youtubes for “a sunset wind in kansas”, you should find it. If you happen to watch this short, three minute piece, you might find it calming with its ambient music, pleasant sunset colors and gentle whirling of those giant pinwheels out to the horizon. One might even think, as I did at the time, which is why I shot it, that in at least a few parts of the world, some things might be more right than others. It would seem that in these times that are now ubiquitously labeled as “uncertain”, “trying” or “difficult” (I think I prefer Brad Pitt’s recent characterization of “unnerving”), that an anchor and a beacon in a world of right would be a good thing. And then one more thing drops in this placid pool of purity and goodness that sends shock waves of tsunami proportions to the unsuspecting and already virus weary shores. That something would be Jeff Gibbs’ documentary, titled appropriately ‘Planet of the Humans’, with a font on the film ad that recalls that sixties fictional sci-fi classic, ‘Planet of the Apes’. Without having to issue a spoiler alert to the three or four of you out there who have not seen Charleton Heston’s surprise discovery on one of the beaches of ape world at the dramatic finale, it should be stated that I found repeated, revelatory shocks of a real world kind relating to icons and totems

of the green revolution throughout this documentary that rivaled Heston’s beach pounding madness.

I should also say that I have been having a social media back and forth with another Islander about this. Their claim is that Gibbs’ film is riddled with inaccuracies and misstatements. I cannot speak to the hardcore science in dispute. What I can note is that the bigger picture which is being called into question here is that if we continue to overpopulate the earth there is no way we are going to “science” our way to survival as a species through deus ex machina capitalist ventures. As it is, there may be no way we are going to get out of this alive, regardless of whatever path we choose. As we look toward getting back to “normal” as we come out of this pandemic thing, if we do not take a hard and fast look at the lessons of the virus, specifically in terms of universal healthcare, job security and the overall effects of the capitalist system driven by fossil fuels, and then work to make some radical changes, then we are perhaps doomed as a species. One of the things that needs to be changed first of all is restoring what used to be known as the truth to the common discourse. For starters, right here and now one might ask what is the underlying truth in the statement quoted back at the beginning of this ramble? Here one might focus on the word depopulated. What that sounds like to me is that since the “food chain” has been disrupted and the suppliers can’t get their “product” to market in a timely fashion, then in corporate terms it would seem that these animal “products” in their continued pursuit in remaining alive would need to be fed and housed for a longer period than is dictated by economics and market forces, and therefore they now have become a liability and a burden of net loss on the system and therefore, in one of my favorite

Continued on Page 7

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

Find us on Skype
Vashon Loop
206-925-3837

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

Advertise in the Loop!
It’s a great time to get back in the Loop.
ads@vashonloop.com Or call (206) 925-3837



Aries (March 20-April 19)
When it comes to getting involved in a fierce argument, especially online, opportunities abound. Trolls, and people with nothing better to do, are busily provoking fights on every single subject under the sun. However, there is no need for you to become drawn into any of it. Your time and energy are far too valuable to waste on an endless exchange of angry words. It’s also currently possible for certain matters to blow up into something larger than their essence, with you accidentally in the middle of it all. You’d be wiser to keep a rein on your impulses, and choose your actions with deliberation and care. Remember that you can have profound and valid principles without any requirement to display them to others.

Taurus (April 19-May 20)
Your ruler Venus is slowing down as it approaches the spot where it will station retrograde in a few weeks. Meanwhile, on Monday, Mercury enters your sign. Both events introduce a note of caution and of pause before reaching conclusions on a serious matter. However clear something might seem, the situation warrants thoroughness and triple-checking to ensure you haven’t missed any significant elements. In particular, what might seem to be black-and-white may well prove to be nothing of the kind. Therefore, even if you’re sure you know the truth, act as if you don’t, and be open to the possibility of error. Few important issues merely involve a choice between two obvious polar opposites. The world is usually much more complex.

Gemini (May 20-June 21)
Mercury, your ruling planet, is about to join the Sun in the most sensitive, delicate area of your chart. Exploring this region of your life can feel like being awake in a dream landscape. Circumstances you might believe to be immovable could suddenly look very different, or something you thought barely possible appear abruptly within your reach. Often, what really changes is not the external world but your perception. Be patient with yourself as you navigate this interesting territory. Your sign being mutable does not require you to perform constant feats of mental gymnastics. Should an occurrence surprise you, take whatever time you need to adapt to it and fold it into your understanding.

Cancer (June 21-July 22)
One of the many gifts of Mercury is discernment. It can add a sharpness that cuts through fog and obfuscation, and its focus will now aid you in working out a specific issue among your friends, or in wider society. There’s a condition, however: dump your preconceptions. You may feel as if you’re on to what seems like the truth, yet whenever you become certain, stop and consider. It’s entirely possible that there are more veils to lift. You can do this more easily if you keep in mind your unswerving devotion to the truth, no matter what form it takes, and no matter how long you’ll need to spend unraveling all the layers. When in doubt, verify. When you think you know, verify a few extra times.

Leo (July 22-Aug. 23)
The spotlight on your professional life continues this week as Mercury enters that region of your chart. What this event describes is an opportunity

for progress. However, it may not come in the form you’re expecting. You’ll want to cast your net somewhat wider, and look out for anything that seems like movement — regardless in which apparent direction. The clue that reveals all will involve a sense of instinctive relief, or of greater freedom to act like yourself, which you might not even have noticed as previously lacking. Job roles sometimes have a way of dividing people into segments, becoming a “role” indeed in the theatrical sense. The best work includes, and retains, the entire person.

Virgo (Aug. 23-Sep. 22)
Your ruler Mercury entering your 9th house, representing the higher mind, spirituality and aspiration, reminds you that you are a complex being. It may be temporarily convenient to ignore certain parts of your nature; it might feel more comfortable to squeeze yourself into a neat category, even if it feels like a tight fit. Yet eventually the part of you that’s sidelined finds a way to turn up at the party. It would be wise to embrace and welcome it before it throws in too many golden apples. In a way, this is at the core of many spiritual teachings: acknowledging the whole of you, including the bits you feel embarrassed about, helps you find your way toward oneness with all things, and thus to fulfillment.

Libra (Sep. 22-Oct. 23)
A situation like the one currently pervading the globe is bound to provoke a variety of emotions in response, especially when it’s unprecedented. This is appropriate and usual. Whatever you might be feeling, the healthiest approach is to acknowledge it, even if you think it lacks reason or justice. You will benefit enormously from giving yourself the room to explore your reactions without turning on the judgment. Don’t feel guilty because you think someone else might be suffering more intensely than you, or because they’re in a riskier position. Everyone has to find their own means of working through this experience. Get out of your own way, take your time and trust your instincts.

Scorpio (Oct. 23-Nov. 22)
Amid this extraordinary moment, profound changes are sweeping through society, including within personal relationships. Mercury entering your opposite sign is urging you to forge a communication channel with a loved one, which runs in both directions. You stand to gain plenty of useful knowledge, both from opening up about your own feelings and experiencing someone’s response, and from listening carefully to others. Likewise, offering your unconditional support could be of substantial assistance to those who need it most. These are pretty intense days, with astrology to suit. Yet this also provides an unparalleled opportunity in terms of personal growth, and of creating strong, mutually helpful human connections.

Sagittarius (Nov. 22-Dec. 22)
Current circumstances are calling on your ability to adapt, and to treat the unknown as a chance to explore. Your charts imply that you’re likely to figure out immensely useful ways to manage the day-to-day twists and turns — perhaps you’ve already developed some thoughts. First things first: you may safely ignore anyone who shows up only to criticize or dismiss while you’re

doing the work; this also means you can trust yourself. Secondly, whatever ideas you come up with will probably be of real help to those around you, so offer them freely. The proactive and practical aspects of your outlook will be particularly refreshing to loved ones. There’s certainly a lot to be said for getting on with the business at hand.

Capricorn (Dec. 22-Jan. 20)
In terms of your personal development, what’s most likely to challenge you right now is a belief or mode of thought, to which you are tempted to cling at all costs. This seems to relate to underestimating your capabilities in some way. Letting go of this concept will surely release a lot of energy. Why, then, is it so difficult to dismiss? One answer might be that you’re afraid of how powerful you’ll become if you do so, or of what others could think. Forget it. This is about truth as much as efficacy, and nothing but the truth will do. Besides, you owe to yourself the confidence and reliance that this act of progress requires. It is fully warranted. Your aims have been boxed in for too long. It’s time to widen them significantly.

Aquarius (Jan. 20-Feb. 19)
The focus on your 4th house continues this week, as Mercury joins the Sun and your modern ruling planet Uranus there. This region represents the past, though also the foundation for who you can become, and where you are going. If there are former occurrences you need to heal from, doing so could be viewed as an act of justice for yourself. It’s certainly no quick fix, but then substantive personal growth generally isn’t. Nevertheless, you have the perfect right to seek inward peace, and to use your gifts. Part of the route, by the way, involves digging out and gradually divesting from attachments to other people’s approval. With enough practice, you’ll learn to place yourself firmly at the center of your universe.

Pisces (Feb. 19-March 20)
It is a peculiar quirk of the human species that we have the capacity for self-consciousness and to guard ourselves, to an extent, from the whims of nature. Yet humans are still (as of this writing) flesh and blood, and even the most logical of minds still harbor the emotions and the needs of flesh and blood. When developing any idea, it’s important to stay alert to this, even if you think you can set your feelings aside. They are often more resilient than can first appear, and it’s worth keeping an eye out for clues, especially in your immediate reactions to changes or events. The point is not to secede entirely from your emotions, which is impossible anyway. It’s to understand them, and by extension yourself.

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

Local News
www.vashonNews.com

Local & Regional Headlines
Weather forecasts
All the Vashon Headlines
in one place from anywhere
on any mobile device!

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

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

Road to Resilience

Continued from Page 1

whether to bail them out, but an important consideration is that the banks are not comfortable with the idea of investing further in an unprofitable operation. This has little to do with the banks having a conscience; they need to make a profit. Instead of extending credit, they are contemplating their other alternative in a bankruptcy: seizing assets.

Thanks to the pandemic, we now have what may be our very best opportunity to fashion a controlled exit for the fossil fuel industry. If our government seized fossil fuel company assets as part of a bailout, we could orchestrate a closing down as we ramp up renewables to replace them. If we see that existing reserves are sufficient to tide us over until renewables can take over, we can eliminate further exploration and infrastructure investment in fossil fuels. We could redeploy the laid off workers to seal off unneeded wells, do environmental cleanup, and help build the renewable energy infrastructure. The government can do what the industry will never do—plan for their own demise. State ownership is the norm: Saudi Arabia, Russia, Iran, Nigeria, Venezuela, Kuwait, and China have state-owned companies. Norway is now private, but the state owns 67% of the shares.

This needs to be done now. When social distancing ends, I foresee a massive explosion of travelers. Gasoline, especially at low pump prices, will sell fast, and flights will be booked. The government could set gas prices to favor electric vehicles and perhaps encourage people to appreciate the peace, quiet, and clear skies they’re experiencing now. There will definitely be a rebound but maybe we can influence it to include some of the lessons we have learned when the pandemic stopped everything. Most people I talk to think the old normal is gone forever. The question is: will the new normal be better or worse? If we are all really alert and proactive, we can make the new normal that nurtures all of us and the world together. This may be the opportunity of a lifetime!

Comments? terry@vashonloop.com

Island Life

Continued from Page 6

quotes from Coppola’s ‘Apocalypse Now’ in regard to the renegade Col. Kurtz, they should be “terminated... terminated with extreme prejudice.” I guess that one way or another they wind up dead in this system-being depopulated sounds more like disposing of waste, although one would suspect they would at least find a way to cut their losses in the best capitalist terms. On the other hand, that termination scene at the end of ‘Apocalypse Now’ was paired with the actual ritual slaughter of a water buffalo by the local tribe who were playing Kurtz’ adopted aboriginal tribe in the film, so there was a relative degree of dignity in that death, at least on the part of the humans. On the other had, one of the most graphic and disturbing scenes from ‘Planet of the Humans’ was one that showed live cows being forced into a metal pit where they were ground up to become burnable fat for fuel- an energy alternative. Whichever way livestock depopulation goes, we need to do better than this- much better.

Otherwise, why even bother with a cure for coronavirus or climate change? In the words and lyrics from that 70’s rock group, Emerson Lake and Palmer: “They said there’d be snow at Christmas- They said there’ll be peace on earth- Hallelujah, Noel, be it Heaven or Hell- the Christmas you get you deserve.”

**We are an essential business
So are open during the
shelter-in-place orders!**

Our suppliers tell us that inventory is adequate, however transportation of products continues to be an issue. We ask for your patience during these trying times and assure you that we are doing the best we can to keep our shelves stocked and your animals fed.

In an effort to comply with social distancing, you can place your order over the phone and pay with your credit card. We will pull your order and load it into your car so you don't need to get out. We are also delivering with more frequency, so if you are sick and can't leave your house, give us a call and we will bring supplies directly to your barn.

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...



HORSE and farm SUPPLY

VI Horse Supply, INC.

206-463-9792
17710 112th Ave. SW
(8/10 mile west of town on Bank Road)
P.O. Box 868 • Vashon Island, WA 98070-0868
www.islandhorsesupply.com
Like us on Facebook
Hours: 9am-6pm • 10am-5pm Sundays
CLOSED Wednesdays



PANDORA'S BOX

Well, there went April all shot to S#%\$&!
Here's to a better May.
Many thanks to all our supporters
for helping us stay open.

Bo's Pick of the Week:
Next FREE pet food giveaway Saturday May 16.

(206) 463-3401
\$8 Nail trimming with no appointment
17321 Vashon Hwy SW Big Red building w/Animal Stuff on the porch



WET WHISKERS GROOMING SALON

PROFESSIONALLY TRAINED
CERTIFIED GROOMER

We Offer:
Wash and Go
Bath and Brush out
Thin and Trim

**CALL TODAY FOR AN
APPOINTMENT
(206) 463-2200**

17321 VASHON HIGHWAY SW
CONVENIENTLY
LOCATED INSIDE
PANDORA'S BOX



DANNY'S TRACTOR SERVICE 206-920-0874

- ▶ Land and storm damage clean up
- ▶ Tree Cutting and removal
- ▶ Field mowing, brush cutting and tilling
- ▶ Hauling and refuse removal
- ▶ Scrap metal removal
- ▶ Driveway repair and grading

→ **Dan Hardwick**
oldredtruck@comcast.net

ISLAND ESCROW SERVICE

Dayna Muller
Escrow Officer

Patrick Cunningham
Designated Escrow Officer

206-463-3137
www.islandescrow.net

Serving Washington
State since 1979
Notary
Insured, licensed and bonded
Discount to repeat clients

PERRY'S VASHON BURGERS

Celebrating 18 years Serving Vashon Island

17804 Vashon Hwy SW
Open 7 days a week
11am to 8pm Monday-Saturday
12pm to 5pm Sunday



Best Burger in Town!

For a Burger
Emergency
463-4-911

Gluten
Free
Buns!



VISIT US IN THE HISTORIC 100-YEAR-OLD ROASTERIE BUILDING WE CALL HOME



**THE VASHON ISLAND
COFFEE ROASTERIE**

40 YEARS OF ROASTING HERITAGE

ALL ORGANIC PASTRIES,
BREAKFAST & LUNCH FARE.
ESPRESSO & TEA BAR
COFFEE ROASTED DAILY

OVER 350 BULK HERBS,
SPICES & TEA.

VASHON HIGHWAY & CEMETERY ROAD • (206) 463-9800 • WWW.TVICR.COM

Advertise in the Loop!

It's a great time to get back in the Loop.
ads@vashonloop.com Or call (206) 925-3837



**Sporty's
RESTAURANT & BAR**

Where the Locals Go!!

Family run business for over 30 years
17611 Vashon HWY SW
206.463.0940

Live
Music

Homestyle Breakfasts
and
Plate Size Pancakes
*Breakfast served till 5pm
Fri, Sat & Sun*

Sports on
5
HD TV's

Open 7 days a week 6 am til 2am

KVSH

101.9 FM



**Voice
of Vashon**

Listen
At Home
In Your Car
At Work
Worldwide

Schedule & VoV App at VoiceOfVashon.org