

## VHS Math Teacher Honored for Changing Lives

Each year the Seattle Mariners Radio Network, WSECU and ESPN join forces to recognize 24 exceptional Washington State teachers with their Teacher of the Week Award. This year, Vashon High School Math teacher, Lisa Miller, is among those outstanding educators, chosen from hundreds of nominees. The Program provides a \$500 classroom grant to Miller and a \$500 award to the school.

"This is an even bigger award in 2020," says VHS Principal Danny Rock, "because each of our teachers has had to work exceptionally hard to overcome the challenges of COVID 19."

Nominated for this honor by VHS office manager, Jackie Merrill, Miller is known for her extraordinary commitment

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Lisa Miller

## The Road to Resilience Resolution Time

By Terry Sullivan,

With the new year comes the time for resolutions, and there has never been a year more in need of some strong resolutions to change our ways. As climate change challenges our accepted ways of doing things, what can we really do on our small island that would reverberate beyond our shores? I did some research into what people on other islands in the world are doing to mitigate climate change and couldn't come up with a good match.

Manhattan is just the right size and fairly close to the mainland, but they have 1.6 million people, about 150 times as many as Vashon. It is interesting, though, that the median income in Manhattan is only \$47,000/yr., though the richest zip code in the country, the Upper East Side of Manhattan, has a median income of \$90,000/yr. Compare that to Vashon's median of \$77,000/yr. So, we are a relatively wealthy enclave with far lower population density and a status that is variously thought of as somewhere between suburban and rural.

In looking for other islands to compare ourselves to, most that are gaining a reputation for going green are in or near an ocean. That almost always means reliable wind power. Those in sunnier climes had generous solar power to boot. Most of these other islands, being somewhat to very remote, were more economically self-reliant and did not support a commuter population bringing back wealth from a big city. Some of the larger islands have their own urban and rural areas and, for all practical purposes, have little to offer us in the way of comparison.

So, we are a relatively wealthy island with low human population, 85% forested, and lots of goods and services readily available as we sit in the middle of a major metropolitan area. We mustn't forget that we also have a low-income population that is struggling to survive

out here. I would say that we are fairly aware of lifestyle changes we need to make to mitigate climate change, and we have many local groups working to promote these changes. We just don't have a real active commitment from our population at large. Most of us recycle, are reasonably careful with our trash, and we have an above-average number of households invested in solar panels. But until we really take our lifestyle head on, we are not really going to make much headway in the climate crisis.

To develop a more resilient, localized economy that takes care of everybody, we are not going to be driven by immediate economic hardship. We still have plenty of high carbon choices that are cheap and readily available. We will need to be driven by ideas, by love, and by example. The necessity of our actions will be obvious in the long run, but not in the short run.

There are many opportunities to learn how to be more resilient. There are classes offered by VIGA and Zero Waste Vashon on gardening, seed saving, composting, and natural landscaping. Garden Green offers alternatives to toxic pest and weed control. One can get a free consultation on the physical and financial feasibility of solar power at your home, and state-sponsored Community Solar offers another option for neighborhoods. There are opportunities to be more tuned in to our natural environment through the Land Trust, Vashon Nature Center, Audubon Society, the Wilderness Awareness School, and free field trips exploring such things as our tidelands and geology. Check out the Whole Vashon Catalog for ideas. Resolution: Take advantage of the local opportunities to learn.

Let's consider once again establishing a public utility district for power supply.

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## 2021 Winter Fix-It Café

The Vashon Fix-It Café, dedicated to reducing waste and building community, is coming virtually to Vashon-Maury Islands on Saturday, January 16, from 9am to 1pm via Zoom. The Fix-It Café will be hosted by the Vashon Island Time Exchange and will feature helpful locals donating their skills to restore household items that are broken or malfunctioning.

The public is invited to present items needing repair including lamps, kitchen appliances, clothing, and electronics. People wanting to just observe may also attend. To pre-register, sign up at [www.vashonresilience.org/jan16](http://www.vashonresilience.org/jan16)

There are three sessions planned: Lamps, Kitchen Appliances, and Other Household Repairs. Participants will be encouraged and guided in making their own repairs, so a tool kit should be handy. Fixing and advice are free to the public, but if parts are needed, participants may be required to acquire them at cost.

The event will start with a presentation on Zero Waste Action items to add to everyone's New Year Resolution List, and an update on how Vashon is doing on the waste front.

The Vashon Fix-It Café is hosted by the Vashon Island Time Exchange and staffed by members of the Vashon



Tool Library, Zero Waste Vashon, and Backbone Campaign, with support from the King County EcoConsumer Program.

For information on other repair events in the Puget Sound area see: <http://www.repaireconomywa.org/>

Saturday, January 16, 2021, 9am-1pm

Free to the Public

RSVP: [VashonResilience.org/jan16](http://VashonResilience.org/jan16)

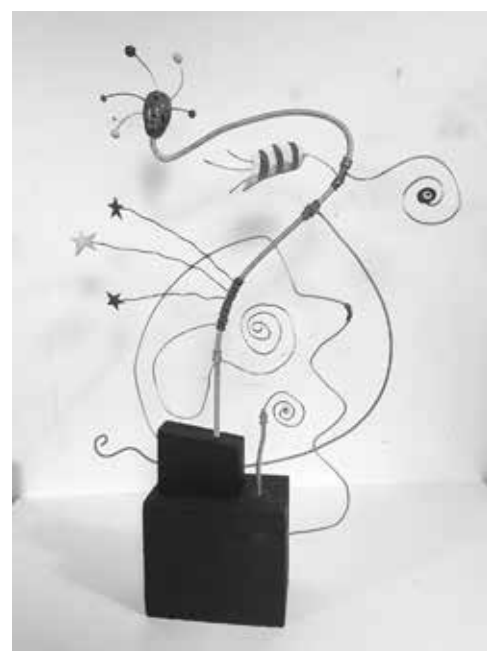
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## The Light at the End of the Tunnel

It's a New Year and VALISE Artist Collective and Gallery is living in the moment with "The Light at the End of the Tunnel." As we move forward into the formidable future and release old routines and contrivances, we embark on a path of rediscovery, restoration and reconnection with open-heartedness and the recognition that the only constant is impermanence. Our longing for better days may be what guides us, where our feelings propel us to seek peace, justice, truth, equality, acceptance, shelter, sustenance, and environmental protection.

We invite you to peer through the 12 windows of our collective's imagination. The light at the end of the tunnel may well be the beacon of our own humanity - that brilliance of awe, hope, love, and understanding. While the tunnel of darkness that obscures and confines us to uncertainty and the challenge of isolation, the end will be a new beginning and the light will be brought forth from the spaciousness of new awareness. Get to know these individual artists - Dot, George, Rachel, and Jesse; Robert, Pascal, Jiji and Bill; Sharon, Lenard, Hita and Gregory - as their divergent ways of expression make compelling work, whose ideas, colors and forms, observations and allegories riddle the canvas. We may charm you or disarm you, warm you or bombard you; colorize you, familiarize you, tantalize or energize you; laugh with you, enliven you, engage with you and stand beside you. We'll let you ponder with insightful



Garden Brain By Bill Jarcho

wonder, so twist and shout, come look and see what's it all about.

VALISE will be open Fridays, Saturdays, and Sundays 1-4 pm. All safety protocols and masks required with limited capacity, and thank you for your consideration and support. The opening celebration is First Friday, January 8 from 6 to 8 pm. Preview the show on Friday afternoon! The show runs through Sunday, January 31. VALISE Artist Collective and Gallery is located in downtown Vashon at 17633 Vashon Highway SW, Vashon Island, Washington.

VALISE stands for Vashon Artists

*Continued on Page 5*





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### The Vashon Loop

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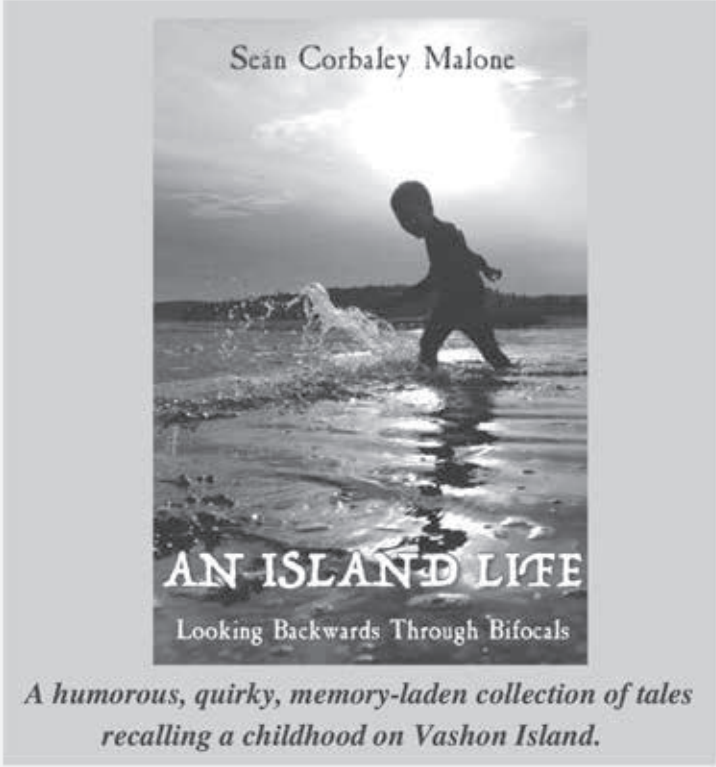
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# Get in The Loop

## Submissions to the Loop

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

Can't stop drinking  
and want help?



**ALCOHOLICS ANONYMOUS**

Online Meetings: [SeattleAA.org](http://SeattleAA.org)

AA Phone: 206-587-2838

Local Vashon Contact: 206-849-1980

### Compost the Loop

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included in  
The Vashon  
Loop.**

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Editor@  
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## Next Edition of *The Loop* Comes out Thursday January 21

Deadline for the next  
edition of *The Loop* is

**Saturday, January 16**

No puede dejar de  
beber Alcohol?



**ALCOHOLICOS ANONIMOS**

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## January – A Free Audubon class on riparian habitats

Birds love salmon. Trees love salmon. Ecologist Jim Evans will explain these loving relationships in a free, two-session Audubon webinar via Zoom on the streams, riparian habitats, and wetlands of Vashon Island and Puget Lowland – and their importance in supporting bird life on the island.

Participants will learn about riparian zones, the key plant and animal species that inhabit them, the adverse effects of human activity and how the zones can be repaired.

Zoom sessions will be held on January 14 and 21 from 6:30-8:00 pm with a limit of 12 participants. Participants can extend their learning with an optional field trip, limited to six per session, on January 16 or 23.

To register, email Sylvia Soholt at [sylvia@sylviansanctuary.com](mailto:sylvia@sylviansanctuary.com)

## All Kaiser Plans Now Accepted at Sea Mar Clinic

Sea Mar Community Health Centers has informed the Vashon Health Care District that all Kaiser Permanente insurance plans now are accepted at Sea Mar's clinic at Sunrise Ridge.

"This is great news for the island," said Tom Langland, president of the Health Care District's board of commissioners. "When we were negotiating with Sea Mar this fall to have them assume operation of the clinic, we emphasized the importance of their contracting with all major third-party payers, including Kaiser."

Kaiser has more than 2,000 members on Vashon.

Sea Mar accepted most Kaiser plans from the day it began operating the island clinic in early November. The contract for the final plan that had previously not been accepted was finalized the week of Dec. 14.

"One of the district's goals is ensure accessible primary care for all islanders," Langland said. "This is an important step in that direction."

## Zen 101: Beginning a Meditation Practice

Curious about Zen meditation and what help it might offer in these complex times? Please join the Abbott of the Puget Sound Zen Center, Koshin Cain, for a free one hour discussion on Zoom. The basics of Zen meditation and what our online services are like will be covered. There will be plenty of opportunities for Q & A. Descriptions of the upcoming spring intensive practice period and retreat which you can do at home through Zoom will be furnished.

Assisted by senior Zen student, Elizabeth Fitterer, the seminar will be held Saturday, Jan. 16 from 9-10 am. No advance registration required. Zoom meeting ID is <https://zoom.us/j/5117064990>. Password is 108108. Logon info can also be found on our website at [www.pszc.org](http://www.pszc.org).

## A Winter's Day Retreat on Zoom

Please join the PSZC community for a day of quiet on Saturday, January 23 from 6:30am – 5:15pm. The day's schedule includes sitting and movement meditation periods, chanting and practicing meditation during work activities in your home. There will be opportunities for 1:1 breakout sessions with the teachers. Genko Kathy Blackman will give a talk entitled Threes and Threes which will explore how a koan's haunting image can provide much nourishment for our practice.

Advance registration and payment is required through our website: [www.pszc.org](http://www.pszc.org). Registrants will be notified of the Zoom meeting ID and password by individual email.

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# Island Clam Digging



By Sean Malone and John Sweetman

John had pitched a 12x12 foot tent in the front yard, between his house and the road. It was a Covid 19 tent in that it only had two sides with a bamboo mat floor and a three-foot kerosene heater to cut the chill. John’s tent provided lots of Covid ventilation-protection so Diane was able to teach Spanish to the neighbor’s children. On this particular cold afternoon, the three of us were drinking 19 year old homemade elderberry wine, discussing possible stories and waiting for the visit with Jupiter and her moons and the colorful rings surrounding Saturn, which hadn’t been this close since the year 1200.

Years ago, I had given John and Diane a bottle of my homemade wine for Christmas and the red and green ribbons remained tied to the neck of the bottle which was of questionable taste at its inception but had improved slightly in both taste and color over 19 years of aging. As the afternoon wore on, we switched to a bottle of red from the Vashon Winery and the story ideas improved slightly.

The speed with which the tide comes in at the Dungeness Spit, near Sequim can force a person to abandon their hunt for Dungeness crab and run for higher ground, carefully avoiding the soft mud holes where getting stuck can be dangerous. Unlike me, John grew up on Rolling Bay on the East side of Bainbridge Island and remembers running from a fast moving tide as a child:

“Maybe tides were not all that fast but at that time we had short legs and as small children.. a strong diversive tendency , at odds with the clam digging task at hand. .. To dally around in zigzag patterns.. Looking at various items revealed at low tide.. paying little or no attention to either the time of day or the actual state of the tide or weather. I do remember running with surprised alarm! With my sister ... clam buckets and shovels in hand as the tide roiled around our ankles and we thought we would be caught in the tide. In our defense later to our mother, we had stopped to examine some mysterious dead marine life. We thought we would be drowned but were saved by our mother yelling at us from the dock, ‘Hurry up.. Dinner is ready! ‘ Our little feet flew faster to escape the tide and the muck as it was a Sunday roast beef and mashed potato dinner with blackberry pie and cream for dessert.. Incentive enough in those days. We hurried up and were saved from drowning. Both of us were forgiven of our tardy trespasses since we actually brought back some butter clams.”

For us kids, foraging for food was like having a garden, though not nearly as civilized. Don’t put a shell-cracked clam in the bucket, because they won’t live to gorge themselves on corn meal, to get rid of the sand in their stomachs. The

clams in the bucket were happiest when their squirting soaked the kitchen floor, where Mom had forgotten to tell us kids to put the newspapers down. The clams made a rustling sound in the bucket as they shifted around, opening their shells to gulp another teaspoon of saltwater to digest the food and spit out the sand that gathered in the bottom of the bucket.

Our best clamming was right in front of the homestead in inner Quartermaster Harbor or in front of the Portage store on outer Tramp Harbor, where our Grandfather, Papa Jim was the World Champion clam digger for several years in a row and we have the gold colored cup to prove it. The contest was sponsored by the Vashon Island Sportsman’s Club. Everybody else used shovels or hay forks in their hunt for the elusive butter clam or little neck as another scrumptious clam was called. They flocked to the tide line, looking for the small holes in the sand that might indicate clams or maybe just a sand worm, the holes being quite similar, but not our Grandfather, who used a cultivator with 10 or 12 inch tines, raking the gravel, above the mud and near the driftwood. Papa Jim always got more clams in less time than anyone else and it seems to me from the point of hindsight that he had explored the beach for the best digging in the weeks before the contest. We knew Papa Jim as a “winner,” his having been a middle-weight west coast boxing champion in the early 1900’s.

Grandma Ada was down the beach on the Tramp Harbor side when the tide was coming in. She wore a red-colored kerchief and baggy pants that were rolled up and yelling in Danish for us kids to come quickly. Grandma was the last child of her Danish parents, her Mother didn’t speak English and she signed with an “x.” Grandma Ada broke into Danish when she got excited, holding onto the neck of a 5 pound goeduck, her having stopped the giant clam from digging its way to safety. We started heaving sand away from where she had a hold of its neck, while the tide tried to fill our hole with water. The geoduck’s neck can stretch to three or four feet, so we had to work fast to free the clam from the sand. The meat from a goeduck this big can make chowder to feed 10 people and Grandma had 23 grandchildren mostly at Portage where her Father had settled on 350 acres in the early 1900’s stretching to the KIRO towers and down to Luana Beach.

We once had a “butter clam” feast at Cove and Kit Bradley and I bet on how many clams we could eat and stopped at thirty-five fresh butter clams. It was a good day of foraging.

Find the Loop on-line at  
[www.vashonloop.com](http://www.vashonloop.com)

# Spiritual Smart Aleck

By Mary Tuel

## Prayer, Exile, and the New Normal

The pandemic has taught me how fragile and precious we are to one another. I am not alone in that realization.

On Christmas Day I was burning with cabin fever, missing my family, and not keeping up a good attitude about this whole lockdown/isolation thing. I work to adjust my attitude – I use gratitude, and deep breathing, and what I call the power of Positive Denial: fiddle-dee-dee, I’ll think about that tomorrow.

In this time of loneliness and strained hope, prayer has been remarkably effective in lifting my spirits. It’s like forgiveness: I feel a lot better doing it than the people I’m forgiving or praying for feel. It makes me better.

Still I pray, in hope of doing some good in this hard old world. I pray for family, friends, acquaintances, and people I really dislike.

I pray for the repose of the souls of the dead, and I pray for all who mourn, specifically and in general.

I pray for all who have no one to pray for them.

I pray prayers of thanks for all the many blessings in my life.

There is a bible passage that says you should pray in private, so that no one knows. You should not boast of your praying. I do not mean to boast here. I am telling you what helps me get through hard days. It is good to stop whining and pray.

I pray to connect with the creator, but still need to connect with people right here on earth.

Facebook is a connection to the world for me, but I wish someone would start up a social media platform for older people who have been in the house for months and need connection, without Facebook’s evil algorithms and election hacking. Maybe we could call it Boomerbook.

The gospel reading for January 3 is the story in the Gospel of Matthew of how Joseph is told by an angel in a dream to take Mary and Jesus and get the heck out of Palestine, because Herod the Great has been told that a new king of the Jews has been born in Bethlehem. Naturally, Herod sees the baby as a rival, and wants to eliminate him. He orders every male child two years of age and under in Bethlehem and its vicinity be killed. This is known as the slaughter of the Holy Innocents.



This is when I squint at God and say, why didn’t all the parents get a warning? Why did the Holy Innocents have to die? It takes only a little research to learn that historians who have studied Herod and his times believe this story to be folklore – a myth that never happened.

Maybe so, but we know that Innocents are slaughtered every day in our time.

Every.  
Damn.  
Day.

This is why myth and folklore teach us the truth, even if they are not the facts. But I digress.

Joseph, Mary, and Jesus went down to Egypt and lived there in exile until Joseph had another dream in which an angel tells him that Herod has died, and it is safe to go back home. The little family heads back to Palestine and settles in Nazareth, in a new home.

As I pondered this story this week, thinking about that family living in exile, it occurred to me that we are all living in exile right now. We are living far away from the familiar lives we had – the jobs, the family gatherings, meals, school, classes, concerts, all the human closeness and interaction which is so necessary and sometimes annoying for us. We are fleeing not from an evil king, but a virus.

We cannot get out of exile until the virus is under control. Then we can head back home. Not the home from which we were exiled, the new home, where we shall rebuild the new normal life.

Let’s be honest, now: life is a series of building new normals. You get past an obstacle and the next obstacle says, “Hi, there! I’ve been waiting for you.”

When my husband died, my old life was burned to the ground, and I had to build a new life, piece by little piece. It was hard work and I felt like a stranger in my own life, but I did it. I did not give up on life, even though there were times I was tempted.

We will miss the old times before Covid-19, a way of life that looks so easy in retrospect.

I encourage us all to build the new normal times.

In closing, I ask, do you remember when people said, “Have a nice day?” Now people say, “Stay safe.” That is part of our new normal.

Stay safe, beloveds.

## VHS Math Teacher Honored for Changing Lives

Continued from Page 1

to helping students see the importance of taking risks, asking for help from each other and their teachers until they get to a place where they can figure out how to make progress on their own. She is one of those teachers who starts early, stays late and actively seeks any and all resources students need to succeed. She works hard to crush barriers to students’ success.

“I love seeing students stretch themselves and feel pride in their accomplishments,” says Miller, “And, I love being on a team with students,

families, our staff, our district and our community. It is super important to me that kids’ needs are met and that we all work together to make that happen.”

Local Weather

[www.vashonweather.com](http://www.vashonweather.com)

Local Rain Totals

Temperature hi/low

Wind Speed & Direction

Barometric Pressure

Weather forecasts



# Island Life Traveler

By Peter Ray  
pgray@vashonloop.com

All who wander are not lost- I keep telling myself that. I have done my share of wandering, and at times have berated myself for my apparent lack of direction. But then, I get to the end and look back at where I’ve been and say: oh, that’s why I was there. After college graduation my parents gave me a three week trip to Europe that was also a photography “class” of sorts. I gave class the quotes because it was basically a group of people wandering around taking photos in foreign lands with a half-assed bit of critique and assessment at the end by a photography professor from Rochester Institute of Technology. Most of the people on the trip were high school art teachers, and as I soon learned, they had been getting together on these trips for years during their summer breaks. They would take some photos during the day, and then meet in Herman’s room for “smart drinks” when the day was done, or nearly so. The rest of us would wander more diligently with cameras always at the ready, not that we were going after a grade or anything- we just had slightly different priorities.

At the end of the three weeks, we met in London for our final critique. After that was over I had the option of staying for another three weeks, as I had gotten a 30-60 day ticket. Having been kind of wandering already for the three weeks, I gathered the momentum, made a transatlantic call to my parents for another \$250, and with that in pocket I stuck my thumb out and headed to the Lake District. I eventually wound up in southwest Scotland at a B+B, as I was in need of overnight accommodation while waiting to take the ferry to Belfast the next day. It didn’t matter that these were the times of the Troubles, and I would soon find armed English troops in the streets that next day- I was just wandering. Having made it safely through Belfast and on down to Dublin, I then hitched my way to the Limerick airport through that second three weeks and came home with more than a few dollars, or pounds, still in my pockets- those were the days.

But before I further wandered the streets of Belfast and lived to tell about it,

I spent the evening before in a pub with a British couple, talking about stuff. They were there on holiday- that’s mostly all I remember. But I also remember what they said as we called it an evening, and that was: “You can’t be an American- you’re nice.” This kind of baffled me. I had heard about the ugly American stereotype, but I hadn’t thought that it was so widely and firmly held. I mean, weren’t we always the good guys? I guess not. This vision of me, and us, has stuck with me ever since. It has echoed through my brain cavities right up until today, as I stood and watched on the big teevee as American citizens stormed the steps of the American capitol building at the behest and urging of what for a few more days is the visage of a person occupying the office of the President of the United States. If I had thought more about what possible mutations to the American dream might manifest themselves in the forty five years that have passed since my pub night in Stranraer, I would never have come up with the abomination that unfolded today on the U.S. capitol steps. I don’t know if the singing group known as the Capitol Steps that used to parody in song (do they still?) the quirky machinations of our American government could have conceived of it either. But in fast forwarding to the now of a few hours ago, it seems that the people in charge of security in the nation’s capitol should have known that the deranged ramblings of the enabler in chief would most likely inspire actions around the capitol that would not end well, either in terms of aberrant physical actions, or as embarrassing visuals that would further the impression of ugly Americanism around the world.

But in truth, none of this should come as any surprise to any of us. It was the perambulatory hemorrhoid known as Steve Bannon who mentioned at the beginning of this four year dumpster fire that the focus of that administration was going to be to “deconstruct the administrative state”. Those words stuck with, and on, me as they emerged from his mouth in a form only slightly distinguishable from the rest of the sputum he originated. As we have seen, the various agencies of what used to be a functioning government here have been systematically laid to waste. One need to only look at what is left of the Centers for Disease Control and this government’s response, or lack of it, to the ongoing pandemic to understand only a fraction

of the damage that has been done by the Orange Turdball and his band of ass clowns. It seems that the mantra of the Republican party has for a long time been the diminution of “big government”, although I have never really understood why. One of the misadventures that a few us went on during the first night of our European Photo Study Workshop, as it was euphemistically known, was a late night drinking fest with a pair of Danish citizens on our first and only night in Copenhagen. They worked for the government, and told us how they paid somewhere around forty percent of their salary (I think- maybe it was more) in taxes. But they were good with that, because of all the services they got in return. It is, after all, what government is supposed to do, and so it has always baffled me as to why someone would want to get elected into the government, and then actively work to tear it down. That would be a bit like getting hired as a baker and then adding crushed glass to the bread dough, or like just hand-tightening the lug nuts on every tire change you did at the service center and calling that good. It would seem that one wouldn’t last at these jobs much longer than the time it took someone to recognize their incompetence, so why do these government haters keep getting reelected, term after term, and why do some of us keep voting for them?

It was on a one way westward trip across this country back in late 2015 when I realized that all of the Make America Great yard signs I was seeing might be a greater indication that we were in for an election eve disappointment a year later than what we were otherwise being led to believe. It was disturbing, but at the time it resolved in my mind as: “well, you get what you deserve.” I saw Mr. Drumpf as the embodiment of ugly Americanism, and so it seemed that he was a perfect fit with boorish redneckism that personified the base of his voters. What I didn’t see was his enabling of the sleeping giant of latent racism throughout this country, or have any indication as to the depth he was willing to go to disable so many facets of common sense government regulations that had been put in place over decades as a means of assuring a common good. And then there was the lying, which in spite of all warnings against its normalization, like pretty much else he has done, it has gotten and continues to get repeat passes from his supporters and much of the media.

It seems, though, that we are

finally moving toward the end of this kakistocracy. This was a word I had never heard of before, and in looking into the dungeons of the internets for it, it seems that it was mostly unused, if not unknown, until the incipience of the reign of the current, clothesless child-emperor. It remains to be understood why a word for a “government by the worst people” should exist, let alone the reality or embodiment of it. But then again, as one after another of this administration’s cabinet chiefs were named and rammed through in confirmation, it became ever more clear how thorough of a deconstruction was underway as we were dragged through these interminable, Drumpfian years.

So where should we go from here? There is of course the often repeated dogmatic response of “moving on” from all of this. Unless there is some accounting for the fraud, corruption, lying and disinformation of these years there will be no stopping a repeat of this disaster. As a remedy, the full investigation and prosecution of the offending buffoon president should be high on, if not at the top of the response list. Some say he should be impeached again, which would seem wise, and this time eminently achievable, given his most recent excursion into extortion and vote rigging as evidenced by an hour of perfectly good phone recordings. It is said that moving on would “help the nation to heal”, but that would be like expecting a cancer patient to get better without first removing the tumor.

It is not only the lying and twisted truth by the person currently residing in the highest political office of this land, but it is also the lying and mistruths by lesser members of the government, as well as by certain news organizations and their mouthpieces, that needs to be curtailed and disallowed through standards, regulations and legislation, such as a revisitation of the Fairness Doctrine, which disappeared under Reagan’s FCC in 1987, and had held broadcasters responsible for showing both sides of controversial issues, and would require all broadcasters to actually be fair and balanced, and not just say that they are. One might also start with requiring the establishment of a baseline for truth. At some point it needs to be universally recognized that a belief can exist in either fact or fiction, but a truth or a fact can only be found whilst wandering in the non-fiction section.

## The Light at the End of the Tunnel

Continued from Page 1

Linked in Social Engagement. We chose these words for their humorous, ironic, and activist bent. The gallery is dedicated to presenting subjects and media that are daring and unexpected. We want to stir our audiences. We want to challenge members to initiate fresh work. We want to share the venue with the community

and inspire new ideas. Half of our shows are by collective members and the other half are by artists from Vashon and beyond, regional and nationwide. The goal of VALISE gallery is to be an important and accessible art venue for the community.



A Day in the Country by Sharon Shaver

## Patsy Needs A Home

I’m an exotic combination of calico and Manx, possibly the only one on Vashon. My stubby little tail doesn’t seem to go with the rest of me! I get along with people but not dogs or other cats, so my dream home is one where I can be the only pampered pet.

Did you know that some people think Manx cats are the hybrid offspring of cats and rabbits? Fake news! Here’s some true news - VIPP has an eBay store! Proceeds from the sale of donated items will go to VIPP to help animals like me. Please check it out at <http://ebay.com/usr/vashonislandpetprotectors>.



Go To [www.vipp.org](http://www.vipp.org)  
To view adoptable Cats and Dogs

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By Marj Watkins

A Protein-enriched Salad

The temptation on chilly days is to cook everything and serve it piping hot. There’s satisfaction, though, in contrasts in a meal. Hot soups and stews, cool salads, warm colors of diced oranges and green leaf lettuce, of white apple or pear chunks on dark green lettuce or baby spinach, tart-sweet apples and crunchy celery and walnuts. And all these flavors and textures set off by the salad dressing.

Try this healthy salad with a surprising dressing featuring peanut butter. The peanuts in the salad and the dressing together give you nearly 6 grams of protein per serving. Of all the nuts they are the highest in protein. Walnuts provide a little Omega 3 fat, but only 3 grams of protein per serving .

- Apple & Nut Salad
- 2 servings
- 1 organic apple, washed and diced, peeling on
- 1 Tablespoons diced celery
- 1 Tablespoons raisins or dried sour cherries or cranberries
- 3 Tablespoons chopped roasted peanuts or walnuts

Dark green lettuce leaves, washed and dried between tea towels

Dressing:  
2 Tablespoons peanut butter  
2 Tablespoons lemon juice, or to taste  
1 Tablespoon almond milk  
1 Tablespoon shredded coconut  
Combine the first four ingredients. In a cup or small bowl, thoroughly mix the dressing, reserving the coconut. Now mix the dressing into the apple combo. Line a flat soup plate with torn lettuce leaves. Top with the salad. Sprinkle the coconut shreds over all.

Pan-roasted peanuts: Spread peanuts on a pie pan on baking sheet. (I roast a cupful at a time for a few minutes in a 300 degree oven, and when they change color and don’t taste raw anymore, I let them cool and then store them in a glass jar, cap it, and stow it in the refrigerator.

Chopped toasted peanuts will find may uses: Topping for ice cream, in granola, on cereal, or –roasted but not chopped – as snack food. If using walnuts instead of peanuts, try this Tahini dressing. Tahini yields 3.14 grams of protein per serving.

- Tahini Dressing
- Makes ¾ cup
- ¼ cup tahini
- ¼ cup fresh lemon juice
- About ¼ cup water
- Salt to taste

Mix tahini and lemon juice in a small bowl. When well blended, add water by the tablespoon, blending well after each addition, until the mixture has the desired creaminess. Stir in the salt. Good on either a fruit salad or a vegetable salad.



**Aries (March 20-April 19)**  
Here is a proposal: your spiritual path is to allow nobody to define who you are or what you believe. Most would agree that is a worthy goal. What’s difficult is knowing when it’s happening, and then being able to stand up to the pressure to conform. These are equally challenging. You may only know the situation if you make a choice to do what you want, or to have your own understanding, and assert yourself a little. Then, the resistance you encounter will give you a clue what pressure you were under. So this is what you might think of as a real-time experiment in self-actualization. Chiron is now at full-strength in your birth sign, and will drive you to grow, to become, to explore your consciousness, and to stand out in any way that you need to. This is the nature of the healing crisis (really, the critical mass point) based on Chiron in Aries. It’s possible to experience this transit as being singled out, as not fitting in, or not fitting into your own skin or consciousness. This is the challenge. It’s not really coming from outside of yourself, though the world is very much your playground when it comes to not just figuring out who you are, but fully embodying your personal reality. One thing I suggest is you take it slowly. Do not rush the process, or think you know the outcome. Chiron rewards slow, meticulous effort. Chiron works well in the presence of documentation, which serves as a guardrail against denial. And there is one other thing, that is most often forgotten: the presence of a teacher, and also of serving as a mentor to at least one person who seeks you out.

**Taurus (April 19-May 20)**  
One of the most challenging elements in the life of a Taurus is to change your ways. This can be a source of deep conflict. For example, imagine you know there is something you need to alter about yourself or your life pattern, and no matter how hard you try, you cannot do it. This can be about anything from adjusting your diet to quitting smoking, or adopting a more positive outlook. At the root of this is changing your mind. One would think that thought would be the most flexible of all substances, but it tends to be one of the most rigid. Uranus in your birth sign is doing its best to shake you up at every possible opportunity. These are mostly minor quakes, which will compel you to rearrange your beliefs and thought patterns each time they happen. This, in turn, is designed to teach you flexibility and adaptability, which I suggest you adopt as your ongoing yoga practice. Meanwhile, Jupiter and Saturn have now reached the midheaven angle of your solar chart. This is calling forth a new level of commitment and responsibility. Such are never convenient, nor ever easy. Rather, the nature of Saturn in Aquarius is to persist, and to cultivate impeccability. And the nature of Jupiter in Aquarius is to base your mission and purpose on getting along with your brothers and sisters. The world is brimming with excuses and opportunities to disrespect people. You are now the beginning of where this ends, and where a new approach to life commences.

**Gemini (May 20-June 21)**  
Nearly everything that counts is a matter of faith. To be happy, to be sane, to be productive, your faith must be in humanity. You don’t need fancy theology or notions of the divine. You don’t need ornate religions or complex hierarchies of thought. You need people: to love them and be loved by them; and to cultivate mutual respect. Though

you may have been aware of this in the past, it’s now coming in at full strength. The problem with people is how casually they disappoint one another. This often gets tossed off as ‘flaky’, though what happens is that gradually, humans erode one another’s faith in humanity. They make it difficult to trust the next person, or to hold themselves as trustworthy in new relationships. Your faith in humanity begins with yourself. You are the proof within your own life that it’s possible for someone to be sincere. This involves many facets of relating to yourself and to others, including a modicum of consistency. It’s tempting to wake up every day and be a different person. It’s also tempting to think you’re stuck in who you are and cannot change, and that’s just the way that it is. These states of being will all leave you wanting for, well, for everything. Thankfully, Jupiter and Saturn have just entered your fellow air sign Aquarius, which will help you stabilize yourself. This, in turn, will have many cascading benefits, including helping to steady your view of the road of life that you’re traveling on. Your vision of the future has been obscured by the complications of the past, which at times have been an obsession for you. There is no future without the present. The past does not lead you anywhere. But you can go anywhere from here and now, as long as you are here and now.

**Cancer (June 21-July 22)**  
Whatever you’ve been through the past few years, I reckon you don’t want to go through it again. You are onto new adventures, and very different ones. That also means new challenges, though they will be more accessible than what you’ve experienced. Most of Saturn moving through your opposite sign Capricorn was about all that was non-negotiable. At various times, various people attempted to define your reality for you, which was not going to happen. Yet we cannot say the various conclusions were any form of mutually agreed upon. And that becomes the theme of the next few years, with you in the role of diplomat. It’s ultimately up to you to manage the role of everyone you bring into your life, and to know why they are there. This calls for putting up a filter or gateway through which everyone must pass before they get too much access to you. This would include business and personal access; financial and sexual access; and any form of collaboration. You will find that this is a top-level necessity for getting control of your affairs. Be mindful of who enters your life along with others; that is, pay attention to the personal networks of those you work with or socialize with, as you are subject to their karma as well. The bottom-line necessity is for you to have authority over your own resources. And you must fully understand and agree with the terms and conditions under which you have access to the resources of others. Know what is in each agreement. Make it plain. Make sure it’s understood in words, both spoken and printed, and that you have an exit clause to any agreement you get into. Know where the door is.

**Leo (July 22-Aug. 23)**  
Suddenly everything is more tangible and immediate. This is about your partnerships and intimate relationships, and it’s also about the total environment that surrounds you. The first thing to do is take notice of how you’re perceiving people and circumstances differently. Under


Continued on Page 7

Johnny and Willie Need a Home

We’re a pair of brothers who were born last summer, so we’re still youngsters. A perfect situation would be a quiet indoor home with no small children. We get along with dogs and other cats, so other pets would be fine.

This photo shows us with our brother Kenny, who found his forever home first. Because all three of us look alike, we can’t tell you which ones are us. We’re equally cute, don’t you think?

Getting adopted is always on our mind, because we don’t want to be on the road again. It would be OK if you wanted to re-name one of us boys “Sue.” Just give us a loving home, and we’ll walk the line!



Go To [www.vipp.org](http://www.vipp.org)

To view adoptable Cats and Dogs

**Road to Resilience**  
*Continued from Page 1*  
What was impractical once may not be in the future. We can buy power from the BPA that is primarily renewable hydro. We can develop our local solar potential. The less power we need, the more feasible energy independence.  
Then there is the problem of managing all the stuff our industrial/technological juggernaut makes available to us. I have a rule of thumb that works for me. Imagining what it would take for me to make a replacement of one item or another from scratch gives me a real appreciation of its true value. Take care of your stuff, and if it breaks down, repair it. I even go through this process with a bent nail. (Alright, that may be a little obsessive, but could you make a nail?) Resolution: Be mindful of

your acquisitions.  
When the pandemic passes, try to maintain your avoidance of unnecessary travel. Resolution: Think before you go. Do you really need to go now?  
More resolution ideas: Grow a vegetable garden, learn to use it, naturalize your lawn, build a raingarden if it is appropriate, no more toxins!, insulate your home, give to the Interfaith Council on Homelessness (IFCH) so that your neighbors have a home, use the Time Exchange to get help and to offer help, meet your neighbors (after covid), join a community group.  
The less that we can get by with, the easier it will be to localize our economy and be self-sufficient and resilient in the tumultuous days ahead.  
Comments or ideas?  
[terry@vashonloop.com](mailto:terry@vashonloop.com)

Find the Loop on-line at [www.vashonloop.com](http://www.vashonloop.com)

**Compost the Loop**  
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Deadline for the next edition of *The Loop* is **Saturday, January 16**

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Continued from Page 6

transits of Jupiter and Saturn through your opposite sign Aquarius, the world will seem different in many ways, including the appearances, and behaviors of people you encounter. Study those changes before you act on them. Map out the new social territory, even as it evolves and takes form. Everyone has experienced these sign changes simultaneously, so everyone is adapting at the same time. It’s likely that people will make decisions quickly about where they stand, and try to lock into a new pattern prematurely. That is the mistake to avoid. Hang loose for a while and see what people do. You don’t need first dibs on anything; understand what you want, and be willing to take the time to get there. The new structure of your world is likely to look something like this: you see possibilities and limitations, without necessarily recognizing that these are just the first layer. The idea is to get past that, first by recognizing that there’s more behind the façade, or if it turns out to be a barricade or locked door, there’s something in there. To get it, you need all those Saturnian skills of patience, persistence, daily effort, and working in an organized way. Yet there is also what will seem to be a luck factor. It’s more of a “make your own luck” factor however, and that has all the same ingredients as Saturn only add being friendly — to everyone, all the time.

**Virgo (Aug. 23-Sep. 22)**  
You are now chief of collaborative efforts, in all that you do. This is usually true, but the world is falling apart, and you get to be the one who holds it together. OK, not just you, there are others, though they may not be local. Your first assignment is to go get a couple of assistants who may not be able to take on the full responsibility but who are willing to help. Consider yourself on a mission. Though this is about collaboration, you will need to be more independent than you ever have been, in terms of emotional dependency. You’ve been moving in this direction for a while now. You seem to have a love-hate relationship with it, though you may find that beneath that, you appreciate cultivating the ability to depend on yourself. Your assignment from a growth standpoint is threading the needle of cooperation by being self-reliant. I recognize this sounds like a paradox, or a Zen koan, and I don’t mean to imply one-hand clapping. I do mean that you need to know where you stand with yourself at all times, and be impeccably loyal to yourself, before you can expect anyone to be loyal to you. And that won’t work out all the time, though your bond to yourself makes any other lasting connection possible. What is so interesting is that you’ve always lived this way, even when you thought you were doing something else. And it has served you well, until you reached an endpoint of doing this method without full intention present. That is the thing that is changing; that is the step in the direction of self-actualization. And when you have that, you have so much.

**Libra (Sep. 22-Oct. 23)**  
Above all else, things must make sense for you — which will likely be a challenge at this stage of human history and in the history of your life. Yet help has arrived, in the form of stabilizing influences in your fellow air sign Aquarius. There have been many over the centuries who have discovered that if the world makes no sense, their creative life can, and must. That is where you are today. By creative, I mean any form of what you make, or invent, for the sake of doing so. This may be part of your livelihood (i.e., how you make your money), and it may not be. For most, it pertains to what they do for its own sake. This is not a luxury. It never was, though for you it’s a necessity now more than ever. You are fortunate that you have a place to concentrate your psychic energy and your need to keep your mind active. You have the ability to focus on beauty and healing. You may already be doing this; many readers of this column are artists and

some are working artists. Value that gift that you have and that you’ve received. If you are on the line, if you’re distracted, if you’re going in circles, stop and focus, and draw your energy into some creative process. That is your zone of sanity; your place of stabilization; and it will turn out to be, where you rebuild your social life and sense of community. You may need to start modestly, though commit to making the investment of time, space, energy and any inconvenience you incur from needing to rearrange things. The space part of this is crucial: having a designated place to do what you do. It may be a spare room, the attic, or a table. Make a place for yourself.

**Scorpio (Oct. 23-Nov. 22)**  
You have a strong foundation. That is the thing to emphasize. Most of this comes through some form of family or community grounding. It might be your relatives, or your family of choice. Whatever it is, people are involved. That is essential. There is no way on Earth that you’re going to adapt to a socially distanced, isolated, separated existence. It’s not going to work for you — forget it. If anyone is trying to tell you this is to make you healthy, tell them it’s about as wholesome as prison food and solitary confinement. Meanwhile, everything you do must be centered around your actual health. Not the avoidance of disease, but the cultivation of well-being, both physical and emotional. You may have to be very bold about this. You may have to challenge authority figures in your life. Most of the environmental insults are coming in by way of the workplace, whether it’s about obstructing your breathing or forcing you to inject an untested drug. Take careful note of anything you even suspect might be impacting your health or your sanity. Pay careful attention to both your physical state and your emotional experience of life. Most people find that to get a grip on these matters takes some serious energy, focus and guts. But we are talking about your life here. We are talking about your ability to take care of yourself and to be happy — and to do your work. The way the world is going, get ready to make some changes. All of them must be focused on one thing — I will use the word again — your well-being. Bienestar in Spanish. Fuli in Chinese. For your purposes, there is nothing else. Nothing else matters — nothing.

**Sagittarius (Nov. 22-Dec. 22)**  
The past is over, but only if you live that way. Many events in the last weeks of 2020 have drawn to a close a long era of your personal history, and created for you a point of departure. Yet the story of humanity is that it lives staring into the rearview mirror, and therefore struggles to find the present moment and consequently, the way forward. People consider it natural to use the past as a reference point by which to judge the present. Yet more than being a source of practical wisdom, this casts a shadow on your perception and hence, on everyone you relate to. At this time, it’s essential that

you evaluate your circumstances as they are, now. Evaluate people as they present themselves to you now, and as related to any tasks at hand, now. This requires listening skills, and it requires analysis of your immediate environment: particularly the group of people who surround you. You are central to whatever you think of as your community. This has many meanings to many people but I do mean in your actual local community, on the ground, in physical space. From there, that branches out into your community on the internet. You are a foundation of this group of people, whoever they are. That means you must be consistent in your communications and conduct. This is a central leadership role, not a top-down one. Your example counts for more than anything, as does keeping a level head. This is a special task for the unusual circumstances that are happening right now, which do not resemble any other moment. So stay present, in the present. Stay up to date. Know what you’re talking about and who you’re talking with at all times.

**Capricorn (Dec. 22-Jan. 20)**  
You must get a grip on your insecurity, if you want to accomplish anything of lasting value. You certainly can. It’s within your power and your potential to do so — though not if self-doubt is your religion. This counts for any form of fear, guilt or presumed debility. This counts for any form of anxiety about whether you are a stable person. In this next phase of your life, represented by the sign change of your ruling planet Saturn, you are being called on to step into your full maturity. This would count for whatever age you are, and for however much time you feel you have left on the planet. These things can all be done. They all come down to one thing, which is self-respect. The common term is self-esteem, which is difficult to define. I would say however that living your life as if it matters is the best way to put it. By that I mean in the sense of you being integral to the world around you. I mean caring enough about your plans, your abilities, and the contribution you might make to persist in doing so. Therefore, aspire to be competent, and to offer your services where they are needed — whether or not you are compensated. What you want is participation, and to be integrated with the world around you. These are not merely words. When you’re actually doing this, you will feel engaged with your purpose. Your life has meaning. And gradually you will recognize that you respect yourself, and that your resources are valuable to yourself and your community. You will therefore make different decisions than you have in the past. Good thing, too.

**Aquarius (Jan. 20-Feb. 19)**  
Saturn, your ruling planet in your birth sign or rising sign, is said to be the most powerful placement in all of classical astrology. I know that is a big statement, though it’s one that is well-studied. For the ancients, Saturn was the bottom line, and

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Aquarius is its true home: the place where its best properties can emerge. If you’re feeling like this is a “coming of age” time in your life, that’s why, at least in part. If you’re feeling a need to tap your deepest potential, Saturn in Aquarius describes how and why. Yet Saturn always demands that we take on its properties in order to avail ourselves of its services. In Aquarius, these include objectivity and impartiality. That means standing apart from your prejudice, and looking at everything and everyone with new eyes. Saturn in Aquarius wants to know all sides of any issue on which it must make a judgment or a decision. What safeguards do you take in order to know when you don’t know? (That by the way is one of my guiding principles for Saturn in Aquarius, which applies doubly for anyone with Mercury in Aquarius.) For the first six months of Saturn in your sign, you have help from Jupiter. This changes the tone and feeling considerably, bringing optimism and an enhanced sense of what is possible. Use this time wisely. Act on your plans sooner rather than later, and get things started under entirely positive aspects. Jupiter and Saturn represent favorable news for you professionally, though they insist that you take the initiative rather than waiting for anything to happen. Your life will be a new version of the story of how luck is where preparation meets opportunity.

**Pisces (Feb. 19-March 20)**  
For some time, your life has felt like the itchy and scratchy show. There were times the past few years when things seemed to go from bad to worse on a fairly regular basis. Yet you have endured, and your ship is upright and seaworthy. With the sign changes of your ruling planet Jupiter, and ever-important Saturn, a new regime has taken over your “executive function.” What you now have is the ability to consolidate your affairs, and concentrate your efforts. There are two things happening, generally. One is that your domain is expanding: the set of responsibilities over which you preside and are accountable for. Second is that you are drawing deeper into yourself, and becoming a more private person, even as you may still exist in the public eye. It’s necessary to work these two facets at the same time. You will draw your true strength from cultivating your inner vision: from listening to the steady, calm voice from within. This will teach you everything you need to know, such as how to work with people, and how to make your decisions. Remember that above all else, the achievements of those born under the star sign of Pisces are driven by vision. Often that is your ability to see what nobody else can; your ability to conceive of the future; your knack for being useful. Take a moment and notice the ways that both your environment and your mental state have changed over the past few weeks. Do not take too long to adapt: note the changes, and make your adjustments incrementally, but efficiently. That means step by step, always following your larger vision. You have one, and the more you trust that, the more you will notice it’s true.

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

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**Next Edition**  
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