

VIVA Annual Member Show

VCA welcomes Vashon Island Visual Artists (VIVA) 4th Annual Member Show to the Gallery. VIVA's annual show invites their members to showcase one or two of their pieces. This year it boasts exhibiting 120 Vashon artists from their 300+ membership. This is an exciting show that reflects the diversity of work and approach to art being created on Vashon Island.

Show opens at 12noon on Friday, June 4th. The artists will be in attendance Friday, June 4th : 4pm - 8pm.

VCA Gallery Director, Lynann Politte says, "I couldn't be more thrilled to have VIVA's Member Show at VCA Gallery for the second year. This show is one of our biggest exhibitions of the year in terms of the number of artists showing and also visitors to the Gallery. The Vashon community loves their home artists. They show up with their support and enthusiasm in that spirit we all love about Vashon."

All through the pandemic I've witness artists continue to make great



art. The art expresses a spectrum of emotions and experiences of the year long shut down. There is despair, loss, and pain and also hope, resilience, stability, fortitude. All expressions are inspirational to me. It is what life it about, a plethora of feelings, thoughts, and experiences. I've been fortunate to be have a job where I dwell in creative expression all day, every day. The art in

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Drama Dock 45 Years Strong



Drama Dock fundraiser for Winghaven Park

By Jon Flora

1976. America's Bicentennial. Dancing Queen from Abba was #1. A group of arts-minded neighbors on Vashon created a nonprofit called Drama Dock to bring quality stage presentations to our island.

Forty-five years later, we celebrate the many accomplishments of our community's longest running theatre organization. Over the last nearly five decades, Drama Dock and its cast of performers, stagehands, and other volunteers has presented serious plays, holiday favorites, musicals, and great comedies.

Especially important is the label nonprofit. No theatre can pay its bills purely on ticket sales. This island has supported Drama Dock for nearly half a century. We are grateful for the thousands of tickets sold, the pages of program advertising and gifts of materials that have made our shows possible.

Those involved in our performances have been talented residents of Vashon with an occasional addition from the mainland. Thespians of all ages and expertise have graced our stages. People of all walks of life have built and painted the sets. Many of our island's young people had their first exposure performing with Drama Dock. Several have taken these experiences to college theatre and beyond.

Other performing organizations have been founded on the island by people who got their start with Drama Dock. We are delighted for the endless possibilities of even more theatre and look forward to collaborating whenever the opportunity rises.

Whether you are a newcomer to Vashon, a theatre veteran who is ready to re-engage or a long time islander looking for something new to do, Drama Dock is the place you can stoke your dramatic, comedic or musical fires. Or, if you like to pound nails, push a paint brush, and be involved in the technical side of theatre, we have a place for you. Whatever your interests, you will find all your fellow volunteers to be a fun, vibrant group of island neighbors.

We also welcome a new generation of Board members who will continue to build and enhance the foundations of an enduring arts organization. At the helm is Lisa Peretti, artistic director who brings 30 years of professional experience to Drama Dock. An islander

since the age of five, Lisa knows Vashon Island intimately and is proud to lead the iconic Drama Dock organization into the future. She holds a Bachelor of Education, a Post-graduate degree in Acting and Musical Theatre from Mountview Theatre Academy (London, UK), and an M.A. in Performance Studies from The University of London and the Royal Academy of Dramatic Art (UK). She is an actor, singer-songwriter, theatre educator, director, and playwright. Drama Dock is thrilled to have Lisa leading the organization.

Just around the corner!

Drama Dock returns to the stage with a production of the award-winning 'ART', a riotous play about art and friendship. It comes to the Vashon Center for the Arts July 15-18 during Strawberry Festival. Tickets are on sale now at vashoncenterforthearts.org.

Visit DramaDock.org for upcoming performances for 2021 and 2022, including an original musical written by Lisa Peretti, 'Winghaven Park'. This new musical play, set on Vashon during 1944, is a nod to the golden-age of musicals. With mix of dialogue and song, the 'Winghaven Park' explores the consequences of war and forgotten love.

For 45 years, Drama Dock has been a cultural gem for this place we call home in the center of Puget Sound. We can't wait to throw open the doors, raise the curtain and bring up the lights for a great new season of live entertainment – for you. Welcome back!



The Road to Resilience

There But For Fortune

The creation of Vashon Household thirty years ago reflected our general desire to maintain diversity in our community. We were not diverse in ethnicity or race, but we were very diverse in terms of income. While we wished to be more diverse in the former two categories, our immediate attention was securing a place for lower income people, in particular our teachers, caregivers, farmers, artists, and store and restaurant employees. We also wanted the island to be affordable for young people, especially our own children.

Thirty years later, as I have said before, the situation is worse despite our efforts. Property values reflect a generally higher income population while the incomes of wage earners have lagged far behind. Despite our intentions over thirty years, we haven't been able to muster the community will to solve this problem. Admittedly, it is not an easy problem to solve as it involves dynamics that reverberate throughout our society and stymie our local efforts. I'm talking about more people and less housing, and intentions by government, lending institutions, and the building trades to improve the quality and safety

By Terry Sullivan,

of new construction and to protect our local environment. In particular, we are trying to protect our water supply and aquifer recharge areas as well as our forests, wetlands, and other natural areas. We have not given the same effort to providing safe and secure housing to all our community members.

At this time when we are at last confronting our unconscious racial biases, I think we need to start looking at our income biases as well. The pandemic has given us a new appreciation for "essential workers." Our largely unnoticed and unexamined perception of lower income people as somehow less worthy or desirable is very old. People that provide services for others have always been lower in the hierarchy. Maybe now we are aware that they are just as important, if not more so, than our portfolio, and, in fact our portfolios depend on them.

Over time, some services like legal or medical services have become well remunerated and these workers have gained access to the higher echelons by way of wealth accumulation. Wealth has supplanted bloodlines as the determinant of social class.

How do we determine that one person's contribution to society merits more respect and remuneration than another's? Certainly, the work of some has much larger financial or direct health implications, and the work of some serves the needs or desires of very large numbers of people. Some high-income people may have vast working or academic experience while some others may just have been at the right place at the right time with maybe just the ability to make people laugh. Some wealthy people are just good at and enjoy the game of making money.

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The Vashon Loop

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Saturday, June 26

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beber Alcohol?*



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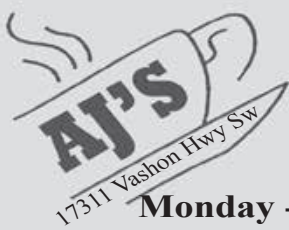
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Love Dog



By Seán Malone and John Sweetman

"Love dog" is the command my brother uses to try to stop our two terriers from fighting each other. Sometimes it works. These two dogs are half brothers, as they were sired by the same father from South Africa, but had different mothers. One is a rough coat, short coupled and goes by the name of Duffy, the same name as his South African father. Duffy's half brother Bentley has a smooth coat and is long coupled. It's probably the tone of Mike's voice that makes the dogs stop fighting.

I've had many dogs over my lifetime, and Duffy is the best of all. Terriers are not affectionate like the retrievers I grew up with or the Labrador that I sold the pups of to raise money for tuition to Seattle Prep. I got \$35 for the females and \$75 for the male puppies.

And then there was “Old Boots,” a Springer spaniel that would greet anyone coming down our driveway at Cove with a stick or leaf or even a scrap of paper in her mouth, to let you know that she was a retriever and that she was bearing a gift. She wouldn’t give it to you when you offered to take it. It didn’t matter if you were a friend or complete stranger. Of course, she would wag her little stump of a tail to indicate how glad she was to see you!

Dad called Boots a “knot head” because she didn’t always obey him such as the time we were hunting pheasant in the fields south of Beall’s greenhouses. Dad had missed a couple of shots in a row and that made Boots mad since she had worked hard to raise the pheasant so they were in range and Dad blew it! Boots took off on her own and all the wind on Vashon, thru Dad’s police whistle, wouldn’t bring her back. For an hour we waited, when I saw the tall grass parting in front of us and here comes “Old Boots” with a wounded pheasant in her mouth, as proud as the devil himself. Retrievers are known for having soft mouths so as to not bite down on the bird and make it uneatable.

in Mom's kitchen. Since Boot's bird had been wounded by somebody else and had started to smell, Mom wouldn't use it anyway and Dad disposed of the bird when Boots was safely hid in the trunk of our 1949 Oldsmobile. That was so he wouldn't hurt Boot's feelings. All our dogs rode in the trunk, with one of their retrieving dummies stuck in the crack between the trunk lid and the car body so the dogs had plenty of air. A dog's pride and loyalty had to be maintained.

“Dad, why is Boots always sniffing the outside air vent, “I asked? Occasionally Boots was allowed to sit up front as we cruised the back roads of Vashon looking for a place to hunt. “She’s just reading her newspaper,” Dad replied. I later learned that a dog’s ability to smell is 10,000 to 100,000 more acute than ours. That is why Boots could put her nose to the ground and follow the trail of a pheasant that could be hours or days old. We could tell if the trail was hot or not by how excited Boots became. Unlike Boots the spaniel, the Labradors cast back and forth across the field, with their noses in the air. Pan and Mike could cover a field faster than Boots, but not as efficiently as the Spaniel who kept her nose to the ground.

I was in the 8th grade when I borrowed Mom's 20 gauge pump and headed to the beach with an excited Labrador in front of me. As we got close to the beach, Pan hunkered down as we could hear the chatter of Widgeon in the creek. The brush was thick as I crawled to get close for a good shot when they spotted us and jumped off the water flying almost straight up to avoid the danger. I fired two shots from the 20 gauge and six ducks dropped out of the flock and Pan went to work retrieving the ducks one at a time, until there were just two cripples left and Pan swam hard as the ducks raced ahead of her trying to get away. The west passage of Vashon is almost a mile wide here at Cove and I began to be afraid that Pan wasn't going to make it. I could barely see her at a half mile when she caught up with one of the ducks, the other duck got away as Pan swam back with the Widgeon in her mouth. She was slowing considerably as she approached the shore; the waves were washing over her as she climbed the bank, dropping the duck to shake herself off and then presenting her prize to me.

Five days later, Mom asked me what the five ducks were doing in the bottom of the freezer. "They haven't been cleaned or plucked," was her irritated query. I had no answer, just Pan's heroic retrieval.

Spiritual Smart Aleck

By Mary Tuel

Life Turned Upside Down

It has been an interesting couple of weeks.

On my birthday I went to a birthday brunch with friends who also had birthdays recently, or at least in the last year when we couldn't gather to celebrate anything.

It was a fine time and we broke it up a little after noon. As I was walking out the back door I turned to wave good-bye to Dona Bradley, and when I turned back, I swear I could feel my balance leaving my body from the top of my head.

I fell, and landed hard on my lower back on the concrete floor.

Dona sat by me and held my hand until the aid car came and took me away. She also got Michael Shapiro to drive my car and my dog back to my house.

Thank you, Dona and Michael.

I went to the Swedish ER on Capitol Hill, where they took one x-ray, told me nothing was broken, and sent me home. Friends Becky and Erin picked me up. Thank you, Becky and Erin.

I spent the next four days bedridden and in pain, and on Sunday my son Drew and I decided I needed to go to the Highline ER to get a second opinion.

The Highline ER did indeed have a second opinion following a CT scan. My Lumbar 3 vertebra had a compression fracture.

Well, no wonder it hurts. They gave me a prescription for Percocet and sent me home.

On the following Thursday I foolishly tried to transfer from my bed to the commode without assistance. Long story short, I ended up on the floor again, and my friends Sonya and Tara decided it was time to call the aid car. Again.

So they did. Thank you, Sonya and Tara.

So back I went to the Highline ER. This time I was admitted and stayed there five days, until they found a place for me to do rehab. They made pain management their mission while I was there. Thank you, Dilaudid and Percocet.

Brief note: Highline Hospital is now St. Anne Hospital. CHFranciscan purchased Highline and changed the name, because all their hospitals are named for saints.

You remember Franciscan, don't



you? They ran the clinic on the island at a loss until they decided to cut us loose and left us without a clinic for a few months. With the money they saved they were able to make and run videos about how caring and compassionate they are.

Anyway -

Last Tuesday I was transferred to Wesley Homes Healthcare, in Des Moines, where I remain.

Now I sink more deeply into how life has changed. I cannot walk, I cannot stand alone. The goal here is to get me strong enough to be back on my feet.

I am to do no bending, twisting, or lifting.

I am at the mercy of many people who do not know me. They are good caregivers, but what I realized quickly is that everyone has their own way of doing things, and most people are not in the habit of putting things within the reach of the disabled person. I wrote about this on my Meal Train (Thank you, Deb Pierce McCabe) page yesterday:

After five days in the hospital on the “diabetic diet” which they interpreted as 100% bland, I am now a resident at Wesley Homes in Des Moines.

So now I begin to understand why no one wants to end up in one of these places.

For example, I said I wanted my CPAP machine set up. Someone set it on the nightstand, in pieces, considered their job done, and left.

Talking to another aide, I repeated that I would like to have my CPAP machine set up. She went over to the nightstand and put the pieces together, patted it proudly, and left.

Then I asked for someone to plug it in and put water in the reservoir. An aide came in and I said, "the cord is right there on the counter." I even pointed.

He walked over to the nightstand, picked the machine up and looked at it, and said to me, "I have no cord."

"It's right there behind you on the counter!" I said. He turned, said, "Oh," plugged the machine in and left.

When I am feeling up to it, I'll try to get someone to put water in the reservoir.

So I am in rehab for the time being and I do not know when I'll be fit enough to return home. Stay tuned.

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By Peter Ray
pgray@vashonloop.com

First of all, it should be stated that as far as I’m concerned, it is just strange to be contemplating things, people, events that were both of consequence and inconsequential in my life fifty years ago. It is not the things that were weird- it is the fact that the time frame for their experiential relevance was so long ago. I take that back- some of the things were weird. But in the end, it is the passage of time that wins out in the “strangest of things” category. One should be used to this slippage phenomenon by now, what with news stories coming and going and then being reminded three, five, ten years on that it was indeed that long ago and counting that they had happened. I recall now my parents talking about how time was seemingly speeding up for them toward the end of things. At the same time, I can still remember that stark, IBM clock over the grade school classroom door that took what seemed to be forever to tick off those last five minutes of that tedious history class at the end of those interminable school days. In truth, for the most part, I just really did not like school. In looking back, I now see that most of the classes I took, or was made to take for graduation requirements, were just things that I had to get through somehow. It is, in part, why I still hear the words of Pink Floyd and shudder just a little bit-

“and then one day you found, ten years had got behind you-

no one told you when to run, you missed the starting gun...”

I keep telling myself, or at least keep trying to convince myself, that whichever



Pink that wrote that was not talking about me. How could they know? I did go to see and hear Pink Floyd in a football stadium in Hamilton, Ontario in the summer of 1975, and it was a truly amazing concert. I did wind up in England soon after that at the end of a photo tour I’d been given for graduation. But the song “Time” had been written years before, and even with that assurance I constantly revisited the observation that no one was really paying any attention to me as I wandered around England and Ireland taking photographs, both up until and through when it was time to go home. It is possible that the feeling of having missed the boat on the main attraction was and is a universal feeling of lost opportunity and guilt over missing out on something whilst being busy making other plans- I believe a Mr. Lennon said something along those lines whilst perhaps talking to one of the Pinks- who knows? England is just one big yellow submarine where they all live- or lived- isn’t it?

Anyway, it was a Zoom meeting- the grand fiftieth faux/virtual gathering where only a small portion of what is left standing from our class met up last Friday evening. As it is, I believe the

brand naming of this mode of electronic audio and visual online meeting is a misnomer of the greatest degree, as there is nothing zoomy about it. It could be more interesting if all the backgrounds of all the participants were in motion, but that would possibly necessitate that all concerned were in vehicles of some sort (if one is to avoid the further faux-ing of the convergence, with all in “attendance” having green-screened, movie-based backgrounds behind them) but that could potentially get messy rather quickly. And so it was and is that your basic or advanced form of the Zoom meeting resembles a type of reboot of that teevee staple of old, Hollywood Squares, without of course the comic relief provided by Paul Lynde or Wally Cox. There was of course the “Grampa”/ tech-idiot sniping that went on as we bumbled into our online box and settled into the banter of the evening, but that all soon settled down into the back and forth of what we all had been doing for the last fifty years.

While this part of my educational experience involved three years at a private boarding school for the last three years of high school, the rest of my earlier education was all in public schools. Perhaps one of my strongest memories of that earlier time was in the eighth grade, I think. Although I’m uncertain of the exact time, what I do remember is that it involved the most basic of school politics. Somehow I had been elected as our homeroom class representative, and as such I had to go to after school meetings where things were discussed and decided upon. Most of the things I’ve forgotten, but I do remember the time capsule. This particular “issue” sticks in my brain because at the time I, for some reason, had decided that it was an unimportant, non-issue, and when it came time to report on it back in the homeroom, I omitted it

from my report. As I am remembering it, someone in the class had somehow heard about the time capsule thing from another class representative, and at the end of my report when I had failed to mention anything about it, a hand shot up and I was grilled about the specifics of the project and pressed as to why I hadn’t mentioned it. I did then report in on the details but have always had the take-away from that experience that as a public representative, no matter how insignificant in stature, one is always responsible for a full disclosure to one’s constituents regarding all matters of general concern.

I’m not sure why I felt that the time capsule was not worth reporting on- perhaps it was my general distaste for history, or maybe I just thought it was silly to bury a bunch of stuff in a box and hope that someone remembered it was there sometime down the line so that it eventually did get dug up again. Having wandered down memory lane for more years now than I’d like to admit, it is interesting to now find that nearly anything can be a time capsule without it ever having that original intent. There were two shoe boxes in my attic for

years that survived multiple moves, heat and humidity and a plague of rats, and when they were opened and inspected with light and loupe, they were found to contain a trove of memories both recalled and forgotten. It was that discovery a few years back that led me to offering my services on the reunion yearbook committee, and it was why I spent hours and days hunkered over light panels whilst huffing archival cleaning fluids in order to unearth my last two years of high school as photographer and senior year yearbook photo editor.

As with most things these days, it is hard to imagine a past without that which we have now come to accept as commonplace. Even though George Eastman had done his darndest to put a camera into the hands of the everyman, it is both fascinating and weird to think of oneself as a sole visual chronicler of a time that seems not that long ago. As I have been reminded by my classmates more than once- they just did not have a camera to record most events there or anywhere. I do recall my bulk film loader that could hold a roll of 100 feet of black and white film and I remember the reusable canisters with the pop top ends that I sometimes had to force myself to throw away because after a number of uses they were found to be scratching the film every time I ran a roll through them. I remember the darkroom red and yellow lights and the apparent magic of the appearance of the negative image on the film, which then turned positive when exposed to the white photopaper that revealed faces and scenes as it rested at the bottom of a tray of developer. What was even more amazing as I poured through and relived all these scenes from those cardboard time boxes, was the modern transformation these images were able to pass through as I scanned them into my computer and cleaned and developed them electronically, digitally removing dust and scratches to sometimes reveal things I had not seen even back when the images were fresh and new.

As I was laying out the group of pictures I decided upon that would represent our time at that school place

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fifty years ago, I came upon a photo of three of my classmates sitting and standing around a computer terminal that I believe was linked to a mainframe at the University of Massachusetts a few miles down the road. One of my friends is sitting at the terminal, ready to type something in, while two other friends are standing there watching over his shoulders, somewhat uncertain as to what is going on there. As for me, it was all a bit Greek-ish. What was fascinating to me in regard to that photo is the scan of a piece of paper that I paired with it on a page in our reunion book. Other than the fact that I was and still am the consummate packrat, it was a bit bizarre to find in one of my leather wallets from that time (yes I still have them) both a required and suggested summer reading list for the school, and a lined sheet of paper with basic computer commands that I had written out and at one point used on that terminal, and had then folded and kept in that wallet for some really unknown reason. The pairing of the code scan and the terminal photo is important as a record of the time, and an anchor point in the incipience of a computing revolution. But it also, in reflecting on its significance, is a representation of a temporal inversion of sorts. It is a photo of us back then. A classmate noted about another series I had posted in the facebooks that we were just kids in adult bodies, or at least close to that. But those kids standing there still look young, while the computer terminal in its newness of that time now looks incredibly old and clunky and irrelevant. A photo of the those three of us now around a gaming laptop with massive speed and computing capability would be a startling juxtaposition to say the least. I can’t say that I saw the importance or the potential of that terminal way back then- I also didn’t see the time capsule importance of the negatives I held on to all these years. I just knew that they were a record of that time and that maybe they might be worth having at some point- I guess I was right about that.

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Belaya Needs a Home

Last year I found out that international travel doesn’t agree with me. When my family lived abroad, I wasn’t happy there and became ill. I felt a lot better after the pandemic forced us to come back to Vashon, but they will have to move overseas again and don’t want me to be miserable.

I’ve lived with two children and two dogs, so I’m pretty flexible except when it comes to moving far away. If you plan to stay on the Rock forever, can you give me a forever home?



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By Marj Watkins

The Superfoods

Americans seem to have become much more conscientious about choosing foods for nutritive value as well as flavor whether eating out or at home. Even fast food places like McDonalds have added some genuinely healthy foods.

Here are some that I consider superfoods. They’re wonderfully delicious, easily prepared, and tops for nutrition.

1. Strawberries and raspberries for reds and blueberries and blackberries for deep color. The more color, the more generous they are with plant nutrients. Try them on cereal for breakfast, or topped with whipped cream for dinner dessert.

2. Nuts and Seeds. Walnut seeds for omega-3 fats, magnesium, and proteins. Almonds for calcium, magnesium and protein. Chia seeds, tiny as they are, give you all those nutrients. They yield antioxidants that counteract toxins, and lignans that help balance hormones and enhance your immune system. Top cookies with chia seeds. Stir some into biscuit or dumpling dough.

3. Dark green leafy vegetables: Kale, spinach, collards, chard, and turnip greens, which are low in calories but rich in Vitamin A, iron and folate. Also they benefit our eyes with their lutein and zeaxanthin, preserving clear vision. Sauté them in a little olive oil with sliced fresh garlic.

4. Fatty fish, i.e. wild salmon and herring. Salmon is a terrific source of omega-3 fats, which help heart disease and relieve depression, even lowering the risk

of Alzheimer’s disease, according to new research. Salmon is an especially good protein source and gives us selenium, zinc, iron, and is a primo food source of Vitamin D, as well as selenium, zinc, iron and Vitamins A, B6, and E. Besides, it tastes so good sprinkled with dillweed and cooked covered on medium low heat just until it flakes easily, about ten minutes for each inch of thickness. Squeeze fresh lemon over it. Pickled herring is good on vegetable salad.

5. Mushrooms: The sole produce section source of Vitamin D. It’s Vitamin D2, which is said to convert in the body into Vitamin d 2. They enhance immune function and nourish our thyroid. The best immunes system enhancers are shiitake, and reishi. Another kind called turkey tail is said to strengthen the immune system, too, but I’ve never seen it for sale. Maybe it doesn’t grow in the northwest, and doesn’t travel well? None of the mushrooms are long keepers, unless you pickle them.

PICKLED MUSHROOMS. Fill a glass jar with thinly sliced mushrooms, cremini, button, shiitake, or other. Pour in enough olive oil to come halfway up the jar. Pour in enough vinegar to bring the liquid to three-fourths of the way up. Salt and pepper, are optional, and to taste. Cap the jar, tightly but not too tightly. Shake. Refrigerate. Let marinate for at least an hour, better yet several hours, shaking occasionally so both vinegar and oil will penetrate the mushrooms. Delicious on salads, or as an appetizer to be eaten with tiny forks if you have them.

6. Yellow and orange squashes: Pumpkin—classed as a variety of squash like acorn, butternut, and hubbard squashes. They’re all full of Vitamins A and C, which are good for our immune systems, and they support the health of bones, eyes, hair and skin.

7. Avocados: Excellent source of potassium, fiber, and Vitamin E and B vitamins. Their fat helps your body absorb fat-soluble nutrients from the rest of the vegetables and fruits you eat. Try mashed or sliced avocado on whole-grain bread or toast. Dice for either vegetable or fruit salad.

working with your hands for a living is a lower-class activity that merits only lower-class pay. Some people are so far in the forefront that society has no place for them. Many want to be free to explore their passion uninhibited by the exigencies of supply and demand. Some just aren’t interested in wealth. That being said, it doesn’t mean they want to live in constant fear of not getting their needs met, and they might even like to have a little extra to enjoy life. People who fulfill their responsibilities to the community should be able to expect a safe and secure existence.

Now let’s look at the people who truly are dysfunctional and are more likely homeless. They may have health problems, have had dysfunctional upbringing, or some other devastating personal experience. Should these people

Biennial Student Show

VCA is pleased to host its Biennial Student Show. This year the exhibition is art by 19 students from Kristen Adams Advance Placement art class at Vashon High School. The students have spent the school year creating art for their portfolio which is being reviewed by College Boards. This exhibition is a sampling of their work and a celebration of the completion of the year-long project.

In the early 1990s, Vashon Center for the Arts and Vashon High School collaborated to establish a biennial tradition of exhibiting student art at the end of the school year. Typically, graduating seniors created the work and submitted it to the gallery to be hung for the opening of the popular show. This year is different. From start to finish, students were involved with the whole process of making, framing, hanging and installing their artwork in the gallery for a show.

Lynann Politte, gallery director at Vashon Center for the Arts and Kristen Adams, art teacher at Vashon High School (VHS), created a new approach - a practicum to teach students about the world of art outside the studio. Through one of VCA’s Vashon Artists in the Schools (VAIS) residency, Politte first provided the 19 students — juniors, seniors and a few sophomores — in Adams’ Advanced Placement (AP) art class with information about art careers in general, then focused on the requirements of an art gallery in particular.

Next was to work with them to decide what they wanted to show in the exhibition. The artwork is part of the portfolio students assemble for college applications in Adams’ AP class. Previously, portfolios were developed in a variety of classes such as ceramics, drawing and painting. Adams advocated for an AP program that would bring art students together in one class to foster an art community, and she said, there has been major growth in enrollment since then.

Originally, Politte envisioned giving each student a set space to hang their art. That was before she heard what they wanted to show. Politte worked

be shunned and not cared for? Among the homeless there may even be a few who have chosen that life to transcend worldly existence. These are Kerouac’s dharma bums (I know at least one). In India’s Buddhist culture, it is not unknown for a rich man to give away his wealth to pursue enlightenment in a loincloth with a begging bowl at the end of their life. They may be remote exceptions here. In any case, we should provide help and not judgement.

It will require some adjustment, expense, and effort on all our parts to provide a reliable stock of affordable housing and the care that many need. Empathy, tolerance, respect, and love are called for. “There but for fortune go you or I.”

Comments? terry@vashonloop.com



with each student, talking through their options on how they could frame and hang their work, which includes digital art, photography, mixed media and fiber arts, as well as paintings and drawings. With sponsorship provided by Vashon Thriftway, students were provided the materials to frame two-dimensional pieces and install three-dimensional art. From there they came to the gallery and worked together to lay out the show as a group to make the atrium wall a collection exhibition of all their work together.

Gallery hours: Thursday - Sunday, 12noon - 4pm

For Politte, it’s all about “helping students to start an art career. We have students who are so talented, I want to send them off with experience and information.”

Adams agrees, adding that she’s been “completely blown away not only by their enthusiasm for this opportunity but also for their willingness to jump right in and get going. Despite the limitations and challenges they’ve been navigating with school closure and the COVID pandemic, these students have wholeheartedly embraced this class and the opportunities that came with it, resulting in some incredible art and experiences for us all. They are truly outstanding in their creativity and dedication to their work.”

Biennial Student Show
Vashon Center for the Arts
June 4 - 27

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VIVA Annual Member Show

the VIVA show reflects this diversity in expression and medium. And amazingly, all of these artists live here with us on this small island. Like I say, ‘Small Island. Big Art.’”

VIVA Annual Member Show
Vashon Center for the Arts
June 4 - 27
Gallery hours: Thursday - Sunday, 12noon - 4pm

Have a Story or Article

Send it to:
Editor@vashonloop.com

Yeezy Needs a Home

Yo, I’m as comfortable as the footwear I share a name with. It’s easy for me to adjust to new situations and people. I’d rather avoid other cats but get along fine with people. You can pick me up and hold me, and I like to play.

I’ve been an indoor cat and would like to stay that way with a new family. If you’re looking for a laid-back guy with a lot of love to give, please make an appointment to come and meet me!



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Road to Resilience

Continued from Page 1

I would postulate that everybody has a unique gift to offer but only a few get the exposure that leads to wealth. Bill Gates, a college dropout, is only exceptional because he utilized his gift at the right time and place. Great wealth may require great effort but that alone will not be enough. You also have to be fortunate.

A person’s decision to perform one of the “humbler” vocations should not have bearing on their merit. Einstein was a middling bureaucrat as was Kafka, and they pursued far more ambitious careers outside the job. As well, choosing to pursue a manual profession does not indicate a lack of intellect. Aristocratic pretensions of old still inform us that

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

Much will shift over the next week, so much that you're likely to forget where you were at today. That would include everything that seems unresolved or is troubling you (they are related). Focus on unfinished business. That is the ideal use of these last days of retrograde Mercury. It will also help if you keep a list of what you don't know, by which I mean any topics on which you are missing information, missed communication, people you have not heard from, and specific issues where there are data gaps. This is under the general heading of "know what you don't know." This way, you will think to ask, and you will recognize the facts and revelations that come your way when they arrive. You will also see information already in your possession in a whole new way. Therefore, go over your notes, again and again. Experiment with aligning the known facts in different ways. Flip your notebook page upside down and stare at it a little cross-eyed. Work with Mercury stationing direct in Gemini, which is all about considering alternative points of view, though generally, from the facts already known.

Taurus (April 19-May 20)

As Mercury gradually moves toward its station-direct in the money angle of your chart, I suggest you conduct a careful evaluation of your cash, credit, debt and other assets. You want all the numbers and you want the bottom line. As you go through this process, you may determine that you need more structure in this area of your life. Your financial affairs have grown more complex than the kid with the piggy bank, though few are trained how to manage their money or even think about it in some way other than cash in, cash out. Gaining a complete financial picture and true understanding of your status will be immensely helpful and also assist you in the thing you want to be doing, which is running your life at a profit. On a spiritual note, the strong emphasis of Gemini in this equation is about values (another interpretation of the "financial angle" of the 2nd place (house, solar house, whole sign house). Where there is Gemini, look for two of whatever is up for discussion. I suggest you go on a hunt for where your values conflict. For example, you may have one value of, "I want to make my living as a (whatever)" and "I don't think that (whatever) has income potential." Then, start to work that out. Do it now — you have help.

Gemini (May 20-June 21)

You are still experiencing the effects of the June 10 solar eclipse in your sign, which has come with the resounding message: be honest with yourself and everyone else. There is no halfway point here. There are not some good excuses and some bad ones; you want no excuses whatsoever. They are merely a scrim thrown over your real point of view and your true experience of life. It's easy to take a little of this and a little of that and come up with a passable opinion, though that's far from the bona fide seeking of the truth. Anyway, you don't have to look too far to find it; this is more about acknowledging your status than discovering it. Where you may find some challenges is how to handle situations with people where you may not have been fully above board, if any of those exist. Now would be a fine time to institute a no-withhold policy. Say what you mean when you mean it. Say what you need when you need it. And when you are giving an answer to a question, note the part that you're not saying: that is the thing to say. You will feel better, and sleep better.

Cancer (June 21-July 22)

The Sun enters your sign on the 20th, and the feeling is likely to be one of emerging from a labyrinth. There has just been a sublime solar eclipse in Gemini, and now Mercury is about to station direct. This is the most sensitive angle of your chart (your 12th place, meaning house, solar house or whole-sign house). This is all shaking out various scenarios from the vast unknown and unexplored regions described by the 12th — by far the most interesting house of them all. And to make matters more interesting, you have two of them, because there are two of anything associated with Gemini. You contain this parallel dimension in yourself that can split into a kind of copy of itself, the end result being that you're capable of considering any possibility and its opposite. So, while you're here as the Sun makes its transition into your sign, think of what you've previously considered impossible and match that thought with something potentially outrageous but also positive that you would love — without any prejudice, or notion of whether it's realistic. You have your fears. You have your questions. What would you consider to be the greatest possibilities? What would be the best possible answer to anyplace where there is missing information? Ponder — and then pause.

Leo (July 22-Aug. 23)

Claim your space as one of the most social signs of the zodiac. This works two ways. There is something about you that people gravitate towards, and in a certain way makes them hold you as the reassuring center. And you have an ability to understand and express nearly every idea. Plus, as a person close to me born under your sign once said, you can see the humor in very nearly anything. This is one of your greatest assets by the way. You can handle heavy situations in a light way, which you will find comes in handy now, particularly with so much Saturn in your chart. Making fun of things is not just for entertainment. It is also a form of brainstorming. There seems to be a kind of angelic entity that only channels information when you are laughing or at least giggling. Therefore, keep it light. Play with the abundant Gemini energy, and ping-pong the possibilities around. Consider many alternatives. Do something that most people consider too dangerous to try: get the opinions of people you disagree with, and work with them to figure out why they have come to that conclusion. Keep it moving. If you don't fixate on wanting the truth, it will come to you more readily.

Virgo (Aug. 23-Sep. 22)

You are a person of many professional talents. They may not seem to be related, however. For example, let's say there's this Virgo somewhere in the world who is brilliant at cutting hair. She also has a knack for bookkeeping and also for electronics, such as setting up concert sound systems. And is also a snappy writer — all good enough to work perfectly. She might think that these talents have little in common, or are in some way mutually exclusive. Words and numbers? Haircutting and sound reinforcement? Here is the exercise I propose: make a list of all of your gifts, talents, and assets. Then ask yourself what they have in common. Keep it loose and use your imagination. You are looking for the underlying gift that makes all of them possible; something that weaves the story of your work together. More than your work: the sense of purpose that underlies and motivates your choices to develop and express your talents. You may be

accustomed to keeping things separate — that is, compartmentalized. There are some things you may be good at that you might not talk about in certain settings. However, the relationship is still there. If you write about this, I am curious to read your discoveries.

Libra (Sep. 22-Oct. 23)

There are some things you believe that are unbelievable. Other things would seem obviously true (to others) and you are not down with them. You may have some concepts that seem to conflict with others. This is part of the human condition; we live in a world of seeming contradictions and paradoxes. Sometimes they resolve themselves when you least expect it. Other times, you may go on a quest for truth, and if you are patient, you will make some unusual discoveries. You may be craving such a mission. You may already be actively involved in one. My question for you this week is, how is your search for your personal truth, or some wider truth, influenced by the fears of others, particularly your family? How are you influenced by those who cannot be bothered to learn and discover, or those who think the truth is too dangerous to know? Maybe they're just not curious like you are. Maybe they don't have that little thing where they know there are multiple sides to every issue, topic or event. Whatever revelation you had in recent weeks, it is serving to inform you of something you did not know, and if the questions come, then let them come.

Scorpio (Oct. 23-Nov. 22)

It will be easier to negotiate a fair deal if you have a concept of what that means. There may be a variety of specifics, but one generality is consistency of your position. This is not always possible. There are times when you must change your mind. However, there is usually an underlying reason for that, such as not having thought through your needs, desires or other requirements in advance of making a commitment. It will help if you enter new situations having more fully thought through your situation, which includes stating openly where you are coming from at all times. Recent (or upcoming) events may be teaching you the problem with what are called 'withholds'. That is when you have something you need to say but you don't say it, for whatever reason, and of course, when someone does that to you. Usually the excuse is not wanting to hurt someone's feelings, though there are a diversity of others. Anyway, as Mercury stations direct, I propose that this is a good time to clear up anything you may need to say to someone, and to ask for clarification if you need it with someone. Keep it low key; the subject matter is important and needs no special emotional emphasis. Stick to the facts.

Sagittarius (Nov. 22-Dec. 22)

Something seems to keep shaking you out of your confidence. It could just as easily shake you into it. You may feel like you're stuck somewhere, or at the mercy of events beyond your control. It's easy to see where that feeling is coming from, just looking at the astrology, though there is another way to interpret your circumstances. Mostly, they are about your state of mind. That includes your state of emotions. However, we might check in with your physical circumstances. What is going on with relatives? You seem to be a kind of captive audience to them. Anyway, just in case you are not already doing so, I would suggest that you get out more. Yours is the original, patented, copyrighted sign of wanderlust. You deserve a private jet, or at least a lifetime Eurail pass. If you can't go far, then go deep. Even if you've lived in the same community for 20 years, there are things to discover in your region every day. This is just a matter of being creative and turning down every street and road you have not

explored, or taking the bus to the last stop and seeing what you find there.

Capricorn (Dec. 22-Jan. 20)

Take your time before making any changes in your work pattern. Mercury is making its way toward stationing direct, which does not happen till the 22nd. Much will evolve, develop and shake out before then, in a series of stages — for example, the Sun enters your opposite sign on the 20th, which will shed light on a diversity of topics, and reveal the importance of relationships you might take for granted. However, it's Mercury stationing direct that will help you find clarity of purpose, and your method of getting there. This is of course always a work in progress, though you've been hanging in suspense lately. Here is a clue: purpose is more often subtle than something that feels like a crack of thunder. It's found one discovery at a time, with one development leading to another, and suddenly the sprout becomes a little tree. Therefore, follow any sublime feeling that something positive is developing, or that you've learned something. Follow your curiosity. The sound of a bird may remind you of a song. The song may have words you recall. The words may hint at something.

Aquarius (Jan. 20-Feb. 19)

Saturn in your sign and Chiron in Aries are communicating with one another, in the form of a sextile aspect (60 degrees, balance, resonance, and in this case, the ability to communicate your ideas). This lasts a while, so it may show up in the form of a new skill, or a project where you set out to discover how something works, or what it means. I suggest you pursue all such possibilities, even if the sequence of thoughts or developments does not seem logical. The relationship of Chiron to Saturn is to take you outside the normal boundaries of time. This can shorten the distance between two points of thought, or it can take you on a roundabout journey with unusual developments. So don't try to "make things make sense." Rather, notice the sense that they make, even if you don't recognize it. Consider dual meanings and also multiple forms of expression: how something works in word written or spoken; in sound or in pictures; as a question or as a statement. Remember meaning is not a fixed destination but rather an ongoing journey. Context is everything.

Pisces (Feb. 19-March 20)

Jupiter stations retrograde in your sign this week, which means that it's time for a review of your affairs over the first half of the year. Where do you stand with yourself as far as personal goals are concerned? It will help if you have a sense of everything that you have accomplished, what you have not accomplished, and matters where you are part of the way there. Mercury stationing direct will bring a little burst of missing information that will help you complete your inquiry and sort out your priorities. The Sun's entry into your sympathetic water sign Cancer represents a surge of new energy that will help you make progress during the next four weeks and potentially catch up with yourself and get onto level ground. Many factors are working in your favor; you must work with them to get the full benefits. For example, Jupiter offers opportunities, though that's irrelevant if you don't take advantage of them. The combination of Mercury direct, Sun in Cancer and Sun trine Jupiter will open the way forward even if it seemed there was none before. It will help if you fully embrace doing something new.

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