

Judd Creek Bridge repair project

The project is expected to start on Monday, March 29 and will last approximately three full weeks. During construction, the bridge itself will be closed around the clock for up to three weeks straight. We will maintain access to businesses and homes leading up to the bridge as well as those located north and south of the bridge closure throughout construction. However, all through traffic on Vashon Highway SW will be detoured off of the closed bridge every day, around the clock. A signed detour will direct through traffic around the bridge closure for up to three weeks. Additional construction work before and after the full three-week-long bridge closure may require a single lane closure with flaggers directing traffic through the work zone.

Judd Creek Bridge was built in 1951 to carry Vashon Highway SW traffic over the creek that leads to Quartermaster Harbor, just south of SW Quartermaster Drive. Growing traffic volumes and heavier vehicles have severely strained a portion of this 70-year-old bridge. Now the structural supports under the north end of the bridge are wearing out and require maintenance . We are repairing the area to ensure that this critical route remains safe for all traffic and help



Judd Creek Bridge

prevent an emergency closure.

To do the work, King County Road Services will completely close the bridge to all vehicles, pedestrians and cyclists. The closure will last up to 23 days. We will maintain local access leading up to the bridge on both ends, however the bridge will be closed to all pedestrians, vehicles and bicycles.

Construction activity may occur during the day or night, including overnight. We will make every effort to complete noisy work during the day. There will be a signed detour route.

Sea Mar Community Health Center FAQ

ESTABLISHING CARE

How do I go about choosing a provider at Sea Mar to be my primary care physician?

To establish a provider as your primary physician at Vashon Sea Mar you just need to call the clinic at 206-463-3671 and schedule an appointment with the provider you want. Just let the front desk know you want to make that provider your primary care physician.

Can I choose which doctor?

Yes, you can choose your doctor at Vashon Sea Mar.

Are all of the clinic providers accepting new patients?

Yes, all our providers are accepting new patients.

Do any of the clinic providers limit their patient panels by age, gender or medical condition?

We do not have any providers limiting their panels.

Can I see the same provider each time I make an appointment?

Yes, we try to schedule with the same provider if you make that request. If the reason for your visit is urgent or your regular provider is not available, we will schedule you with a provider who is available within a timeframe that meets your needs.

Who are the doctors and other providers at the clinic? What are their backgrounds?

Our providers are: Thomas Erdmann, MD, family practice; Jeffrey HansPetersen, MD, family practice; Burdett Rooney, ARNP, family practice; and Jessica Wesch, MD, family practice and obstetrics. All are Vashon residents.

What kinds of services can the Sea Mar clinic offer me if I choose to have a primary care physician elsewhere, but might find it convenient at times to go to the clinic to avoid a trip to the mainland? Do I first need to register with Sea Mar, or get into their “system” in some way?

You can receive primary care services at Sea Mar Vashon while maintaining a relationship with a primary care provider elsewhere. No pre-registration is required – that can be done the day you are making an appointment.

TRANSFERRING RECORDS

I was a patient at the clinic when NeighborCare operated it. If I choose to continue there with Sea Mar, what should I do to transfer my medical records?

Once you have made your first appointment here at Vashon Sea Mar, we are able to get access to your NeighborCare records through the EPIC system. We can access some records, but we ask patients to complete a “Release of Information” form at their first visit so we can access all their old primary care provider records.

I want to receive my primary care at the clinic, but I was not a patient there with NeighborCare. How do I transfer my records from my current provider to Sea Mar?

If you want to transfer your records

to Vashon Sea Mar from another care provider, you can fill out a records release form when in the clinic for your appointment. There are multiple systems we can access through EPIC as well to obtain your medical records.

COVID VACCINATIONS

Can I get a COVID-19 vaccination at the clinic?

We are offering the COVID vaccine at Vashon when it is available to us from the state Department of Health. We are not scheduling appointments for first doses; instead, we are doing a walk-in, first-come first-served when vaccines are available. Appointments for second doses are scheduled at the time first doses are administered.

INSURANCE/PAYMENT

What insurance does Sea Mar bill from the clinic?

Sea Mar takes most insurance, including Medicaid (Apple Health), Medicare, Kaiser Permanente and numerous others.

How do I determine if Sea Mar will accept my insurance?

The best way to determine if Sea Mar takes your insurance is to call your insurance company to verify.

I’m uninsured. What’s the process for determine what and how I will pay?

We have a sliding fee scale for services for patients who are uninsured or underinsured. This sliding scale and the cost of services are based on your household size and household income. You can view the scales for medical, behavioral health and dental services, in English and Spanish, at seamar.org/sliding-fee. The scales also are posted in both languages in the clinic lobby (while we do not have dental on Vashon, it’s good to have that information for anyone who may go off-island to another Sea Mar clinic for dental care).

What do I need to provide to demonstrate I qualify for a sliding fee discount?

In order to apply, we ask that you bring proof of income to your first appointment. Our front desk staff will help you fill out the application during the registration process, and will also provide an estimate of what you can expect to pay. We are always available if you need help understanding the sliding fee scale; our front desk staff will be more than happy to help.

REFERRALS/SPECIALISTS

How does Sea Mar handle referrals?

Can I request a certain specialist? Can I get primary care at Sea Mar while continuing with my existing specialists?

Referrals are handled in clinic by your provider care team. You can request to go to a specific specialist. We do work with your insurance to make sure the cost is covered, as going outside of your insurance may cost you more out-of-pocket. You can continue primary care here at Vashon Sea Mar while seeing your current specialists.

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The Road to Resilience

The Deficit Myth

The 1.9 trillion Covid 19 Relief Bill has engendered equally mammoth hopes and fears.

I’ve been thinking lately about the difference between Republicans and Democrats—that the former generally think that government is the problem and the latter that it is the solution. Obviously, it is much more nuanced than that, but that is the basic shape of it.

It was Reagan that first said that government was the problem 40 years ago, and we have been operating on that premise ever since. With minimal interference by the government, the private business sector has been in control, and the result has been a massive transfer of wealth to the top. Supply-side economics says this is okay because the captains of industry will use that wealth to create more jobs and, as they say, “lift all boats.” The wealth has certainly risen to the top, but precious little has trickled down.

For the first time since the 1960s, the government is putting wealth and power back into the hands of working people. (By “working” people I mean the people that earn money by their labor as opposed to those that earn money by investing capital.) As the Republicans feared, this bill addresses not only the pandemic but the economic balance of power that has skewed toward the wealthy for the last 40 years.

The Covid 19 Relief Bill could be the beginning of a new era. If the

By Terry Sullivan,

Democrats abolish the filibuster and push through their agenda, including a massive infrastructure bill and a Green New Deal with a guaranteed job for all that want one, we will get a chance to see if we create prosperity or languish in debt as the Republicans predict. In the last 40 years, our corporate fathers have given us debt instead of actual wealth. We have the houses, cars, and the whole gamut of stuff that mimic wealth, but we actually own little of it. By controlling the capital, the wealthy get wealthier and more powerful. They’ve had 40 years to achieve results with supply-side economics and have only managed to make themselves wealthier. Now it is time to try something else.

What we will find out is whether the massive infusion of money will cause serious inflation and whether the increase in the deficit will cripple the economy. I recently finished reading a book called The Deficit Myth by Stephanie Kelton. She is a leading proponent of Modern Monetary Theory (MMT) which states that national deficits in a country with a sovereign, fiat currency are not to be feared. The Federal Reserve creates money when it is needed and, as Alan Greenspan has testified under oath, “It is impossible for the federal government to go bankrupt.” It has not been accepted as a working hypothesis, because we are not able to accept that a sovereign

Continued on Page 6


Windermere
REAL ESTATE

The island home experts



New Listing!

PARADISE - Comfortable 4 bedroom home set on 8 lovely acres. Home offers open floor plan w/ hardwood floors and airy kitchen. Convenient to schools/town.
#1738584 \$685,000



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RARE LAND - Waterfront residential lot in a quiet neighborhood on the north end of Vashon. Approved septic design, wetlands/geo-tech studies and CAD.
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PENDING!

MULTI-LEVEL HOME - Charming home minutes from Seattle ferry. On .41 acres, this home has 2+ bdrm/ 2 bath, spacious deck and detached, heated studio.
#1738812 \$600,000



PENDING!

GRACIOUS LIVING - Exceptional contemporary home w/ gorgeous views of Sound and city lights. Tranquil 3.55 acres. Home offers spacious living areas & view deck.
#1732464 \$945,000



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#1677245 Sold for \$2,550,000

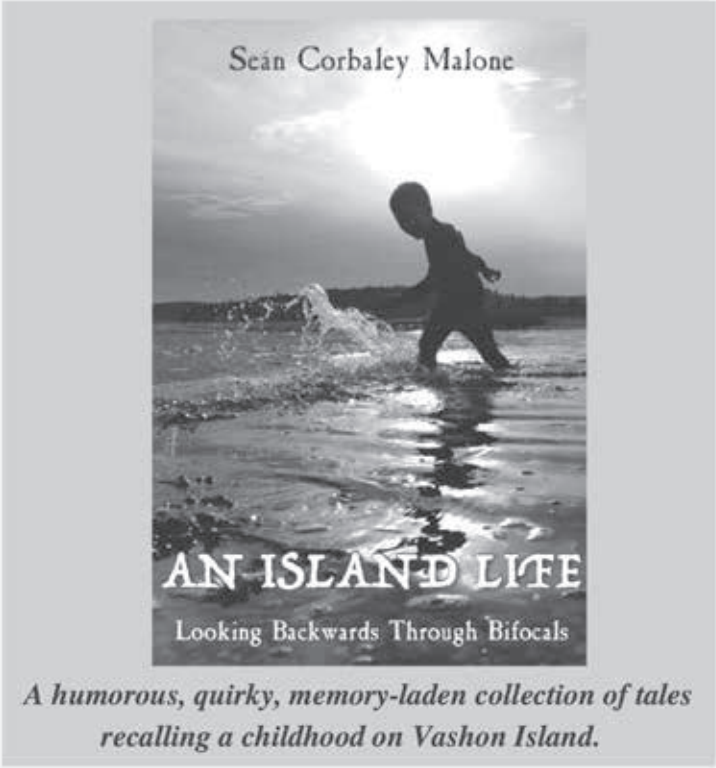


SOLD!

JAW DROPPING VIEW - From this 3 bdrm home on the north end, minutes to Seattle ferries. Vaulted ceiling living room, bright bonus room, and nearby beach rights.
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Get in The Loop

Submissions to the Loop

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

Can't stop drinking
and want help?



ALCOHOLICS ANONYMOUS

Online Meetings: SeattleAA.org

AA Phone: 206-587-2838

Local Vashon Contact: 206-849-1980

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*The Loop's soy-based ink
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**Next Edition
of *The Loop*
Comes out
Thursday
April 1**

Deadline for the next
edition of *The Loop* is
Saturday, March 27

*No puede dejar de
beber Alcohol?*



ALCOHOLICOS ANONIMOS

Reuniones de Internet: SeattleAA.org

Telefono AA: 206-587-2838

Contacto Local Vashon: 206-849-1980

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Sightings NOT Disclosed to Whale Watch Boats
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Vashon Presbyterian Church Heindsmann Family Endowment Scholarship

Vashon Presbyterian Church is accepting applications for the 2021 Heindsmann Family Endowment Scholarship award. This award is granted from an endowment created by Virginia and Ted Heindsmann to a deserving student based on financial need, academic promise, and dependability. Consideration will be given only to students who have completed two or more years of higher education or who are seeking special training or retraining. This award is not intended for high school seniors.

Application packets can be obtained by emailing the church at vashonpresbyterianchurch@yahoo.com or leaving a message at (206.463.2010). Because of Covid 19 restrictions the church building is not currently open. Completed applications must be returned in the mail (P.O. Box 435) or to the church email address by Monday, April 26, 2021. As part of the selection process, finalists will be scheduled to meet virtually with the church's Scholarship Committee in early May.

The Climate Change Crisis and the Path to Zero Carbon

Dr. Kutscher will provide up-to-date background on the seriousness of the climate change crisis and the many advantages of a reasonable energy transformation. Primarily, he will discuss the achievable approach of using solar and wind to produce enough electricity to satisfy all the energy needs possible, as well as the challenges of utilizing these variable energy sources.

Dr. Kutscher will also present an overview of how we can deal with energy needs that are more challenging to electrify as well as and the various means being explored for the very important step of removing carbon dioxide from the atmosphere.

Join us Sunday at 11am via Zoom:
<https://www.viuf.org/sunday/>

The Climate Change Crisis and the Path to Zero Carbon Vashon Island unitarian Fellowship, April 18, 2021

Vashon Unitarian Fellowship FILL THE VAN for IFCH Vashon Interfaith Council to prevent Homelessness

- | | |
|-------------------------------------|----------------------------------|
| Toilet Paper | Toothpaste |
| Wet Wipes | Toothbrushes |
| Hand Sanitizer | Deodorant |
| Shampoo (travel size) | Hair Brushes |
| Body Wash (travel size) | Emergency Blankets (silver foil) |
| Bars of Soap (individually wrapped) | Gloves (men's and women's) |
| Socks (men's and women's) | T shirts (men's and women's) |
| Diapers | Cash Donations |

Drop Off:
VIUF Lewis Hall Parking Lot 23905 Vashon Hwy
Sunday March 21 2pm - 4pm



Fill the Van for IFCH! Sunday March 21st, 2pm-4pm
Lewis Hall (behind Burton Community Church)
23905 Vashon Hwy

Vashon Island Unitarian Fellowship (VIUF) will be focusing its March service project on support for the Interfaith Council for the Homeless.

In addition to meal support by VIUF youth & families and dedicated donations from the fellowship, on Sunday, March 21st, 2-4pm.

ALL ISLANDERS are welcome to come to the parking lot at Lewis Hall (behind Burton Community Church, 23905 Vashon Highway) to help fill a van with supplies for those in need in our community.

Second Time Around

By Sean Malone and John Sweetman

John and I compared Covid-19 shots and the damage they could do to you. A week after the shot, the black and blue patch on my right arm looks like master sergeant’s stripes that have been ripped off. Both of us sniveled a bit at the inconvenience and pain. John told me to quit whimpering and that we should try to compare the Spanish flu epidemic of 1918 with how Vashon has been affected by the pandemic of Covid-19 of 2020.

We both reflected upon our small knowledge of the 1918 ‘Spanish’ flu. Later we learned that it was neither ‘Spanish’ nor exactly flu.

Our memories consisted of various family tales of history. ‘Well what happened to (uncle .. Harry.. .. uh. Well what happened to Aunt May..?? Questions like that when we looked at family picture albums. Some if the answers were.. ‘He was killed in the great war.. or ‘she just died young. ..’

Only later did we realize that many of these deaths.. especially the WW I deaths were by the pandemic of flu. Much later. As in two generations later.

Fifty-five pages of the Vashon News Record later and we became better informed of the Spanish Flu Epidemic of 1918. The similarities between then and now make a person very uncomfortable trying to understand why we didn’t learn from history.

10/10/1918
Schools ordered closed - By reason of the prevalence of influenza it has been deemed best to close the schools of King County. Churches, schools and places of amusement closed by reason of the prevalence of influenza. The County Board of Health has issued an order prohibiting pubic assemblages.

11/7/1918
Door left open and “In Flu Enza”; visited the Island to escape the influenza. Mrs. Gowan of Ellisport lost her daughter after a brief illness. Another daughter and her husband are seriously ill at their home in Seattle following a visit to the Island with the hope of escaping the influenza.

Cove Comments: There’s no need of ventilation in Colvos hall for fear of the “Flu”, because it’s colder than the proverbial barn, and when a fellow has been sitting there from 9am to 3 pm he feels like a cold storage carcass.

11/7/1918
A number of Dockton people went to Tacoma on Monday and witnessed the demonstrations over the good news that the war was ended. John Satlow, a member of Mr. Theo Berry’s crew of the “Kanaka Boy” died Monday morning of pneumonia at the Tacoma General Hospital.

It is suggested that all school buildings be thoroughly cleaned before November 18, and that every precaution be taken to stop the epidemic.

1/2/1919
Flu in Dockton: Little Sandy Gorsuch is having a tussle with the whooping cough.

Vashon: Sidney Ringdahl was home from Camp Lewis. Martin Tjomslund is just convalescing from a severe illness. Elmer Ringdahl was discharged from Camp Lewis. Members of the H Steen family have been on the sick list the past week. Ewald Petersen has been quite ill from an attack of influenza the past week. Mrs B Reed and daughter,Mrs Arthur King, are reported to be convalescing from an attack of influenza.

“I’m Thru - Enza” Germ Makes Debut - With the cessation of hostilities



the Red Cross is called upon to combat a new epidemic, originating this time within its own ranks. The affliction is known as “I’m Thru Enza.” The initial symptom is sense of lassitude; a feeling of “Whats the use? It’s all over; why should I work?”

Lisabeula: Mrs Hampton was taken to Seattle some weeks ago to be under the care of a specialist is not improving and the doctor does not hold out any hope of her recovery.

3/13/1919
Vashon: Mr. P.D. Halsey is improving right along. His neighbors are expecting to see him out digging in his garden as soon as the showers cease.

4/3/1919
Mrs. Hans Brevie has spent a week with her mother to get a lung full of good Vashon air. Snatched out of the jaws of death by the mercy of God and the loving care of relatives, doctors and nurses: but on the high road to health once more.

4/17/1919
Dr and Mrs W Mattson motored over from Seattle to visit Mr Mattson’s parents, Mr and Mrs. Neils Mattson. “Billy” Mattson returned from France a few weeks ago and this is his first visit to the Island since his return.

We looked these up on local sources. As we looked backwards in time, many diverse national sources of the time seemed to indicate similar reactions that could be seen in our greater experiences of recent history.

A negative and occasionally hostile reaction to government action of any nature; a blooming of strange theories of international conspiracy; a massive plethora of supposed cures and remedies!

All very much like today except for the massive censorship and denial by government (of the time) and private capitalistic interests as a result of the war in Europe. This denial certainly did not aid in efforts to contain the spread. Even that denial which was based upon the involvement in the European war had a certain parallel with today. One could observe this phenomenon from the beginning of the spread and onward during the previous presidential order. Things change and yet stay the same, don’t they?

One very positive outcome that was a result of this great and deadly event was a massive but gradual reinforcement of the public health duties and responsibilities of government to a far more assertive and active element of public life.

Perhaps this augmentation of a serious and vital public interest will likewise be a result of our year long quarantine.

We shall see.

Spiritual Smart Aleck

By Mary Tuel

Has It Only Been a Year?

Celebrated my one-year anniversary of being in isolation this week. Most of us are observing that one year milestone: isolation, quarantine, sheltering in place, lockdown, pain in the butt, whatever you want to call it.

Looking back at the year in review, I feel like 2020 nearly finished me off. The stress was huge: the life-threatening virus, the contentious election, and being isolated with only the dog and cat for company worked on me hard. It has taken me until now to recognize how hard it has been and see some of the cracks that have opened in my psyche under the strain.

“Ring the bells that still can ring
Forget your perfect offering
There is a crack, a crack in everything
That’s how the light gets in.” -
“Anthem” by Leonard Cohen

Good old Leonard Cohen.
The last year has been hard on everyone, even without job loss, business failure, and losing your home because you cannot make rent or mortgage payments. I hear that many people who have never been depressed before are now dealing with situational depression. Clinically depressed people also have situational depression. However we label it, we are all bummed out, for good reason.

My sincerest sympathy to all of you. All of us.

And that is before reckoning with the loss of people we loved, or the losses of our friends and extended family.

I have a whole new understanding of the meaning of the word, “plague.” I do not think I will be able to use it casually to say something is “plaguing me” anymore. Nope. Whole new perspective. I think I had an attitude that this was something that happened far away and long ago – the Spanish flu in 1918, or the Black Death in the Middle Ages – or Ebola in Africa, for example. Not that much to do with me, right? The Covid-19 pandemic has been right here, right now, and has everything to do with all of us.

As more of us are vaccinated, there is an anticipation of returning to normal. I can see the light in peoples’ eyes and faces, even on zoom.

Oh, to go to a restaurant, a movie, a play, an opera, a church service – a choir practice!

Oh, to get together with that gang of mine over coffee or tea or guitars, mandolins, and violins, to laugh and talk



like we used to back when there was no harm in it.

Oh, to have weddings where we do not have to worry about some or most of the guests contracting Covid-19 and dying.

Oh, all that normal that we took for granted all our lives, until last year.

We have Baby Boomers, Gen-X, Gen Y, Millennials ... will the children of this time be known as the Covid-19 generation? I am talking about the children who are growing up with this plague as part of their lives. Many of them will not be able to remember the Time Before. How will their attitudes be affected by living with the virus all their lives?

The whole world is different now. It would be different than it was at the beginning of 2020 anyway, but not this specific kind of different, the one with 2,700,000 people dead worldwide from this virus and its variants, and about 550,000 people in America alone dead from the virus.

Those statistics count the people we knew had Covid-19. There were people who slipped away without anyone knowing it was the virus that took them.

Driving up to town this afternoon I heard a program on the radio of people talking about the one-year anniversary of the pandemic. They talked about the good stuff that had happened. They mentioned getting to know people in their neighborhood because now they were taking walks, with or without dogs. They talked about money saved and stress averted by working at home – no commute, no wardrobe to keep up, a tank of gas lasts for weeks or months. No high heels!

Okay, so parents are going out of their minds with home schooling, and many women have given up their jobs/ careers to come home and take care of the kids, but this part is about silver linings.

They found they had become closer to family and friends far away because they got in touch more often, via Zoom or Facetime or video calls. We have had to try harder to stay in touch with people, and we have had more time to do that. More time to be human.

There are some changes I hope we will keep as pandemic restrictions ease up, like livestreaming church services and other events, and meeting on zoom. Some people are not able to get out, pandemic or not, and now there is technology that includes them, and this is a good thing. We need each other.

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Island Life

Another Island

By Peter Ray
pgray@vashonloop.com

We have just had another shock, another mass shooting- what appears to be another race-base shooting. On a different planet- our Island planet, I was looking at the other Island newspaper tonight and saw the cartoon on the editorial pages. It referenced the preponderance of good news coming out these days and had the reader holding the paper open ask his partner if they had any old newspapers around so he could see some bad news that would elevate his anger level. While I mostly enjoy Steffon’s work, I would here evoke ye olde saw- be careful what you ask for.

For starters, I would warn against the perception that because we have gone through a change of governance (I might have said leadership but what we left behind showed no trace of that attribute) that we are now free and clear of past troubles. Just for starters in example land, I would point to the widely held belief that the dawning of the Obama administration proclaimed far and wide that we as a people had indeed transcended racial inequality and injustice and were ready to move ahead to a Star Trekian future where race and gender coexisted in the operations on the bridge and at the helm of state and we were ready to move ahead as a fully aware and compassionate American populace. Instead, what we got was a fiery wake up call from the dispassionate and racially perverse guidance of the grand, orange turd wizard. In at least one way, we should be glad that this abomination of American culture and government came to pass, since it showed us in no uncertain terms that hate, racism and the urge for social and economic equality in this country were quite alive and well and just below the surface of the fantasy land that eight years of a Black president allowed us to stride through.

There were other indicators that we had not had the country wide epiphany that we believed we had as we moved through the Obama years. There was of course the prison at Guantanamo, that had proved to be just one of the many stains on the American image left to us by the Cheney-Bush gang. As I recall, one of the promises Mr. O had voiced to us was that we would extricate ourselves from that international debacle and release prisoners who were being held for no real reason other than they were at the wrong place at the wrong time. That didn’t happen. As I understand it as well, our bombing of foreign sites through remote controlled aircraft increased dramatically under Obama as well. If anything says violation of international human rights it is the mechanical death from above that our drone programs brings to citizens of other countries, just because our “intelligence”, no matter how flawed, says we should target them, as well as just because can.

There was stuff coming in from the other side that should have, and indeed did give one pause in many

cases in wonderment as to their intent and motivation. There were the many references to the monkey in the White House from both domestic and foreign sources. There were the numerous suggestions from the right that for some reason Obama was some sort of closet Hitler, which at best made no sense at all except to those that for some reason saw it as a valid accusation. And then, of course, there were the open and overtly racially tinted statements from Mitch McConnell and others in Republican “leadership” who all stated insistently that they were there to obstruct and subvert Obama’s “liberal” agenda. If one has any doubts about that agenda from the right, one need look no further than the Merrick Garland debacle and McConnell’s derailment and what some would call unconstitutional denial of his nomination and consideration for a place on the Supreme Court.

Somewhere in the facebook today I read a quotable quote from someone, I think it might have been Ann Landers about something along the lines of it being impossible to clean out an attic if one is able to read. This of course refers to the curious thing that happens to someone with even a minor sense of curiosity, and that is that once you start pulling out old papers and magazines, it is inevitable that one will become mired in perusing the past. I believe I have mentioned here before that that has happened to me on more than one occasion when going through microfiche records of old Island newspapers at the library. One pulls the micro-photocopied cards of a certain range of dates where one hopes to find old information or leads to where that might be, and soon you find yourself reading about community events and happenings and then your time is up, whether you have found what you were looking for or not. What you did find though is that many of the problems then are still problems now. People take the time to write in and complain about “people going over town to shop and not supporting Island businesses” or a litany a of complaints directed at ferry scheduling or boats leaving half empty with people still stranded on the dock, and the whole thing goes around and around without resolution or satisfaction, even to this here and now.

Most recently, on a slightly different tangent, I had an experience at the Duwamish Longhouse and Cultural Center on West Marginal Way in Seattle. I was there to record a short piece they were doing to celebrate Spring and to honor Princess Angeline, the daughter of Chief Sealth. On some level, right away, that should perhaps set off some alarms for some. The loudest one might be, what is a white guy doing there recording Indian stuff. I have wrestled with this issue for some time now with other projects. Some may recall my befuddlement over how to deal with Native American affairs in my stalled project about Horace Greeley. If you have been along for this whole ride, you will recall that I had an epiphany of sorts a few years back whilst following the route of the 1859 overland journey that Greeley made between New York and San Francisco, and that was that here was

this white guy- me- attempting to trace a cross country journey west by a white guy who owned the largest circulation newspaper at the time and who was known mostly for the statement that was attributed to, but not originated from him saying: “Go West young man, and grow up with the country.”

The problem with that was the problem with the whole westward expansion, and that was it completely ignored the indigenous population and set forth the precedent of ignoring who was already here, and vilifying their existence in order to justify their eradication. This is kind of the long way around to why I was at the Duwamish Longhouse, but it kind of explains my caution and reticence at being there. As it was, I got there and was waiting for things to begin and was, in the mean time, wandering through their exhibits, and between that and talking with the drummer and singer I was recording, I learned about a part of Seattle history I had not heard about. I knew that an Indian on Seattle’s streets was generally looked upon with disdain- we had that cop shoot and kill an Indian woodcarver not long ago with little or no consequences. But what I did not know was that back in the day- late 1800’s-early 1900’s- Indians were not allowed to be on the streets in anything but Euro-American clothing- no native regalia. Back then, their homes were slowly eradicated from Seattle’s waterfront until their longhouses were finally burned to the ground, and what

was left of the Duwamish people were banished to what was then known as Ballast Island. It was a mound of dirt and rock ballast that was dumped there by ships coming to Seattle to haul away wood products for markets elsewhere. And so the Duwamish were left in canvas tents on a pile of barren dirt and rocks at the mouth of the Duwamish River. And if that wasn’t bad enough, this encampment soon became a tourist attraction, where boatloads of paying customers would come to gawk at the last vestiges of a Northwest tribe.

If you want to look back at past issues, there is plenty to get angry about, but the thing that should make one angrier than anything from the past is that we have not done anything to correct many of the injustices of the past, and so we continue to relive them. We can salve our consciences by reciting the litany of how we honor the people whose lands we have stolen with a wink and a nod, and therefore we satisfy ourselves that recognition is all we need to have done to have solved the many layers of problems that the Great Taking wrought upon the former occupants of these lands. This is a huge issue, along with many other huge issues, that will not be solved just by noting who once lived here and getting on to the otherwise happy festivities to come, while the illusion of solution by recognition drifts past in the wake of time and slowly sinks somewhere off the port stern.

Words & Wine at VCC!

Bestselling author Elizabeth Berg will read (via Zoom) from her latest book, “I’ll Be Seeing You: A Memoir,” at 5 p.m. Saturday, March 20. Berg tells the story of caring for her parents, along with her siblings, after their father was diagnosed with Alzheimer’s disease. The couple were married for nearly 70 years. At their children’s urging, they left their home to move to an assisted living facility to receive additional support.

In “I’ll Be Seeing You,” the author’s well known attention to beauty and humor is present, but she does not sugarcoat the challenges she and her family faced, while finding wisdom along the way.

Elizabeth Berg has written more than 30 books. This poignant memoir shows that at 72, she is writing at the top of her game.

Registration is free and is open at VashonCommunityCare.org under “Upcoming Events.” The first 10 people to register will receive a free copy of the book and a bottle of wine.



Next Edition
of *The Loop*
Comes out
Thursday
April 1

Deadline for the next
edition of *The Loop* is
Saturday, March 27

Winnie Needs A Home

Although a lady never has to tell her age, I’ll admit that I’m a “senior catizen.” I’ve had some hard times but am feeling and looking much better these days, thanks to a special diet and medicine that’s been prescribed for me. I’m looking for a nice quiet retirement home where I can be the only pet.

Due to my age and past injuries, I spend most of my time relaxing. I still like to play sometimes, and I have perfect litter

box habits. You can see a photo of me on the VIPP website where I’m snuggling with one of my favorite toys, Even more than toys I love my heating pad, and I’ll get to bring it with me to my forever home!



Go To www.vipp.org

To view adoptable Cats and Dogs


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Vashon Island Pet Protectors

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Island Epicure



By Marj Watkins

The Best of All Possible Curries

If Voltaire’s characters Candide and Professor Pangloss had been a dinner guests at my house this week, the professor would have recommended the recipe I give you in today’s column, Professor Pangloss would have praised it as the “best of all possible curries in this best of all possible worlds.”

My grandson James Hamaker did dine with me. He is a superb and innovative cook himself, but he had to ask me what I put in our supper entrée that made that curry so spectacularly delicious. I’ll not be so vain as to call it “the best of all possible curries, but maybe it was. I will call it a Goldie Locks Curry, which is to say, spiced “just right.”

Our curry was made with leftover turkey meat, but you could make it with cooked chicken. The almond milk and a handful of dried coconut shreds were James’s suggestion, a substitute for coconut milk. They worked very well.

Turkey or Chicken
Goldie Locks Curry
Serves 2 or 3

- 3 Tablespoons coconut oil or Spanish extra virgin olive oil
- 1 medium size yellow onion, wedge sliced
- 3 ribs celery, chopped
- 2 large garlic cloves
- 3 slices fresh gingerroot, slivered
- 1 teaspoon coriander seeds
- ½ teaspoon cumin seeds
- ½ teaspoon turmeric
- ½ teaspoon black pepper
- ¼ teaspoon hot red pepper or cayenne
- 1 teaspoon salt
- 1 to 1 1/2 cups diced cooked turkey or chicken meat
- 2 cups boiling water
- ½ cup dried coconut shreds
- 1 cup almond milk
- 1 cup washed, coarsely chopped spinach leaves and stems.

Prepare the vegetables. Heat the oil in a wide, deep skillet until the oil shimmers. Fry the seeds, garlic and ginger until the garlic is golden brown, about 3 minutes.

Add onions, celery, and turmeric. Stir fry until glossy and the onions are limp, 5 to 10 minutes. Add salt and black and red peppers. Reduce heat. Add boiling water and coconut shreds. Add Meat. Cover. Cook 10 minutes. Add almond milk. Cover and cook on low heat until well heated through. Scatter spinach on top. Cover. Cook 1 minute to wilt spinach.

Serve over steamed brown rice, with a fruit salad on the side. James made our salad using torn red lettuce, chopped apple, and blueberries. I used blue cheese dressing on mine. James chose ranch style. If you’re partial to mayonnaise, that would work, perhaps with a little lemon juice to cut its greasiness.

An appropriate beverage with this meal is spice tea

Road to Resilience

Continued from Page 1

government that creates money is different from users of money, such as households, cities, and states. We users of money have to balance our budgets and can go into default, but the national government can always print more money. This is not a silver bullet. The main constraint in creating money is the possibility of inflation. When the economy is weak but has adequate resources and has room for productive expansion, money can be infused into the economy with little inflationary danger. With our need for massive investment in infrastructure, need to transition to renewable fuels, need to rehabilitate our environment and wildlife habitat, clean up pollution, and all else that will be demanded to counter climate change, we will have more than enough production to absorb an extraordinary infusion of cash. MMT is another argument against privatization – without the sovereign currency advantage, we really would have to pay back all that money.

As counterintuitive as MMT is, we can have some confidence that it works

if we look to other times when we went deeply into debt. World War II was such a time. Where did the wherewithal come from to finance the huge costs of armaments and prosecution of the war?

We experienced a shortage of resources as the rationing at home attested to, but there were no worries about a shortage of money. We came out of the war with a huge deficit but continued to infuse more cash as we had a rapid expansion of our economy that lasted for two decades. Our deficit went over 100% of GDP around 2014 and is now at about 140%. Japan’s ratio of deficit to GDP is now at 280% with no deleterious effects on the economy. In 2008, we had the TARP bailout of around 800 billion with no concern about where that money was coming from or whether we were saddling our grandchildren with crippling debt. You can be sure that now that the Republicans are out of power, we will hear no end to the fearful talk about crippling debt. What they won’t tell you is that what they most fear is the transfer of wealth and power from the wealthy elite to the general populace.

Comments? terry@vashonloop.com

Nomadland

Nomadland
Fri-Thurs, March 19th-25th, 7:00pm
The Vashon Theatre

Following the economic collapse of a company town in rural Nevada, Fern (Frances McDormand) packs her van and sets off on the road exploring a life outside of conventional society as a modern-day nomad. The third feature film from director Chloé Zhao, NOMADLAND features real nomads Linda May, Swankie and Bob Wells as Fern’s mentors and comrades in her exploration through the vast landscape of the American West.

Rated R.

All Tickets & Concessions must be purchased in advanced online at www.VashonTheatre.com



Sea Mar Community Health Center FAQ

Continued from Page 1

How does Sea Mar coordinate with outside providers or specialists? How are records shared?

Sea Mar coordinates care with your outside provider or specialists through chart notes and the electronic health record system.

WALK-IN CARE AND SAME-DAY APPOINTMENTS

If I suffer an acute injury or illness, can I get care at the clinic without an appointment? Must I first be a patient of record with Sea Mar?

If you suffer an acute injury or illness you can get care here at the clinic without an appointment, and without being a previously registered patient. We will register you at the time you are being seen. We try to keep several appointments open each day for this reason. We are limited in our scope of practice, and are not an emergency room. There is a chance that after you have been assessed by our team, they may determine, for your health and safety, that you should go to an emergency room.

What are some examples of acute injuries and illnesses that the clinic can treat on a walk-in or same-day appointment basis? What kinds of acute injuries or illnesses are beyond its scope?

Some examples of acute injuries we can treat are lacerations, fractures and sprains. We can treat a wide variety of acute illnesses. Due to COVID, however, we are limiting in-person treatment of respiratory viruses at the clinic. We would have you schedule a phone appointment with a provider for the first visit and follow up from there.

Some acute injuries that are beyond our scope include concussions, back injuries and foreign body removal, especially glass – it is difficult to see, and to make sure it is all removed. Objects in the eye also are difficult to assess and remove. If you are having severe chest pain, call 911. If you were in the clinic with severe chest pain, we would assess

and then call 911.

TELEMEDICINE

Are telehealth appointments available? Are they just by telephone, or is video also available?

Telehealth appointments are available, both by phone and video. We are finalizing our video process now.

SPANISH-SPEAKING PATIENTS

Do you have Spanish-speaking interpreters available for telephone calls? For doctor visits? Are there interpreters on-site?

We have Spanish interpreter services available by phone through our Health Care Authority broker, Universal Language Services, for all telephone calls and phone and office visits. We do not at this time have on-site interpreters available, but do we do have plans to have bilingual, Spanish-speaking staff.

ANCILLARY SERVICES

What lab services are available at the clinic? Are they available just to Sea Mar patients, or to patients who receive primary care elsewhere?

We offer full lab service here at Vashon. At the moment, we are in the process of hiring our own permanent lab tech. We will continue to provide outside lab orders, meaning that if you have a specialist order a lab you can get it done here at Sea Mar Vashon. You do not have to be a patient at Sea Mar for outside orders to be done.

Can I get X-rays at the clinic? If so, are they available just to Sea Mar patients, or to patients who receive primary care elsewhere?

We have X-ray available on-site. We currently are only providing X-rays for Sea Mar patients.

Questions from Vashon Health Care District, based on input from the community. Answers provided by Sea Mar Vashon, current as of March 4, 2021.

Reese Needs a Home

Although my history is a mystery, I’ve probably spent most of my life outdoors. Let me tell you, I am DONE with that! Being inside where it’s warm and dry is a million times better.

My new people will need to be a little patient with me while I get used to being part of a family, but I already like to accept pets. I’m comfortable with other cats, so if you have any, that’s fine with me. My favorite pal at the shelter just got adopted, and I’d like to meet a new BFF (best feline friend)!



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To view adoptable Cats and Dogs



Espresso

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Sunday 8:00am - 2:00pm
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Aries (March 20-April 19)
Your birth sign comes with a strong infusion of what I would call Child energy. Aries is the beginning, and it’s all about embarking on the life experiment with passion and curiosity. Yet the concept ‘child’ comes in two main forms. One is the uninhibited, curious person. The other is the person caught either in petulance or the refusal to take on adult responsibility. Childlike adults can be charming, though you can do better. The chart for the Sun’s ingress into your sign later this week describes certain family conditions that may be popping up as if they were still happening, even though they are in the distant past. You may also get some echoes of your own history when speaking with children, your own or those of other people. In these transactions and memory replays you may find out what is keeping you trapped in certain elements of childhood or resisting taking on certain adult commitments. Really this comes down to a matter of whether you feel you have power over your affairs.

Taurus (April 19-May 20)
With the Sun’s ingress into Aries this week, you get access into a dimension of yourself that often remains hidden. Yet with Chiron moving through this usually-veiled angle of your chart, you’ve had unusual insight into the ‘other you’ that you don’t always want to look at, much less show the world. Yet much of the tension and insecurity you experience is in the seeming split between two sides of your nature that are actually the same thing. What you think of as concealed is right out in the open. It is who you are. You may not see it that way, though others are looking right at it all the time. This is how you or anyone can get into the “you’re the last person to find out about yourself” kind of situation. Yet Chiron’s role is to make you aware of what you already know and need to acknowledge about your own nature. You may feel some discomfort, though it’s on the level of putting on new leather gloves. These should be tight at first, and through experience, you work them in.

Gemini (May 20-June 21)
Keep your finger on the pulse of any anger you may be feeling. Rather than judging yourself, note what is annoying you, no matter how slightly. One of the main problems with how we’re taught to deal with anger is that step one is to ignore it. If you admit how you feel, you are in great shape. It will be less likely to provoke you into acting or making a decision you regret and more likely to lead you to address it in a helpful and cohesive way. Since this is all made out to be so subtle and behind so many veils, you might need to notice when you’re denying how you feel before you can go deeper and ask yourself how you feel. However, I would suggest that irritation you don’t understand is one of the first symptoms of being in denial. It makes sense, too, because it is irritating to not acknowledge something that is even mildly important. The other part is, be aware of when you’re transferring anger from one situation onto another. This may be an art form, though it is worth mastering.

Cancer (June 21-July 22)
The Sun is about to enter Aries and therefore, to cross the career and influence angle of your chart. The message of the Equinox chart for you is to be careful about business and personal partnerships that interfere with your aspirations. Yet to effect this, you will need to take total responsibility for your choices and your actions. Yes, as usual, consult the people

you trust, but also understand where they are coming from at all times. Not everyone has your best interests at heart, nor do they share your ethics. And you must not assume they do. There will be days when it seems like you have to watch your back all the time, though the city we all live in is becoming a rough place. Society is stoking people’s appetite for fear and aggression. And worst of all, the myth of easy money stalks people everywhere they go. You have your sincere ambitions that are driven by your curiosity and creativity. You need to protect those qualities, and to take care of yourself. They are the same thing.

Leo (July 22-Aug. 23)
Your friends must be people who you agree with in principle, on matters of truth and ethics, and on the soul level. I hear a lot of people saying they are losing friends over the supposed global health situation, because they cannot talk about their perceptions of the matter without being shut down. This is more difficult when you have a son or daughter who refuses to talk to you unless you’re wearing a face covering. But friends? Those are all optional. And they had best be real. Therefore, I suggest you not hesitate to tell it like it is. And while you’re at it, don’t be intimidated by people if they display conduct more suited to a mass wedding in a football stadium than rational civil discourse. The Kool-Aid is being served in every park and on every street corner. Yes it takes some guts to do this, and the willingness to face rejection. However, when you make a list of the things people have done, against all ethics, to be accepted, you may start to see that as a virtue.

Virgo (Aug. 23-Sep. 22)
Remember that your relationships ultimately serve to teach you who you are. This usually is more true of your intimate relationships than your working partnerships, though in the end, they are all the same. With Mars now moving across the top of your solar chart, you are on a mission, and that will invariably involve other people. The question you may face is how to be in a position of necessary authority while respecting the viewpoint of others, and also recognizing them as a teacher. This is a tall order, and it’s why so many bosses become assholes. Contrary to what you may have learned at the Omega Institute, treating people with respect does not automatically mean you will be respected. Some see being treated honorably as an invitation to take advantage of the person who is doing so. The first thing you can do is to make your intentions clear. State what you want, and listen to yourself to spot any contradictions (seeming or real) in your presentation, and address them. Then work out the nuances. The dialog is the important thing, and that is on you.

Libra (Sep. 22-Oct. 23)
If you want things to make sense — and you do — then notice how people feel. Their feelings may not make sense, though their actions will if you remember that they are largely motivated emotionally rather than rationally. Meanwhile, notice what moves you along. You want to live in a world where reason matters, though does it really matter to you? Are you as logical as you want others to be? You have that option, and you might study how it works for you when you exercise it. Here is the one thing that may get in the way, and which does for a lot of people: worrying about what others will think. This is the total bypass of sane and reasonable thinking. It’s also an emotional betrayal of yourself, but let’s stick to the first. You

work out the solution to a live puzzle, or the details of an important decision. Then you might toss the whole thing because you imagine that your choice will not meet the approval of people close to you. This is pretty much the ultimate trap.

Scorpio (Oct. 23-Nov. 22)
Be aware that you may have a survivalist approach to intimacy, as if it’s about every man for himself. Well, that’s not intimacy and it’s not sharing and it’s not trust. So something else will need to intervene, and that something must be what you actually want or you’re not likely to be happy with the result. The survival approach to relationships has many possible origins, though at the moment the one to consider is the manner in which your family insisted you be like them rather than be yourself. Sometimes this is subtle and sometimes it’s overt. But if there was any form of a threat to disown you if you dated that person or became vegan or found your own religion or got your ear pierced, you will carry that with you. The placement of Aquarius in your solar chart is all about that kind of conformity being enforced on you, specifically by your family of origin. This is the old tribal thing, where individuality is not permitted unless you’re the shaman or the chief. You don’t need to be either, only yourself.

Sagittarius (Nov. 22-Dec. 22)
The time has come to change your mind. You are very good at finding a position and sticking to it. You do this so well you might not even notice. Yet you might think you have a problem making progress or making decisions, and not recognize this as being about the need for psychic mobility. As a Sagittarius you are naturally mutable, which means changeable, and so you might seek some counterbalance through exercising your power to hold steady. Yet particularly for you, that can cause you to get locked into a mental pattern. Now you are being pushed to let go of old ways of thinking. You are being called to stretch your mind and learn new approaches to life. And more than anything you truly need to focus on specific projects that allow you to integrate the power of your intellect and your considerable creative gifts. If you only emphasize one side of that equation, you will miss the synergistic effect that happens only when you work both at once.

Capricorn (Dec. 22-Jan. 20)
You must think clearly if you want to navigate your way through a situation where the boundaries can get slippery and even dangerous. The word ‘unconscious’ comes to mind, which is to say, you will need to stay awake in all conversations, all transactions, all decisions. It’s easy for you to nod off at the least opportune time, which you may experience as ‘getting overwhelmed’, ‘getting confused’, ‘having a bad day’, or even ‘being tired’. Your goal

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is to pay attention and drive your life. If you are driving through fog and rain, that’s not the time to spark up a joint and take a pleasure cruise. You perk up and notice what’s going on, and observe carefully whether you can see better with your normal headlights or your high beams. Note when it’s time to slow down. Follow the road, not the guy in front of you. Do not panic if you get lost, and notice when you think you missed your exit. Your life is moving quickly and unpredictably at the moment, and you must participate fully.

Aquarius (Jan. 20-Feb. 19)
The thing you want is beginner’s mind. This is easier said than done, and many things get in the way. The most significant is thinking you know, when you don’t. Experience and expertise obstruct the direct approach to seeing a problem or situation for what it is. Simply put, the problem is about making assumptions. The mental approach you want is to first make observations, then to ask questions that are based on what you notice. But you really have to ask, and you have to listen to the responses, and then synthesize them in an actual process of learning. The main problem with the mental plane right now is just about everyone thinks they know everything. This is followed closely by the inability to formulate a question, and being too shy to ask (since everyone is a genius and doesn’t want to seem stupid). Take the opposite approach: start from not knowing, then stay there for a while. Beginner’s mind means facing the unknown with the curiosity of a child. There is nothing macho about this.

Pisces (Feb. 19-March 20)
Though the Sun leaves your sign this week, the best times for Pisces have yet to begin. On May 13, your ruling planet Jupiter enters your sign, which will provide unexpected support and new ideas for how to conduct your affairs in this strange new environment that the planet has become. Until then, do what you must in order to not lose yourself. The current focus on Aquarius is encouraging you to re-occupy your interior space. This is difficult in our inside-out world, where so much of the softness and sensitivity of humanity is being consumed by fear. It is not appealing to feel, yet feel, you must. That is a direct route to understanding yourself, to expressing yourself and to being yourself — and though all of that is wonderful, you of all people must live from the inside out. You will appreciate this once you re-orient, but it is not a luxury, it’s a necessity. Do what it takes; remember your old methods (art, music, journaling and quiet intimacy) and invent some new ones. Slow down and pay attention to yourself.

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



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PANDORA'S BOX

Spring has sprung!!!
Lots of goings on...it's chicken season!
We're hoppin' into Easter!!!

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