

King County Zoning Big Changes Ahead

See Page 8

The History of Minnie the Heifer

Editor's note: Before coming to Vashon, a calf named Minnie showed off her early escape skills, thereafter aided by her bullock brother Chuck. Minnie's original owner has written this story to fill in the many blanks in Minnie's life before she became Leslie the Cowzilla.

By Pam (aka Gates) Johnson

A bunch of years back, I realized that my little pasture was looking pretty empty, as was my freezer. The fences weren't in terrible shape; they could easily hold a couple head of cattle, so I called my daughter who lives in Chehalis to see if she knew anyone selling a calf or two.

Of course, she did. After a few negotiations, I was put in contact with a farmer who had some calves for sale. I wanted an Angus or Hereford, but ended up with a dairy breed, Holstein cross.

My nephew and my daughter hooked up her horse trailer and we headed to the farm. The calf I was interested in was a fair-size bull. A deal was made, but the farmer wanted to throw in a scrungy little heifer for a couple extra bucks. I've had enough cattle to know they are happier with a buddy, so I took them both.

As we went to load the calves, the bull was easy, but the heifer squeezed through the fence rails

and took off. Luckily, there was a strong young man working on the farm who chased her down, picked her up, and put her in the trailer.

We got them home, unloaded, and named them. The bull calf was Chuck and the heifer was Minnie. I made friends with Chuck via a little grain every day. Minnie always hung back. She never wanted scratches, did not want to be touched.

They were a happy little herd. I went out every



day with a bucket of grain and called them, "COME COW!" They learned that was akin to the dinner bell. Every time I yelled that, they came running.

For novice cattle-raisers out there, here is a little training trick that will come in handy someday. Chuck learned that if he reared up on his hind legs and brought his chest down on the field fence, it would squish down enough for the two of them to escape and go walk-about, most often to the neighbors down the road, most often at night.

One night, they were out when I got home

from work, so I grabbed their grain bucket and headed down the road, all the while yelling "Come cow!" A few yells later, I heard an answering moo from the woods. I yelled. They answered. And soon, they emerged and began to follow me home.

Another neighbor had stopped to help me. We walked up the road, the cows following. I was tired, so handed him the bucket. As soon as he had it in his hand, they turned around and ran back into the woods. And we started all over again.

After almost two years, the day came when I went out with the grain bucket and apparently was not fast enough to suit Chuck. He had grown to over 1,000 pounds and sported a fine set of Holstein horns. As I walked out, he came up beside me and hooked a horn right under my rib cage. I didn't think, just reacted. Took that grain bucket and smacked him in the head as hard as I could, then turned around and got out of the pasture.

As I closed the gate, I told him I would have the last laugh when I ate him! That was the last time I went in the pasture with him. Well, Chuck became chuck steak, which left Minnie alone.

She was noticeably unhappy, but such a sweet little thing, I was not inclined to eat her. I began to think about what to do with her. She was too big to keep as a pet, besides she would be lonely. I didn't want to sell her for slaughter.

Then I remembered a friend who was into farming and wondered if she wanted to get into cheese-making. We talked and I finally convinced her to take Minnie. We worked out a deal with partial payment and partial barter. I was happy that Minnie would go to a good home.

I heard through the grapevine that Minnie was given a new name and that she had some pretty devastating injuries, but she had soldiered on and was still alive and getting into mischief. It made me smile when I picked up the latest edition of The Loop and learned that my little Minnie heifer was on the front page.

Why Now? Why Here? Part 1

An Expert Interview About the Thunderbird Treatment Center

By Caitlin Rothermel

Dr Marli Parobek is a doctorally prepared nurse practitioner, board certified in family practice and psychiatry. Starting in 2018, she developed and managed a voluntary inpatient medical rehab/detox center (American Society of Addiction Medicine [ASAM] level 4.0 and 3.5) and an involuntary inpatient psychiatric unit at Astria Toppenish Hospital on the Yakama Indian Reservation. She also served for seven years as the sole prescriber for Yakama Nation Behavioral Health and completed an internship at Sundown M Ranch in Selah, WA (ASAM level 3.5).

Dr. Parobek has lived on Vashon for three years; she has a local private practice and also works with Vashon Youth and Family Services. Currently, Dr. Parobek is the only prescribing psychiatric professional on Vashon Island.

To prepare this article, I also talked with Neal Cotner, a licensed mental health consultant who currently works with the Fort Simcoe Job Corps Center and previously worked at the Astria Toppenish Hospital inpatient psychiatric unit.

Dr. Parobek and I discussed the medical needs of patients treated for addiction, the kinds of facilities that exist for treatment, and her concern that local residents and organizations have been denied meaningful discussion regarding the establishment of the Thunderbird Treatment Center on the Island.

What Patients Need

Dr. Parobek is concerned that the Thunderbird

Center will find it impossible to maintain the staffing needed to run a site of this complexity, largely due to ongoing ferry difficulties and a lack of local housing. She is concerned that patients may not be adequately medically or mentally screened prior to being sent to Vashon for drug and alcohol rehabilitation.

"You absolutely need a psychiatrist to screen people when they come through. Unfortunately, 50% of people using a substance also have a mental health disorder ... As people were discharged [from Astria Toppenish Hospital to the Sundown M Ranch], they remained oftentimes on Suboxone, benzodiazepines, or anti-psychotics."

Mr. Cotner confirmed that substance abuse disorder combined with mental illness is a common patient profile, known as "co-occurring disorders - two things at once." Dr. Parobek further explained the process: "A psychiatric evaluation takes an hour. We have to be able to differentiate between schizophrenia and drug-induced psychosis, delusions, bipolar, bipolar with psychosis, depression, anxiety ... [At Astria], I had patients who would bounce back all the time into the hospital [for mental health reasons], and that's not going to be available on an isolated Island."

The Thunderbird Center will also need a medical doctor and/or nurse practitioner, to manage daily care, in addition to nurses, case managers, therapists, social workers, and counselors.

Even at this post-detox point, substantial medical support is essential to patient safety.

According to Mr. Cotner: "Virtually every person that comes through [treatment] is at fairly high risk of having some sort of medical compromise. If you've been drinking copious amounts of alcohol for long periods, there's a good chance you're going to have liver issues like fatty liver or cirrhosis. For patients who used methamphetamine, you're always worried about cardiac concerns."

Since Thunderbird proposes to house women with children, including pregnant women, a specialized obstetrician/gynecologist would also need to be on staff to help mother and infant through withdrawal; premature delivery would also be a risk for patients, and such situations would require immediate expert care.

Last, the site would need support staff, like janitors, cooks, and security guards.

Dr. Parobek asks us to consider whether the Vashon location was chosen out of considerations like medical practicality and the well-being of patients and their families, or for political reasons?

Because the Thunderbird Center can only be classified to operate as a low-intensity facility, Dr. Parobek also sees multiple potential points at which client health and safety could be compromised.

What Guidelines Exist?

Dr. Parobek explained that many residential recovery services, including all such services in Washington state, operate on rules established by the ASAM, or American Society of Addiction Medicine. ASAM provides a structured "step-down" system of residential centers (see image), designed to provide patients with services that match the intensity of their needs.

Continued on Page 12

Rather Than Lose the Argument

By Andy Valencia

Imagine you're in an argument - you, your opponent, and some people listening. Your audience is nodding their heads when your opponent speaks; they're expressionless when it's your turn, and you've already used all of your best material. The honorable person will graciously acknowledge their defeat. What do the other kind of people do?

One of the most demanding military arts is the "fighting retreat." You're backing away from the conflict, but if you just turn tail and run, your back makes a dandy target. The military have a whole operational art on how to cover a retreat so that the force is as intact as possible afterwards.

Retreating from an argument has its own collection of techniques. When successfully played, your audience will barely realize that the argument is over. For actual military operations, the basic approach is to have some of your people provide covering fire while others leapfrog backward, then take their turn providing the covering fire. For arguments, the three best ways to retreat are: distract, distract, and distract.

Back when I lived in the San Francisco Bay Area, I read a newsgroup about local transportation. As a daily Caltrain rider, I had become quite knowledgeable on which local politicians helped or hindered the service. Heading home one evening, I stepped off the train to see that a politician I recognized had set up at the station and was glad-handing the public as they stepped off the train.

She was declaring her unstinting support for all things Caltrain, and hoped all riders would support her re-election. I listened for a bit in puzzlement, finally asking her why - if this was so - she had consistently voted against system improvements and more trains?

She went off her stride for just an eyeblink, then waved her hand with a smile and declared that I didn't know what I was talking about. I named the latest council meeting, and the specific bill she had fought against. She suddenly stepped right up to me, her face close to mine, and hissed with a poisonous, furious, hateful intensity:

"Why don't you just get out of here?"

She then stepped back, a politician's smile back on her face to continue with the crowd. Myself, then just a naive little tech bro, and shaken by my first exposure to evil people and their evil tricks, walked home without saying anything else. She was on the losing end of the argument, but she still prevailed.

My introduction to the dark arts.

The first great way to distract from losing an argument is "bike shedding." When you've lost the big-picture argument, turn it into a bog of minutiae. A quick look across recent news articles shows one claiming the United States debt is not a problem because a key threshold is for debt to reach 100% of gross domestic product, and we are only at 97%. Getting your opponent to argue about the last 3% takes attention from the reality of how close you are to that disastrous threshold. If you can't convince them, fog them with details until they lose interest.

Here's another way to distract rather than lose the argument - start throwing in irrelevancies. One article, avoiding the topic of whether our \$35 trillion in debt is dangerous, noted that China's debt problem is nearly as bad as our own. While misery loves company, our problems are neither better nor worse because of some other country's problems. But inserting China in the conversation draws eyes away from the US problem.

Another example is a developer in Las Vegas who wanted to build an enormous new lake. When challenged that Las Vegas was short of water, he noted that - per acre - golf courses use even more water than lakes. It's true, and yet it avoids the fact



that neither is a good idea in a water-constrained region.

Bike shedding requires that you have a mastery of the subject matter. If you're defending a losing position without even understanding it that well, you may not have the details needed to drive the argument into tedious detail. It can be flustering to be losing an argument, and you might not be able to think up a suitable irrelevancy on the spot. But there's one simple way to end an argument that requires neither knowledge nor mental dexterity.

It's the ad hominem attack. You can't defeat your opponent's arguments, so attack the opponent themselves. Insult them. In my own childhood, "Your mother wears army boots!" was the go-to insult. In modern times, you can accuse them of being a member of a certain political party that held sway in Germany in the 1940s. One famous interview was derailed when the subject moved his chair away from the interviewer, asking if the other guests had noticed his bad breath? To insult them while also terminating the argument, simply shake your head sadly and state that they're not intelligent enough for this conversation to continue, then walk away.

I hope you won't use any of these techniques. However, when you see them used, you can be pretty sure that it's a dishonest person covering a weak argument. If the argument was in favor of something you currently support, at least consider the possibility that you might need to change your mind.

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The Vashon Loop

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Growth Edge: V-MCC's August Meeting Calls on Islanders To Develop Our Community Engagement Skills

By Jane Valencia

Editor's Note: For more about The Vashon-Maury Community Council, read our article, "The V-MCC: Get More Involved in Your Chosen Community," available at vashonloop.com

It's no secret that we have issues of heated concern on Vashon, and few spaces where we can address their complexities to achieve intelligent solutions.

Fewer yet, it seems, are opportunities to embrace our diverse viewpoints and to glean the essential insights they offer. As described in our July issue, the V-MCC provides a public forum for such conversation.

"This Council exists to help the people of Vashon-Maury Island address Island issues. The Council operates as a participatory, non-partisan forum, sometimes called "town meeting." It aims to represent the interests of the Vashon-Maury Island community to King County and other government and non-governmental organizations in lieu of a municipal government."

- V-MCC Council Purpose

And indeed, V-MCC has the ears of King County (KC). At the August 15, 2024 meeting, KC Dept of Local Services (KCDLS) director Leon Richardson and KCDLS Community Liaison Bong Sto. Domingo attended in-person. And, as the result of a motion passed at the May 16 meeting in relation to the PSE "Tree Wire Project," staff from KC Roads Services and KC Estate Services presented a briefing on the KC Roads "clear zone" program.

However, the August meeting also revealed V-MCC's growth edge - and our own as an Island community.



A growth edge is that messy place when you're making a leap to the next level of your development. As life and business coach, Kim Romain describes it, "They are those places that have fear on one side and change on the other. The edge is the place in the middle."



"I was quite surprised by how emotionally charged the meeting became. It felt like a sports game with people cheering for their own team. I did not sense any room for or interest in gathering information regarding what Islanders might expect with a change in zoning laws."

- New V-MCC Member regarding the 8/15/24 meeting

Prior to the August meeting, V-MCC experienced a huge leap in membership, so much so that, to accommodate the number of participants (which ended up being around 115 in person, and 355 on Zoom), the usual venue of the Vashon

Land Trust Building was changed to the Vashon Center for the Arts.

The increase was largely due to a call made by the local group, Friends of Thunderbird, to Islanders to join V-MCC expressly to vote no on a motion calling for a public forum with the KC Council about zoning "that would allow drug rehab and psychiatric hospitals in any residential neighborhood on Vashon."

[Note: By the August 15 meeting, this motion had been modified to drop wording related to drug rehab and treatment facilities. Some members argued that the modification represented a significant change of intention to the motion - thus making it invalid. A vote was taken, and the motion was restored to its original form, and then voted down. Results from a revote are still being determined. A new motion was

later presented that calls for a public forum on Vashon with the KC Council about the zoning changes. It will be voted upon at the Sept. 19 V-MCC meeting.]

Discussion surrounding the motion devolved quickly into shaming, labeling, and cheering and jeering from among those who were there to vote "no." With the sudden membership growth, the V-MCC Chair and Board found themselves under-prepared to uphold civility. With so many new members - including some who had joined as late as noon that day, not everyone had familiarity and facility with the rules.

Certainly, confusion exists around the purpose and meaning of this vote - just what is its value? After all, the V-MCC is not an elected representative body, and its votes do not represent anyone beyond the members attending meetings. Even so, a perception seems to exist that the votes are somehow binding, sending a message to KCDLS that, "This is what Vashon-Maury Islanders want/don't want," and that KC decisions should flow from this delivered message. For contentious issues, concerns arise that KCDLS will only look to the V-MCC for insight into Island concerns and positions, and that only the majority or "winning" voice will be noted.

The V-MCC Board of Directors met on September 5th regarding these and other issues that surfaced that evening. As they discussed the challenges and possibilities inherent in conducting the next V-MCC meeting, I saw conscious attention to keeping the mission of the V-MCC in mind, and to maintaining an unbiased outlook. It may take more meetings to settle into the care and feeding of what larger "town meetings" require, but the Chair and Board are working to figure things out.

The next Council meeting is on Thursday, Sept. 19, 7-9 pm at the Presbyterian Church and via Zoom. Doors open at 6:30 for networking. The capacity of this venue is 181. If it fills up, people will need to join the meeting by Zoom. For more information, the Zoom link, and to become a member, go to v-mcc.org.

As for us who choose to participate, we can do our part to uphold a positive flow to the meeting. Familiarizing ourselves with the "Democratic Rules of Order" provides both the principles and tools - the "rules of the game," so to speak - to engage simply and effectively, keep our calm when things get hot, and step in with a "point of order" if needed.

To SIHB and Friends of Thunderbird, there are plenty of Islanders who simply require more information, transparency, and answers to their concerns. And, in relation to the extensive zoning changes proposed in KC's Comprehensive Plan, there truly are a series of issues and potential ramifications we need to sort through.

Antagonistic tactics are destructive of public discourse and don't help one's cause. Whether at V-MCC or elsewhere, let all of us remember: We're dealing with friends and neighbors. We're fellow Islanders, and when this particular issue is resolved, we're going to remain fellow Islanders. In order to have a healthy community, we need to solve our problems in ways that don't divide us.

No matter our perspective on any issue, let's meet our Island growth edge, and reclaim and hone the ability and skills to have productive conversations on complex issues. Let's make the V-MCC a place where we can grow our "community intelligence," and make a positive difference for our Island and beyond. The results are bound to surprise us - in the best of ways.

FAQ on Thunderbird Treatment Center

To help people think through the issues, the V-MCC has put together a Frequently Asked Questions about the Thunderbird Treatment Center. This includes links to the sources of the answers (all information obtained from the Seattle Indian Health Board).

Find at v-mcc.org

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First There Was Cardaea

By Suzanna Leigh

Don't get me wrong; I love my husband very much. Rich has enriched my life and makes me quite happy. It's just that ... sometimes, sometimes, I miss my late husband Bob so much I could curl up and cry.

It was a beautiful day for sailing, my first sail of the season. My friend Linda was due any moment to sail Eli-Oh with me, but when I got to the boat, I was overwhelmed with grief and fear. OK, grief I understand. For many summers, Bob and I would be off sailing the San Juans and Canadian Gulf Islands about now. I miss that, viscerally. Deep inside, my body/mind thinks that's where I should be, with Bob beside me.

I remember when we started sailing together.

"Have I got a deal for you!" exclaimed my friend Jim. Bob and I were hosting community dinner, back in the days when a group of us would take turns hosting each other for dinner. Bob had just told us about when he had a sailboat and how much he missed sailing. Jim went on to describe Cardaea, his 29' Cascade sailboat. He and his wife Kate were looking for a partner to share expenses and maintenance with. I'm not sure Bob even looked at the boat before he said yes, and a good choice it was, too!

Cardaea, named after a goddess, was a sweet little sloop with a "one-banger" single-piston diesel engine. She had a cruising speed of 3-4 knots, and was not much faster under sail - though I think we once had her going 7 knots with a strong current pushing us along.

Our first cruise in Cardaea was to Port Orchard with the Quartermaster Yacht Club. The wind was very light and we were motoring up Colvos Passage between Vashon Island and the mainland. We were planning to get through Rich Passage, between Bainbridge Island and Port Orchard, before the current turned against us. That current can go 3-4 knots with or against us, depending on the tide.

About the time we passed Camp Sealth, we spotted a little run-about having engine trouble. We pulled up alongside them and offered a tow back to Tacoma. Luckily, before we had gone far, they got their engine started and were on their way. That

Island Voices

little detour may have saved us a bit of trouble later.

We crossed the ferry lane between the north end of Vashon and Southworth, and were about halfway up the west side of Blake Island, when our engine quit. Up went the sails, and I took the helm while Bob went below to see what the problem was. It was a broken oil line. Not something we could fix on the fly. If we had not stopped to help that other boat, the engine would have quit while we were navigating current and traffic in Rich Passage.

By the time Bob diagnosed the problem, we were approaching the north end of Blake, so we continued to sail up around the island and down the east side, back toward Vashon. We checked the wind direction and the tides and found a spot just south of Dolphin Point that would give us a bit of shelter from the northwest wind. By the time we put down the anchor, it was too dark to see the shore, though we could hear a stream.

The next day was Sunday, and our boat partners would be at Quaker meeting at a friend's house on Maury Island. Bob was able to use the marine radio for a ship-to-shore call to our friends before meeting settled into silence. Jim and Kate got ahold of another boat-owning couple who were part of the community dinner group, and before long they were on their way to tow us back. By the time they motored around to us, we had sailed off anchor in very light air and were drifting past Dilworth.

Bob and I continued to sail, "watch on watch," as Bob liked to say, until he was felled by lung cancer. We were co-skippers, equal partners in our sailing adventures, first in Cardaea, then in the 32' sloop, Sea Change. Sailing with Bob gave me back a part of myself, the sailor in me, which I had been missing since sailing on the Piscataqua River in Maine, with my Dad. No wonder I missed him on such a fine sailing day! When Bob died, I taught my son James to sail, and we sailed together for years.

I'm always a bit nervous the first time I sail after a winter shore-bound, and this time James is off hiking in the Pyrenees; I would have neither



Bob's wisdom nor James' strength as backup. Also, this time Eli-Oh has a new, huge, head sail, the sail in front of the mast. It's a foller furling jib, easy to set from the cockpit, so that shouldn't be a problem, but it will change the way the boat handles.

My plan for today was to practice coming into dock as though I was single-handing, but with Linda at hand in case I needed it. I'm always nervous coming into dock when I am at the helm, even with crew ready to step off the boat with the lines, and I have not docked single-handed before.

By the time my nerves were settled, Linda was half-an-hour late and still no sign of her. I decided to walk the docks and see if I could find a boat rigged to come into the dock single-handed, the way Danny Wilsie was talking about. No luck. And still no Linda. Time to go home for lunch.



But lo! On the way up the hill to my car, there was Danny Wilsie, a long-time family friend and life time sailor! Danny said he would show me his system when I got back.

After lunch, Danny not only showed me how he rigs the docking line to dock single-handed, but also showed me where on my dock I would need to put a new cleat. Later, another friend gave me a cleat to put there, and my beloved Rich installed it. Now I am ready to try docking single handed - as soon as time and weather permit.

Vashon Wilderness PROGRAM

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Learn powerful ways to nurture connections to the natural world - for yourself, your children, your community.

More info and to register: vashonwilderness.org/adults



If you could embody an eagle and fly high over our present predicament you might see something to bolster your faith. Remember how you related to the world before the advent of the internet, instant gratification, sound bites, fast food and Prime one-day delivery? We had more patience, more skills to wait for what we wanted ... and perhaps a grip on reality that looked a little less like a video game.

~ Eryn DeFoort

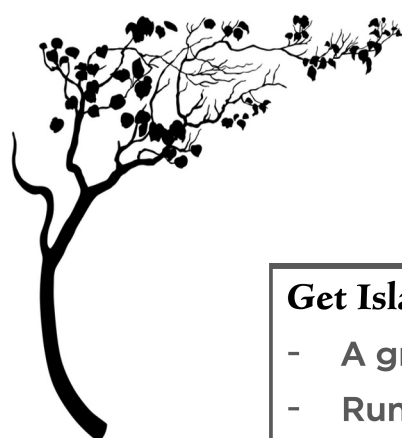
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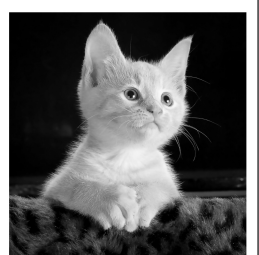
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Musicality

By Michael Shook

The philosopher Friedrich Nietzsche is perhaps most famous among the general public for his statement "God is dead." He also wrote, "Without music, life would be a mistake."

In contrast, the author Kurt Vonnegut once remarked, "Music is to me proof of the existence of God." I think Vonnegut would agree with Nietzsche that, indeed, life would be, if not a mistake, then unbearably dreary without music. Even if the two disagreed about the existence of a Supreme Being.

Music has a power that is almost unfathomable, a singular ability to reach places within the human psyche that nothing, save poetry, can touch likewise. But poetry still requires some sort of intellectualism, a thinking process of listening, to be deeply absorbed. Music requires nothing but a functioning ear.

Via the gift of my parents' musicality - the old man's rich baritone voice was regularly heard in the house, and ma was a trained actress and vocalist (accomplishments mostly set to the side after my siblings and I arrived) - I took to singing naturally, likewise to music generally.

For a present one year - late grade school, I think - I was given a copy of Leonard Bernstein conducting Beethoven's 5th Symphony, with Schubert's 8th unfinished to fill out the album. That was soon followed by a collection of Baroque masterpieces,

from the Nonesuch Records label.

I wore out both records, even as I entered adolescence and embraced the popular music of my day. I count myself fortunate that radio stations at that time played a delicious mash-up of music. On the same station one could hear, sequentially, Frank Sinatra, Joni Mitchell, Ray Charles, Jimi Hendrix, and The Beach Boys.

I loved all of it, but especially Beethoven. His music encompasses the full depth and breadth of human experience, of what it is to be human. Is that too much for music to carry? I think not. Music bears its burden lightly. And when depression, a churlish companion for much of my life, crowded too close, I would turn almost exclusively to Ludwig for compassionate, uplifting solace.

Thus I would sit, lights dimmed, and let myself be carried away by the Moonlight Sonata, or the Emperor's Concerto - the second movement is one of the most beautiful human creations of all time; likewise the third movement of the Ninth Symphony. And well before the last notes faded, I would feel that, yes, life IS good. I will keep on. And not just keep on, but will embrace the whole experience.

The balm that was such music made life, in all its devastating power, livable, full of promise again. Music confirmed and reaffirmed to me that, while indeed life had a terror that was sometimes overwhelming, no less so did it contain astonishing beauty, and the joy inherent in simply being alive. I would side with Vonnegut, that

music is proof of the existence of God. Not that I wish to argue with Nietzsche, or anyone else about God's existence - a fool's errand at best.

Of late, I've been listening to a wonderful recording of J. S. Bach's violin concertos, performed by Julia Fischer, with the Academy of St. Martin in the Fields. It's a 2009 recording, but I only recently discovered it. For those unfamiliar with Ms. Fischer, she was quite the prodigy, winning the Yehudi Menuhin Competition when she was all of 11, playing (what else?) Bach. She's gone on to a rich and acclaimed career, and hopefully we will hear her violin for many more years.

This particular recording is beautifully expressive. Her playing is, of course, technically brilliant, as one would expect. Though she is the soloist, she nevertheless conveys a seamless unity, a marvelous and graceful ease, with the accompanying ensemble. It captures the best elements of music.

Most important is the joy with which she plays. Her superlative technical facility allows the music to flow as naturally as one might breathe, and is completely in the service of bringing to life all that Bach wrote. Nowhere is this more evident than in the second piece on the CD, the Concerto in A minor. The tempo is quicker than some recordings I've heard of the same piece, but not to any deleterious effect. In fact, just the opposite. There is a liveliness to the first and third allegro movements that make one smile, or laugh, or dance, as the notes slip forth like water splashing down a sparkling brook.

And the second movement, the andante, is sonorous and round, with weight, but never ploddingly so. It is gently serious, like walking within an old but thriving forest.

Fond as I am of my "longhair" music, I also take care to not neglect my other musical friends: Irish, Greek, and East European dance club (with plenty of accordion!); Charles Mingus and Chet Baker; Merle Haggard, Chet Atkins, and Patsy Cline.

Artists from all over the geographic and musical maps are "the cream in my coffee, the salt in my stew." And while classical music and jazz speak to my older, more experienced self, rock-and-roll holds its own special place. Frankly speaking, it is the music of sex, and central to the natural obsession youngsters have with that fraught venture (or so it was for me).

Every so often, recalling my youth as I putter around out in the garage, I will crank up something like AC/DC's "Shoot to Thrill," or the Stones "Satisfaction." I close my eyes and I'm once again blasting up highway 410 from Enumclaw to Chinook pass, full throttle, on my old Norton Commando.

Ah, music.



Search for the Bottom

By Seán Malone and John Sweetman

In our explorations of Vashon history, John and I came upon the original survey of Vashon, an 1841 map by Captain Wilkes and the "Ex. Ex." or "Exploration Expedition," which resulted in our Island's exploration.

His crew did not like Captain Charles Wilkes. Because of his "obstinate and overbearing nature," morale suffered for all members of the 1841 Ex. Ex. Wilkes handed out multiple lashes, including one punishment of 50 lashes, which he was later court-martialed for. The maximum number of lashes was 12.

Wilkes named 261 islands, bays, and points in Puget Sound, thus strengthening the United States' claim over the Oregon territory. Points and bays were named after his quartermasters, such as Beal, Robinson, Piner, and Quartermaster Harbor. One of his Captains was named Vashon, and Maury, being a separate Island, was named after the expedition's astronomer, Lieutenant William Maury.

Captain Vashon used a telescope to view the survey crew on Piner Point, Vashon. Captain Wilkes ordered Captain Vashon to alert him of the flash from the muzzle of a mortar. The two officers were on Brown's Point attempting to measure the distance to Piner Point using a pendulum.

The flash from the mortar was seen, and Captain Wilkes released the pendulum and counted the swings until the explosion from the mortar



was heard. Captain Wilkes computed the distance using the time it took for the sound to travel between the two points, and found the distance to be one mile plus.

We were so taken by the ancient surveying, and the accuracy of the maps produced from the surveyor's notes, that John and I decided to repeat one of the surveying techniques by duplicating the depth or soundings of Quartermaster Harbor between Jensen Point and Portage. We used Wilke's chart to locate the line and the frequency of his soundings.

"Mark!" I hollered, and Seán dropped the lead line, knotted in fathoms and tenths of fathoms. "One and two" Seán replied, lifting the line back into our little "expeditionary" crab boat. He carefully noted the

findings in a well-maintained notebook.

I did the navigation using a handheld GPS unit and some calculations of angles from known points in the Harbor. Seán took the notes, because his handwriting is distinct and legible.

I suppose this whole idea started with crabbing. We had been trying to locate our secret crab spot over a few years, and would probe the bottom with lead lines and record our findings. Success eventually came, as we precisely located a line to drop our pots and had great catches for a number of years.

All I can tell you is that we used a specific angle between a hidden meadow on Maury and a point near Lost Lake. If we told you anymore, then our secret spot would not be secret.

On one of our first trips to set pots, we took Seán's two rambunctious dogs and pulled four pots, with a load of keepers in each one. Well, a release failed on one pot, and crabs invaded the bottom of the boat, which resulted in the dogs fending off nasty pincers. Inevitably, the dogs knocked over one of our buckets full of crabs, which released another batch of angry mayhem.

That and the rather reluctant starting outboard made for a hazardous trip back to the marina, where we eventually sorted it all out, but the dogs were not invited on any further crab trips.

Our idea of retracing the old Wilkes soundings came about as we wondered if the depth of the inner harbor had changed much in 180 years, as there had been some debate

as to whether the Portage cut had allowed much exchange of water in and out of Quartermaster. We thought it would be a good diversion to actually see and compare.

Seán wrote a good analysis of how the expedition measured distance and location. Much of what they did, we repeated, such as correcting for tides, but the calculations were much easier for us than with the tools available to the Wilkes expedition.

As it turned out, we found little difference between our results and theirs. It is interesting to see how the Ex. Ex. conducted their survey, which took immense coordination on boats and shore, using what must have amounted to many seamen.

Naturally, the Wilkes seamen used bigger boats and probably took their dogs with them. Even after extensive perusal of the original notes, we find a distinct absence of data in the area of our "secret" crabbing spot, and we are not telling!

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Legends of Vashon, Bigfoot-Free Zone

By Tripper Harrison

We're pretty safe from Bigfoot sightings here. Some Islanders have reported experiences around Western Washington, but I don't know of an example on Vashon. If anybody saw a Bigfoot here, one of the first comments would be, "Did it take the North End or South End ferry? You know they can cut the line and ride for free."

Living as we do in the Pacific Northwest, you can hardly avoid taking some kind of stand on the theme. "Squatch" was the mascot for the Supersonics until the team ditched the KeyArena for Oklahoma in 2009. Even if you think it's a bunch of kids making fake footprints in the woods, plenty of people take the opposite side, saying it's only a matter of time before a trail cam provides definitive proof or a body is found.

Despite the lack of official evidence, some of the biggest believers are cops, scientists, and it seems like most park rangers. I always steered clear, thinking, well, maybe it's real, and maybe it's not. They must be seeing something out there, it's just not my battle. And it still isn't, but one night several years ago pried my mind open a lot wider.

Out on the back porch about a half-hour before midnight, I was looking at how to rebuild or replace a transmission. There were a couple good knocks of wood on a tree from the other side of the stream bed, probably 10 seconds apart. If you take a small-diameter log and give it a good swing onto a cedar's trunk, that was the sound. Our neighbors had teenagers, so I figured it must be one of them and went back to reading.

Five or ten minutes later there was another knock, this time further to the right and a little

closer. So, he was wandering in the woods a good way from their house, not normal for them in the night, but still fine. A good thing for a kid to do.

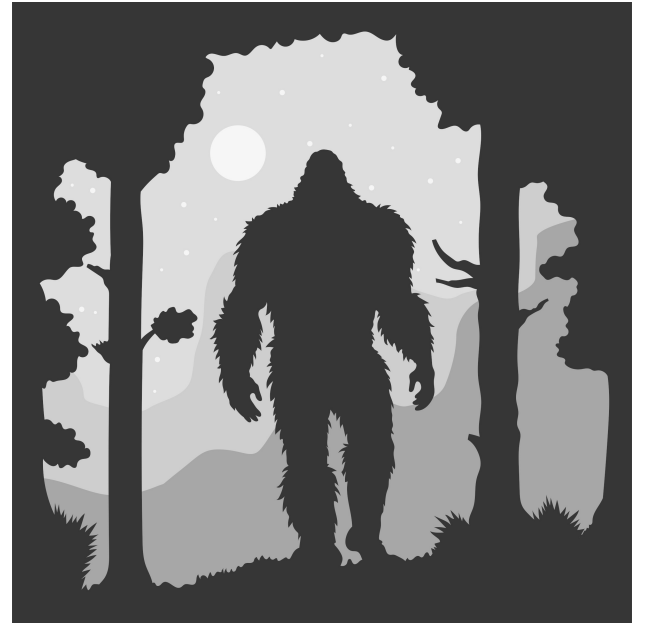
Then not long later, closer to midnight I heard him starting up the hundred-foot deep bank. Coming up sideways towards our place.

It was at this point I knew something wasn't right. Nobody goes down to that stream, even during the day, because the banks are so steep. And if you did start up the bank in the pitch darkness, you'd need a flashlight to look for handholds. There wasn't one, so I wondered if it was a big deer that had gone down looking for a drink. I had heard similar sounds when I watched a buck picking its way down a mountainside to avoid hunters. Except this was up, it was summer, and the stream was dry.

As it came closer, the snaps of twigs started to be mixed in with the occasional branch breaking in two. Too big to be a deer. More in the elk category, or maybe a really huge and clumsy drunken renegade stumbling around in the night. In either case, it was loud and getting close to the top, only 40 or so yards away. The hair on my neck was standing up, so I stood up too, intending to go get my bird gun. Here is where things got weird.

A feeling, coming through in real words, popped into my head: "That would be a bad idea." I stopped where I was, taken by surprise. Then, I thought something back along these lines: "Okay. I'll leave you alone if you leave me alone." The movement stopped and I stood there for awhile, listening hard.

After what might've been a few minutes or ten, I went back to the deck chair. Then a series of louder pops and deep cracks started a little further down the embankment. It was a tree falling, tall enough that it took a long time to hit, setting every dog in a mile barking.



Trees fall down all the time here, especially down steep banks. Have to admit, it could just be coincidence. But what the &%*!#\$ just happened here? It was like someone, or something, had pushed it over to make an impression. As if some Old Man of the Forest was walking his territory.

I stood there for awhile, more or less in awe. Shaking my head as I came back inside, I went to get the laptop and Googled, "Can Bigfoot swim?" From what came up there, you might want to do the same.

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Farmers don't want to be in the commodity business, producing essentially fiber for us to eat and feel like we've had a meal.

Most farmers want to create food that is beautiful, nutritious, and healthy for us.

- Robert F. Kennedy, Jr.



Let It Be Money

By Stephen Buller

One of my readers wrote in disagreeing with my claim that the United States dollar is a "fiat" currency. Firstly, let me say thank you for your interest! My mission in writing these columns is to educate my community about the monetary system as it exists today, and on how we could create a better system for the future. As part of that community, I look forward to hearing - and learning - from more of you.

The reader said a fiat currency is "one assigned an arbitrary value, usually well above its true value." He went on to say that the US He went on to say that the US Dollar has historically been highly valued around the world, and therefore is not fiat.

I would argue that people's acceptance of a currency or even its high valuation does not preclude it from being fiat, which comes from Latin and means "let it be done." A theoretical nation-state with unlimited power and technology could dictate anything be used by its citizens, and even the world. In fact, the US has done that for the past 80 years.

A country's government has the authority to dictate its currency, and this is easy to enforce if it requires citizens to pay taxes in that currency. This dictate of "let it be money" does not alone make a currency "fiat." Regular readers of my column will know that I believe gold is the best money, but there are other options, so

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long as it is a good unit of account, medium of exchange, and store of value.

The trouble arises when nothing of substance backs the money. The dollar is a unit of account because goods are priced in dollars. It is a medium of exchange because individuals willingly take dollars as payment, confident they can buy something else with those dollars. It fails miserably as a store of value, as all fiat currencies do by design.

Th dollar officially lost substance when President Nixon "temporarily" suspended the dollar's link to gold in 1971. He did this, however, because the US had already created far more dollars than could be supported by its gold. The US was (and still is) perpetrating a global scam that French President de Gaulle called us on, converting dollars into gold and draining our gold reserves at a frightening pace.

Shortly thereafter in 1974, the "petrodollar" was unofficially born, an alliance between the US and Saudi Arabia effectively tying the dollar to oil, also known as black gold. This

was largely in response to soaring oil prices, as measured in dollars.

Another interesting 1974 event was the end of President Franklin Delano Roosevelt's executive order which made it illegal for US citizens to own gold coins, bullion, and certificates. In 1933, citizens without a special license were ordered to turn in their gold for \$20.67 per ounce. In 1934, FDR devalued the dollar by making gold worth \$35 per ounce, stealing 69% of the related net worth of those individuals who complied.

Article I of the US Constitution says that "no state shall make any Thing but gold and silver Coin a Tender in Payments of Debt." The founders understood the risk in individual states trying to settle interstate debts in their own fiat currencies.

Our federal government settling debts with other nations, the states, or its individual citizens is a different story. The dollar became the world reserve currency in 1944, shortly before we dropped two atomic bombs on Japan, bringing an end to World War II and establishing our country as the global leader.

I have a few major takeaways from all of this. First, whether it's fines, jail time, or nuclear war, the threat of force supports the use of a currency. This isn't necessary, and I would argue it's wrong, but it is reality. To divorce economics and

money from war and power would be folly.

Second, we can see the failure of currencies not backed by gold. Governments are incentivized to spend. Today, central banks can figment trillions of dollars with the stroke of a key, but even Emperor Nero debased his currency to pay for wars by adding base metals to his silver coins. From the French calling the US bluff, all the way back to the Roman Empire, when people catch on that a currency is no longer backed, they will get rid of it as quickly as they can, trading it for anything with real-world value.

Third, we can prepare for the next monetary reset. For many decades, the US has been effortlessly creating and exporting its currency for food, electronics, and more. As world governments tire of this, they are forging new alliances and currencies. One day, we will need to measure the true value of our dollar and possibly compete with other forms. Historically, this has always been done with gold.

As gold moved from \$20.67 per ounce in 1933 to \$2,500 today, it did not increase in value. It is an element, atomic number 79, and does not change. It's the dollar that lost value, and it will continue to do so at an exponential rate.

I contend we should refer to the dollar, and all current currencies, as fiat. The dollar is supported only by our military might, an advanced - but replicable - payment network, and "in God we trust." However, I don't think this is arbitrary, but rather by design.

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RAMA LAMA SLAMMA

King County Council's Proposed Zoning Law Changes Why You Should Be Paying Attention Right Now

By Bernie O'Malley
Vashon Mayor, 2016

Neighborhoods across Vashon and the rest of unincorporated King County will look very different if the King County Council approves proposed changes to Housing and Zoning Laws when it votes in December.

WAIT WAIT WAIT. STOP RIGHT THERE, MY NEIGHBORS. Put down the torches and pitchforks! This conversation is NOT about the Thunderbird Center. There's already 600 of my neighbors who are having that "conversation." I'm an 80-year-old man who cannot manage that kind of exciting, stressful narrative. Not an apology, I simply ain't going there.

I'd rather talk with some smart people, our elected representatives, about a boring, slightly absurdist subject: the **ZONING LAWS** aka the King County 2024 Comprehensive Plan. Way better to talk now before it's too late to speak up.

I'm a retired mayor, but I can't stop thinking and talking about the major zoning changes King County Council has on deck for us—but is only talking to us about in obscure ways. They did publish a helpful "Executive Summary" about this stuff months ago. It's 16 pages of small-print proposals, presumably taken from the 700+ page amendments. If passed, it becomes the new Comprehensive Zoning Plan and changes our Island lives bigly, forever. Maybe you are not aware. Maybe you have read all 700 pages by now. I'm more of a "Summary" person. So, I'll start there.

What Council and Executive's new LAWS are all about and why it matters

There's a basketball phrase, "Rama Lama Slamma", a power play: send in the "BIG GUY" as a power move, to ram up the lane to slam the dunk, win the game. The "Shaq Attack" is a famous example. Some residents have been vocal with fears that the KC Council and Executive have no interest in our ideas, that the 700-page proposal was "slam dunked" on residents in an attempt to hide "The Big Guy" (Council and Executive's major changes of laws). Some residents complain that no helpful explanations of the plan have been provided ahead of the December Council vote on whether to adopt it, aka a final slam dunk for the win.

Personally, it sure looks like a power play. But I'm not inclined to doubt unknown intentions. My experience with our electeds is they are professional, critical thinkers and want to hold onto their constituents' favor to keep their jobs, i.e., get reelected. No big mystery.

Fears about perceived intentions aside, I merely have some questions about why now, what's good for Vashon-Maury, and what's up for future debate in the coming

years. I'm confident they have answers about these questions and that they only need a respectful venue (like another meeting with Vashon)—well ahead of their December vote. That will help us understand their ideas about what these proposed new zoning laws and housing rules would allow on Vashon-Maury Island:

- 60-120 Mobile home parks
- Safe parking sites (for "cars" as residences)
- Micro-shelter villages
- Accessory Dwelling Unit (ADU) height limits of 40 feet or more
- Congregant housing
- Taller buildings uptown

KING COUNTY COMPREHENSIVE PLAN 16-PAGE SUMMARY OF KEY CHANGES

June 2024

This "summary" is hefty in its own way, 16 pages of more than 80 items, each item often in obscure code-speak, declaring changes the Council and Executive want to see in unincorporated King County, beginning in 2025. These new laws target an estimated 100,000 households in unincorporated areas of the county, including the 5,000 households on Vashon-Maury Island. I'm not going to review all 80+ of the amendment's proposals. I've picked out just a few of those I, and maybe you, have questions about. And I hope we just need more clarity and can have a meeting soon to get that from our 9 Council members and County Executive Dow Constantine.

On page 2 of the Summary: "Allow manufactured home communities as a permitted use in the R-4 through R-8 zones. Change the residential density from 6 to 12 units per acre in these zones."

Questions:

Does "permitted use" mean most 5-acre residential parcels on Vashon Maury can have a 60-unit Mobile-Home Park installed? Or that 10-acre parcels can hold more than 100-unit Mobile-Homes in a single Park?

Does the phrase "permitted use" mean these "communities" are only subject to basic site engineering, but the actual site placement is pre-approved?

Are comments from neighbors not applicable in a "permitted use" installation? What provides for comments that might alter the "permitted use"?

There are and were specific rules for "used" older homes, governing their movement to new sites. Are these rules still applicable here? Or are only newly manufactured homes allowed?

Are square foot sizes per home in the rules? Are garages/carports an optional "permitted" structure, or required?

Are on-site operations/management rules for large mobile home communities already established by existing zoning Laws, or to be newly established by a county agency?

Is nearby sewer required for these large communities on Vashon-Maury Island? Will individual septic systems be used, or major combined septic systems be built?

Will one water share per mobile home be required on Vashon-Maury Island? Can new water wells be drilled for each park under current rules such as required minimum GPM (gallons per minute)?

Staying on page 2: "Allow congregate housing (replaces 'dormitory' use, for which the definition is also repealed) in the R-1 through R-8 as a CUP (conditional use permit) with development conditions, in the R-12 through R-48 zones as a permitted use, and in the NB, CB, RB, and O zones as a permitted use with development conditions requiring mixed use."

Council adds: "design standards for congregate housing requiring shared kitchen and sanitation facilities and communal uses."

Questions:

Is a CUP, ordinarily a complicated approval process, waived on larger parcels receiving a "permitted use"?

Do the phrases "development conditions" and "mixed use" expect commercial businesses to be required at each NB (neighborhood business) site? In West Seattle, for example, buildings over five stories must reserve the street level units to service-type businesses: restaurants, pet supplies, hardware stores. Will that be happening on Vashon?

Can "congregate housing" be any size/height/units? A 40 foot high building of 50 by 100 feet on a 5000 square foot lot in the Neighborhood Business district could house 100-140 individuals.

What are possible adjustments to the height limits and number of structures sited next door to existing single-family rural homes? I'm thinking about the five two-story, 8-bedroom houses at Vashon Highway and SW 188th—these are a few feet from a single-family house next door.

Is there an expected limit to how many "congregate housing" buildings would be allowed in a Rural Town such as Vashon?

How would this change the look and function of our current neighborhoods going forward?

On page 3, Executive proposes:

“regulation that a rural lot with an existing ADU is subdivided, the ADU would be required to be considered the primary unit on the new lot, and no further ADUs could be constructed. This would not apply if the ADUs are built after subdivision”. Also, “Remove the base height restriction, allowing detached ADUs to reach a maximum height of 75 feet in some zones.”

Council proposes: “Remove Executive proposal, and corresponding language.”

Questions:

Does this allow for “lot splitting” on any parcel defined as “rural residential”? Do most lots on Vashon-Maury meet that definition, except for the “Rural Town” part of Vashon?

Are there size and setback limitations of two, three or four-story ADUs on any lot for both “rural residential” and “Rural Town” Vashon?

What are possible changes to the height limits next door to an existing single-family home?

On page 5, Executive proposes:

“Add ‘microshelter village’ as a use; prohibits in the R-1 zone; allows in the R-4 to R-8 zones in the urban area when only when on a site with a religious facility, public agency, or social service use and with a conditional use; and allow in the R-12 through R-48, CB, RB, and O zones in the urban area subject to use-specific conditions.”

Council proposes: “Allow ‘microshelter villages’ as a permitted use in the NB (neighborhood business) zone, and in rural towns.”

Questions:

How many existing Vashon residents are requesting space in a microshelter village? Are current/future residents of King County eligible to access any microshelter village In Rural Town Vashon?

Using the known defined area of Vashon Rural Town, which lots meet the criteria of space for a “village”?

What’s the design size limit for village dwelling units, e.g. 6’ x 10’ sheds? What’s the total design number of a Vashon village units and occupants?

Will these “villages” be in place temporarily or as permanent dwellings?

What’s the definition of a “village”? Common bathrooms or kitchens? What utilities are required, and what agency by law governs and supports villages?

Continuing on Page 5, Executive proposes:

“safe parking’ as a use; prohibits in the R-1 zone; allows in the R-4 to R-8 zones in the urban area when only when on a site with a religious facility, public agency, or social service use and with a conditional use; and allow in the R-12 through R-48, CB, RB, and O zones in the urban area subject to use-specific conditions.”

Council adds: “Allow ‘safe parking’ as

a permitted use in the NB zone, and in Rural Towns.”

Questions:

Is “safe parking” defined as sleeping in a vehicle: cars, trucks, RVs, trailers, tents?

Who defines the “specific conditions,” for example to a Rural Town like Vashon?

“Safe parking” may be casually perceived as residential. Are all the ordinary behaviors and possessions of residential living described in State and Federal laws included: meal preps and storage, legal weapons including firearms, rights to resist evictions under due process, access to sanitation utilities and solid waste disposal?

The Executive’s proposal is directed towards “urban areas” and requires “specific conditions”. The Council instead proposes Safe Parking as a “permitted” use in Rural Towns like Vashon. Does the Council proposal eliminate the “specific conditions” as not applicable to Rural Towns for “Safe Parking”?

Must Rural Towns provide no-fee access to sanitation utilities (water, sewer, solid waste disposal)?

Are there already specific definitions to describe a “religious facility”, for example ad-hoc missionaries without portfolio or owned sites?

Does “social service” have a definition in ordinances elsewhere? Incorporation, site specific, for profit, not for profit, non-profit, IRS non profit?

Last but not least in my allotted space here, pages 12, 13 and 14:

Executive proposes: “Require a 10-foot step back for buildings above 2 stories in the Vashon Rural Town.”

Council proposes: “The height limit in Vashon Rural Town zoning would be changed to a maximum of 3 stories, not to exceed 40 feet. Would add new policy stating support for increased availability for behavioral and mental health services in the Vashon Rural Town. Would add a new policy stating support for emergency medical transportation for Vashon-Maury Island.”

Questions:

The Council wants the buildings on Vashon Town to get taller to accommodate its high density goals. Will this amendment incentivize Vashon downtown property owners to demolish their existing small buildings (Vashon Town as we know it) and to replace them with taller buildings?

What does “new policy stating support for emergency medical transportation” mean in terms of committing resources? New ambulances? Funding? Training?

No part of unincorporated King County is immune to the challenges concerning housing, homelessness, and substance abuse. The proposed amendments aim to address those countywide problems by greatly increasing density and allowing certain types of services and developments in unincorporated areas. If passed, the new Zoning Laws appear to greenlight a substantial increase in types of housing that could draw an influx of people to Vashon-Maury Island.

So, what’s my problem with that? Want just one example? I spent 20 years working at Seattle Public Utilities talking water, sewer, garbage. To me, 40,000 new

peeps on the island is another 15,000 new septic drain-fields sitting over our sole-source aquifer, aka our drinking water. So, yeah, I’m talking some real STUFF.

As a remote bridgeless island, Vashon is unlike any other place in King County. We will appreciate hearing from our Electeds on how the proposed rezoning works with the island’s infrastructure issues which they’ve been hearing about for decades and we islanders face every day:

- Absolute limits of a sole source groundwater aquifer
- Very limited grey water collection allowances
- Only two King County Sheriff’s Officers on duty at any one time
- The struggles to create Urgent Care on-island
- No access to an ER or hospital less than an hour’s travel-time off-island by ferry via Medic One or our fire department
- Washington State ferry system’s problems with staffing and schedules
- The expensive ripple effect of staffing shortages for island businesses

IT’S TIME TO TALK with our elected KING COUNTY OFFICIALS:

Recognition of Vashon-Maury residents’ strong interest in getting answers about the Comprehensive Plan’s zoning law amendments warrants a facilitated meeting with interested community members, full Council and the Executive on Vashon within the next 45 days.

A full Council public forum meeting in downtown Seattle is already scheduled on Nov. 19. But for the 5,000 households of Vashon-Maury Island, half of which are seniors, there are significant barriers to in-person attendance off-island, including transportation costs and limited and unreliable ferry service schedules. Please meet us where we’re at, literally. Catch the extended hours of the Passenger Only boat—we’ll pick you up and get you back.

That’s all for today, my 11,000 neighbors. Thanks for reading all the way to this point. Get your copy of the Summary and consider your own questions between now and (ever the optimist) October when Council and the Executive catch the PO boats from overtown.

Bernie O’Malley



The Vashon Loop thanks Bernie O’Malley, who has helped defray the expense of producing this special section.



We Should Always Help King County Listen to Islanders

By March Twisdale

By now, you may have heard that “new zoning laws” are being proposed for unincorporated King County (KC). This includes three rural towns: Fall City, Skyway, and Vashon. I have no idea what is best for the residents of Fall City or Skyway. But, like you, I have some ideas about what might be best for Vashon.

The communication between unincorporated KC residents and our government is a long-standing hurdle that Dow Constantine (our County Executive) sought to overcome by creating King County Department of Local Services in 2018, with full KC Council approval.

Five years later, and partly due to the distraction of COVID, many Islanders haven't even heard of KC Local Services. This department was intended to serve as a “virtual city hall” for KC's unincorporated regions. Their mission is to better understand needs, coordinate projects, and deliver government services. They are tasked to listen to us, the local experts. Such as, “We desperately lack assisted living facilities and low-income housing for existing residents.”

Of course, systems are not automatically perfect. They need to be tweaked and improved. Especially when issues as life-altering as zoning laws are being discussed. Or, in this case, not discussed.

When people believe a beloved project is in jeopardy, they look for any and all ways to protect it, regardless of unintended, collateral damage. This happened to our Island this summer.

First, a motion was moved by Katy Ballard and seconded at the June 20th Vashon Maury Community Council (V-MCC) meeting: “That the Vashon Community Council inform King County Councilmembers and the Executive that Vashon residents must be given their legal right to a public forum about this new zoning that would allow drug rehab and psychiatric hospitals in any residential neighborhood on Vashon.”

In response, a local group, Friends of Thunderbird (FoT), reacted on their website with the following: “Please attend the Vashon-Maury Community Council Meeting [...] A motion will come before [V-MCC] that we believe is an attempt to raise fear, mislead islanders, and sow confusion. Please become a voting member of the Community Council, attend the meeting via Zoom, and vote NO.”

Keep in mind that Katy Ballard's motion is what the FoT characterized as “an attempt to raise fear, mislead islanders, and sow confusion.”

To block the motion, the FoT also handed out flyers at their Strawberry Festival Booth, stating: “An immediate need in support of Thunderbird Treatment Center. A motion is slated to be considered by the Vashon-Maury Community Council at its meeting at 7pm Thursday, Aug. 15. The motion pertains to King County's zoning process and the treatment center. Please attend and vote no.”

These are direct quotes from their material, and the web version of this article includes archived images of the web page and flyer. But the essence of the whole situation is this: Islanders actively encouraged other Islanders to vote against a motion that might lead to the KC Council and/or Dow Constantine coming to Vashon to listen to Islanders about KC's zoning process and the proposed treatment center.

Whatever their opinion, over 500 attendees showed up at the August V-MCC meeting live and on Zoom, illustrating that we are deeply concerned about the new proposed zoning laws. Because zoning impacts life! And many of us are understandably confused. Who can read and comprehend 700 pages of zoning verbiage, without the help of those who drafted it?

Comments heard repeatedly at the meeting included, “How can this be happening?” and “Who on Vashon would try to stop the KC Council from coming to listen to us?”

Unrelated to Thunderbird, among the zoning concerns I've heard, uptown business owners are worried about the impact of homeless car camping, as it could discourage tourism and cause real economic harm. Everyone who loves our rural lifestyle and wide open spaces has reason to question the overall lifting of the lid on density within residential areas.

As Vashon works to provide solid, true support to Islanders experiencing housing instability, there

is also an awareness that Seattle and other incorporated regions of KC may be looking for a way to forcibly move thousands of struggling, mentally ill, addicted, and/or homeless individuals outward, into unincorporated regions of the county.

All in all, the current zoning proposals are huge, and the V-MCC meeting was a clarion call to Dow Constantine, Leon Richardson (the new KC Local Services director), and the entire KC Council to “Please come, offer us information, hear our questions, access our wisdom, and work with us hand in hand.”

While we wait and hope for such a meeting to occur, let's ask ourselves another question: How can we lift up Island voices and deepen our relationship with Dow Constantine and our KC Council? One way is by working more closely with the KC Department of Local Services. At this time, KC Local Services communicates through Community Office Hours. On Vashon, Bong St. Domingo is available to meet with Islanders at the Chamber of Commerce every Tuesday, from 9:00 a.m. – 1:00 p.m.

This is fine for personal issues like voter registration, but not for community-wide issues. Community issues must be discussed publicly. Public meetings disseminate information broadly, help residents hear one another's ideas, ensure instant transparency, and build trust and rapport between citizens and their institutions. Going forward, I propose that Dow and the KC Council task the KC Department of Local Services with two goals for 2025:

#1: Host a monthly public meeting on a weeknight; if it is necessary to recoup this time, Tuesday community office hours could be reduced to twice a month.

#2: These public meetings should be hosted by KC employees who are not Islanders (removing conflict of interest) and who are ideally professional facilitators (preventing a plethora of problems).

KC Local Services can fulfill their purpose by creating public meetings that are unbiased, safe, well-organized, and professionally facilitated. This level of sincere, professional outreach is necessary for KC to adequately understand our needs as Islanders.






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King County: Comprehensive Plan Meeting Schedule and Contact Information

Meeting, Tuesday, November 19, 1:30 PM, at KC Council Chambers (516 3rd Avenue, Room 1001) or by internet

- **Agenda:** Public Hearing at Full Council—opportunity for public testimony, remote and in-person
- **Submit online public testimony:** CouncilCompPlan@kingcounty.gov

Meeting, December 3, 1:30 PM, at KC Council Chambers (516 3rd Avenue, Room 1001)

- **Agenda:** Possible vote at full Council—consideration of amendments, vote on final adoption of proposed KC Comprehensive Plan update


Sign up for KC Comprehensive Plan email updates:
<https://public.govdelivery.com/accounts/WAKING/signup/39402>

Contact Vashon's KC Councilmember, Teresa Mosqueda:
teresa.mosqueda@kingcounty.gov, 206-477-1008

Contact KC Executive Dow Constantine:
kcexec@kingcounty.gov, 206-263-9600

Contact other KC Councilmembers:

- Rod Dembowski: rod.dembowski@kingcounty.gov, 206-477-1001
- Girmay Zahilay: girmay.zahilay@kingcounty.gov, 206-477-1002
- Sarah Perry: sarah.perry@kingcounty.gov, 206-477-1003
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- Pete Von Reichbauer: pete.vonreichbauer@kingcounty.gov, 206-477-1007
- Reagan Dunn: reagan.dunn@kingcounty.gov, 206-477-1009



What is the purpose, you ask yourself, of this new world war we're itching to start? And why now, exactly? The stupid answers may be the correct ones.

~ Jim Kunstler

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Hot Spots

By Kathy Abascal

As we move through summer, fleas multiply, and many pets end up with hot spots. Hot spots are skin infections caused by an imbalance of bacteria. As the dog licks an itchy flea bite, the pH of the saliva disrupts the normal skin flora, creating an environment that suits the “wrong” microbes better.

Hot spots begin appearing, often in circular patches with hair loss. These red spots typically ooze a little pus. They are extremely itchy, setting up a vicious cycle where the animal increasingly scratches, licks, or bites to the point of self-mutilation. Untreated, hot spots can spread and provoke even a normally even-tempered dog to growl or nip when brushed.

Dogs seem more susceptible to hot spots than cats. These spots are most common on the areas of the body that can be reached and licked. Antibiotics, steroids, and Elizabethan collars are typically used to help the dog heal, but I think herbs are a better treatment. I combine four herbal tinctures diluted in a lavender hydrosol and used as a spray. The spray works quickly; the licking and itching often subside after just a few applications, with complete healing following soon after.

The spray is easy to apply even if the animal will not let you touch the wound. It may sting slightly for the first few applications, but is not painful. (I know because I use this spray on my own small wounds and itchy mosquito bites). Many dogs dislike being sprayed but they tend to dislike ointments, Elizabethan collars, and vet visits more. The herbs in the spray work both topically and internally. As a result, it is fine if the animal licks off the medicine, unlike pharmaceutical preparations that are not meant to be ingested.

The first herb in the mixture is echinacea. Echinacea is a wonderful skin herb and was

Health Matters

traditionally used more for skin issues and bites than for colds and flu. Its compounds help prevent bacteria from using the enzyme hyaluronidase to break down the skin's defenses so they can move into the body. Applied topically, echinacea also stimulates the local white blood cells, which helps limit infection.

I add gotu kola (*Centella asiatica*) for its wound-healing ability. Studies show that gotu kola contains compounds that speed wound healing and help with keloids (a type of raised scar formation), leprosy, and phlebitis (inflammation of the veins). It is the only herb I know of that has shown some ability to prevent stretch marks in pregnancy. Some Italian plastic surgeons use gotu kola to help limit scar formation and the inflammatory reaction around the surgical wound. In wound studies (where poor rats are wounded and then treated), gotu kola drew antioxidants to the newly formed tissue and promoted healthy new skin growth.

The third herb in the mix is skullcap (*Scutellaria baicalensis*). This herb has strong antimicrobial properties. In one study, skullcap was almost as effective as tetracycline at reducing oral pathogens; these pathogens are similar to those colonizing the skin in hot spots. Skullcap is strongly anti-inflammatory, having an effect similar to prednisolone on certain aspects of inflammation. It also inhibits prostaglandins and collagen degradation, while strengthening fibroblasts, which are important in healing. In the hot spot mixture, skullcap reduces inflammation without the side effects of steroids like prednisolone, while supplying compounds that help kill off the bacteria causing the local infections.

The fourth tincture is calendula (*Calendula officinalis*). This lovely plant has a long history of

use for skin wounds and a fair amount of research supporting its ability to reduce inflammation and speed up the healing of small wounds. It also has some antimicrobial activity.

Finally, I use about 20 ounces of lavender hydrosol (a steam distillation of lavender flowers) to dilute the 4 ounces of tinctures. The lavender adds some skin healing properties and is soothing. There is enough alcohol in the ultimate spray to prevent molds and other unwanted things from growing; I nonetheless keep the mixture in the fridge, where it will stay pristine and microbe-free for many years.

If you want to make this spray for yourself, or if you are just curious about lavender hydrosol – an aromatic compound with many practical uses – I have it on good word that Minglement is stocking up on this product.

The hot spot spray is, of course, meant as an adjunct that will help your pet through a difficult (hot) spot. It is not a substitute for getting rid of fleas. If your pet has allergies that are at the root of the problem, you will need to find and eliminate the allergens.

As well, this spray is not just useful for hot spots on your pets. It works wonders on most itchy or frustrating skin issues, your own, your kids, or your pets.

What Is Practice?

By Diana Diaz

I think it's fair to say that we all have our personal reasons for practicing yoga in its many forms. Hatha Yogis enjoy moving the body, while Raja Yogis gravitate toward the calming and clarifying effects of meditation. Japa Yogis immerse in chants and prayer. Karma Yogis take it into the world in the form of selfless service, and Jnana Yogis spend lots of time pondering and studying their mind. And some embrace all aspects as the road to spiritual enlightenment.

Whatever your choices and goals, Yoga as a practice is a continuous journey, not a destination. Of course, your journey is as individual as you are, and it's perfectly okay to enjoy certain aspects over others. But true mastery of any practice comes from sustained, uninterrupted effort and sincere commitment.

As yoga philosophy tells us, “Practice becomes firmly grounded when attended to for a long time, without break, and in all earnestness.”

I don't know about you, but this doesn't sound like a whole lotta fun. But when we think about it, this is what we expect from people in roles we look up to. Let's take pilots, for example.

My father's family is from a tiny island off Puerto Rico, called Vieques. It's next to another tiny island called Culebra. To get to Culebra from Vieques, you need to take a boat to the mainland, wait a few hours, then take another boat to Culebra. Depending on the day and the sea, you might have just a few moments to look around before the last set of boats leave, or the captain might decide he's done for the day, and you might get stranded overnight.

Or you can hire a private pilot to take you. And that's what many people do. The thing is, it's a short but tricky route. As the plane is descending, the pilot must maneuver between two mountain peaks, then make a hard landing on a short runway.

So, say we're on Vieques and we want to fly into Culebra. We get to the pilot's lounge and there are a bunch of them waiting to be hired.

“I need to go to Culebra,” you announce.

The first pilot says, “I can take you! I've been flying for 10 years.”

“That's great,” you think. Then you ask, “How many times have you flown to Culebra?”

And he answers, “Well, I fly around to wherever I feel like going at the moment, but Culebra is hard and I don't even remember the last time I was in Culebra.”

So pilot number 1 has practiced for a long time, with enthusiasm, but not continuously. We can see where this is problematic with a tricky landing. No, thank you.

You look around the room and a second pilot chimes in, “I can take you – I've been flying to Culebra every day for 10 years.”

“GREAT! Let's GOOOOO!”

And they respond, “Wait, like now? Right now? I mean, okay, I guess. Let me finish this beer, Let's get this over with and maybe I can make it back in time for happy hour.”

So, the second pilot has been practicing for a long time, continually, but not with enthusiasm. And it's in the enthusiasm and wholeheartedness where you'll build focus and the mindful details of your practice.

The third pilot stands up and offers, “I can take you. I've been flying to Culebra a few times a week for the past eight years, mostly just for fun. I love gliding between the mountain peaks, and the angle of the sun at every time of day – I can wait to fly you back, and in the meantime, I get to see my family for breakfast or dinner.”


“Great, let's go!” you exclaim, and head for the door.

“Not so fast!” She says, “We will go, but we have to wait till this tropical shower passes. Sit for a few minutes and we'll leave when it's clear. Have some coffee with me and tell me what you'd like to do there. I'm certain we'll make it there before lunchtime.”

Needless to say, she's our pilot.

And it begins to be obvious that, in any important endeavor, all three need to be in place: Practice for a long time, without break, and in all

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earnestness. In addition, we also need to bring in the three personal qualities we've seen in our third pilot: patience, devotion and faith. Because without these, it just won't work and eventually you'll get frustrated and won't see the point.

Now of course, there is much room for interpretation. For starters, what is considered “a long time?” And “Without break?” EVER? The beauty of Yoga is that your practice is truly your own. You decide what a long time is in your journey. Only you know how much you can do “without a break.”

Obviously, there are natural breaks in everything we do in life; here, we're talking about more of a commitment to consistency. Maintaining a steady practice, as opposed to sporadically. Being truthful with yourself. Small, consistent efforts can yield more significant progress than dragging yourself through more than you can handle.

Because unlike the first two, there is no wiggle room with “in all earnestness.” This means wholeheartedly, happily, and without resentment. Set yourself up for success. In fact, whatever you think you can do, cut it in half. Think you can do an hour? Start with 30 minutes.

Ultimately, when you approach your Yoga practice with sincerity and joy, you're more likely to continue and enjoy the lasting benefits of your efforts.

Why Now? Why Here?

Continued From Front Page

For each residential center level, ASAM has requirements that include clinical, counseling, and security staffing. To retain licensing, residential sites must meet these criteria - not unlike how hospitals function.

ASAM residential sites are assigned numeric levels, starting at 4.0 - inpatient detox - this is the level of center that Dr. Parobek ran at Astria Toppenish. Patients typically receive initial care at level 4.0 facilities. These sites are often run out of a hospital; patients generally stay 3-7 days and have 24-7 access to emergency and other medical services.

Next down on the ASAM criteria are levels 3.7, 3.5, and 3.1. Sundown M Ranch is a level 3.5 facility, also known as "high-intensity" residential services. According to Dr. Parobek, "Sundown M has 24-7 therapists, security, nurses, nurse practitioners, and the physician. The reason the program is so successful is because it's 30 minutes from a hospital."

According to the SIHB website, the prior Thunderbird Center was also a level 3.5 facility. It's worth noting that the requirements of a level 3.5 facility match well with the Washington state definition of a Residential Treatment Facility (RTF). An RTF is the facility type SIHB initially wished to apply as (see inset for definition).

The SIHB has announced that the proposed Vashon site will be ASAM levels 3.1 and 3.5, but according to Dr. Parobek, a residential center here would struggle to adequately meet ASAM 3.5-level care. She believes the SIHB is indicating they plan to operate the site at level 3.1, or as "low-intensity" residential services. ASAM level 3.1 somewhat matches the brief King County definition of a "Community Residential Facility" (CRF; see inset for definition), which SIHB is now applying as.

In a level 3.1 setting, patients are defined as being medically stable and receiving as-needed (as opposed to ongoing), medical care. A recent article in the Beachcomber also notes that, under CRF codes, the "Thunderbird Center will not be a 'hospital' ... because it provides no diagnostic services."

According to Dr. Parobek, "[With level 3.1], we look way down the [treatment] line, and that is like a counseling site. People are living there, eating there, sharing meals, going on walks."

Dr. Parobek says there is a simple reason - patient safety - that no other Washington state drug and alcohol treatment centers in the upper 3 and 4 ASAM levels operate at this great of a distance from hospitals, clinics, urgent care, and emergency mental health services.

A Lack of Community Input

Many Vashon residents trying to understand this situation have found themselves confused and overwhelmed, and Dr. Parobek has input for them: "The reason there has been so much confusion is because there's been absolutely no information, and that lies solely on King County and the Seattle Indian Health Board."

What would be a more typical process used to introduce this type of treatment center into the community? Both Dr. Parobek and Mr. Cotner were part of the build-out of the Astria Toppenish program, and both recalled substantial, early

The American Society of Addiction Medicine (ASAM) Criteria Continuum of Care for Adult Addiction Treatment

Level 4.0: Medically Managed Inpatient / Hospital (Detox Program)						
Level 3: Residential	3.1	Clinically Managed Low-Intensity Residential	3.5	Clinically Managed High-Intensity Residential	3.7	Medically Managed Residential
Level 2: IOP/HIOP	2.1	Intensive Outpatient (IOP)	2.5	High-Intensity Outpatient (HIOP)	2.7	Medically Managed Intensive Outpatient
Level 1: Outpatient	1.0	Long-Term Remission Monitoring	1.5	Outpatient Therapy	1.7	Medically Managed Outpatient
Recovery Residence						

The ASAM Criteria are used to determine the appropriate level of patient care and provide a unified set of standards for determining patient admission, continued service, and transfer criteria. Patient treatment setting should be assigned based on a multidimensional assessment that considers patient needs, obstacles, and liabilities, as well as patient strengths, assets, resources, and support structure. Adapted from: <https://www.asam.org/asam-criteria/about-the-asam-criteria>

community engagement that included multiple meetings, community forums, and meaningful needs assessments. Overall, a lot more genuine, good-faith interaction than Vashon has seen, even though we have requested it.

According to Dr. Parobek, the typical planning steps that occur are similar to when a large new business considers moving in. "It's the same thing as if I came in and said, I want to take the old K2 factory and make it into an IKEA. Okay, what kind of impact will that have on the environment? What kind of jobs analysis do we need for an IKEA? Will the road be supported for the extra transportation?"

"All of this would've been done, and there would've been several community meetings to let people know exactly what we were doing and why. It would be full disclosure: what it would look like, how much it would cost, where the money would come from, who would need to be employed, how much these people would be paid, what type of people would be brought in, and a risk assessment. What happens if this goes belly up, and now we have an empty building? What happens if you find out you don't really need an IKEA?"

I asked Dr. Parobek - is it an objectively appropriate use of KC funds to open a drug treatment center on a relatively isolated, rural Island? She answered: "No. It would be more cost-effective to operate a drug rehab center in a location with affordable housing for staff, inexpensive and plentiful hotels for visiting family, 24-7 transportation by roads, and low-cost facility operating resources such as food, fuel and labor."

A Pattern of Persistent Non-communication

Dr. Parobek shared with me that she and other Island groups and clinicians have reached out to SIHB - to ask questions and to offer to collaborate and share their experiences working on the Island.

"The SIHB has not involved any Vashon clinics to coordinate care, nor has SIHB or Teresa Mosqueda directly surveyed whether or not Islanders want or need this treatment center on Vashon.

"Like many Islanders, I attended meetings, optimistic that the SIHB had good intentions to be forthcoming with information and seek community input and involvement. However, when I emailed SIHB and offered to collaborate, I was dismissed and then finally ignored.

"After a disappointing email attempt to reach SIHB, I attended a Zoom Meeting with [KC Councilmember] Teresa Mosqueda on June 12th. Mainly, I reminded her that Vashon's number one community health need is not drug rehab, but affordable housing, both long-term and emergency. Mosqueda was disinterested."

Dr. Parobek's repeated contacts with Mosqueda have left her frustrated with how little attention our local issues receive.

"I would encourage all Islanders to reject the ideology that we need to import KC politicians and special interest groups to improve our Island. We can make an impact by becoming involved with on-Island agencies that directly affect the health of Vashonites. These include DOVE, Vashon Youth and Family Services, Vashon Food Bank, Vashon Household, and the Interfaith Council to Prevent Homelessness.

"What do all of these agencies have in common? They serve people on island and were created organically by Vashonites."

Community Residential Facility (CRF): According to KC Zoning 21A.06.220, a CRF is classified as a health services facility that "provides living quarters ... that function as a single housekeeping unit and provide supportive services, including but not limited to counseling, rehabilitation, and medical supervision, excluding drug and alcohol detoxification.

Residential treatment facilities (RTF): According to the Washington State Department of Health, RTFs are "licensed, community-based facilities that provide 24-hour inpatient care for people with mental health and/or chemical dependency disorders in a residential treatment setting."



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From the Roasterie –

The Magic of Cold Brew, Part 1

By Eva Deloach

There's nothing quite like a cold, refreshing drink to beat the heat. Unlike the traditional hot brewing methods, cold brew delivers a less acidic experience that's perfect for sunny days.

The Cold Brew Process: A Gentle Extraction

Cold brew coffee is made by steeping coarsely ground coffee beans in cold water for an extended period, usually 12 to 24 hours. This method contrasts sharply with hot extraction methods, where hot water extracts the coffee's flavors and compounds in a manner of seconds. The key difference lies in the extraction process:

Temperature: Cold water extracts the coffee flavors much more slowly than hot water. This slow extraction process reduces the solubility of

acidic compounds, leading to a smoother taste.

Time: The extended brewing time allows for a more controlled and gradual extraction. This ensures that the coffee's natural flavors are fully developed without the harshness that can sometimes accompany hot-brewed coffee. This can preserve many of the delicate notes and nuances that light-roasted coffee is known for.

Chemical Composition: Hot water can extract oils and acids that contribute to bitterness and acidity. Cold water, however, is gentler on the coffee grounds, resulting in a brew that is lower in acidity and devoid of bitter overtones. A light roast, like our Guatemalan Reserve or Lady of the Mountain coffees, are a great match for cold brewing.



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Zucchini Carrot Breakfast Cookies



By Nichole Banducci

Editor's note: Congratulations to Nichole, Vashon Chamber of Commerce's new Executive Director!

This time of year, we are truly in a space of transition. From vacations to back-to-school, summer to fall, and overwhelmingly ... zucchini to more zucchini.

These zucchini carrot breakfast cookies fit right in! They are chock-full of healthful zucchini and carrots, while giving you the warm comfort of an oatmeal cookie. Summer harvest, meet fall flavor.

You're welcome to substitute in any of your favorite ingredients. I use currants and walnuts to add sweetness and texture. Feel free to try raisins and pecans. Play with the sweetener and use your preferred milk.

Most importantly, pour yourself a cup of coffee, grab a cookie (or two) and enjoy!

Zucchini Carrot Breakfast Cookies

Ingredients

- 1 medium zucchini, shredded and pat dry (about 1 cup)
- 2 medium carrots, shredded (about 1 cup)
- 2 cups oats
- ½ cup whole wheat flour
- ¼ cup ground flax
- ½ cup brown sugar
- ½ cup dried currants
- ½ cup chopped walnuts
- ½ cup dark chocolate chips
- ½ tsp baking soda
- ½ tsp salt
- 1 tsp cinnamon
- ½ cup unsalted butter, room temperature
- 1 tsp vanilla extract or paste
- 2 eggs
- ½ cup milk of choice



Instructions

1. Shred the zucchini and carrots, pat dry and set aside
2. Mix the dry ingredients in a bowl (oats, flour, flax, sugar, currants, walnuts, chocolate chips, baking soda and salt)
3. Add the zucchini and carrots to the dry ingredient bowl and stir until combined
4. Add the wet ingredients (butter, egg, vanilla, and milk) to a separate bowl and stir to fully combine
5. Slowly add the wet ingredients to the dry ingredients, zucchini, and carrots; let sit for 5 minutes for the oats, flour and flax to absorb the wet ingredients
6. Scoop onto parchment-lined baking sheets (I use an ice cream scoop and press lightly to flatten the dome, it equals about 3 tbsps per cookie, or 6 cookies per baking sheet)
7. Bake at 350 degrees for 15 minutes
8. Remove from oven and allow to sit on the cookie sheet for about two minutes before transferring onto cooling racks

Makes 24 cookies

Island Epicure – Making the Most of Apples

By Marjorie Watkins

This article first appeared in The Vashon Loop, probably in the fall of 2010

So many apples and such big ones festoon our tree this fall! The deer that usually “prunes” it, eating leaves and green apples, never showed up this year. We didn’t see any honeybees either, but an occasional honeybee and some hard-working little mason bees evidently pollinated more apple blossoms than was seen in any other spring.

We’ve enjoyed pie loaded with tart, sweet apples, cinnamon, and cloves. We’ve had apple and celery salad, apple and kiwi salad, apple and raisin or raisin salad, apple and chicken curry, and apple-cranberry chutney.

Apple and Chicken Curry

Serves 4-6

- ¼ cup butter or light olive oil
- 1 large onion, chopped
- 1 thin-skinned organic apple, chopped but not peeled
- 1 clove garlic, minced (optional)
- 2 tsp curry powder, or to your taste
- 1 tbsp cornstarch or rice flour
- 1 cup chicken broth or 1 tsp chicken salt granules plus one cup water
- 1 cup diced cooked chicken, turkey, or game hen
- 1 cup grated, unsweetened coconut (Thriftway bulk section)

Stir fry the butter or oil and onion 5 minutes until semi-transparent and glossy. Add the apple and curry powder. Stir, cover, and cook 15 minutes on medium heat. Add all but 2-3 tbsp of the chicken broth to the pot.

Stir the starch or rice flour into the saved broth. When the pot boils again, stir the starch mixture in and stir-cook until it clears and thickens.

Add the meat and coconut. Stir-cook until steaming hot.

Serve over steamed brown rice.

Company Curry

With the above, or a lentil curry, offer little bowls of garnishes: raisins, roasted peanuts or slivered almonds, chopped green onions (tops included), minced fresh parsley, bacon bits, and a bigger dish of chutney.

For chutney, we haven’t seen fresh cranberries on the market yet, but they’ll be along soon. If your apples can’t wait for fresh ones, use dried cranberries for the next recipe. If using large apples, seven are enough. If apples are smaller, use eight.

Apple Cranberry Chutney

Makes about 6 pints

- 7-8 thin-skinned or thinly peeled apples, chopped
- 2 cups cranberries, washed and sorted, or generous 1 cup dried cranberries
- 2 large or 3 smaller yellow onions, chopped
- 1½ cup raisins
- 1 tbsp celery seeds
- 1 tbsp cinnamon
- ½ tsp ground cloves
- ½ tsp salt
- 1½ cups apple cider vinegar
- ¾ cup orange juice
- ½ cup light molasses

Stir-cook all the ingredients in a large saucepan until boiling. Reduce the heat. Cover and let the chutney simmer very, very slowly, until it becomes thick. Peer in and stir frequently so the fruit won’t stick to the bottom of the pan nor scorch.

When the fragrant curry is thick enough, pour it into hot, sterilized jars. Run a knife into each jar to let the air bubbles out.

Store in a cool place.

Honeyed Chutney

To the above ingredients, add the juice of 2 lemons and just the yellow part of their rinds, finely minced. Omit molasses. When the chutney has cooked down to desired thickness, stir in ½ cup of honey.

Freeze to store, in containers filled to 1 inch from the tops. (the chutney swells on freezing, so you need to leave room for that).

Apple and Kiwi Salad

4 servings

- 4 large dark green or red lettuce leaves
- 1 large apple, thin-skinned or thinly peeled, chopped
- 2 ripe kiwi fruits, peeled and coarsely chopped
- 3-4 tbsp chopped walnuts
- Ranch-style dressing

Wash the lettuce leaves under running water. Pat them dry with a clean tea towel or paper towels. Tear them into bite-size pieces (if in a hurry, stack and dice them to about 1-inch pieces).

A method used to peel peaches and tomatoes also is useful with kiwi, especially if you have more than 1 or 2 to peel. Bring a pan of water to a rolling boil. Add the fruit and blanch for 20 to 30 seconds, depending on how ripe it is - use less time for ripe fruit. Drain immediately and hold under cold water to stop the cooking. The skin will peel right off.

Put the lettuce on a salad platter. A dinner plate will do. Arrange on the lettuce in this order: Apple pieces, kiwi pieces, and walnuts. Pass the ranch style dressing at the table.

Nutrition note: Apples are an excellent source of alpha lipoic acid, said to help ward off diabetes. The cinnamon and cloves help preserve the chutney, and kill bacteria and viruses in your body. The vinegar reduces the glycemic load of whatever carbohydrate you eat with the chutney, i.e., rice. Two kiwis yield as much Vitamin C as one orange.

Vashon! Sign up for health insurance and fix problems!

¡Regístrate para un seguro médico y solucione problemas!



Meet with Miguel from King County Public Health

12 p.m. – 3 p.m.,
at Vashon Library
(inside at the back)

Wednesday, Sept 18

Se habla español

Wednesday not convenient?
Call or email Miguel Urquiza
206-477-6965
or 206-491-3761
miguel.urquiza@kingcounty.gov

This is for health insurance that will start the following month

You can also apply for food stamps and the ORCA Lift reduced fare program

Island poetry in these pages

How about yours?



Submit your poems to
The Vashon Loop!

Write to: vashonloop-poetry@janevalencia.com

The Observant Frog’s Log

By Alex Soriano

Words of wisdom from Marjorie Watkins

How to live to be 100 years or better!

1. Get plenty of exercise
2. Also take a rest when you need it
3. Choose healthier food
4. Boot sugar from your diet
5. Choose your companions carefully

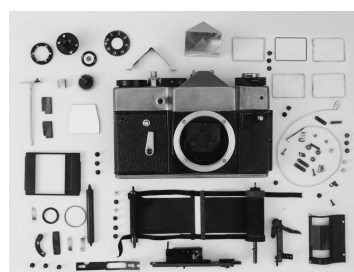
Words and Illustration by Marj after recently turning 100



(for The Loop)

How to live to be 100 years or better:

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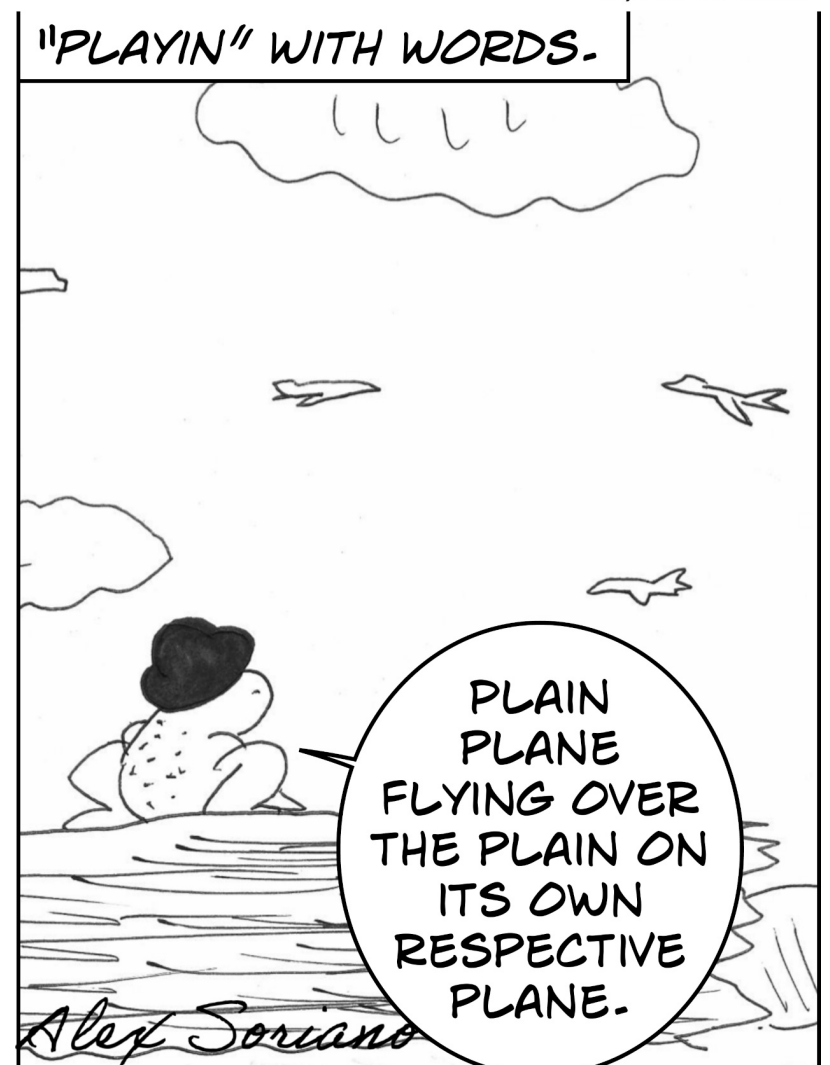
If you can't explain it simply, you don't understand it well enough.

– Albert Einstein

Vashon! Do you have a favorite recipe you'd like to see published in The Loop?

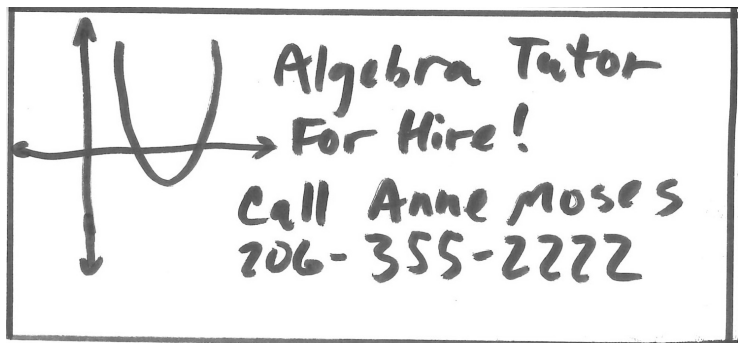
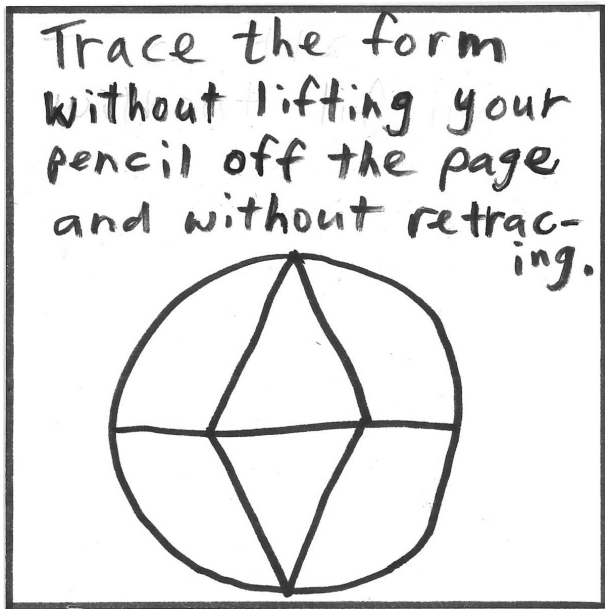


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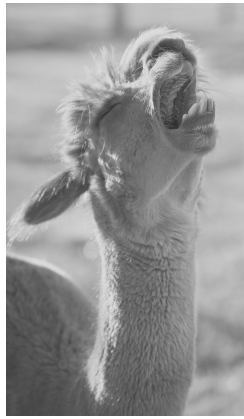
Math Puzzle

By Anne Cotter Moses



Laughing Llamas Chronicles

By Daniel Hooker



From Pam:

Q. What should you do if you overdose on seaweed?

A. Seek kelp.

My editor wants all my jokes to be PC. But I don't even own a PC.

Did you hear that the Swedish Navy has put bar codes on the bows of all their ships? Yes, they have, so that when they come into port they can scan-di-navy in.

A termite flies into a saloon and lands on a bar. A server comes up, and asks, "Can I help you?" The termite replies: "Is the bar tender here?"

From Mona Lisa:

Q. What do you call a retired race horse?

A. Destabilized.

I have fond memories of my childhood: My father rolling me downhill in tires - those were good years!

A pun hasn't fully matured until it's full-groan.

Lopy Laffs

From the past

If you want to stay out of debt, act your wage. There is no revenge so complete as forgiveness. Don't be called out on strikes—go down swinging. Angels can fly because they take themselves lightly. I'm getting so absent minded that sometimes in the middle of a sentence I If you accidentally eat plastic fruit, do you throw up that wacky fake vomit? You are not abusing drugs if you store them in a cool, dry place and never yell at them.

OneLiners

(more or less)

I can picture in my mind a world without war, a world without hate. And I can picture us attacking that world, because they'd never expect it.

A 6 year old was asked where his grandma lived. "Oh," he said, "she lives at the airport, and when we want her we just go get her. Then when we're done having her visit, we take her back to the airport."

If a 7-11 is open 24 hours a day, 365 days a year, why are there locks on the doors?

Should vegetarians eat animal crackers?

Despite the cost of living, have you noticed how popular it remains?

I was worried that my mechanic might try to rip me off, so I was relieved when he told me all I needed was blinker fluid.

Some engineers from the USGS surveyed a piece of property and found that in a particular area, the New Hampshire and Maine border needed to be changed. They stopped to inform a farmer that due to a mix-up, his site was no longer in Maine, but in New Hampshire. After a long pause, he grunted and said, "That's good. I couldn't take another one of these Maine winters."

I almost had a psychic girlfriend, but she left me before we met.

How does the guy who drives the snowplow get to work in the mornings?

Never be afraid to try something new. Remember, amateurs built the ark, professionals built the Titanic



There are two friends at a bar late one night. One holds a cat everywhere he goes. he never wears a watch. The friend finally asks him, "What's with the cat?" The man responds, "I use it to tell time." As the two are leaving the bar, the second man is pondering how this is possible. He finally asks his friend, puzzled, "So how does it tell time?" The man gives the cat a hard squeeze around its middle. The cat lets out a long meow, very loud. Down the street, a woman opens her window to yell, "What's with all the racket? It's one in the morning!!!"

WILD WORLD / Ed Frohning



Aries (March 20-April 19)

You may need to go back to the scene of a family situation that you thought was resolved, and attend to one last piece of business. It may be deeply personal, or it may involve a financial matter. You have some time to work this out, though I suggest you get busy as soon as possible—time is moving quickly and there will be other items appearing on your horizon. Think of what you're doing as some form of going back to your old home, or your old school, to see if you can tap into the feeling of what it was like to be there in another stage of your life. There is a specific question to keep in your pocket like a Swiss Army knife, to use when you need it: who was running the show, and why? What were the motives involved, and who was involved in a cabal with whom? There are connections, and you won't have to stretch. There was a plan, and you can trace its shapes by the various outcomes.

Taurus (April 19-May 20)

You can be more socially adventurous than you usually are, and this will lead to some unexpected creative outcomes. There is a quality of blending the colors of paint, and exploring new expressions of who you are in environments where you can be bold and test the responses that you get. You're not going to offend anyone, and remember that most people are only pretending when they act like they have an opinion. And sadly, most are pretending when they say they care. You will be able to sort out illusion from truth only through pushing your environment a little. There's an equation that is all but forgotten here in the digital age, and that's the one about how contact with others only comes through vulnerability, which is not your strong suit. Running all of our relationships through electricity and microwaves is not making this any easier, as you remain a human in the tactile, sensory, physical world. You want and need contact with others. That can only come through being open, and practicing empathy for yourself and others.

Gemini (May 20-June 21)

We humans often take for granted how important faith is to us; and how faith is the bottom line on sanity. I do not mean hope. I do not mean wishful thinking. I mean faith as a point of contact with something greater than ourselves—whether that's humanity, something about God or cosmos, or yourself. As Pluto dips out of Aquarius and back into Capricorn for the last time over the next 10 or so weeks, you will be reminded what it feels like to be subjected to situations that we could call faithless. You might think of the last weeks of Pluto in Capricorn as a graduation ceremony. You may have to make one last decision to not just declare, but to establish your independence from some cryptic forces, the life of an ex, or the life of your in-laws. This is your business and nobody else's. Love implies respect; the lack of respect is an assurance of the lack of love. Avoid projection and make your assessment carefully.

Cancer (June 21-July 22)

Keep your interests close to home, and be exceedingly careful in your interactions with women. You will need to find the balance between not backing down and boldly standing up to them. If you find someone who is justifying their conduct on the events of some long span of history (say, 5,000 years) focus your attention on how they (and you) feel about the elusive and seemingly all-powerful being known as father. You are coming face to face with the essential crisis of your family. That's the same thing that has been responsible for all their



Planet Waves

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



strange behavior over the generations and the decades of your life. When you see what this was really all about, you will be amazed how ordinary it was—for example, the collected rage at how cold people were to one another, or all the ways that power was inserted as a substitute for love. You have room to maneuver there, while holding open the same basic ground. This starts with being wholly real with yourself about how you feel, what you need and what you want. That will blend nicely into what you want to do with your time on Earth, which is your choice and your prerogative entirely.

Leo (July 22-Aug. 23)

Your survival instincts are running high, or they will be soon. But all you really need is your ability to relate to other people. If you need to get intense, do so in a contained environment where you are as sure of confidentiality as you can be—and not on the internet in any form. The kind of feelings you may be having call for in-person conversation, grounded in-body and complete with eye contact, conducted with someone who has no interest in what you think, feel or choose. It's unlikely that the worst of your fears is remotely true, though there is something legitimate concerning you; and you can address that something. If you're experiencing disturbance for a reason you don't understand, ask yourself what you're not saying. I'm talking about something specific, and maybe two or three related topics. One will lead to another; you should know all of your own secrets. You will be much happier.

Virgo (Aug. 23-Sep. 22)

The Sun entered your sign on Thursday, Aug. 22, which is the herald of your birthday season. Mercury stationed directly, about six days later on Aug. 28. Between these two events, you knew that it's time to get moving on one particular goal that is of the highest priority. It will not be feasible if you stretch yourself in too many directions, but if you have one thing you're fully committed to, you will get it done. Gemini is involved, which tends to split goals in half; the way to handle this is to bring the halves together. One thing about Virgo is that its natives often have two seemingly different careers. These may be related, like author and illustrator; they may be seemingly unrelated, such as auto mechanic and violinist. Whatever they may be, you want to use the principle of synergy: the whole is greater than the sum of the parts. That is the most succinct guiding principle of Virgo in any event, and it's crucial for you now. You want everything about you working together. Leave no facet of yourself behind. Your deepest need right now is to accomplish something meaningful for yourself. Ideally this is something you've never done before, potentially because you've never had such a brilliant opportunity.

Libra (Sep. 22-Oct. 23)

Your intuition will not fail you, if you use it and do not rationalize it away. Intuition means knowing without knowing how you know. It's not false certainty—there is no bravado, and nothing external about it. Your inner being stirs to life and is filling you with many forms of knowing without knowing how. Commit to meeting the coming changes with a positive mindset, which means making the most of who you are and the opportunities that come your way. When you start to collect the gifts of these developments, you will love them for what they are. There is more, much of

which is about a leadership gift you have. That is the gift of leading through honoring the common ground that all people and indeed all living things share. To lead, you must go first. To go first, you must have courage. To have courage, you must come from your heart and not your mind. You are in an alchemical moment where you can transform yourself into nearly anything you want, anything you want to be, as long as you are willing to give up what is not right for you, or true for you.

Scorpio (Oct. 23-Nov. 22)

You want more; that much is clear. But more of what? Is it something that can even be measured? Unlikely so; all the things that matter the most in life cannot be, and you are being driven toward something that makes a difference for you and for the people who are closest to you. What you want more of may not be something that others are interested in, and your desires may conflict with something they want from you. This is an excellent time to truly respect your spiritual calling, and your need to experience and be part of something larger than anyone you know is interested in. To get there, you would need to confront any fear you have of being cast off, or away from the tribe, which is a significant fear for Scorpio. Yet with Pluto moving into position in Aquarius, you will need to make your own security. In tribal culture, when the Shaman needs to go into the wilderness or on pilgrimage, it's nobody's business to say otherwise.

Sagittarius (Nov. 22-Dec. 22)

With Jupiter in your opposite sign Gemini, you may be wondering why that image in the mirror seems to do all the things you do. When you raise your hand, it does too. When you drink a cup of tea, it does as well. But try holding some printed words up to the mirror and see if you can read them. The chances are it will be very difficult. So maybe that reflection is not really you; maybe it's just as incomprehensible as the words on the page, which are illegible because they appear to be printed backwards. Ah, but in truth, they are not. You can actually read them if you look directly at the page. So what would be the equivalent of reading your face or your body without the use of a mirror? What gives you a true reflection or accurate view of yourself? There is likely to be something, if you experiment. It may be listening to the sound of your voice. It may be writing, reading and rewriting. One thing to remember is that while you live in a larger world than most people, you have a tendency to limit yourself. If you're done with that, declare it so—and then act like it's true.

Capricorn (Dec. 22-Jan. 20)

That you may overcome an issue that has persisted over years or decades may seem like a long shot, though you now have your opportunity to make the changes you need to make. And that really is the bottom line: you must make necessary decisions to change your thinking and your emotional patterns—and through that necessity, set yourself free. Most of the issues you seem to face are not your own. They are about people most of whom are long gone from this world. Yet you have inherited a kind of hologram, or their thought-forms, and it will help if you recognize that whatever this is about is mostly not your karma. By mostly, I mean that the power of decision is crucial in this situation. You must make new decisions

from new options, and those options are available to you—they are right there, within reach. Who you are is waiting for you to embrace, as long as you realize this matter is not up to other people and not subject to a vote. It is entirely up to you.

Aquarius (Jan. 20-Feb. 19)

Pluto has backed out of your sign for a moment, after spending the past two years teasing its way in. This could represent two or more things. One is that you will get to remember something of your old life—the one that took shape in the years 2008+. Remember well what your priorities have been; how you defined your needs; and the curious sense of internal pressure that was pushing its way outward into your waking life. When Pluto finishes a major transit, even a difficult one, we can miss its influence and its presence. The second potential is that Pluto's brief return to Capricorn is providing you with the opportunity to finish some pending business; it may be about a commitment you have to yourself. Pluto making its final visit to Capricorn is saying get a grip on yourself, and thank these people for teaching you to be yourself—whether they knew they were doing it or not. As a happy and adapted person, you are free to be anything but their victim. So consider your options carefully.

Pisces (Feb. 19-March 20)

You may finally feel like you're untangling the threads in a complicated situation that has bound up your personal and business life. Mercury retrograde ended Aug. 28, followed by the Virgo New Moon. This all has the sensation of starting over from an improved situation. Yet you must be cautious and never overconfident. Self-destructive tendencies could sneak up on you; you must know your truth and stick to it. Mars clashing with Neptune early in the month evokes the Course in Miracles teaching that the truth is all that matters. But you can never be a little confused. The least bit blocks you from your deeper spiritual contact, and renders the most basic reality unknowable. Therefore, resolve to go beyond confusion because it's a source of deception. The planets in their movements are guiding you to focus on your deepest service. This is not about owing the world anything, but rather owing yourself the fulfillment of your commitment to the purpose of your existence.

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“If your compassion does not include yourself, it is incomplete.”

~ Jack Kornfield