



Nike Army Base on Vashon

Childhood Memories by Lisa Devereau

Hello, my name is Lisa Devereau. I am a cemetery commissioner and a funeral director. I grew up here on Vashon, and have a story about growing up here.

A few years ago, a woman named Verna Bacon Everitt moved back to Vashon. She had hopes of writing for our local newspaper, so she wrote and submitted a short story about the Nike Missile base – it was rejected. The reason given was that Vashon residents did not want to remember our part in any war or military efforts. (This was not our current newspaper staff.) Do we

Continued on Page 4

Patterns of Abuse Exist for a Reason

By Editorial Team

Abuse happens. How we respond determines whether the abuse is effectively stopped. Or whether a pattern develops, as the abuse is tacitly allowed to continue.

On Thursday, April 27th, Vivian Lyons read a letter at a Vashon Island School District board meeting, written by one of two women who have co-filed a formal complaint against a VHS teacher with a history of inappropriate behavior, boundary-crossing, and other improprieties. The letter listed four recommendations:

1. The VISD school board should immediately pass a resolution condemning romantic or sexual relationships between educators and students for at least a year after graduation – ideally, two.
2. In the next collective bargaining agreement, VISD should negotiate a policy prohibiting VISD educator relationships with graduated students for up to two years after graduation.
3. VISD should commission a survey to assess the safety, health, and culture at Vashon High School.
4. VISD should either hire an investigator directly to complete the report, or request a partial report from the investigations into John Rees and Kara Sears, and make these results public.

It is worth noting that the first two recommendations align with common professional expectations for patient-physician relationships. A power differential is unavoidable, which is why rules are so strict. Islanders living here a decade ago, when Dr. Sjardo Stenecker's medical practice was shut down

Continued on Page 3

Keep It on the Island – Use What We Have

By Nancy O'Connor, President, Zero Waste Vashon

Did you know that compost is not only good for your plants, but also a powerful tool to fight climate change?

Turning our yard and food waste into compost, instead of sending it to the landfill, reduces greenhouse gasses in several ways. Food scraps that are put in the garbage get sent to the landfill. Once there, they decompose anaerobically, which creates methane. Methane is a greenhouse gas that is far more powerful than CO2. Although some methane is captured at the landfill, some escapes, and even more is burned off in "flares" instead of being put to good use.

Food and yard waste that are made into compost do not emit methane. In addition, when compost is applied to the soil, it increases the soil's natural ability to sequester carbon, keeping it out of the atmosphere.

Compost that you make and use at home is the gold standard. It is the ultimate "closed loop" system, with no fossil fuels used to transport or process it. You know exactly what goes in and you see the quality of what comes out.

But what if you don't have the time or space to make your own compost? Here on Vashon, we are able to take our yard and food waste to the Transfer Station. It is then collected and shipped off-Island 35 miles to the Cedar Grove composting facility in Redmond. Here, it is combined with organic material from the greater King County area and made into compost. A portion of this compost is then bagged and shipped back to the Island for sale at retail locations. Compost from other large, regional facilities is also sold on the Island.

Because it has to be shipped both off-Island and back on again, the carbon footprint of this compost is significantly greater than compost you would make at home. In addition, the fact that much of the

Continued on Page 6

Spending on VIFR

By Andy Valencia

Years ago, I hired a contractor to rebuild a structure for me. He named a price, I got out the checkbook and wrote him a check. Several days later I mentioned this to a friend who worked in small business law. He shook his head, laughed at me, and said I'd told the contractor two things: (1) I was afraid to negotiate, and (2) he hadn't taken enough money from me yet.

With this homespun philosophy of conducting business, let us take a look at what kind of money Vashon Island Fire and Rescue – VIFR – has been taking in over the last decade. For many of us, our financial stresses have increased since we last voted for a big tax increase. How has it been for them, and what are they proposing in their new levy?



Historical VIFR revenues (millions, solid line) and projected revenues (dotted line) given a 2023 levy approval

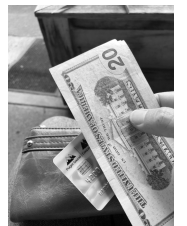
(The values shown here were obtained from VIFR budgets, except 2021, which is from the approved budget, and 2022, which is from a proposed budget on the vifr.org web site. Projected revenues, including the new levy, come from a March 2023 financial report.)

As you can see, VIFR has enjoyed considerable revenue growth in recent years, climbing 166% from 2013 to 2023, most of it from property taxes.

Continued on Page 10

The Beauty of Cash

By March Twisdale



Awhile back, I began to question my credit/debit card habit. It felt like a convenience – with a hidden cost – and I wasn't the only one to notice. "Keep Cash Alive" and "Cash is King" have entered the public sphere, along with several reasons for returning to good old-fashioned paper money. For me, two primary reasons motivated me to intentionally change my habits.

Cash feels real. We are a tactile species, and there is a concreteness to physical money that isn't matched by glancing at numbers on a screen. Knowing how much money is in my wallet when I walk into the grocery store keeps me on budget. It reduces impulse purchases. I find myself adding up what I've spent as I walk through the store, leading to better price awareness and overall care in my spending.

Hidden costs exist. Every time we buy or sell something – with a debit or credit card – there is a fee. I call these "bank taxes," and I've spent the past few months exploring how they hurt both business owners and consumers. The only way to eliminate them? Use cash.

I'm 50 years old. For me, there is a nostalgia to cash. It's how I grew up, and it's how my parents lived. I know it can be done, and it's been surprisingly enjoyable to transition "back" to cash. As I head out the door, I find myself checking my wallet. When I arrive in town, I stop at my preferred ATM in preparation for my day of shopping. I feel more mindful, grounded, and in control of my spending. That feels good.

The Vashon Loop Editorial Team will continue to explore this important issue all summer long. We are deeply grateful that the Vashon Island business community welcomes cash everywhere on the Island. It's time for a summertime revival of spending cash on our Island! We'll see you at the ATM.

Burton History Trail – A Place Away, but Near



By Mike Sudduth

As you drive north and turn the corner into the quaint town of Burton, you are suddenly transported back 100 years, and are surrounded by a turn-of-the-20th-century village.

What is now Burton was once a thriving village of the s̄w̄əbāb̄š or “Swiftwater People,” with longhouses and a potlatch house. Historians estimate that prior to European contact there were up to 10,000 s̄w̄əbāb̄š living in a network of villages in and around what is now called Quartermaster Harbor, of which the village at Burton was one of the largest.

Burton quickly developed as the major commercial center for the new American settlers on the Island. The dry dock at Dockton, brickyards and sawmills around the Harbor, the Baptist Assembly Grounds and Baptist Children’s Home, Baptist and Methodist Churches, Vashon College, Harbor Mercantile, Mauck Hotel, Hatch Building, and Masonic Hall, and numerous small houses and cabins, all made Burton a vibrant and bustling town.

Burton was destined to become

the major commercial center of the Island until the highway was paved from Island Center to the North End, and Vashon Town emerged as the main commercial center. The town of Burton has slowly turned into the quiet village you see today. Vashon College was destroyed by fire, the Baptist Children’s Home, Hatch Building, and Methodist Church have been demolished, but the essence of what was Burton a century ago still stands.

A group of Islanders wants to resurrect this forgotten history with a Burton History Trail. Similar to the Dockton History Trail, this trail will tell the story of Burton’s past, with signs depicting important eras, buildings, events, and cultures that made Burton what it is today. The planning committee comprises Kim von Henkle, Mike Kirk, Jane Slade, Keith Prior, Mike Sudduth, and Elsa Croonquist, in consultation with Bruce Haulman and the Vashon Heritage Museum.

On June 4, from 3:00 to 5:00 PM, you can learn more about the proposed Burton History Trail by attending a public meeting to be held at Camp Burton’s Grisham Hall. Learn about the proposed Trail, discuss and give feedback about possible walking routes, maps, and sign ideas, and volunteer to help work on designs, permits, funding, and other community activities.

If you have questions, email BurtonHistoryTrail@gmail.com.

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What Brought You to the Island?

By Laurie Lambert

Vashon was a complete mystery to me. Born and raised in the Seattle area, I had never heard of Vashon until I was sent over to the Island on assignment while working as a cable technician. I remember thinking, “Go where?”

It was 2006, the day after a huge windstorm. The power was out all over the Island. Trees were down, power lines strewn about, it was a disaster. And without power, there is no cable, so I was sent over basically as a goodwill ambassador to survey damage and make contact with customers. I saw people helping one another, cutting and hauling trees so people could get out of their driveways, and calmly standing in line for coffee at Thriftway. It was like nothing I had ever experienced. Community at its finest.

I spent the following week coming to Vashon, slowly restoring cable – mostly getting to know people and the Island. When people are out of power and stuck at home for days, perhaps they are especially happy just to see the cable provider. Everyone was so welcoming. It was amazing how much people just wanted to talk and make contact. So, as one of the people roaming from home to home amidst the debris, I really got to know people and their stories. What I came away with was that people loved their Island and looked out for their neighbors.

I happened to be at a point in my life when I was looking for a place to put down roots. I immediately knew that Vashon was where I needed to



be. By the end of that first week, I had made an appointment to look at a place to rent. It was swooped up before I got there, but I then heard about a place in Burton. Two weeks after first stepping foot on the Island, I’d moved into my new place.

I settled into Island life rather quickly. I’m grateful for the work that first brought me here, but with my background in the food industry, I soon ended up at Thriftway as the seafood manager. Again, I appreciated getting the opportunity to know the people I served.

I eventually met the love of my life and bought a house on Maury. I also co-founded a small business based here on the Island, created out of a love of food and the need for nutrition. During the last couple of years, I’ve also realized a decades-long dream of becoming a massage therapist, and couldn’t be happier now to be seeing clients several days a week. Getting to help people on a personal level is my true passion.

I can hardly imagine how things might have been different were it not for the windstorm of 2006.

You can learn more about Laurie Lambert at <https://laurielambert.com>

*Can’t stop drinking
and want help?*



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AA Phone: 206-587-2838
Local Vashon Contact: 206-849-1980

*No puede dejar de
beber Alcohol?*



ALCOHOLICOS ANONIMOS

Reuniones de Internet: SeattleAA.org
Telefono AA: 206-587-2838
Contacto Local Vashon: 206-849-1980

**Vashon! Sign up for
health insurance,
help with food stamps,
and ORCA Lift!**

**Meet with Miguel from
King County Public
Health
1pm - 3pm,
at Vashon Library
(inside at the back)**

Wednesday: May 17th
Wednesday: June 21st
Wednesday: July 19th

This is for health
insurance that will begin
the following month.

Se habla español.

The Vashon Loop

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Patterns of Abuse Exist for A Reason

Continued from Page 1

(causing 3,000+ patients to scramble for a new primary care doctor), need no reminder.

The core tenet of American Medical Association ethics regarding patient-physician relationships is this: "The relationship between a patient and a physician is based on trust." And, as an interpretation of this trust, it is a "physicians' ethical responsibility to place patients' welfare above the physician's own self-interest."

Of course, ethical expectations, rules, and policies are only as effective as those tasked with enforcing them. When Mitchell (a state health law judge) suspended Dr. Sjardo Steneker's license for five years, he cited several factors, including: "The intentional and repeated nature of the behavior; a pattern of misconduct over a lengthy period of time; prior discipline involving dishonesty ... and no remorse regarding his behavior."

Islanders might reasonably ask, "Who enforces similar rules at our schools?"

The questions keep coming. What consequences are in place for those who cross the line? How has VISD responded to such situations over the years? Were they successful? Apparently not. So, what have we learned, and what will be done differently going forward? Why, for example, did repeated reports from teachers fail to elicit an effective



response from the administration? To be fair – if the individuals tasked with hiring and firing our teachers wanted to do more, what was stopping them? The teacher's union? State employment laws? Privacy laws? VISD's legal counsel?

At the Thursday, April 27th VISD School Board meeting, almost all board members pointed the finger of blame at "lawyers." One said, "This is a situation that none of us want to be in. For me personally ... it's super-complicated being a board member, about what I can do legally and what I can't do. I have my brain and I have my heart." Another board member said, "This is not what we want. We are dealing with lawyers. These are the experts. We go to the doctor, and if you have cancer, then you listen to the doctor. We cannot just come up with an answer, the five of us."

What wasn't mentioned was what our elected school board members could do? How much do they know, and what are they withholding from our community? From parents, who elected them and who bear primary

responsibility for the safety and well-being of their children? Is this appropriate? Is it legal? How many previous complaints have been swept under the rug? About which teachers? Have we hit bottom yet? If a concerned parent hadn't put up cameras and captured images of their son's senior year teacher repeatedly coming into their home, where would we be now? Would anything concrete and truly effective – have been done?

responsibility for the safety and well-being of their children? Is this appropriate? Is it legal? How many previous complaints have been swept under the rug? About which teachers? Have we hit bottom yet? If a concerned parent hadn't put up cameras and captured images of their son's senior year teacher repeatedly coming into their home, where would we be now? Would anything concrete and truly effective – have been done?

VISD isn't being transparent with students, either, and they can tell. At the April 27th School Board Meeting, VHS student representatives shared that students are "extremely upset and confused" by a situation where they "have not received any information from the school in their emails," and are left to "depend upon rumors and newspaper coverage." This position of official silence from the high school is strange, given that these same students spent the previous year witnessing unaddressed, inappropriate behavior every day in their classrooms. The VHS student representatives also expressed frustration that "class sizes are being increased and electives are being cut, while large salaries are being paid to teachers who are under investigation for sexual misconduct and on administrative leave."

That's what the students think. Are we listening to them – yet?

The Vashon Loop is published monthly

Public Health Messaging

By Caitlin Rothermel

Because public health is an increasingly (and unexpectedly) in-your-face part of life, it's a good idea to understand how public health "talks" to and sends messages to us.

While I was working on my public health degree, I was never given the impression that our kind would emerge with any sort of genuine authority or visibility. Instead, we learned to conduct research. So much research. And then, once we were ready to design a program of some sort, it was time to develop and test some targeted health messaging.

With that in mind, here is how we talk to you:

Inform. It's a traditional public health job to inform people about something that may or may not be good for them. Ideally, education is also provided (because it's always better to understand a message rather than just follow it by rote). An example of informing is the United States Food and Drug Administration's recommendation to eat fish with high levels of Omega-3 fatty acids during pregnancy.

Incentivize. Incentives come up most often when we talk about economics, but they also play a role in health. Positive incentives include an employer lowering health insurance costs for employees who join and use the gym. Or when your local food growers' association puts in place a

Continued on Page 10

What Happened to the Cathlamet?

By Andy Valencia

When our Cathlamet ferry crashed into a dolphin pier on July 28, 2022, we were told three things in short order. First, all crew had passed drug tests after the accident. Second, the following day, the captain resigned. Third, the USCG – United States Coast Guard – would lead the investigation and determine why the crash happened.

For a sense of proportion, the 1986 Challenger shuttle disaster investigation identified the cause and issued their report in about 5 months. For the Cathlamet, after 8 months, the USCG has produced no report. For some reason, WSF – Washington State Ferries – instead published the results of their own investigation.

The report is awash in details that do not answer the central question: What failed, and how will WSF fix it?

For the core question, we know that, after dolphin impact, the captain asked, "What happened?" The captain then passed a drug test, lawyered up, and has responded to no subsequent questions. The only other person present in the pilothouse was a "quartermaster," a position subordinate to the vessel's captain. The quartermaster indicated they were reading a document, and were not aware of the captain or the vessel's operation until the dolphin impact.

The report recommended better training, the installation of a Voyage Data Recorder system, and while not a part of the report, was accompanied

by an announcement that mentioned the possibility of new "psychometric" tests for vessel captains.

With my background in software development and networking protocols, I'm accustomed to a two-step approach to catastrophic failures. The first is "root cause analysis," where you determine precisely what led to the failure. The remedies are then evaluated with respect to the failure: Are they relevant? Are they comprehensive? Are they feasible?

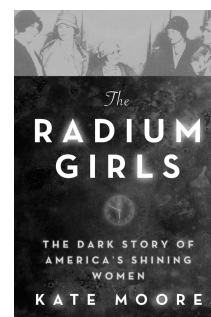
Through this lens, the report is puzzling. A major roadblock is the captain's silence, behind the double barriers of resignation and legal counsel. Wouldn't it be desirable to make legal and procedural changes so that future catastrophic events can be investigated efficiently?

The Fifth Amendment certainly protects anyone from being forced to testify against themselves. Since the effectiveness of the investigation is compromised without the captain's information, why wasn't the captain offered legal immunity? With his own legal status protected, a subpoena might compel testimony.

The "psychometric" test was mentioned, but not included in the report itself. What data from the investigation caused WSF to mention it during the report's release? Why did they choose to highlight this, as opposed to, say, medical conditions, medications, and recent medical events in the captain's history? If psychometric tests are relevant, why are they not in the report? If any medical factors are relevant, isn't it critical to identify them in case other WSF personnel are at risk?

Continued on Page 10

Book Review



The Radium Girls The Dark Story of America's Shining Women

By March Twisdale

Kate Moore is an award-winning, New York Times bestselling author of "The Radium Girls." A British writer based in London, she has published numerous Sunday Times bestsellers, writing across various genres including history, biography, true crime, and humor; her work has been translated into more than 12 languages. The Radium Girls was the winner of the 2017 GoodReads Choice Award for Best History/Biography, and was named a Book of the Year by National Public Radio, Barnes & Noble, and BookBub. It was my pleasure and honor to interview her that year on my radio show: Prose, Poetry & Purpose.

Since then, Kate has gone on to write another amazing book about perseverance in the face of seemingly impossible odds. The Woman They Could Not Silence: The Shocking Story of a Woman Who Dared to Fight Back, as reviewed on the author's website:

"1860: As the clash between the

states rolls slowly to a boil, Elizabeth Packard, housewife and mother of six, is facing her own battle. The enemy sits across the table and sleeps in the next room. Her husband of 21 years is plotting against her because he feels increasingly threatened – by Elizabeth's intellect, independence, and unwillingness to stifle her own thoughts. So Theophilus makes a plan to put his wife back in her place. One summer morning, he has her committed to an insane asylum.

The horrific conditions inside the Illinois State Hospital in Jacksonville, Illinois, are overseen by Dr. Andrew McFarland, a man who will prove to be even more dangerous to Elizabeth than her traitorous husband. But most disturbing is that Elizabeth is not the only sane woman confined to the institution. There are many rational women on her ward who tell the same story: they've been committed not because they need medical treatment, but to keep them in line – conveniently labeled "crazy" so their voices are ignored."

Both of these books bring us face-to-face with reality. Human beings with unchecked power cannot be trusted. They fall victim to temptation far too often, or they stand aside and do nothing – the infamous "bystander effect." The abuse of the individual is not "nothing." It is everything, because it is the abuse of the whole, one piece at a time.

Planet Earth is structured around predator and prey. We humans are prey to only one species. Our own.

Recognizing our predatory nature is the first step. To staying alive, protecting one's children, protecting

Continued on Page 9

Nike Army Base

Continued from Page 1

really want to forget our history?

I for one do not. Forgetting the Nike site would mean forgetting a large part of my childhood. My father was stationed at the Nike site in 1958. He met and married my mother that same year, and became dad to her two girls. They moved into a home in Nike Manor (a military housing project, now privately owned). Just prior to my birth in 1962, they purchased our family home on Cemetery Road. While living basically on base, my family met many wonderful neighbors, many of whom we are still friends with, if not relatives of, today.

My father was not the only soldier who met and married here. Others include Russell Bruce, who married Laurie Wolcott; Henry Garcia, who married Barbara Mitchell; Bobby Lewis, who married Betty Brenno; Ken Cooper, who married Barbara Brenno; Bill Thomas, who married Andrea Crawford; Joe Bacon, who married Dorothy Rolando; Ray Squires, who married Judy Anderson; Barret Allred, who married Rhodila Grimm; and Terry Alman, who married Teri Phaneuf. This list, I am sure, could go on and on. And from this list comes all the Nike children, of which I am one, and I would guess so are many of you.

The United States Army began developing the next generation of Nike missile - Hercules - in 1953, the same year that Nike Ajax became operational. The Army named the missile for one of the most celebrated heroes of classical mythology, a figure renowned for strength and endurance.

In 1958, the Army began replacing Nike Ajax missiles with Nike Hercules. An "improved Nike Hercules" system became operational in 1961. There were Nike Missile sites all over the US, with many in the state of Washington.

This article's picture shows Battery B, 4th Missile Battalion (Nike Hercules). It is dated July 19, 1962, and was taken at what is now Sunrise

Island Voices

Ridge and the Vashon Medical Clinic. I can only name a few of these men; I wish we could name them all. The web version of this article has two photos, also taken at Sunrise Ridge; one clearly shows the old missile silos, that I called golf balls as a child, and the buildings surrounding them are still in use today. My Dad was Santa Claus that year, and actually landed in a helicopter in our cow field to surprise us girls. I have been told that I hid from him.

The photo of my Dad in uniform shows the now-Vashon Medical Clinic building in October of 1964; it was a barracks at that time. Other buildings at that site were a sentry guardhouse along the driveway, a mess hall, sewage facilities, many storage areas, and a canine kennel area, to name a few. There were multiple military sites on Vashon beside Sunrise Ridge, including the property and building that is now the Eagles; the horse park, now called Paradise Ridge; and a building in Dockton, which I believe was a generator building.

I loved going on base with my dad, and remember stopping at the sentry guardhouse and getting candy from the mess hall; I still have a couple of dishes from there.

We also have pictures of Terry Alman training a canine; I always loved seeing the beautiful dogs, but was not allowed near them. I remember egg hunts at what is now the Eagles, and pancakes in the mess hall. In kindergarten, I took a model of the Hercules or Ajax missile to school for show and tell. That would be a treasure to own now, but Dad let us play with them and they did not last.

My Dad retired in 1966, after 20 years. In school, new students came and went, as their fathers were relocated to other bases, and in the early 1970s, the base was decommissioned and the properties were left vacant for a while. Now we have parks, ball fields, a clinic, and the previous home of Granny's Attic. The housing project

became private homes, and clubs took over some of the properties.

The 216th road from Vashon Highway to 111th became the "off limits road" after a jeep accident left a few soldiers badly injured; they were now required to drive the long way around. I still refer to 216th as the off-limits road, but enjoy its twists and turns.

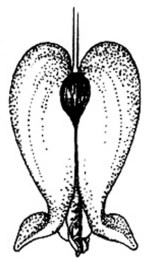
Another favorite memory is soldiers visiting our home, whether it was for a meal or to get some home brew (a secret room-under-the-stairs brewery), or to hold my baby doll, of which I understand a certain few had the honor. Their visits were always fun.

This story is my own, and my memories may be a bit off since I was so young, but let's add to this so our story doesn't get lost and our history is preserved. I appreciate all who have served, including my father, his three brothers, and my husband John, my brothers-in-law Harold and Joe, and my father-in-law Doug, as well as our beloved Robert Bennedsen. So, let's remember this year that Armed Forces Day (May 23) and Memorial Day (May 29) are about those who gave all.



Native Plants, Medicinal and Culinary Herbs

Every Saturday at the Vashon Farmer's Market in May and June



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Mlaurie@mindspring.com

Useless Skills and Dumb Ideas

By Seán Malone and John Sweetman

Seán and I were sitting out on his deck a few years back, looking out at our crab traps set in our secret spot, the Trench, just offshore. We noticed a boat approaching and suspected it was a "crab pot poacher." Waving the boat off seemed to get no answer, so Seán, after a false start or so, gave a long, piercing whistle and got their attention. I followed with a weaker thumb and forefinger effort, and the boat veered off. Perhaps it was the sound that got their attention, or maybe the shotgun Seán was waving. I don't know, but our crab was saved.

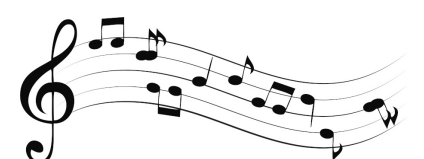
Loud whistles did not come naturally to most of us. I had to learn all by myself, since all I could do was the standard non-annoying semi-musical whistle. So, I set out to learn. Two-finger whistles failed ... two fingers with two hands also was a failure. I walked around the house making pathetic noises until my sister closed her door, demanding that I stop, and my mother was checking to see if I had some kind of congenital asthma.

It was not long until I was sent out to the barn to annoy the cows, who had been accustomed only to news and music on the old radio, always tuned to KOMO. It was at that point I discovered, totally on my own, the "thumb and forefinger" technique, which resulted in loud, annoying sounds that improved with practice (as I found I could vary the frequency to make even more annoying sounds). My dad claimed that the cows were down in milk

production for a week, so I was banned from the barn.

Now what to do with my new-found skill? At that time, I had a secret girlfriend. I didn't know much about "girlfriends" at that time, except that girls were different and we didn't want them around except when we could annoy or pester them. Especially important was that rule that no one should know you had a girlfriend, especially blabbermouth sisters who would tell everyone, thus subjecting one to sniggering ridicule from clutches of girls who gathered at lunch.

My secret girlfriend was a sweet, cute one with freckles and a button nose, and she was quiet and smart. Her name was Marylyn McKeever, and she had a bike with balloon tires that she let me ride. Well, I just had to show her my new talented skill, so I went up to her and asked if she wanted to hear. She agreed, and I gave her my best performance, hoping for some sort of admiring acknowledgement. She smiled and said, "Oh, is this how you do it?" She turned and stuck two fingers in her mouth and gave a long and loud whistle, rising in pitch and then lowering an octave. It was so loud, I think the lids jumped off freshly canned peaches for a quarter mile around. "Yea ... that's it", I said, as I slunk off in shame.






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Our Electric Vehicle Future

By Marc J. Elzenbeck

Short of being plugged directly into Hanford's nuclear power reservation, Vashon and Maury Islands are the ideal run-about ranges for electric vehicles. Although the Island has enough elevation changes to be notorious to visiting bicyclists during the annual "Passport to Pain," we sit at a confluence of undersea cables sending us clean, stable, and practically inexhaustible power, borne of gravity passing water over turbines.

Woody Guthrie's majestic hymn to hydroelectricity, "Roll on Columbia," was directly commissioned by massive federal government investment into the Pacific Northwest during the Great Depression: "And on up the river is Grand Coulee Dam / The mightiest thing ever built by a man / To run the great factories and water the land / So roll on, Columbia, roll on."

Cheap electricity made the once sparsely populated Northwest boom, and almost 100 years on, we still benefit from the investment, with residents paying only about two-thirds of the national rate. It should probably be even cheaper. Washington, having only a 2.3% share of the United States population, generates more electricity from hydropower than any other state, and accounts for a whopping 31% of total US utility-scale hydroelectric generation. It sends excess energy on to eight other Western states and

Island Resilience

parts of Canada.

That makes us the linchpin of the "West Coast Electric Highway," a network of fast-charging EV stations located every 25 to 50 miles along Interstate 5, Highway 99, and other major roadways from British Columbia to Baja, California. By coincidence and design, more than 66,000 all-electric vehicles are already registered in our state, fourth-most in the nation. As of 2023, Washington has more than 1,600 public-access electric vehicle charging stations with about 4,100 charging ports, and more lighting up every day.

But can everybody be driving an EV by 2030? Senate Bill 5974, signed into law by Governor Jay Inslee in 2022, is part of a \$16.9 billion "Move Ahead Washington" package. Like other states, the bill would effectively ban the sale of internal combustion vehicles by 2030. Per Inslee, "Transportation is our state's largest source of greenhouse gas emissions. There is no way to talk about climate change without talking about transportation."

Here on Vashon, sure, everyone could go electric. We could shame the last diehard, gas-guzzling Toyota Prius owners into finally letting go of their old hybrid technology and embracing modernity. But while saving the planet, we might want to consider some math. On a daily commute, the average Tesla consumes about the same power it takes to run 24 household refrigerator/freezers: approximately 3,000 households, 72,000 fridges, roughly 72 million

kWh, or about 250 billion BTUs per year. Ooof! How many charging stations will we need to install at the IGA parking lot so we can get to the new electric ferries? A thousand?

There are currently 3 million registered vehicles in Washington state. Subtracting those existing 66,000 EVs means in theory that there's about 98% of the way to still go, in six-and-a-half years. Using the refrigerator conversion rule, well, that's a lot of power. It doesn't seem like we'll be sending many spare hydro cycles on down to California, which has a similar law ... and 14.3 million vehicles. And where, last summer, Governor Newsom asked owners to refrain from charging their megawatt-hungry EVs so as to not destabilize an increasingly troublesome renewables-fed grid.

Continued on Page 10



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Keep It on the Island

Continued from Page 1

material used to make this compost is collected in large urban areas means that it is much more prone to contamination with non-compostable materials such as plastic.

Two recent articles in The Vashon Loop discussed the issue of plastic contamination in compost and the problems it can cause when applied to the soil. They also highlighted the wonderful community effort that went into helping one of our residents when they found they had applied a contaminated load to their field.

It is this same community spirit that could well provide a middle ground between homemade compost and that shipped in from large off-Island facilities. For over 4 years, Zero Waste Vashon has been working with King County to establish a community-scale composting facility on Vashon.

Such a facility would allow our Island to collect its food and yard waste, turn it into high-quality compost, and make it available for use in our own gardens, farms, and properties. Instead of shipping this valuable resource to a distant landfill, we would be putting it to good use by improving our soils and reducing our carbon footprint.

Another benefit of a local facility is the impact we could have when it comes to reducing contamination. It will be our friends and neighbors who will be contributing the food and yard waste, and also using the end product. With proper education and encouragement, people are far more likely to keep plastic and other

contaminants out of the waste they drop off when they know it could end up in their or their neighbor's garden. The desire to care for both our neighbors and the earth is so strong on Vashon, it will surely show up in the quality of our compost!

ZWV is also working with King County and Waste Connections (who owns Murrey's) to offer curbside pickup of food and yard waste. This is a service that is already available to all residents of King County except those living on Vashon. In addition to being a huge convenience for many Island residents, curbside pickup would greatly reduce the amount of food waste going to the landfill, and provide valuable feedstock for a local compost facility.

As we continue to work with the County, ZWV would love to hear from you! Please also check out our website for home composting resources at:

www.zerowastevashon.org,

Comments or questions:
info@zerowastevashon.org.

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Minglement and The Roasterie, Thoughts From Eva

Minglement

"Herbs, spices, teas and simple first foods were rooted in ancient systems of nourishment, healing, and ritual. Food is our medicine, and plants are some of our first teachers and beloved memories. Each plant is unique to its bioregion and peoples and their use, unique to each." - Eva



The Roasterie.

"Traditional farming systems are reservoirs of biodiversity, supporting a huge variety of plants, animals, birds, and insects - many of them unknown to the wider world, but vital to the local ecosystem. They are also rich repositories of cultural knowledge, comprising stories, oral history, land stewardship, culinary traditions, and specific growing techniques. Everywhere, such

traditional systems are being replaced by the single-crop farms our modern agriculture has grown used to. With the resulting loss of crop diversity and habitat comes a profound cultural loss, as well. Traditional farming peoples understand that their cultural health is bound to the health of the land, and that by maintaining one, they are feeding the other." - Eva



Away With Allergies

By Marj Watkins and Suzanna Leigh

The blessings of flowers cheers us immensely, but kerchoo! Their pollen has us sneezing our heads off! What can we do? Plenty, really. Nature provides antihistamines.

Nettles can sting you, but also provide an antihistamine, so make nettle soup! Take a paper bag and scissors, find a roadside rife with nettles, or a patch of nettles away from road dust. Wear gloves! Clip off the nettle tops into a bag. When you have a bag full of nettle tops, go home and make nettle soup.

Marj's Nettle Soup

4 cups bone broth, or 2 cans of chicken soup plus 2 cans of water.

1 quart nettle tops

Salt and pepper to taste

Suzanna's Nettle Soup

In a 2-quart pan, sauté:

A minced clove of garlic

A pinch of dried chili pepper flakes (more if you like hot, spicy food)

A teaspoon of your favorite herbs (I like rosemary, sage, and thyme from my garden)

One chopped onion

When the onion is translucent, add one chopped medium or large potato. The smaller the chunks, the faster it cooks. Cover with chicken, beef, or vegetable stock. Add salt to taste. Cook until potatoes are done.

In the meantime, blanch about a quart of fresh nettle tops. Add to the cooked potatoes and broth and blend

in blender (otherwise the nettles tend to be hairy).

Serve with salad and whole-grain bread, with nut butter or cheese.

Ginkgo Biloba is another of nature's antihistamines, and is also known for boosting memory. According to the anthology "1,801 Home Remedies," it acts as an anti-allergen. The book, researched by Jane Bogart and Elizabeth Shimer, advises taking 60-240 mg a day.

Quercetin is what gives purple grapes their color, and puts the green in green tea. It inhibits the release of histamine. We are advised to take 500 mg twice daily, but not if you are already taking nettles. Quercetin is also available in formulations where it is combined with bromelain, to help prevent stomach irritation.

Honey. Many people find local honey effective against allergies. Did you know that honey is seasonal? And OMG there are so many flavors! Use local honey from whatever flowers you are allergic to. My favorites are wildflower or fireweed honey. There are infused honeys, as well. Minglement/the Roaster has a good selection, as does All Things Rich (at The Waterfront Market at Ruston). Sun Valley Farm on Maury Island often carries local honey at their farm stand. Some people use bee pollen, which is VERY seasonal. Make sure it is local. Some people with asthma say that eating a bit of local honeycomb gives them instant - though brief - relief from an attack, and that even smelling honey helps.

Repel pollen and dust. Stay inside, with doors and windows closed. A HEPA filter will filter out 99.97% of the pollen dust and any

By March Twisdale

We invite you to join us in co-creating a thematic series of recipes! Tucked away in family cookbooks are recipes reflecting a life few of us remember. Family favorites handed down through the generations. Creative tricks shared, invented, and treasured during the Great Depression. Heritage and cultural memories, embedded into braided breads, spiced meats, fermented foods, and special deserts, to name but a few. We at The Loop invite you to share your family's time-honored recipes with fellow Islanders. Send your favorites to: editor@vashonloop.com.

Irish Soda Bread

Irish Soda Bread With Buttermilk and Fruit

Ingredients (one rounded loaf, feeds six)

- 2 cups all-purpose flour (choose your ratio of white to whole wheat, pastry to artisan; white holds together like a desert bakery bread, while whole wheat results in a more likely to crumble loaf)
- 3 tbs granulated sugar
- ½ tsp baking soda
- 1 ½ tsp baking powder
- ½ tsp salt
- ⅓ cup cold butter, cubed
- ¾ cup buttermilk (with a good quality, thick buttermilk, you'll want a bit extra)
- ⅓ cup dried fruit (raisins, currants, dried apricots, papaya, mango, cherries, have fun!)



Instructions

- Preheat oven to 375°
- Line baking sheet with parchment paper
- Sift/whisk together flour, sugar, soda, baking powder, salt
- Cut in the butter until it resembles coarse pea-sized crumbs (add more if too dry - different flours need more or less fat)
- Add buttermilk and mix just until combined (use your hands near the end) - you want a soft dough to form, but avoid over-kneading
- Note: I find this recipe easier to mix by hand in a bowl, especially at this stage
- Turn dough onto lightly floured surface, sprinkle fruit over the top, knead to incorporate
- Pat dough into 6-7-inch round loaf, cut an X into the dough ½ inch deep, transfer to sheet
- Bake 35 to 45 minutes (check at 30 minutes and every 5 minutes after) until loaf is a beautiful golden brown
- Cool completely before slicing (I slice while still warm enough to melt butter)

airborne particles 0.3 microns or larger. Pollen hits its peak in the early evening. Storms begin with high humidity, which makes pollen grains swell, burst, and release their irritants. So seek shelter inside before a thunder storm, and stay inside for 3 hours after the thunder stops. When you have to go outdoors, wear wrap-around sunglasses to keep the pollen out of your eyes. A face mask helps too. Wash your hair before going to bed, so that you don't transfer pollen to your pillow.

Clear the air. Dust all flat places with a cloth wrung out of water with vinegar, including picture frames and glass. Vacuum or remove the carpets,

and wash the floor with vinegar in the water. This will cleanse the floor of dust mites.

Allergies to pets. Keep your dog and kitty out of your bedroom; animal dander stays in your bedroom even after your pet has left. Give your dog a bath at least once a week (you may have a hard time giving your cat a bath).

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Native Medicinal Plants Series – Oregon Grape

By Dr. Leigh Siergiewicz

At first glance, Oregon grape looks a lot like holly, until you see the bright yellow blooms currently scattered all over Vashon and along the coast from British Columbia to southern Oregon. Later in the season, the flowers will be replaced by edible blue berries.

The stems and roots of Oregon grape are yellow under the bark because of a medicinal compound called berberine, which is also present in other plants. This bright yellow has been traditionally used as a dye, and medicinally the plant is as strong as the color.

Many herbs in the Western tradition have longstanding, documented uses; however, because Oregon grape is native only to the Pacific Northwest coast, it is newer on the scene of herbal medicine. The most commonly used medicinal part of Oregon grape is the root, which can be made into a tea, tincture, or consumed in capsules. Modern scientific studies have found Oregon grape to be very helpful in improving human health; uses of the whole plant include treatment of weak digestion and liver function, dry skin, poor metabolism, and lymphatic congestion.

Most commonly, in current naturopathic and functional medicine, Oregon grape is processed into capsules of the active constituent, berberine, which is a potent antibiotic,

antifungal, and blood sugar stabilizer.

A systematic review and meta-analysis of 37 randomized controlled trials, completed in 2022, found that berberine is effective at lowering glucose and does not contribute to adverse events or hypoglycemia. Berberine was also found to reduce high levels of cholesterol in a 2022 systematic review and meta-analysis of 16 studies. Mild gastrointestinal side effects were present, and the effect was different in men versus women, so more research is definitely warranted to understand the benefits.

A 2016 in vitro study found that berberine was effective at combating fluconazole-resistant candida. Fluconazole is an antifungal drug, and candida is a common fungal infection in humans. A 2014 study found that using berberine in conjunction with pharmaceutical antibiotics is helpful when treating antibiotic-resistant infections.

I have used both isolated berberine and whole-herb Oregon grape for many individualized treatments with my patients. If you would like to look more closely at the research summarized above, and see some additional reading resources, please visit this article at vashonloop.com. This research is just a tiny sample of the uses and benefits of Oregon grape!

Leigh Siergiewicz, ND. Schedule online at: Betulanaturopathic.com

Health Matters

Staying Healthy With The Seasons – Spring Cleansing

By Emilia Flor

Spring is the ideal time to cleanse. A cleanse is a process of removing toxins from the body by eliminating certain foods and environmental toxins for an extended length of time. This practice allows a deep, physiological rest of the digestive organs, and the energy saved goes into self-healing and self-repairing. By eliminating obstructions, by cleansing and purifying the intestines, the blood, and the cells, we can overcome many of our physical ills or handicaps, as well as receive a boost in energy.

Did you ever wonder how you would feel if you took a short vacation from the foods and bad habits that might be draining your energy? There was a time when I tended to walk around in a sluggish, semi-productive allergic state – and I didn't even realize how low my energy was. Soon into my first cleanse, I began experiencing a more energized way of being.

Cleansing can be a terrific source of vitality and a great healing tool. A good cleanse can remove congestion and toxins. For those of you who are in mid-life and find yourself slowing down more than you want, a cleanse can actually remove some of the signs of aging and provide other health

benefits, including weight loss, improved blood sugar control, and decreased inflammation. I have many positive personal and client anecdotes.

Globally, we face a vulnerability of human health that has never been so severe. This situation stems from our failure to rest our immune systems. We are locked into consumer behavior, with a constant intake of food, energy drinks, and everything else we can think of to pursue a sense of health. We can forget to pause and to take that moment to breathe.

Some think this concept of reducing the load on the digestive system to improve functioning in other parts of the body is a new science. Actually, it is a science that was embedded in ancient human behavior. Nearly every religion on the planet has spoken to the importance of intermittent fasting or eliminating specific foods throughout the year at different times in recognition of celebrations or spiritual events, or in recognition of the importance of mindfulness and meditation or prayer.

As detoxing or cleansing or fasting starts to shift our consciousness, we realize we are actually tapping into an old consciousness, an old awareness that goes back many thousands of years of human experience. It is good to acknowledge that eliminating to repair has existed since the beginning of mankind.

I encourage you to embark on your own version of this journey. I

Continued on Page 9

The Unadulterated, True Story ... of Exercise

By Tracey Stover

The extraordinary gift of a human body. It affords us many experiences, and supports our happiness. As a Buddhist, we believe a human body is as rare as a 200-year-old turtle that surfaces the ocean once every hundred years that, as it comes to the surface, pokes its head through an oxen yoke floating by. Needless to say, it's like finding a needle in a haystack.

Our human bodies are precious because, in a human form, we can achieve full awareness. Exercise is one of the five pillars of health; an essential prescription for well-being versus a lifestyle choice.

In the West, we agree that exercise is important. Movement for the body is as essential as breath, water, and food. If we become sedentary, be it in front of a computer or television, the body is equally stressed. The breath becomes shallow and the body anaerobic; dis-ease thrives in a low-oxygen environment.

The immediate benefits of moderate exercise are improved sleep, reduced feelings of anxiety, and lowered blood pressure. Some long-term benefits that accrue as we sustain physical activity in our life include brain health; exercise reduces the risk of dementia and depression. For heart health, exercise reduces heart disease, strokes, and type 2 diabetes. For cancer, many cancers thrive in a low-oxygen environment, exercise is the simple antidote for maintaining high levels of oxygen. In

terms of overall benefits, you maintain a healthy weight, bone strength, and balance coordination as you age. The immune system is also stimulated by daily movement, improving circulation, and thus lymph flow.

Find ways you enjoy moving: dance, swim, hike, walk around the block for 30 minutes, or do short bursts of exercise. A minimum of 10 minutes of getting the heart rate elevated daily reduces the risk of premature death by 72%. It should include stretching, joint flexibility, muscle-strengthening, and cardiovascular activity. Working out at the gym is fun, but no need to wait for the gym. Stretch your calves leaning against your desk, stand on your toes waiting for the bus, this strengthens legs and improves balance. Rotating your ankles, wrists, and neck maintain flexibility; walking up and down a flight of stairs for 10 minutes on your daily walk gets your heart rate up. Be creative, weave intentional movement at any time and anywhere.


A flexible body helps to maintain a flexible mind. Gently explore where your body is tight or stressed; these are places that need your attention. Tension, pain is how the body talks to

us. Are we listening, or do we power through? Sharp pains can indicate something acute, while soreness lets us know to reduce the intensity of our practice and to increase blood flow to sore areas without causing more tissue breakdown. Reduce the intensity by reducing your range of movements. Be patient and gentle with yourself. Stretch using approximately 70% of your capacity. This gives your body the opportunity to increase capacity without making the recovery time extensive.

Since there are no spare bodies lying around, how we live matters. Because, once we experience the bodies' breakdown, we instantly realize how precious it is. Instead, let's proactively choose ease, grace and flexibility.

Health Disclaimer

Information in The Vashon Loop is meant for educational purposes only. Any health-related content is the opinion of the author alone and should not be used to diagnose or treat medical conditions or to prescribe medicine. Your health is your personal responsibility, and your body and situation is unique. Please consult with an appropriate medical resource or healthcare provider when making healthcare decisions.



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This was my experience. During the pandemic, I sat excessively in front of my computer. It matters that I am in my mid-50s. My feet went purple – bad circulation – my mid-back tension increased, and I knew if I did not do something drastically different, this would not have a good result.

Recently, I took up Vinyasa yoga and regained much suppleness, putting me on the road to recovery. Bodies maintain memory, and having an active practice helped my body regain its flexibility.

Our bodies reflect the greatest stars in heaven. We are all pulsating, expanding, and contracting. We join the gentle, rhythmic pulsation of life with our breath; it begins with an inhale and ends with an exhale. The time in between is to be cherished – no two moments are alike. Be kind and listen to your body, reach for the stars as you stretch, and sport a smile when you encounter tension. Don't give up! Your body is the precious organism that allows you to attain your goals and awareness.

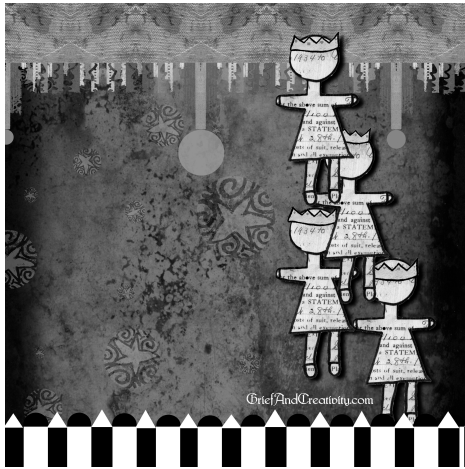
Tend Your Grief Experiences First + Ongoing

By Kara LC Jones

Grief often comes with many misconceptions. One prevalent idea is that grief is to be gotten over or resolved, as if it's a binary on/off state of being. The damage this does shows throughout our culture's level of grief illiteracy. So if we want to change this landscape at all, how do we start? Well, one idea is to start by tending your own grief experiences first, and in an ongoing manner.

A truth about grief: it's not a one-and-done type of experience. We've proven this over and over again in evidence-based research in child development. It's accepted and promoted that grief for children is an ongoing exploration. With each new level of brain development, skill-building, or life experience, they'll likely revisit previous grief experiences. This allows for a type of ongoing integration and understanding of their losses and how they're living in the face of those losses. That's very different from "getting over it." Why in the world would or should that experience of process end simply because we turn 18 or whatever random age we assign to "adulthood?"

If we could allow this ongoing process for all, we could significantly change how we experience grief, both personally and collectively. Then the question becomes how do we find ongoing support and creative practice for ourselves as adults, when it can



feel like the infrastructure for this support is not out there?

Sometimes clients will get frustrated trying to find support and ask me why bother doing this kind of exploration for themselves. Well, as emotionally literate humans, we get lots of growth and health out of doing our own grief process, so I encourage you to keep seeking. By exploring creatively, you get an in-your-bones experience of how grief moves in the world, which gives you a foundation for better relationships. It gives you lots of space and grace to process and integrate your own loss experiences. And hopefully that means you won't encounter a sense of scarcity or resentment as you later see others getting support or if/when you try holding support space for others.

So where do we start our explorations? There's a lot out here already. Maybe not in obvious spaces, and you may need to try different formats of support before you find something that fits. So get as curious as you can. Try to approach it with a sense of creativity and play rather

than attempting to "do it the right way" or "find closure." Some ideas might be:

- Your local librarian. Ask if they can point you toward some children's picture books about grief. Pick one you like and do some journaling or art-making in response to it. What would it have been like if you had had this kind of material when first experiencing grief?

- Films. Try something like "The Way," with Martin Sheen or "Stories We Tell," by Sarah Polley. Again, try journaling or art-making in response. What reflections of your own grief experience did you see in the film? What surprised you?

- Music. You could simply Google something like "grief playlists" and explore the results. Listen and see what resonates for you. Which songs vibrate with the movement of grief in your life? And why?

- Rituals. Beth Erlander recently wrote a blog called "Why I'm Keen on Keening." One thing Beth points out in her shares is to remember that grief isn't just a brain experience. It's also bodily and somatic. So rituals that include movement and sound might be helpful.

- Staying with the somatics, you might consider what kinds of support would help your body? Trauma and somatic-informed Reiki? Massage? Walking? Movement?

- Try a workshop! Vashon's own WE Sessions is offering a Creative Grief Workshop online May 31, free for members, \$15 for non-members.

To register, email Tina at tina@womenholdthekey.com

- Community events. Explore things like annual Memorial Walks, Grief-In-Public-Day (April 23), National Grief Awareness Day (August 30). What local events are happening?

In my own experiences, both personal and professional, I've found great support for my heARTwork with my own mentors, coaches, and groups. Would working with a grief coach for 1:1 support help you stay creatively prompted in your grief explorations? Would participation in a support group help you build community?

Those are a few starting points for making this creative practice a part of your life. What other ideas might you have for how to tend your heart around your grief experiences?

Neuropt-What? (NeuroOptimal Neurofeedback)

By Laurie Hare

NeuroOptimal® is a brain training method that helps adults and children develop self-regulation, flexibility, and resilience. Here's how it works: While seated in a comfy recliner chair, sensors are placed on your ears and scalp. The sensors read the electrical signals of your brain at a rate of 256 times per second. No input goes from the sensors into the brain! The program software does receive information from the sensors.

During training, the client listens to music through headphones or earbuds, and watches a visual display on a monitor. For adults, the images are fractal-like; for children, age-appropriate videos can be played. The audio plays continuously when the brain is running smoothly. When the software, via the information received from the sensors, detects turbulence, it creates a mini-interruption in the music and visual display.

This interruption triggers an orienting response, which signals the brain to correct its internal patterns to accurately reflect here-and-now needs. As an example, if you find yourself responding to the scent of burning toast as being information telling you that your house is burning down, that is not an accurate response to the here and now! Experiencing this interruption during brain training provides the client with the opportunity to mentally let go of thought patterns that are habitual and not an accurate or appropriate response to the present.

For a descriptive comparison of this process, imagine that you are driving down the Vashon Highway and you veer off slightly onto the rumble strip. That sound and sensation of being on the rumble strip does not pick up your car and put it back in your lane. Instead, it gives your brain information that a decision needs to be made about whether or not to correct the path of your vehicle.

Instead of providing specific "direction," NeuroOptimal neurofeedback takes advantage of the

brain's natural learning processes, by encouraging it to function as originally designed. Neurofeedback allows the brain to reconnect with its own internal resources, to determine what response is appropriate in various situations, and how to best cope with this information. Frequently, neurofeedback is used in conjunction with talk therapy.

The feedback that the client receives during training, via the interrupts in the audio, stays with them outside of the session setting, in the "real world." A large amount of research shows that NeuroOptimal neurofeedback can increase confidence and overall well-being, reduce generalized anxiety, and promote restful sleep. Neurofeedback also supports mood stability and emotional self-regulation; this includes an improved tolerance for frustration and an improved ability to respond to stressful situations.

For people with sensory processing or attention deficits, neurofeedback can help improve self-control of attention, distractibility, impulsivity, and the ability to follow through on tasks. It is also helpful for people who are either oversensitive or under-responsive to sensory inputs such as touch, movement, sight, or sound. In general, people who use neurofeedback report feeling more alert, focused, and calm, with fewer intrusive thoughts, and decreased irritability.

A general guideline is to receive between 10 and 30 sessions. The number of sessions varies depending on why the person is training. When clients have more stressors, they often want more training. Clients can stop having sessions whenever they feel ready, and can return as needed for booster sessions to tune up and strengthen what the brain has already learned. Appointments are scheduled for one hour, to allow time to set the client up with the sensors, and then for closure at the end of the session. The actual session lasts for 44 minutes.

Laurie Hare is an occupational therapist who has been in private practice on Vashon since 1988; you can contact her at harelc2@yahoo.com with any questions, or to schedule appointments.

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Love Letter to the Island



The Loop invites Islanders to share what they appreciate about Vashon-Maury Island and Island life. Send your letter to editor@vashonloop.com

Dear Island,

That morning I said yes to writing you, I had some doubts. You've changed so much in recent years. Did your magic still exist?

Then I recalled what I love about you. Every walk into town, along trails, every ride on the ferry, or trip to a store or the post office, is an opportunity for wonder and connection. All you require of me is to be open-hearted and curious: What will happen when I step outside today?

And so I set out to the North End ferry to meet my mom who was arriving for a visit.

I realized Mom had never visited the Wild Mermaid or its chapel, so instead of heading home, we crossed the ferry lanes. There we picked up amazing pastries and a quintessential Island tale (ask about the chapel), shared good Island talk, and enjoyed the kindness of strangers: Another visitor not only offered to take our

photos, but made sure they came out just right.

In town, I spotted a friend through the VALISE Gallery window. Of course, my mom and I went in to say hello - Sharon had taught creative writing to my older daughter and some other youth, back in our homeschooling days. After catching up on life, Mom and I took in the art show. The VALISE artists had created playful, vibrant art on O Sole Mio pizza boxes, using the photo of the half-naked young man (Mario) as the starting point. Donations for the show benefit the Vashon Food Bank. I learned from Sharon about the VALISE Artist Collective, their support of one another, and more. Ideas for a future Loop article bloomed like a daffodil.

In Thriftway, we ran into co-editor, March, and learned that the Vashon Pharmacy is working with Bettie, the former owner of the hugely beloved "The Little House" in creating a candy section. What!?! The Pharmacy and The Little House had been favorite places for my kids and others in times past. And now a fusion of those delights was in motion!

I could continue on with tales of conversation and discoveries from that afternoon, and new ideas and plans that arose from these chance encounters, but this love letter would be way too long. Dear Island, here's what I love about you. When I open my heart to your magic, you always meet me.

Love,
Jane (Valencia)

Radium Girls

Continued from Page 3

oneself from rape, avoiding becoming a kidnapping victim while on vacation, the list goes on ... including not falling victim to the mind controls and manipulations utilized by totalitarian-style regimes, or the seemingly inevitable collusion between predatory institutions.

These two books, by Kate Moore, do not paint a fictional image. They are not dystopia. They elucidate fact and bring harsh reality into focus. With 20/20 vision, Kate Moore shows us what happened then, so that we might see more clearly today.

Executive-produced by Lily Tomlin, Radium Girls (the movie) was released in late 2020. The epilogue states that radium was used to paint luminous clocks until the 1970s, that the judge who negotiated the settlement was a stockholder in "American Radium," that the Radium Girls case impacted labor law in the United States, and that if you place a Geiger counter over the grave of a Radium Girl, it will click for more than a thousand years.

Spring Cleansing

Continued from Page 7

believe there's a training process that's necessary here. The training process begins with the psychological experience of building enough knowledge and awareness so that we feel confident going into this experience of letting go. The exciting thing about cleansing is it's accessible to everybody. We all have the capacity to benefit. It provides an opportunity to give rest and to set a new foundation towards reprogramming the body as a nutrient delivery system.

If you are interested in receiving support on your Spring Renewal, then please contact me for a wellness consultation (eavlight@gmail.com or [@emilianafior](https://www.instagram.com/emilianafior) on Instagram).

Overall, I have to say that the fasting, cleansing, detoxification process is one of the most effective and easy-to-use healing tools I have found. It is an important component for the prevention of degenerative diseases, and a key to transformational and evolutionary medicine and healing.

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It was such a pleasure to sink one's hands into the warm earth, to feel at one's fingertips the possibilities of the new season.

- Kate Morton



Public Health Messaging

Continued from Page 3

community currency so people receiving food benefits can shop at the Farmer's Market. (Vashon – that's us. Thank you, Vashon Island Grower's Association.)

Incentives can also be negative, meaning the choice to engage in certain behaviors comes with some sort of penalty or restriction. Like taxes on sugar and alcohol, and fines for not wearing seatbelts. In 2005, King County implemented a program that massively disincentivized smoking by prohibiting indoor smoking in all public places, and within 25 feet of public places, including bars and restaurants.

Nudge. Nudging takes advantage of our human tendencies to postpone decision-making and to be sensitive to peer pressure. It uses strategies to "alter people's behavior in a predictable way, without forbidding any options or significantly changing their economic incentives."

Ideally, nudges improve decision-making by changing the way available options are presented. Redesigning a cafeteria to put healthier food at eye-level is a nudge, but refusing to sell junk food is not. Nudges do not incentivize, mandate, or coerce.

The use of nudging in public health pretty much exploded in 2008 following an essay and book of the same name by Richard Thaler and Cass Sunstein. The Obama Administration was a particular fan, and Cass Sunstein served as his

Administrator of the Office of Information and Regulatory Affairs from 2008-2012.

Other examples of nudges include the reports sent to compare your home energy use to other households, to encourage reduced consumption, and using an "opt out" approach for organ donation systems, to keep the number of participants high.

Shove. The next phase of public health messaging is what I call the "shove." I created this term – I admit this. The shove can work alone or alongside other messaging approaches. But it adds a new level of coercion, via shaming and threats of disenfranchisement and/or economic loss.

Some people were effectively shoved into receiving the COVID-19 injection by being threatened with job loss. Likewise, when researchers at Yale University evaluated the ability of specific "persuasive messages" to increase COVID-19 injection uptake, most of the most effective and subsequently used messages focused on factors like embarrassment, lack of bravery, reputational costs, and restricted personal and financial freedom.

These days, I find myself with a renewed appreciation for the power of public health messaging, and I am watching its trends closely. I hope we all are.

Caitlin Rothermel has a master's in public health from the University of Washington.



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What Happened to the Cathlamet

Continued from Page 3

The report is also oddly incurious about the state of the captain. Post-accident, he was noted only as seeming to be "in shock." Could he walk in a straight line? Did his eyes track? Was his speech slurred? How was his apparent sense of balance?

Were the captain's and quartermaster's cell phone activities subpoenaed? An infamous rail crash was caused by distraction on the part of the engineer as he texted. Why was this aspect not investigated, even if to check it off as a verified negative?

Is there really no system to alert when a ferry is going too fast when it's too close to the shore or dock? GPS-based terrain alerts are a commodity often present in even the smallest general aviation airplanes.

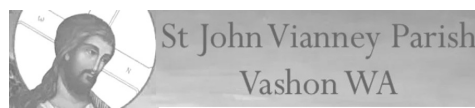
While the report recommends Voyage Data Recorders for all ferries (and one was installed in the Cathlamet during its repairs), the only aspect of this which applies to the current investigation is audio recording. Hearing for ourselves "what happened?" is much less helpful than a video record. What was the captain doing? Slumped? At the controls? Stiffly frozen? Why does the report not discuss video as a part of the remedies?

The unsettling conclusion of this investigation of the Cathlamet crash is that the underlying cause remains unknown. In safety engineering, if you don't know why something happened, you don't know if you've fixed it. Investigations can be embarrassing to the organization

under scrutiny, so the USCG's involvement as the lead agency was sensible. Yet our Coast Guard is silent, and WSF is left to report on itself.

If we're lucky, the shotgun remedies in this report will address it. If we're not, there could be more investigations in our future.

At the time of going to print, neither WSF, nor the USCG, nor the National Transportation Safety Board have responded to any of our queries concerning these details.



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Spending on VIFR

Continued from Page 1

With the 2023 "levy lift" proposal on the ballot, the per-\$1,000 valuation rate will jump from \$1.12 back up to \$1.50, a 34% increase, and will continue the current 6% per-year increase cap. As you can see, VIFR forecasts a significant, continued growth in the amount of money they will take in.

While spending money is the easiest thing to do when times are good, in the current economy, a lot of us are feeling a little less flush than we once were. As the vote on this proposed levy lift gets closer, The Loop is planning to join with some Island voices in providing further analysis, and exploring alternatives to just spending more money.

Transparency is a cornerstone of a public entity like our VIFR, and in the past the organization has been diligent in putting details of their meetings and planning documents on vifr.org. Unfortunately, VIFR stopped posting meeting minutes after 11/2022; the 2022 budget report is missing, and the 2023 budget "report" is a two-page fact sheet. We urge VIFR to resume its proactive transparency, so that any interested member of the public can view its operation at any level of detail with the convenience of a web site visit.

Placing barriers such as public records requests and FOIA demands to view documents? Which we, the community, paid for in the first place? How does this serve the interests of the voters who will shortly be asked to support further growth of the VIFR budget?

Electric Vehicles

Continued from Page 5

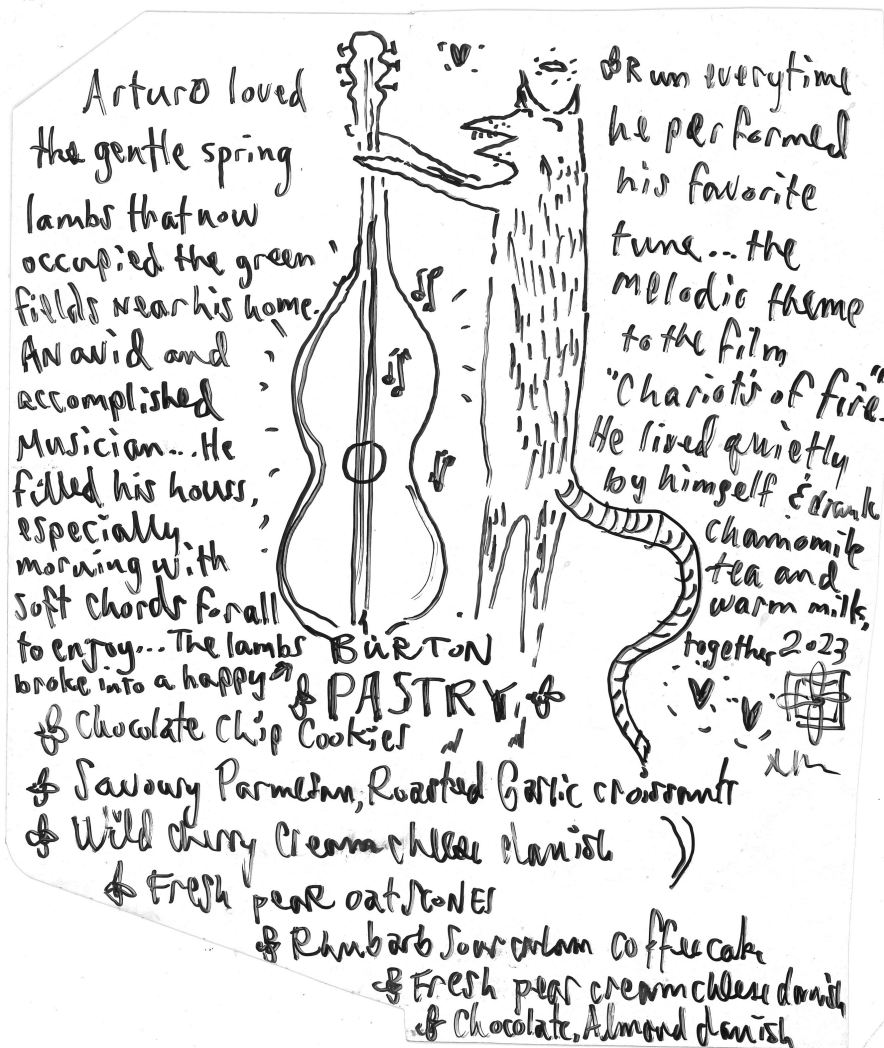
Other signs and portents give pause to the notion that a smooth transition to an all-electric future is possible. Cost savings between charging up and gassing up are narrowing. Chile and Mexico are nationalizing their lithium mines, children are picking through Congolese dirt for cobalt, and diesel power must dig through 500,000 pounds of earth before mining enough to refine into one car battery.

The CEOs of Toyota and Subaru both recently quit over pressures to speed up the conversion. Ford's vice-president in charge of the battery supply chain just resigned to spend more time with her family after a fire in its factory "Lightning" pickup lot, where production is halted. Ford estimates it will lose \$3 billion on EVs this year. GM's CEO stopped, then restarted its EV program, after telling owners to park at least 50 feet away from structures. Volkswagen's own study estimates that their new Vanagon doesn't start turning carbon-negative, compared to an internal combustion twin engine, until 80,000 miles elapse.

Without a massive increase in electricity production, there will simply not be enough power to go around for all-EV highways. That said, they're a tremendous success story and an undeniable advance. They usher in a new mobility ethos, perhaps best expressed by Island Nissan Leaf drivers for years. Meanwhile, I hope Jay Inslee takes a closer look at the new Prius Prime, with its plug-in EV 44-mile range and 55 fossil fuel mpg.

Illustration and Tale

By Adam Cone



Find this month's Crossword Puzzle online
 "Spring Flowers and Early Greens"
vashonloop.com

Rose Hip and Snowberry – Part 4

By Jane Valencia

In a time when technology has fallen away, Islanders are rediscovering the ways of the forest. In a frenzy of excitement and discovery, two children, Rose Hip and Snowberry, have yanked quantities of moss and licorice fern from a tree. When a licorice fern-being named Sweet Root berates them for their lack of consideration, the children wonder what they might do to make things right. Enjoy the final installment.

Snowberry's hands clench around the bundle of Licorice Fern root. Gazing back at the tree from which they'd taken the roots and moss, Snowberry thinks aloud, "Humans garden. Mam moves plants around. Maybe we can fix all this, Rose Hip. Maybe we can replant the roots and the moss, and return it to the way it was." Snowberry doesn't feel very hopeful, but they have to try.

And so they do. Snowberry and Rose Hip smear mud on the trunk and rebuild the soil layer. They work to replant the ragged moss. They work with all the attention they'd put into making the stick house for Rose Hip's head. And in time, the little Licorice Fern community is somewhat restored. Snowberry takes some of the rhizomes - especially the long and hairy ones - and tucks them into the soil and moss, as if into bed.

As the sky between the trees darkens into red-gold, Sweet Root sighs with contentment. "That is fine. Please, no need to put all the roots back. Keep what you have left for yourselves. I'm sure you'll find them to be more than enough for your family."

Rose Hip holds up a few. "We could probably share them with the whole neighborhood - our human one, that is."

At that, Sweet Root smiles, and with his hairy hands, reaches for the tree trunk and begins to climb. With each movement up, he grows smaller and smaller, but the greens and yellows and browns of his body and clothing grow brighter.

Snowberry remembers the cornbread. It's all crumbled now, but Snowberry pours some onto a Big Leaf Maple leaf. "Wait, Sweet Root. Can I give you something to thank you? Do your people like cornbread? I want to thank you for your gift."

Sweet Root grins. "The whole of the Greenwood enjoys gifts. Cornmeal is nice. So is song, so is your appreciation. So is your love and kindness. We are honored to receive your gift. You may sprinkle a little on our village, and leave the rest at the base of this tree."

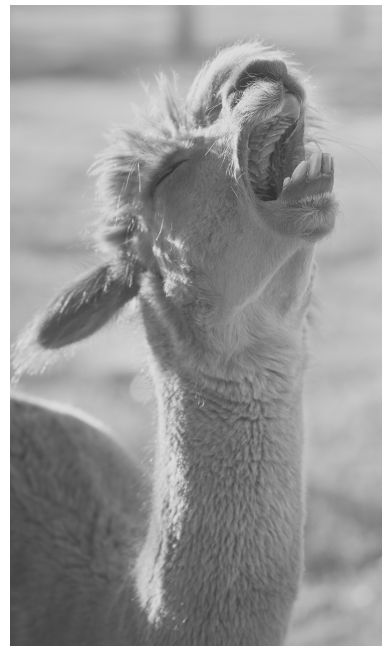
This Snowberry does. With the last light, Snowberry and Rose Hip make a beautiful design on the ground of cornbread crumbs, twigs, stones, and other things of nature. Then off they run, down the deer trail.

As they pass beneath the Red Alders, just before leaving the woods between the Rose and the Snowberry shrubs, Snowberry looks back. The shadows seem to form the shape of Bear. Kind thoughts fill the air, and a permission to Snowberry and Rose Hip that they may return.

Snowberry waves good bye - for now.

Llaughing Llamas Chronicles

By Daniel Hooker



I'd love to give credit to Alex at the Auto Parts store for this one! Why are Irish bankers so successful? Because their capital is always Dublin!

And thanks to Martin Feveyear for one more Irish joke! Why do you only put 239 beans into an Irish bean stew? Because, if you put one more in, it's two-fart-ee.

Now, this one I think you'll really appreciate ... a la our amazing Ace Hardware folks! "Dogs cannot read an MRI, but catscan!"

Oh, and have I told you the one about the termite? A termite walks into a bar, sits on the bar, and a server walks up, "How can I help you?" The termite replies, "Is the bar tender here?" LOLLOL! I had so many people stumped with that one ...

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Horses require adequate selenium and vitamin E levels, but supplementing can be tricky, as severe overdoses can lead to death. Complicating it further, signs of selenium deficiency are like those of toxicity: poor coat and hoof quality, sore muscles, and poor performance and fertility.

Thankfully, selenium & vitamin E augment one another, and the best source of vitamin E is fresh green grass. Did you know that a horse allowed to graze fresh-growing grass for just 3 months will store enough vitamin E to get him through the year?

Amnesia

By Claudia Hollander-Lucas

Siskin or warbler
 trills up or down?
 Head drenched in scarlet
 a rose finch or house?
 In spring I re-learn
 the sparrows, the wrens
 the colors, the calls
 the changeling songs
 Whose clarion voice pierces our sky?
 hungry chirps fill old hollow logs
 night flyer swoops with a deep hoot-who-who
 In autumn I learn the returning ducks
 Bufflehead, Wigeon,
 the Scoter, the Snipe
 Wintering brown birds whose names are all lost
 where is goldfinch, hummer, elusive thrush?

Like birds in watchful, constant need
 memory sways in eclectic migration
 roaming a fickle world, dire,
 and often shameful

In solace, I hold Thomas Merton's words:
 All memory is amnesia
 corrupted by time
 if locked in the past—
 cleave it to the present.

We live most truly with changing things
 the blooming, the tides,
 the passing suns

Like birds, we conspire to pleasure
 of flight, to calm, and
 winnowing life's
 uncertainties.

Aries (March 20-April 19)

If you must assert your will, do so in a mindful and intellectual way, rather than an emotional or forceful way. How you speak and how you feel when you're expressing yourself constitute most of the message you are conveying. A diversity of factors, including Mercury retrograde and an eclipse of the Moon in Scorpio, say that your priorities are under re-evaluation.

Therefore, bide your time, which does not mean wait, or make digressions. Rather, it means abide in your time. Use it well, map out your commitments and take any opportunity to disabuse yourself of what is not working for you. This will open up space and energy for what you value, and you will have the freedom to explore it.

Taurus (April 19-May 20)

You have been through a long process of chipping, chopping and eroding guilt. By long, I mean that you probably figured this out more than 10 years ago. This endeavor has taken many forms and has probably had a diversity of names, though the bottom line has been understanding the toxic, wasteful and imprisoning nature of guilt. The antithesis to guilt is, partly, the study of ethics - having an actual understanding of right and wrong.

One thing to be mindful of is potentially conflicting values. For example, one cannot be happy while simultaneously wanting to stay up late, get up early, and get lots of sleep all at the same time. At a certain point, you must prioritize being in harmony with yourself. This may take many seemingly little forms. Know your truth and stand by yourself.

Gemini (May 20-June 21)

There is only one approach to handling your deepest fears, which is a spiritual approach. It's rare that fear is connected to something you can actually do something about, especially in the short-term. This month's lunar eclipse in Scorpio may confront you with your anxieties, particularly material. At all times, you have the power to make one particular choice, which is whether to listen to the voice of fear or the voice of love.

This is not always easy to work out, because fear is so shrill and demanding of attention. It is relentless, and it's almost always wrong. Fear needs to be discredited due to its terrible track record of not being at all helpful, though it's also a habit. The only way to release an old habit is to replace it with a new one - and help is on the way.

Cancer (June 21-July 22)

If you are in any way feeling overwhelmed, put it in writing. This will help you process your emotions, and also turn them into a form of inspiration. In a similar way, put into language your ideas and plans. Meanwhile, there is good news in that changes to your social environment are on the way. It's almost as if your circle of friends is molting - shedding its previous container - to make room for something much more nourishing to you.

The past year of Jupiter in Aries has done much to elevate your visibility and even your status in the world. Yet it's a separate step to experience the benefits. This month's lunar eclipse in Taurus will remind you of what you do not need or want, and give you the impetus to let go of them. This will free up time and bandwidth



Planet Waves

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



for many tangible possibilities. Emphasize the social above all else, because it's the hub of all good things. One thing that's always been true about you is that you're happiest among people who share your core values. It will help if you know what they are. Some people prefer to associate with others who make as much money as they do, or who have similar advanced degrees. Your truth is deeper.

Leo (July 22-Aug. 23)

You're undergoing a series of shakeups and shakedown in your professional life, and while that is happening, you would be wise to stay in close contact with the people you report to, and to whom you are responsible. Be impeccable in your communications, and respect the chain of command. Events early in the month will help you confirm whether a situation is working for you or not. One good thing about the world right now is how many people are looking for reliable, knowledgeable help.

That all said, Jupiter is about to spend a year in one of the most solid, productive angles of your chart. It's possible that one year from now your professional life will look and feel very different than it does today. Let that work out slowly, carefully and in the tangible, physical world.

Virgo (Aug. 23-Sep. 22)

Belief, not the truth, is for most humans the final arbiter of reality. Few have acknowledged how dangerous this is, for individuals and for all of us. The result is that persuasive people - rather than honest ones - usually get their way. It's good to check for a mistaken belief, though if you discover one, you will need to use an essential skill for our time, which is the ability to unlearn.

By that I mean acknowledging an error of understanding (or not understanding) without thinking your whole world is going to collapse. An upcoming eclipse of the Moon in Scorpio will provide you with an opening to make some corrections. That may lead to a wider re-evaluation of where you place your faith, what you believe and how that came to be. What is true and correct will be much more helpful than what is incorrect, outdated or based on propaganda you were infused with when you were a kid.

Libra (Sep. 22-Oct. 23)

How many times have you violated your own intuition, only to regret having done so? I would reckon a good few. You are entering territory where you will know what is right, though you may doubt and second-guess yourself. Intuition is knowing without a specific, conscious reason to know, or it's where the available clues lead, if you're not resisting them.

The eclipse in Scorpio on May 5 will rearrange and accelerate matters you considered settled, and bring you closer to understanding your professional goals. There is way too much happening there right now to make any decisions that work out well for you. So if my intuition as an astrologer is worth anything, postpone making any commitment that can wait, and work carefully to find out what you do not know. Be patiently observant - and do that rare and

beautiful thing called noticing. Observing. Paying attention to what one thing means in the context of another. Ahh, the beauty.

Scorpio (Oct. 23-Nov. 22)

The upcoming eclipse of the Moon in your birth sign may represent your changing attitudes and values about a relationship. There is a good chance you've been involved in this evaluation for more than a year. By the time an eclipse in your sign rolls around, you're at a point where your hand will be forced by a factor that seems outside of your control.

Whatever may be changing, waning, or departing from your life, many beautiful developments are in the offing. Get ready for a kind of celestial speedup associated with the May 5th eclipse, where you will need to catch up with yourself emotionally. The truth is, you know where you stand; you understand your situation; you know how you feel about the people involved in any question. I suggest you make your decisions before they are made for you.

Sagittarius (Nov. 22-Dec. 22)

Jupiter (the ruler of Sagittarius) is entering Taurus; yours is one of the most ethereal signs, and Taurus is one of the most grounded. Its position in your chart is in the house of getting things done (the 6th). Before this happens, there are a few shuffles to be aware of. One of them involves Mercury stationing direct on the 14th. Until then you may be hustling to get previously-committed work done - that would be an excellent idea. You want your slate as clean as possible as you enter the Jupiter-in-Taurus era.

Hang loose, and let one thing lead to another. Sure, there will be practical goals to fulfill, though don't let them interfere with your exploration of the nature of reality. In Taurus, that would be tangible, physical reality. Jupiter's message is to keep your priorities and your activities as close to physical, material, analog reality as you can. Start everything on paper, in clay or on your acoustic guitar. In the first instance, skip the iPad. You'll get there eventually.

Capricorn (Dec. 22-Jan. 20)

The creative bug must seem like a swarm of butterflies or maybe even grasshoppers right now. With many other influences out of the way, the dominant energy of your chart is coming in through your house of art and adventure. This is all in your

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fellow earthy sign, Taurus, your solar 5th house - which is potentially undeveloped territory for you. Getting in contact with this drive, need, impulse or desire used to have a name - inner child work.

It's an essential form of self-therapy to get in touch with your inner kid and make sure he or she has some room to explore. It's likely that you have some natural ability that you have carried forward from when you were much younger. And the thing to do with that gift, no matter how modest, is something fun for its own sake.

Aquarius (Jan. 20-Feb. 19)

When Jupiter enters Taurus in a couple of weeks, it will activate your chart several ways, making a bold aspect to Pluto, newly in your sign. This will influence you a number of ways, and remind you of the change of emphasis that Pluto in your sign represents. Pluto is a driving force; Jupiter is about expansion and benefit. You may get the idea that you want more out of life: such as a nicer home, or better food to eat, or perhaps even a sense of inner peace. Pluto's side of this dialog is saying that you must change the patterns of your life in order to have this.

With Aquarius, this is almost always about a shift of mental posture or thought patterns. And while this gets more challenging with each passing day, Pluto is here to assist you with the one thing you need the most, setting yourself free from existing thought patterns. Jupiter in Taurus will remind you that you must stay in contact with the Earth you live on and that sustains you - not from above, but from below. With much else happening in Taurus, including retrograde Mercury, you may feel like you can have the comfort you want without updating your ideas about yourself and about life. But why?

Pisces (Feb. 19-March 20)

Your ruling planet Jupiter is about to join the Sun and Mercury in the angle of your chart associated with buying and selling. The fact that Taurus is located here says you have something of value to offer, and Jupiter will remind you of that in some bold new ways. People confuse the challenge of making something marketable with something not having actual worth.

And many of the sublime qualities of life that are of value to Pisces people are taken for granted by much of the world. It's a lot easier to sell a guitar than it is to sell a song. You must rely on yourself as much as possible, and winnow down your associations with others to those who support you creatively, or facilitate your financial success - and not waste your time on the rest. Thankfully, taskmaster Saturn is in your sign and on your side right now, and will help you make any difficult decisions.

My garden is my most beautiful masterpiece.
- Claude Monet

