



KEY PENINSULA NEWS



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Key Peninsula firefighters seen here in defensive containment mode. Photo: Lisa Bryan, KP News

Fire Destroys Cramer Road Residence

LISA BRYAN, KP NEWS

Key Peninsula firefighters responded to the scene of a two-alarm fire the afternoon of Dec. 1 near the 108th block of Cramer Road NW after 911 operators received multiple reports of what one caller described as “black smoke, flames and what looks like a house on fire in the trees.” Another 911 caller ventured up the driveway and reported, “It doesn’t look as if anyone is home; no cars in the driveway.”

Battalion Chief Jason Learned said his crew arrived to find the mobile home “fully involved in flames, pretty much gone, and the front of the second structure was burning.”

Firefighters conducted their initial vent-enter-search protocol.

“We go through the windows from the outside into bedrooms to make sure nobody is there,” Learned said. “After that, we pulled our guys out, the floor had collapsed and it clearly wasn’t safe for us to risk personnel and equipment to be inside.”

“We’re just going to let it go,” he said. “At this stage the longer we let it burn, the

easier it is. Now it’s a waiting game.” KPPD crews tended the fire well into the night.

An approximately 1,000-square foot structure was connected to the back of the mobile home by what appeared to have been a small breezeway between the two structures. The second building was allowed to burn due to its dilapidated condition.

Deputy Fire Marshal Dave Dupille of the Pierce County Fire Prevention Bureau said, “The fire most likely started in the 1978 double-wide mobile home, but the extent of damage and the inability to further investigate the interior safely means the exact cause remains undetermined.”

In his report, Dupille wrote that a Peninsula Light Company field technician confirmed the double-wide had a live service feed connected and that the fuse on the transformer had blown at the pole located below on Cramer Road.

The residence was situated on 3.5 partially wooded acres and had been vacant for about a year, said Dupille, who interviewed a neighbor who told him the previous owners had died, apparently leaving the property to their daughter.

“BASED ON DISCUSSION AND INTER-VIEWS AT THE SCENE, EVIDENCE TYPICAL OF SQUATTERS INSIDE AND OUT, THE CAUSE COULD BE AN UNEXPLAINED ELECTRICAL ISSUE, AN INTENTIONAL OR ACCIDENTAL ACT,” SAID DEPUTY FIRE MARSHAL DAVE DUPILLE.

Pierce County Fire Prevention Bureau said, “The fire most likely started in the 1978 double-wide mobile home, but the extent of damage and the inability to further investigate the interior safely means the

In October, Hope Recovery Center was approved to apply for a conditional use permit to build a residential and outpatient drug treatment facility on the Key Peninsula. Key Penners had mixed reactions—mostly negative.

Hope Recovery Center: Progress and Pushback

SARA THOMPSON, KP NEWS

In mid-October, Hope Recovery Center (HRC) reached a milestone. The nonprofit, founded three years ago by Jeremiah Saucier and a volunteer board of directors, was notified by Pierce County Planning and Land Services (PALS) that it had been approved to apply for a conditional use permit to build a residential and outpatient drug treatment facility on the Key Peninsula.

In December, the Puyallup Tribe donated \$40,000 to HRC to fund a feasibility study evaluating the likelihood of raising enough money to build the facility.

When a yellow permit notification announcement was posted on the existing HRC sign at the proposed site, the KP Facebook pages lit up. Susan Freiler Mendenhall, who moderates one of the pages, said, “An informal poll shows that the group membership is about equally divided on the subject. The opposition group is more vocal, but they have concerns which do need to be addressed.”

Those concerns included fears of bringing drug addicts to the community, worry that the size of the facility is not consistent with the community plan, the location itself was inappropriate, and about the impact on traffic.

Saucier, who lives on the Key Peninsula with his wife, is the director and owner of the outpatient drug treatment facility Crossroads in Lakewood. He has openly shared his personal story of drug use, incarceration and recovery, as well as details about his goal of building a drug treatment center on the KP. (See “Bringing Substance Abuse Treatment to the KP,” KP News, July 2016.)

Saucier said the location is close to ideal. “I wanted a location that would be conducive to serenity. These people are broken, and they need a peaceful place to reconnect with themselves.”

Annmarie Huppert, HRC community relations and fund development director and a paralegal said, “This community has consistently supported a healthy community that wants its young people to be active and involved. And so Jeremiah and the board have thought from the beginning that this is the perfect healing environment to provide a place where we can work with them.”

In 2016, HRC signed a memorandum of understanding with the Lakebay Community Church allowing HRC to use their nearly 8-acre parcel on the Key Peninsula Highway NW, between the Key Peninsula Lutheran Church and Key Peninsula Middle School, as the site for the facility.

“We didn’t donate the land to HRC,” said Dan Whitmarsh, pastor of the Lakebay Community Church. “The church will hold the land until such time as HRC is ready to open, at which point the church and HRC will negotiate a fair price for sale.”

The church bought the land in 2000 and hoped to build a new church there. That permit included 35,000 square feet of building construction, a parking lot for 176 vehicles and logging nearly 6 acres, but the church decided not to move forward with those plans.

The new request by HRC is for a building with a footprint of 24,000 square feet and 65 parking places. The plan would require clearing about 3 acres and incorporates a 50-foot buffer from the highway.

CONTINUED PAGE 14



The proposed treatment center site is located at 4706 Key Peninsula Highway NW just south of Van Beek Road NW. Architect's rendering: Craig A. Peck & Associates

Here's What I Think About That

LISA BRYAN,
EXECUTIVE EDITOR, KP NEWS

No matter the substance, addiction is a painful affliction with predictable results. We've learned about how it works in our brains and the effects it has on the rest of our organs, but we don't have a cure. For the families and loved ones of addicts, it's an ongoing nightmare that renders you powerless.

Your own experience with addiction may be entirely anecdotal. If you don't know someone whose family has been touched by addiction, consider yourself among the lucky few.

The current opioid crisis didn't start at our southern border. It started with a highly successful marketing campaign by a company called Purdue Pharma.

Take Mary, who spent her life working as a nurse. She began volunteering in her teens as a candy-striper at her hometown hospital, studied rigorously in school and graduated from the University of Washington with a degree in nursing. She married and had three children but later divorced. As a single mother working a full-time job, she went back to school to earn her master's degree and went on to become the director of nursing at a prestigious hospital. She made her family proud.

Several years away from retirement, her back began to give her serious trouble, a common affliction among nurses and first responders. Between her grueling commute and her desk job, Mary's back pain was wearing her down. After losing her pension in a round of unsuccessful union negotiations, she was bound and determined to make it to 65. She went to her doctor, who prescribed a new kind of narcotic used for chronic pain.

When asked about the potential for addiction, Mary told her family, "Well that's the way it was with the old narcotic painkillers. This new one is specially formulated for timed-release in such a way they aren't the least bit dangerous. You can't become addicted because you never get enough of the drug at one time to trigger addiction." She brought home the marketing materials from the pharmaceutical company she found at work so her family could see for themselves. "See? That's what's so wonderful about OxyContin pills. They aren't addictive. It's a miracle."

Mary began taking OxyContin at age 62. Early on she recognized the pills indeed made her "a little bit loopy" but the pain relief was worth it. To be cautious, she took one pill in the morning about halfway to work, ensuring that by the time the meds kicked in she would be comfortably seated at her desk. The pill was supposed to work for 12 hours, so by the time she came home she was ready for another.

Only months from retirement, Mary struggled to stay awake at work. In three years her dose of OxyContin steadily increased in strength and frequency. Her mind was fuzzy, her memory shot, her work suffered and she knew it. She spent her last few months living in mortal fear of dismissal after a long and stellar career.

After retirement Mary declined rapidly, largely from inactivity. She was drugged up all the time. She became isolated. She spent most days in bed. Her doctor

couldn't prescribe her any more pills and referred her to a pain management clinic. The doctors decided an internal pain pump was the answer. She goes to the pain clinic monthly for her refills of fentanyl, a synthetic opioid far more powerful than heroin.

Mary is over 80 years old now. She didn't ask to become a drug addict. OxyContin removed her choices.

The pain clinic administers random drug tests to ensure patients aren't abusing. Things turned upside down when Mary

tested positive for marijuana. "But it's legal! I have a card," she said.

While it may be legal in some states, it is not nationwide and Medicare is a federal program. She also tested positive for alcohol after drinking a glass of wine at a party. That gave her

two strikes at the pain clinic and meant they could not legally refill her pump. She went into severe withdrawal and very nearly died. In too much pain to advocate for herself, Mary's family stepped in to help her get into a different pain clinic.

The images we have of drug addicts probably don't include your sweet grandmother. If it weren't for the secondary societal problems drug addiction creates, like crime, homelessness, squatters and needles in the streets, we probably wouldn't care about drug users.

We may disagree on solutions to this crisis, but it is certain that we have yet to see the wave crest.



Thank you, thank you.

Our fundraising campaign for 2018 has been more successful than ever before.

Donations have come in from literally hundreds of people, marked with comments as concise as "Love it!" or moving as "We are particularly concerned now about the viability of local newspapers, so want to support the Key Peninsula News."

We could not agree more and are thankful for your support and encouragement.

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Incoming director Gina Cabiddu gives Jud Morris the confidence needed to retire knowing that she will be a successful leader. Morris said, "I have loved working here and I feel very protective of this community." Photo: Lisa Bryan, KP News

Retiring Community Leader Welcomes Successor—Back Home

LISA BRYAN, KP NEWS

After a career spanning half a century of helping people in need, KP community leader Jud Morris will retire from the Children's Home Society of Washington-Key Peninsula Family Resource Center as its Pierce County director, a post he held for 13 years.

Morris will officially pass the torch to his successor Dec. 31, welcoming Gina Cabiddu to the job in something of a homecoming.

Cabiddu attended Evergreen Elementary and Key Peninsula Middle schools and graduated from Peninsula High. She earned her master's degree with honors in social work from the University of Washington Tacoma in 2017. She served as an intern under Morris's supervision at various times in her academic career.

"Yes, I grew up here but now I want to grow back into this amazingly resourceful and progressive community," Cabiddu said. "While there are many strong community leaders retiring all at once, there is also a whole new wave of energy coming to continue the work." She said she feels inspired by this community where people see a problem and together find a solution.

Marcia Harris, who sits on the KP Community Council, said she was thrilled to learn Cabiddu had been hired. The two worked together during Cabiddu's extended internship at the resource center. "She brings energy, caring and innate leadership that is compelling," Harris said.

Morris said his guiding philosophy was based on three principles: That no children should ever be hungry, cold or go without holiday presents; that everyone needs support to be self-sufficient; and that all children should be successful.

"We have a problem of hungry students whose parents don't want to sign their kids up for free and reduced lunch," Morris said. Behind the scenes, CHSW subsidized those meals to make sure children were eating. "Hungry kids don't learn," Morris said.

The Little Buddies mentoring program was up and running at Evergreen and Vaughn but not Minter Creek. Morris said a van donated by John Dionas changed that.

Morris recognized a need for similar mentoring at the middle school level, so Little Amigos was born. "What principal is going to say no to a free mentoring program?" he said.

Little Toasters was inspired by a student who wanted to start a group teaching young girls how to speak and write speeches. "We went to Toastmasters, learned what they were doing, started a group and after 10 years Little Toasters is in all the elementary schools. We brought in women pilots, park rangers, bank vice presidents, to share how they made their career choices," Morris said.

Kindergartners and first-graders sometimes have accidents at school and don't have a change of clothes. "That won't do," Morris said. His staff bought five new sets of boys' and girls' clothes for each school.

"Dr. Nathan Schlicher called to ask what we needed. We talked and their daughter volunteered to help out by replicating that in other schools," Morris said.

Morris also created programs to help children and parents outside of school.

"United Way reached out to give more on the KP, so we started a cooperative preschool program called Ready, Set, Go!" that meets at the

"IT'S JUST ONE HUMAN BEING TO ANOTHER, RECOGNIZING THE NEED TO MAINTAIN SELF-RESPECT, SELF-ESTEEM, HOPE."

Appreciating the needs and struggles of many grandparents and relatives raising children on the KP, CHSW started a support group called Relatives Raising Kids.

"I've always started programs without money," Morris said. "It's easier to attract money after you have a program people can relate to."

Morris said he is also proud to have provided utility assistance for over 2,000 families.

"What deeply touches me is when people have a moment when either their lights are going to be shut off or they're about to be evicted; I have resources here to make sure they aren't," he said. "It's

just one human being to another, recognizing the need to maintain self-respect, self-esteem, hope. For all of us being unique, we also have the same challenges."

Outside CHSW, Morris helped start the Key Free Clinic, served on a committee to cap bridge tolls, helped to place suicide prevention signs on the Tacoma Narrows Bridge, and provided field placement for many student interns. He also relished

playing Santa and bringing joy to children. "For me, there was always steady movement forward, even if I didn't always know what I was doing," Morris said. Looking back, he said there were no tremendous left hand turns in his career path, no "aha!" moments. He decided to make a difference and focused his energy on making change.

Congressman Derek Kilmer presented Morris with a congressional citation Dec. 9 from the U.S. House of Representatives recognizing his community service.

"Jud Morris leaves big shoes to fill," Harris said. "From my perspective, Gina is a fine choice, someone who will be wearing new shoes as she continues to support and build new programs supporting our KP families and children."



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Grace Nesbit, 13, taking down an opponent, is the only eighth grade girl on the KPMS wrestling team. Photo: Ed Johnson, KP News

Girls Change Face of KPMS Wrestling Team

ALICE KINERK, KP NEWS

Thirteen-year-old Grace Nesbit is strong.

She is a strong student-athlete, balancing schoolwork with a full calendar of sports and other extracurricular activities. She is also strong in spirit, joining the KPMS wrestling team as a sixth-grader despite the sports' association with male athletes. She is, finally, a strong competitor, finishing fourth overall in her weight class and the only KPMS eighth grade girl at the coed district meet at Peninsula High School Dec. 8.

"She's a great leader on our team," said Nesbit's coach, Leonard Spadoni.

For Nesbit, wrestling runs in the family. As an elementary school student she watched her older brother Matt on the wrestling team and thought it looked like fun. When she began middle school and

found that lots of people she knew were signing up to wrestle, Nesbit made the decision to sign up too. "Most of the guys on the team are my good friends that I grew up with," she said.

Nesbit has been wrestling for three years. Her first year on the team, she was one of two girls. By seventh grade, three girls were on the team. As an eighth-grader this year, the KPMS wrestling team includes four girls.

Such a change was once unimaginable. But a federal civil rights law called Title IX passed in 1972, stating "No person in the United States shall, on the basis of sex, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any education program or activity receiving Federal financial assistance."

"There isn't a boys or girls team," Nesbit said. When handing out the flyers for

the team each fall, school staff emphasize that the sport is open to all. "They would say, 'It's highly encouraged that girls wrestle,'" Nesbit said.

Nesbit doesn't let the gender differences throw her off her game. "Girls and boys have the same strength," she said. Heading into a match, "I wouldn't think about if they are a boy or a girl. I would think about their size compared

to mine," Nesbit said.

Grace's mother, Anne Nesbit, observed the difficulty some boys on the team had with the idea of wrestling a girl. "When Grace first started there was definitely a reluctance to touch or get in. But as an eighth-grader, the boys do not care. A match is a match," she said.

"Most girl wrestlers are treated like everybody else," said friend and teammate Joey Geier. "Some of the toughest matches I've had were against girls."

Not everyone close to Nesbit is so open to the idea of her competing on the wrestling team. "My dad has a real problem with Grace wrestling," said Anne Nesbit. "Because it's against boys and it's inappropriate for boys to be handling her that way. And he doesn't want her to get hurt."

Nesbit is known as a tough competitor on the mat. At the district meet last year, Nesbit put a competitor into a half nelson.

At districts this year, she gave great effort but faced tough adversaries. "She came out to battle. She's been that way all three years," said Coach Spadoni. "She gives you all she has."

"She kept trying to build up, but got knocked down again," said Geier.

Despite her successes, Nesbit will not continue wrestling as a high school freshman next year. "It's a different intensity," Anne Nesbit said. "There are other sports Grace enjoys that are safer."

Anne Nesbit views her daughter as a winner regardless of the outcome of her matches. "It's such a boy sport. You've won just stepping onto that mat. Being a female, there's so many who wouldn't put themselves out there that way. That sets a tone for the rest of her life," she said.

For Nesbit herself, life is about making the most of opportunities. "If your daughter wants to wrestle, let her try it. If you want to do something, always give it a try," she said.

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The new 16-by-22 foot storage shed will help the work the Angel Guild accomplishes to benefit the whole KP community. Photo: Lisa Bryan, KP News

Gig Harbor Rotary Helps Angels Spread Wings

COLLEEN SLATER, KP NEWS

Key Peninsula resident Jeff Harris was at the Angel Guild in Key Center dropping off some things one day last year. He heard a volunteer mention needing more storage. “So I applied to the Rotary for a grant,” Harris said. “They liked the project proposal and supported it with \$6,000 and a couple of Rotarians donating time and labor.”

Harris also applied to the Home Depot Foundation for a grant. His efforts were rewarded with “a \$1,100 grant, plus they are donating labor to the project to finish what’s necessary to complete the interior,” he said.

“We think it’s awesome. It’s going to give us a lot more space,” said Carla Parkhurst, manager of the Angel Guild Thrift Shop. “It’s going to house our holiday and Christmas things and we may be able to have enough space for another person to be out there working.”

“If you’ve seen our current shed, you know we don’t have a lot of space to move around in there, so this will really help,” she said.

Parkhurst has been with the Angel Guild for 13 years, the first five as a volunteer and the remaining as the coordinator.

“We have about 55 women who volunteer; not all the time or every day—we have our different shifts. It’s a lot of women, a lot of help, but we really have a great time together,” Parkhurst said.

“We have so many people that depend on our shop for the basic necessities but others come just for the fun of visiting

with each other and shopping,” she said.

The sorters, who work in the shed, discard anything they wouldn’t personally want to wear or have in their own homes. The rest is put up for sale in the shop. The guild gives thousands of dollars each month to nonprofit community organizations.

“We are really grateful to the Rotary and all the volunteers who helped put up the shed,” said angel sorters Ean Chikasuye and Marlene Miles. They encourage people who donate to either park outside or at least have their donations sorted and ready to carry in. “Some of us can’t lift or carry big heavy bags,” Chikasuye said.

The Angel Guild was formed nearly 50 years ago to support the first medical clinic on the Key Peninsula. A group of women collected rummage sale items and organized fundraisers to help pay for the clinic run by Jeanne Brodsack, who liked to say her first patient was a cat.

According to the Guild’s history, George Rickert sat in the original shack holding donated rummage, enjoying his “cigarette” and talking about his angel of a wife.

“We should call this group Angel Guild,” Brodsack said at the time. Rickert’s daughters Shirl Olson and Marge Radonich, volunteer sorters that day, agreed and the Angel Guild was born.

Brodsack believed the attitude of the volunteers is what should be taught to the next generations—being involved in a worthwhile venture, salvaging discarded goods to be used again, and giving back to the community.

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Dr. Art Jarvis

GUEST COLUMNIST



The Voice of Experience

I am the interim superintendent of the Peninsula School District. Over these past three months, it has been my honor to join this community and learn much more about the schools, parents and community at large.

My history includes over 50 years in the education business and over 30 years as superintendent. I offer that fact as the background for my next observation—this is a very special place. The beauty of this peninsula region would be impossible to miss, but the quality of the schools and school district might be less known to some.

During my time here, I have been delighted to experience the excellence of district programs and staff. Peninsula is so attractive that people want to work here, and that enables the schools to hire excellent staff.

After acknowledging so many wonderful aspects of the district and community, I was shocked to examine the status and background of our school facilities. The inconsistency of the condition and inadequacy of the facilities is perplexing. In reference to the repeated failures of capital proposals, one of the first requests from the school board of directors was to use my experience to assist in answering the question, “Where do we go from here?”

On Oct. 11, 2018, I presented my answer to that question by proposing a new capital issue for the February ballot. That proposition emerged from an intense review of the accumulated analyses of studies and recommendations of the past 15 years. Very little needs to be added to the prior conclusions that the facilities deficits are real and very stark. I came to believe that the major work was to determine the highest priority and focus for new efforts. I quote a friend out of the aerospace industry—“You can eat the facilities for a while and then they eat you.”

The facilities are starting to eat the Peninsula School District. Student growth has been handled by acquiring portable, temporary classrooms. We now have the equivalent of one-third of our elementary children and staff in portables, and we have exhausted the places to put more. Virtually all of the temporary solutions to house more children will displace other programs to find space.

And the growth keeps coming. Current large kindergarten classes will require more

space each year just to move through the system. New homes continue to be built and families with children are replacing the empty nesters. Therefore, our proposal includes building two additional elementary schools in addition to replacing and expanding two of the oldest elementary schools, Evergreen and Artondale. While collectively adding 77 more classrooms, Evergreen alone would go from eight permanent classrooms to 18.

An exciting feature of replacing an aging, deteriorated Evergreen is to envision the use of the new school by the Key Peninsula community. Essential planning for a new facility includes serving the KP area for decades as a school and community center. That planning process can begin as early as January and engage community members and educators.

The entire proposal was structured to fund the school construction in the most economical, affordable manner. This proposal is smaller than the 2018 bond and with the passage of the 2019 bond issue, school tax rates still will be lower than they have been in recent years. Our community already has the lowest school tax rate in Pierce County and will continue to do so.

A bond issue, the method used by nearly every district in the state for new building construction, spreads the cost over the life of the building so that all users in the future also contribute to the cost. It also allows us to build high quality facilities in a shorter period of time than a levy.

Some may suggest a capital levy instead of a bond. A capital levy would put the entire burden for the cost on current residents, resulting in a higher tax burden over the next six years. After those six years, we would be further behind where we are now.

In short, the facilities are in dire need and this plan will begin to implement solutions.

For more information, go to psd401.net/bond.

Art Jarvis Ph. D. is the interim superintendent for the Peninsula School District.

Vicki Husted Biggs

A SHIFT IN PERSPECTIVE



Believe

Several months have passed since our nation was captivated by events involving the hearings for then Judge Brett Kavanaugh. Like many of us, I was riveted by the testimonies of Dr. Christine Blasey Ford and Judge Kavanaugh. Fascinating, too, was the reaction of those elected to

represent us. But most of all, I was deeply moved by the sound and fury of the women protesting. Women pleading their cases for the suffering they had in common with Ford and with each other. MeToo, indeed. In the Capitol offices, in the hallways, in the streets, and in every venue of social media, there they were with their stories: raw, emotional, ragged and angry stories from women who would no longer be put off, shamed or quieted.

I read story after story online from the women and some also from men. For women who had been too ashamed, humiliated, fearful, intimidated or guilty to tell anyone and who found it impossible to go to authorities for 20, 30, 50 years—there were no words strong enough to heal the scabs of these soul-deep wounds. These women experienced the triggering of long-held memories that could no longer be denied. With power in numbers and support of a sisterhood, women who had kept their shame to themselves, minimized and rationalized their wounds and guarded their secrets were emboldened to share with the world the truth of their rapes, assaults and terrors.

Setting political persuasions aside, with new awareness of the number of women affected, how should we proceed?

There are some estimates that one in three women will be assaulted in their lifetime. How can we, as friends and family, help? What should we know or want others to know, if our mother, wife, sister or daughter reveals her story? What if the victim is a male? It is estimated that one in six men have experienced sexual assault.

First of all, and most importantly, when a person discloses a sexual assault to you, listen respectfully and nonjudgmentally. Do not ask “why” questions; those are for law enforcement or others to ask. It’s important to remember that only about 30 percent of assaults are reported, and of that number it is estimated fewer than 10 percent are false reports. Simply believe your person, offer affirmations of their bravery and your support for them. Be present for them as a witness to their pain. Being able to tell their stories is one of the most effective ways of helping victims regain control of their lives, allowing some of the intense emotions to subside.

Taking in these stories can be very difficult for the listener. You may feel angry for your person, guilty that you were not aware or able to help, confused or anxious about the circumstances, or have trouble believing the person reporting. You may feel sad, worried or powerless. It’s normal

to have difficulty processing the hard stories of someone you care about. The National Sexual Assault hotline at 800-656-4673 (HOPE) is available for anyone to talk to someone professionally trained to help deal with these emotions and thoughts.

“Sexual assault is a unique form of trauma,” said Emily Dworkin, a senior fellow at the University of Washington School of Medicine in Seattle. “It is highly stigmatized, and when people go to seek help for it, unlike in a car accident—well, the

“SEXUAL ASSAULT IS A UNIQUE FORM OF TRAUMA”

police are not going to ask you if you’ve really been in a car accident.” Dworkin’s work as a researcher leads her to encourage survivors to seek the help of a therapist and to continue to tell their stories.

Sexual assault is a gut-wrenching topic for everyone; it is hard to hear about, hard to talk about, and hard to accept its frequent and unwelcome intrusions into the lives of our families. Can we possibly imagine what our grandmother, cousin, mother or uncle endured in silent suffering? Will we be able to find it in ourselves to help end the stigma of sexual assault and offer comfort to all those who want and need our support?

Learn more from the National Sexual Assault hotline, or www.rainn.org.

Vicki Husted Biggs is a longtime social worker who lives in Home.

Joseph Pentheroudakis

ON THE WING



The Little Snowbird

It was a December morning a few years ago. All was still. It had snowed overnight, and the world seemed to have pulled the blankets up over its head, refusing to wake up. I stood at my window, coffee in hand, taking in the seasonal composition in the yard.

And suddenly they flew in: a large flock of juncos, materializing out of nowhere the way only small birds can. They landed quickly, regulation distance from each other, and got to work hopping and pecking single-mindedly through the snow, looking for the sunflower chips they knew would be there. Birds know me all too well.

No sign of winter lethargy in that crowd. They foraged energetically, dark-hooded heads dipping in the snow, expertly separating the food from the unavoidable chaff.

And then just as suddenly as they had arrived they took off, white outer tail feathers flashing, scattering in all directions almost simultaneously and allowing

the yard to return to its wintry stillness.

Juncos foraging in the snow. That scene made my day.

As it turns out there is a connection between juncos and snow. In John Audubon's days in the first part of the 19th century, juncos were called snowbirds, and that is still a common name for them in the eastern part of the country. Their migration south across the eastern and central U.S. from their breeding grounds in Canada often coincides with the first snowfall. Audubon would write in "Birds of America," "there is not an individual in the Union who does not know the little Snow-bird (sic)."

In honor of that history, the scientific name for the dark-eyed junco is "Junco hyemalis"—winter junco.

Dark-eyed juncos are small birds with dark backs, often-darker hoods, lighter bellies and flanks, pale bills and similar songs and calls. A local birder friend sometimes jokingly refers to them as ivory-billed sparrows, a useful way to remember the color of their bill. They are abundant and found over an enormous area, from deep in Canada down to Mexico. They often interbreed and many can either be resident in a locality or migrate—or both. They have been the subject of a decades-long debate among systematists, the scientists who try to untangle the relationships among all life forms. These scientists have described attempts at a taxonomy for juncos as "turbulent" and "a nightmare," according to the Cornell Lab of Ornithology.

In 1973, in a bold and somewhat controversial move, the American Ornithologists Union decided to lump all species of dark-eyed juncos into one under that name. Research continues, however, so that may very well not be the ornithologists' last word.



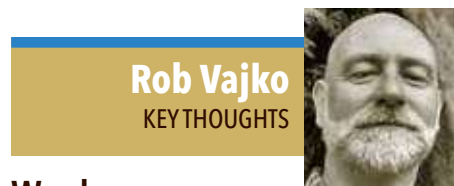
The dark-eyed junco we see most often in western Washington belongs to the Oregon group. The Oregon has warm rufous sides, a brown back, gray wings and a white belly. Males have a characteristic dark hood; the hood in females and juveniles is gray. The group is generally resident, but some populations may migrate between elevations in search of food. Like all members of their larger family, the New World sparrows, dark-eyed juncos are primarily seed eaters, although their diet includes 50 percent insects during breeding when their nutritional needs change. And if you have a flower garden, don't cut it back in late fall; juncos will go after the seeds in flowers and

even grasses with gusto, and the plants will also provide some shelter.

Juncos often build their nests in protected areas on the ground, but don't be surprised if you find a nest in a hanging flower basket. While parents may eventually abandon the nest if disturbed, they will not leave once the eggs hatch. They can be prolific parents, with as many as three broods in one season with an average of four eggs to a clutch. I've been treated to three broods in my yard every summer the last few years, busy parents feeding their babies what seemed all season long. Baby juncos are uniformly streaked, and they sport those lovely white outer tail feathers early on.

All in all, the junco is a tame little sparrow that we're fortunate to have in our region year round. So what if you can't always figure out the subspecies you're looking at. As Juliet would have said if she had been a birder, "that which we call a junco by any other name is just as sweet."

Joseph Pentheroudakis is an artist, naturalist and avid birder who writes from Herron Island.



Rob Vajko
KEYTHOUGHTS

Words

I love books. I have always loved books. From a very young age my parents taught me to appreciate great literature and instilled in me a love of the written word.

Between writing these columns for the past couple of years and what I do for a living in marketing, words are the building blocks that I rely on. Words are important.

That's why it bothered me when I noticed that our vocabulary is slowly shrinking. Between emojis and abbreviations like BRB and LOL, it seems to me that a great many

amazing words are no longer being used. We no longer write letters; we text or write a quick post

on one of the social media sites. We rely on commonly used words and no longer craft what we write.

I do understand that language evolves and changes over time. If you don't believe me, just try reading a newspaper from the 1800s or even the early 1900s. The editors of the Oxford English Dictionary claim to add approximately 1,000 words a year. Fun fact—they never remove a word from the dictionary. Just because it is no longer used doesn't mean you shouldn't be able to look the word up apparently. It does seem to me, however, we are losing a lot of the richness inherent in our language.

My wife was bringing out dinner the

other night and asked if I wanted a dollop of cream on top of my food. Now there's a great word that you never hear used anymore. I'm guessing this sentence nowadays would probably now come out more like, "You want me to dump some cream on your food?" How boring. How unimaginative.

I have started collecting fun and descriptive words that you rarely hear used any more.

Persnickety is a good example. I suppose you could use the word "picky" or "fussy," but doesn't "persnickety" sound so much more fun? Persnickety also isn't the same as "picky" or "fussy." It has a slight nuance of someone who's picky with a kinda snobbish attitude about it that makes it a great word to use in the right context.

How about "quixotic"? It's a word inspired by the famous book "Don Quixote" and it means "exceedingly idealistic." I suppose you could say, "He's out of touch with reality," but saying, "His understanding of the current situation is rather quixotic" is so much more fun (don't you just visualize Don Quixote on his horse tilting at windmills?).

"Highfalutin" is another great word you don't hear anymore. Dictionary.com defines it as "pompous, bombastic, haughty or pretentious;" all good synonyms but highfalutin somehow has the connotation of "falsely pretentious" or someone who really isn't superior but nonetheless puts on airs. The nuance is slight but important.

"Lackadaisical," although most often defined as lazy or listless actually carries a note of smugness about it that other words don't quite catch. "He's just kinda lackadaisical about safety on the job," just doesn't convey the same meaning as, "He's just kinda lazy about safety on the job." Lackadaisical carries a note of carelessness combined with laziness.

"Lugubrious" means gloomy or sad but also includes a note of attitude with it that isn't there when you say that someone is mournful. Lugubrious seems to denote a grumpy curmudgeon (another great word we rarely use).

Here's one for you: "fudgel." "My boss just fudgels at the office!" translates to "My boss just pretends to work rather than actually accomplishes anything meaningful." Use "fudgel" instead of any other word and he probably won't know you're calling him out.

I don't know that there is a solution to this obvious conundrum. I can't even get people on Facebook to fix their typing when they use "your" instead of "you're."

Rob Vajko lives in Gig Harbor.

Letters to the Editor

Vote Yes for Us All

Whatever stage of life you find yourself—regardless of whether you have school age children, are newlywed, a retiree or anywhere in between—we all benefit from great schools. Past generations built schools for children who are now grown up, and we should support our future generations by building schools for them.

As you think about how to vote on the school bond coming up in February, I urge you to remember that these children—your neighbors—will one day be your doctor, your mechanic and your policy maker. And remember, this is not a new tax. It replaces the previous bond that expires this year. Your local school tax rate will actually go down a bit when this bond passes.

When one of us is lifted up, we are all uplifted. Great communities support great schools, and our KP community is our strength. Vote yes for us all.

Meghan Conant/PTA President, Evergreen Elementary

Vote Yes for a Rebuilt Evergreen Elementary

I love Evergreen Elementary School. It's our little jewel in the south end. But it's bursting at the seams. Built to house 182, we already have 246 students, or 35 percent over capacity. That's 14 classrooms, six of which are in portables.

Our area isn't growing as fast as others, but we are still growing steadily. I think others are discovering our secret and, in some cases, our kids are returning to raise our grandkids. Have you noticed all the new houses? I was shocked the other day when I drove around the backside of Palmer Lake and saw all the new houses.

A little history: The original Evergreen was built in 1955, making it the second oldest in the district. There was a modernization in 1988 and the gym addition in 2001, but there are only eight classrooms in the main school and the original school infrastructure was only built to handle the permanent classrooms. Plus, the portables are isolated from the main building.

The district will place a school bond on the February ballot that will fund the replacement of Evergreen in 2021. The new Evergreen will have 18 permanent classrooms, which will eliminate the need for portables. As citizens we will have a chance to weigh in on the design, to include better pick-up and drop-off, security, parking and even a community room. Our local students deserve this. Join me in voting yes for our Key Peninsula kids.

Chuck West/Lakebay

**PERSNICKETY IS A
GOOD EXAMPLE**

LETTERS TO THE EDITOR,
CONTINUED FROM PAGE 7

School Bus Drivers

We are the Peninsula School District bus drivers. We are mothers, fathers, sisters and brothers.

Every morning we wake up early to start driving.

We pick up sleepy high school and middle schoolers, whose hormones keep them confused most days, and the elementary students who get on smiling and excited to show us the newest hole where that dangling tooth has finally come out.

We comfort the kindergartner who boards the bus in the afternoon in tears because she misses her mommy. We are the bus drivers who reassure her that mommy misses her too and will be at the stop waiting for her. We dry the tears from her cheeks and set her back into her seat.

We are the bus drivers who are constantly on high alert looking at every corner for the distracted and impatient drivers coming at us. Then there are the four-legged critters jumping out in front of us, and sometimes the two-legged ones as well.

We take our responsibilities very seriously. Most students respect us and I daresay some love us.

My hope is that the district will also respect us and increase our wages.

Demaris Hendrix/Lakebay

YMCA Looking for Water Tank Options

YMCA Camp Seymour is a mission-based organization serving children and families on the Key Peninsula since 1905. Each year, we are blessed to serve 13,000 youth, families and individuals through summer camp, Outdoor Environmental Education, family camp and retreats.

YMCA Camp Seymour partnered with local experts and Pierce County to create a master plan to ensure our mission will continue for the next 100 years, and to provide a quality outdoor experience for our campers. Recently, some neighbors have expressed concern about our response to a Pierce County requirement for an improved water system to meet fire flow requirements for future renovation and new construction at camp.

The Y contracted with field experts to develop the most efficient and effective solution, which is construction of a 60-foot water tank, located in the woods 55 feet from Thomas Road NW. The water tank is a silent gravity system, requiring minimal maintenance in the short and long term.

While Pierce County has approved this solution, we are researching another option that would place the water tank away from

the road and not in view of any homes. For this location to be a viable option, the Y will need to address environmental concerns, it will need to be as economical and reliable as our current solution, and it will need to be approved by Pierce County.

Several YMCA staff call Camp Seymour home year-round and represent the YMCA's commitment to being good neighbors and community partners. Our doors are always open to a neighborly visit, and we will continue to communicate with our community as our plans develop. We look forward to serving our community for another century.

*Todd Silver, chair of the board of directors,
YMCA of Pierce and Kitsap Counties*

*Charlie Davis, president and CEO,
YMCA of Pierce and Kitsap Counties*

The opinions expressed by writers are not necessarily those of the KP News. We neither endorse nor oppose issues or proposals discussed on these pages and present these views for public information. Letters to the editor must be signed and include a daytime phone number for verification. No anonymous letters will be published. Letters are used on a space-available basis and will be edited for length and content. Mail letters to: P.O. Box 3, Vaughn, WA 98394, or email to editor@keypennews.org

KP Pedestrian Fatality on SR-302

STAFF REPORT

Brian Richmond, 22, was struck and killed by a car as he walked in the westbound lane of State Route 302 at approximately 1:30 a.m. Dec. 8. He lived near Vaughn.

Richmond apparently was in the roadway for unknown reasons near or opposite the Wauna fire station when he was hit.

The WSP said neither drugs nor alcohol played a part in the accident. The driver has not been charged with any crime.

Richmond was a volunteer at the Bischoff Food Bank in Home. His family posted an invitation on Facebook to donate to the food bank in his name.



The Warmth and Charm of Wood Fires

In Washington it's illegal to "buy, sell, exchange or give away uncertified (stoves)."

DAN MARTEN, KP NEWS

As the weather turns colder, thoughts turn to the pleasure of sitting by a fire and sipping a hot drink or reading a book. On the Key Peninsula, residents are surrounded by forests and a ready source of wood for burning to provide heat. It seems natural and efficient to use this resource for comfort.

There are other considerations as well.

Fireplaces are very inefficient, so inserts were invented to improve the heat transfer to the living space. Glass doors can provide the visual experience of a fire. Many use a freestanding stove to heat the house. But there is risk of fire, so stoves need

to be installed correctly with proper distance from surrounding structure and furnishings, and with proper stovepipe to prevent fires in penetrations of the attic and roof.

Many advertisements for "dry" firewood can be seen locally. Freshly cut wood has a high moisture content and is not suitable for burning until some of that moisture has dried out, a process that can take up to a year. Most firewood is not tested for moisture content, and moisture contributes to unhealthy products of combustion. Pellet stoves or manufactured logs provide a cleaner alternative.

The Environmental Protection Agency requires certification of wood stoves to ensure low emissions; and these regulations were updated in 2015. "Woodstoves sold in the United States will be required

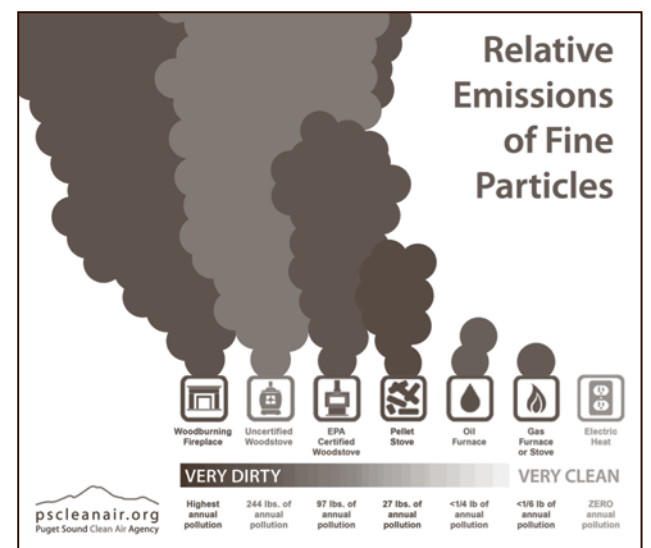
to have a permanent label indicating they are EPA-certified to meet emission limits in the final rule. This label will signal to consumers that the heater meets EPA standards." The State of Washington has made it illegal to "buy, sell, exchange or give away uncertified devices," according to the Puget Sound Clean Air Agency.

Funding is currently available through PSCA to help residents replace their old but still working wood stoves with \$1,500 in replacement discounts to install a new, cleaner heating device. For residents with old but working wood stoves or fireplace inserts PSCA offers a \$350 buy-back reward.

The PSCA states that excess smoke from wood burning devices is "not only rude to your neighbors, it's illegal." The key is to burn small, hot fires and give the fire plenty of air.

The Key Peninsula is not included in the Pierce County Smoke Reduction Zone, since air on the peninsula is generally cleaner than air in the zone. However, the agency declares burn bans when air quality falls below safe limits. These are different from the fire safety burn bans issued by the KP Fire Department.

There are two stages of air quality burn bans. A Stage 1 ban prohibits outdoor burning, use of fireplaces or uncertified wood stoves and inserts. Pellet stoves and



EPA-certified wood stoves and inserts are allowed. Stage 2 bans prohibit all wood burning. People with no other adequate source of heat must apply for exemptions from PSCA.

Washington has mandated that the following materials are never to be burned in a solid fuel burning device: garbage; treated wood; plastic and plastic products;

rubber products; animal carcasses; asphaltic products; waste petroleum products; paints and chemicals; or

any substance which normally emits dense smoke or obnoxious odors.

The PSCA provides guidance for the use of wood stoves and applications for wood stove exemptions at www.pscleanair.org or at 206-343-8800.

A list of wood burning devices that meet state standards is available from the Washington State Department of Ecology at ecology.wa.gov/Air-Climate/Air-quality/Smoke-fire/wood-stove-info.

RECENT CHANGES IN FEDERAL AND STATE LAW HAVE TOUGHENED THE RULES FOR HEATING WITH WOOD.



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kp.org/wa/gigharbor

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Happy New Year!

KP SCHOOL BUS CONNECTS



No service Jan 1

EVERGREEN TUES & THURS AM

8:50 Evergreen Elementary School
 8:59 Palmer Lake public access 24th St SW
 9:00 Palmer Lake 21st St SW @ 193rd Ave
 9:05 KPCS Senior Center & Food Bank
 9:06 Home Gas Station @ KP Hwy N
 9:10 67th Ave Ct NW @ KP Hwy N
 9:14 Food Market in Key Center
 9:15 KP Hwy N @ Minterwood Dr NW
 9:21 Lake Kathryn Village SR 302 & 92nd Ave NW
 9:26 Purdy Park & Ride

EVERGREEN WEDNESDAY AM

9:50 Evergreen Elementary School
 9:54 Palmer Lake public access 24th St SW
 9:55 Palmer Lake 21st St SW @ 193rd Ave
 10:00 KPCS Senior Center & Food Bank
 10:01 Home Gas Station @ KP Hwy N
 10:05 67th Ave Ct NW @ KP Hwy N
 10:09 Food Market in Key Center
 10:10 KP Hwy N @ Minterwood Dr NW
 10:16 Lake Kathryn Village SR 302 & 92nd Ave NW
 10:21 Purdy Park & Ride

VAUGHN TUES & THURS AM

8:50 Vaughn Elementary School
 8:59 Wright Bliss Road @ Olson Dr NW
 9:00 Wright Bliss Road @ 104th St Ct NW
 9:05 Wright Bliss Road @ SR 302/4-Corners
 9:06 SR 302 @ 150th Ave/Lake Holiday bus shed
 9:10 SR302 @ 140th Ave/Lake of the Woods
 9:14 SR 302 @ Charbonneau Construction
 9:15 SR 302 @ 92nd Ave NW/Lake Kathryn Village
 9:21 Purdy Park & Ride

VAUGHN WEDNESDAY AM

9:50 Vaughn Elementary School
 9:51 Wright Bliss Road @ Olson Dr NW
 9:52 Wright Bliss Road @ 104th St Ct NW
 9:54 Wright Bliss Road @ SR 302/4-Corners
 9:57 SR 302 @ 150th Ave/Lake Holiday bus shed
 9:59 SR302 @ 140th Ave/Lake of the Woods
 10:01 SR 302 @ Charbonneau Construction
 10:04 SR 302 @ 92nd Ave NW/Lake Kathryn Village
 10:09 Purdy Park & Ride

FREE COMMUNITY TRANSPORTATION FOR ALL AGES

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A partnership with the KP Community Council, Puget Sound Educational Service District and the Peninsula School District.



TUESDAY & THURSDAY MIDDAY

10:33 Peninsula High School
 10:35 Purdy Park & Ride
 10:38 Cost Less Pharmacy @ Lake Kathryn Village
 10:48 SR 302 @ Windermere Realty, near 118th Ave
 10:50 SR 302 @ 140th Ave/Lake of the Woods
 10:51 SR 302 @ 150th Ave/Lake Holiday bus shed
 10:54 Wright Bliss Road @ SR 302/4-Corners
 10:56 Wright Bliss Road @ 104th St Ct NW
 10:58 Wright Bliss Road @ Olson Dr NW
 11:00 Food Market @ Key Center
 11:06 KP Hwy N @ 167th Ave Ct NW
 11:09 Home Gas Station @ KP Hwy N
 11:12 KPCS Senior Center & Food Bank
 11:18 Palmer Lake public access 24th St SW
 11:19 Palmer Lake 21st St SW @ 193rd Ave
 11:25 Evergreen Elementary School

TUES, WED & THURS PM

4:43 Peninsula High School
 4:45 Purdy Park & Ride
 4:51 Cost Less Pharmacy @ Lake Kathryn Village
 4:54 SR 302 @ Windermere Realty, near 118th Ave
 4:58 SR 302 @ 150th Ave/Lake Holiday bus shed
 5:00 Wright Bliss Road @ SR 302/4-Corners
 5:02 Wright Bliss Road @ 104th St Ct NW
 5:03 Wright Bliss Road @ Olson Dr NW
 5:06 Food Market in Key Center
 5:06 KP Hwy N @ 84th St NW/Red Barn
 5:10 KP Hwy N @ 167th Ave Ct NW
 5:14 Home Gas Station @ KP Hwy N
 5:14 KPCS Senior Center & Food Bank
 5:19 Palmer Lake public access 24th St SW
 5:20 Palmer Lake 21st St SW @ 193rd Ave
 5:24 KP Hwy N @ 17th St Ct SW
 5:36 KP Hwy N @ 84th St NW/Red Barn



Standing before the very last of their firewood supply, Larry and Annita Bryson remain hopeful someone will keep the needed KP Firewood Bank running. Photo: Lisa Bryan, KP News

KP Firewood Bank Provides Heat for the Needy—But Not For Much Longer

DAN MARTEN, KP NEWS

“Firewood not only warms the house, it warms the heart,” said Larry Henderson, describing the years he has spent giving away firewood to KP residents needing assistance to stay warm.

Larry and his wife, Annita, with help from their son Shane, have operated the Key Peninsula Firewood Bank for seven years, annually providing an average of 30 truckloads of firewood to low-income seniors, people with disabilities and veterans. Henderson said one year he was even able to provide 40 loads of firewood.

But the years have taken a toll and he is no longer able to do the work.

For a long time the firewood was cut and split by hand and delivered to KP residents for a suggested donation of \$15 to cover fuel. He regularly delivered to Home, Longbranch, Vaughn and Key Center.

Only once did he go beyond his usual range up north past Lake Kathryn Village. “It’s hard to say no to people asking for help,” he said.

A woman called saying her furnace had quit and she had five children at home and needed to keep them warm. Henderson delivered a load of firewood to her and the children, and said it was very emotional.

Henderson typically provided one load to clients, but two loads for veterans. Volunteers from Key Peninsula churches often helped with the work of cutting, splitting and storing the firewood. He occasionally experienced theft from his storage area, but said that if somebody really needed something he would give it to them anyway.

“When you do something good, it will come back to you,” Henderson said. As

an example, he described a man from his church, Vladimir, who had worked on the firewood bank with him at times and had recently purchased a chainsaw. The oiler wasn’t working, so he donated the saw to Henderson. Someone at his church made the repair and he has been using the saw ever since.

Henderson and his wife attend the KP Lutheran Church. “Our church motto is to help the community,” he said.

In 2015 the Greater Tacoma Community Foundation gave a \$1,500 “Spark” grant to the KP Firewood Bank to buy a Club Cadet log splitter. He said it still takes a great deal of effort to roll a large log round onto the splitter and split it into manageable pieces that fit a fireplace or wood stove.

Before starting the firewood bank, Henderson experienced the need for heat himself during a cold winter after becoming disabled by an injury at his job as a warehouse worker in Fife. His disability income had not yet begun; he had used his savings, was on the verge of losing his home, and was out of firewood. A neighbor had a huge pile of firewood and offered some. Another neighbor, Dr. Jim Davis, loaned him a trailer to haul it.

The supply of wood for the firewood bank has never been a problem, Henderson said. Tree companies often offer him trees they have cut down. He said NW Tree Service has provided a tremendous amount of donations over the years.

He hopes someone new will take over the effort. He has a log splitter and limited inventory to offer another nonprofit group ready to take on the project. For more information call the KP Firewood Bank at 253-884-0102.

GLEN COVE REPAIR

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KP Community Council Elects New Directors

SARA THOMPSON, KP NEWS

The Key Peninsula Community Council elected officers and welcomed recently elected directors at its meeting Dec. 12. Jeremy Larcom will serve as president, Marcia Harris as vice president, Irene Torres as secretary and Robert McCrossin as treasurer.

Directors are elected by geographic location, as determined by census tracts, for two-year terms. The areas are named from north to south, with Area 1 northernmost. The number of directors from each area is determined by population, with four directors from Areas 1 and 2, and three from Areas 3 and 4.

The directors elected at the November meeting are:

- Area 1: Robert McCrossin (new) and Robert Anderson (incumbent)
- Area 2: Irene Torres and Cindy Worden (incumbents)
- Area 3: Don Swensen (incumbent)
- Area 4: Marcia Harris and RoxAnne Simon (incumbents)

Newly elected directors join those whose terms end next year. They are Leona Lisa and Chuck West from Area 1; Matthew Dean and Jeremiah Saucier from Area 2; Constance Harris and Jeremy Larcom from Area 3; and Kristen Augusztiny from Area 4.

McCrossin, owner of Bayside Animal Lodge, said he was asked to consider joining KPC by Danna Webster, a long-serving director. He attended a meeting and decided to throw his hat into the ring. "They were talking about strategic planning, and I thought, from my experience with my business and with my role on The Mustard Seed Project board that I could offer some valuable input. And this gives me another opportunity to help my community," he said.

The KPC was incorporated as a nonprofit in 2004. Its primary roles, as described on its website, are engaging in activities that support the interests and wellbeing of Key Peninsula residents; conducting assessments of community needs; monitoring the revision and implementation of the Key Peninsula community elements contained in the Pierce County Comprehensive Plan; advising and influencing government officials, private enterprises and others in ways to improve the Key Peninsula and meet community needs; and promoting positive publicity for the Key Peninsula.

KPC runs School Bus Connects, the Farm Tour and the Youth Advisory Council. Together with the Key Peninsula Business Association, the Key Peninsula Civic Center and KP News, it coordinates the

election season candidates forums. It also currently serves as the fiscal sponsor of the Key Peninsula Partnership for a Healthy Community and for the Gig Harbor Key Peninsula Suicide Prevention Coalition.

Incoming board president Larcom, who is entering his fourth year on the KPC, is a general contractor and father of four elementary school-aged children. He was introduced to the KPC when he met Torres at the Farm Tour and joined the council several months later. "It's been a really exciting time for the group," he said, "with all the work with the Partnership for a Healthy Community, making connections and making a difference. The work has been on a much larger scale than in the past, and we will be working soon in strategy sessions to make sure all the good ideas move forward."

Marcia Harris recalled the early days. Initially there was money available for an office from the Pierce County Council, but that funding ended, and until they opened the office in the KC Corral they did not have space to call their own. Outgoing president West said, "Now that we have the dedicated location, I wonder how we got along without it. We went from begging our directors for money to pay mailing costs to where we are today in just three years."

Funding comes largely from grants and rental income. "We interact with government agencies and speak for residents about safety and transportation, and we bring resources to the community," Larcom said. The KPC has a contracted administrator and volunteers often staff the office to answer questions.

KPC business hours are from 10 a.m. to 2 p.m. Monday through Friday. Meetings, open to the public, are held 7 p.m. every second Wednesday at the Key Center Fire Station. For questions or information, call 253-432-4948, email keypencouncil@gmail.com or contact them by mail at P.O. Box 13, Vaughn WA 98394.

Join us for thinking, drawing and more...

Thinking Thursday

Grief & Loss: How Do I Cope?

January 17, 10 to 11am
Retired hospice chaplain will lead the discussion.

Fun in February

February 21, 10 to 11am
Easy brain games that keep you alert and happy, no matter what your age.



The Mustard Seed Project
OF KEY PENINSULA

Call **253-884-9814** info@themustardseedproject.org
www.themustardseedproject.org

Visit us Mon-Fri, 10-4 in The Crandall Center uptown Key Center

Please include The Mustard Seed in your annual charitable giving plans. You'll be helping our mission to support our elders who wish to remain in their own homes.

Art Classes

The Art of Drawing with Chris Bronstad

5-week series starts Jan. 10 1:30 to 3pm. \$75 for series, register in advance - space is limited.

Fun with the

Home School Co-op

Kids 4-10, Tues. Jan 15
Kids 11-15, Tues. Jan 22
\$10 per class, adults register with Mustard Seed, kids register with Home School Co-op.



GIG HARBOR | KEY PENINSULA
SUICIDE PREVENTION
COALITION

Survivors of Suicide group meets the first Thursday each month at 5:30 pm at the Boys and Girls Club in Gig Harbor. Anyone is welcome to join us. Contact Bob Anderson at (253)753-3013 or bobtanderson@me.com

FEATURE YOUR EVENT HERE

Free listings for your event or meeting on our website calendar at keypennews.org. Click on "Submit an Event" and fill out the form, including contact information for verification. Send questions or updates to editor@keypennews.org or call 253-884-4699.

JANUARY 3**SCHOOL BOND PRESENTATION Q&A**

5:30-7:30 p.m. at Blend Wine Shop in Key Center. Acting Superintendent of Peninsula Schools Art Jarvis will speak about the upcoming Peninsula school bond vote on Feb 12th. School Bond Speakers Bureau, Shana Nash, shanaheiser@gmail.com

JANUARY 8**FREE SPAY/NEUTER CATS & DOGS**

6:45 a.m.-5 p.m. Arrive by 6:45 a.m. sharp. Key Peninsula Community Center, 17015 9th St. Ct. NW, Lakebay. Pasado's Spay Station. Local volunteers may be able to help KP neighbors who need loan of pet carriers, etc. For detailed local info, visit tinyurl.com/KeyPenSpay. For Pasado's info, visit Pasado's web site at tinyurl.com/PasadosSpay

JAN 10 - FEB 7**THE ART OF DRAWING**

Thursdays 1:30-3 p.m. Chris Bronstad teaches a five-week series on drawing portraits and more. Adults of all ages welcome with emphasis on seniors. \$75 for the series. Register by Jan. 7 at The Mustard Seed Project, 253-884-9814; info@themustardseedproject.org. 9016 154th Ave. Ct NW in Upper Key Center; www.themustardseedproject.org

JANUARY 17**SPAY/NEUTER CATS & DOGS**

7 a.m.-5 p.m. Free for cats, low cost for dogs. Drop off pets for free shuttle, 7 a.m. sharp, Key Peninsula Civic Center, 17010 S. Vaughn Road, Vaughn. Pick up pets there next morning. Surgery will be at NW Spay & Neuter Center in Tacoma. Reservations required at 253-627-7729. Local volunteers may be able to help with loan of pet carriers, etc. Detailed local info: <https://tinyurl.com/KeyPenSpay>. NS&NC info: <https://tinyurl.com/NWShuttle>

JANUARY 28**RELATIVES RAISING KIDS SUPPORT**

6-7:30 p.m. Grandparents and relatives raising children meets at Evergreen Elementary. Potluck dinner and child care provided. Call Lori at CHSW at 253-884-5433 or 253-391-0144.

JANUARY 31**KEY PEN ISSUES FORUM**

6 p.m. at Blend Wine Shop in Key Center. Acting Superintendent of Peninsula Schools Art Jarvis will speak about the upcoming Peninsula school bond vote on Feb 12th. The KP Issues Forum's purpose is to provide a nonpartisan forum for civil discussion of issues that have an impact on Key Peninsula community. Ted Ralston, tralston1232@gmail.com

OFF THE KEY**JANUARY 5****PIER INTO THE NIGHT LIVE DIVE**

6-8 p.m. Stay warm and dry on the dock while Harbor Wild Watch's divers live stream what they encounter below the surface onto a 10ft screen. Staff biologists will narrate and identify the plants and animals. Dress for the weather and bring a chair. \$2.00 suggested donation. Jerisich Public Dock, 3215 Harborview Dr., Gig Harbor. 253-514-0187, lindsey@harborwildwatch.org, www.harborwildwatch.org

JANUARY 19**KYLE CAREY CONCERT**

6-10 p.m. Kyle Carey weaves together resonant threads of Celtic and American roots music into a rich tapestry of acoustic storytelling. Potluck 6 p.m. Concert 7 p.m. Suggested donation \$20. Olalla Community Club, 12970 Olalla Valley Rd. SE, Olalla. www.olallahouse.org.

THROUGH JAN 19**JACOB LAWRENCE COLLECTION**

Washington State History Museum. 10 a.m.-5 p.m. One of America's most celebrated artists. [washingtonhistory.org/visit/wshm/exhibits/](http://www.washingtonhistory.org/visit/wshm/exhibits/)

WEEKLY EVENTS**WEEKDAYS****SENIOR EXERCISE CLASSES**

The S.A.I.L. senior exercise class meets Mondays, Wednesdays and Fridays from 10-11 a.m. and Tuesdays and Thursdays from 9-10 a.m. at KP Community Services in Lakebay. Register with Marilyn Perks at 253-884-4440.

MONDAYS & FRIDAYS**PLAY TO LEARN**

10-11:30 a.m. Mondays: Jan. 7, 14 & 28. Fridays: Jan. 11, 18. Free program for children (ages 6 and under) and adults to play together! Individual play, fun group activities, songs, and a group circle time. Drop-in program, please join us. Michelle 253-530-1097 or harrisonm@psd401.net

TUESDAYS**STORYTIMES**

11 a.m. Preschoolers discover books, learn nursery rhymes, sing songs, play with blocks and do arts and crafts at the Key Center Library. 253-548-3309

LOVING HEARTS

Join Loving Hearts to knit or crochet for charity. First Tuesday of the month: 11 a.m.-1 p.m.; all other Tuesdays 1-3 p.m. WayPoint Church, 12719 134th Ave. NW. Yarn donations are needed and very much appreciated. Virginia at 253-884-9619 or lovingheartsonkp@gmail.com

TOPS

Take Off Pounds Sensibly is an affordable wellness education organization; visitors attend their first TOPS meeting free of charge and without obligation. Weigh-in from 8:35-9:25 a.m. at Key Peninsula Lutheran Church, 4213 Lackey Road NW. marcgrubb1990@yahoo.com

OASIS YOUTH CENTER

Are you a queer or questioning youth between the ages of 14 and 24 in the Key Peninsula area? We are bringing Oasis Youth Center to you at our satellite program Tuesdays from 3-6 p.m. at the KP Civic Center. There will be games, new friends, activities, learning and snacks. www.oasisyouthcenter.org, oasis@oasisyouthcenter.org, 253-671-2838

TUESDAYS & THURSDAYS**PRESCHOOL PLAYTIME**

Weekly except during school breaks. No program Jan. 1. The Children's Home Society of Washington/KP Family Resource Center offers a preschool/toddler indoor-park program 9:30-11:30 a.m. in the KP Civic Center gym. Caregivers stay with child. Drop-ins welcome; stay as long as you wish. A \$1/child donation is suggested. 253-884-5433

SENIOR TAI CHI

Senior tai chi class, 10:15-11:15 a.m. at KP Community Services in Lakebay. Sign up in advance if you're not already in the class. 253-884-4440

WEDNESDAYS**READY SET GO!**

Free Early Learning Program for 3- & 4-year-olds. Limited to 16 children with their parent/caregiver. Focus on kindergarten readiness and lots of fun. KP Civic Center VFW room, 10:30-11:30 a.m. Lori Mertens 253-884-5433.

LAKEBAY WRITERS

A writers' workshop for people who love stories. Share yours; hear others. 1-4 p.m. at Key Center Library. Loren Aikins, 253-884-2785

BLEND HOOKERS AND TINKERS

Does your fiber diet include skeins of yarn? Join in from 5:30-8 p.m. at Blend Wine Shop for a rollicking good time. Bring projects to work on, questions, show-and-tell or just hang out with a fabulous group of Key Penners. All skill levels and fiber interests welcome; however, must be 21+ due to location. hannah8ball@gmail.com, 817-929-3943

GRIEF SUPPORT GROUP

6:30-7:30 p.m. at Key Center Library. Please call or text for specific dates. Facilitator: Suzanne Hickel, suehickel@gmail.com, 253-565-1200

WEDNESDAYS & FRIDAYS**SENIOR MEALS**

Nutritious meals for ages 60+ are served at noon at KP Community Services; \$2 donation is requested. Guests (ages 50-59) of senior attendees are requested to donate \$2.50. Key Pen Community Services, 17015 9th St. Court SW, Home, 253-884-4440

THURSDAYS**TOASTMASTERS**

Have fun improving your public speaking ability and leadership skills at Wright-Bliss fire station, 12310 Wright Bliss Rd NW, 8-9 a.m. Guests are welcome to come and observe with no obligation to speak. keypeninsulatoastmasters@gmail.com

SENIORS LUNCH

The KP Senior Society meets at 11 a.m. for a potluck, games and fellowship in the Whitmore Room at the KP Civic Center. All are welcome. 253-884-4981

FRIDAYS**SENIOR TAI CHI**

Senior tai chi drop-in class, 8:45-9:45 a.m. at KP Community Services in Lakebay. 253-884-4440

TRIPLE P PARENTING CLASSES

Children's Home Society of Washington partners with the Tacoma Pierce County Health Department to sign up families for Triple P Parenting classes and provide assistance with basic food and health insurance applications. Representative available at Key Peninsula Community Office, Suite D, KC Corral Fridays 10 a.m.-2 p.m. 253-432-4948 or 253-884-5433

KP YOUTH COUNCIL

2:30-5 p.m. at the Key Center fire station. Keypercouncil@gmail.com

MONTHLY MEETINGS

Jan. 2 & 16, KP Lions Club, 6 p.m., Key Center fire station. 253-853-2721

Jan. 3, Survivors of Suicide, 5:30-7 p.m. Boys and Girls Club, Gig Harbor. Bob Anderson at 253-753-3013 or bobtanderson@me.com

Jan. 3, 26th Legislative District Democrats, 6:30 p.m. social, 7 p.m. meeting. Public invited. Givens Community Center, 1026 Sidney Road, Port Orchard. 26thdemocrats@gmail.com

Jan. 5, Writers Guild, 10 a.m., Community Council office, Suite D, at the Key Center Corral. 253-884-6455

Jan. 5 & 19, West of the Narrows Depression and Bipolar Support Group - Lakebay Group, 11:15 a.m.-12:30 p.m., KP Lutheran Church, 4213 Lackey Rd. NW, Kimberly 253-753-4270 or dbsalakebay@gmail.com

Jan. 7 & 21, KP Veterans group, 7 p.m., KP Lutheran Church, 4213 Lackey Rd NW. Veterans, military service members and families with children 16 and older are welcome. 253-225-5130

Jan. 8, KP Historical Society Board Mtg., 11 a.m., in the museum at KP Civic Center. Members, guests, others interested in museum and local history are welcome. 253-888-3246

Jan. 8, KP Fire Commission, 5-7 p.m., Key Center fire station. www.keypeninsulafire.org or 253-884-2222

Jan. 8 & 18: Jan. 8 Key Peninsula Business Association business meeting at 6:30 p.m. at Blend Wine Shop in Key Center; Jan. 18 at noon at El Sombrero guest speaker is Pierce County Executive Bruce Dammeier. www.kpba.org/about; Nancy Carr, kpbusinessassociation@gmail.com or 253-312-1006.

Jan. 9, Bayshore Garden Club, 10 a.m., Longbranch fire station. Wendy, 253-332-4883

Jan. 9, Peninsula Emergency Preparedness Coalition, 10 a.m., Gig Harbor Fire District Headquarters, 10222 Bujacich Road NW, Gig Harbor. www.PEP-C.org, curtesscott45@gmail.com, 253-380-7240

Jan. 9, KP Community Council, 7 p.m., Key Center fire station. 253-432-4948

Jan. 10, Ashes support group for Fire District 16, 10:30 a.m., Key Center fire station. 253-884-3771

Jan. 10, Peninsula School District Board, 6 p.m., district office in Purdy. 253-530-1000

Jan. 10, KP Civic Center Assn. board, 7 p.m., Whitmore Room, KP Civic Center. www.kpciviccenter.org, kpciviccenter@centurytel.net, 253-884-3456

Jan. 14, KP Parks Commission, 7:30 p.m., Volunteer Park office. 253-884-9240

Jan. 16, Key Peninsula Advisory Commission, 6:30 p.m., KP Civic Center, 17010 S. Vaughn Road, reviews applications for proposed developments and makes recommendations to Pierce County. Verify date, venue and agenda on the county's website: <https://www.piercecountywa.gov/5937/Key-Peninsula-Advisory-Commission>

Jan. 17, Key Peninsula Emergency Preparation, 7 p.m., Whitmore Room, KP Civic Center, 17010 S. Vaughn Road, 253-686-7904 or gablehouse@aol.com (Put E Prep in the subject line)

Jan. 19, Key Peninsula Caregivers Support Group, 10:30 a.m.-noon at The Mustard Seed Project, 9016 154th NW, Key Center. Please call Debra Jamerson before attending. 360-621-1110

Jan. 20, Bluegrass Gospel Jam Session, 6-8:30 p.m. For all acoustic instruments, ages and skill levels. Everyone is welcome to play, sing or just listen. Bring music stand and finger food to share, music and beverages are provided. Longbranch Church, 16518 46th St. SW. 253-884-9339

Jan. 21, KP Democrats, 7 p.m., Home fire station, johnpatkelly@aol.com

Jan. 28, KP Farm Council planning meeting, 6 p.m., KP Community Council office. 9013 Key Peninsula Hwy N Ste D, Key Center, 253-432-4948 or email keycouncil@gmail.com; visit kpfarmtour.com

Multiple dates, KP Sportsmen's Club board meets first Thursdays at 9:30 a.m.; general meeting and potluck on second Thursdays at 6 p.m.; bingo \$1/card and potluck on fourth Fridays at 6 p.m.; Ladies Bunco last Wednesdays at 6 p.m. Bring snacks and \$5 to play. Sportsmen's Clubhouse, 5305 Jackson Lake Road NW, 253-884-6764

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Key Peninsula Citizen of the Year Nominations Now Being Accepted

Recognize and honor the individuals who have worked to improve our community.

The award social will be held at the Key Peninsula Civic Center on March 30.

Nomination forms are available at the KP News, KP Community Council, Key Center Library and Key Center Fire Station.

Nominations are requested by January 15, 2019. For more information contact committee chair Hugh McMillan at 253 255-0657 or hughmcm26@gmail.com



Mondays & Wednesdays
8:30 to 9:30 am
at the Civic Center

Bring your mat, blanket or towel
Drop-in \$12.50
Four classes for \$40
Cash or check, please

HOPE RECOVERY FROM PAGE 1

“We met with Jeremiah and his leadership, and were impressed by their passion to see lives mended,” Whitmarsh said. “Many in the church have experienced the traumatic effects of addiction in their own lives and the lives of people they love. Hope Recovery Center had a vision and a plan, and their only need at that point was a location so they could begin the process. We had land, but no real plan for how to use it. It seemed a perfect match.”

The HRC board hosted community forums in 2017, including neighborhood meetings, gatherings with elected officials and meetings with businesses to explain their vision and get input on it. HRC developed a business plan and produced conceptual architectural plans as part of the application process.

The facility would include a 50-bedroom residential treatment center behind a separate and self-contained outpatient center. Saucier expects that those coming for outpatient treatment will largely be from the Key Peninsula and nearby communities. The residential clients could be referred from elsewhere.

Typically, Saucier said, residential

facilities are built to house 50 to 80 residents. Stays will likely be a minimum of one month. HRC established itself as a nonprofit to provide financial support for residents who are not ready for discharge when their insurance coverage ends.

Both the residential and outpatient programs will be multi-modal, using the biological, psychological and social approach employed at Crossroads. Drug treatment counselors, mental health counselors and help with such issues as job

skills and medical and dental care will be available. Medication-assisted treatment (MAT)

is a standard part of the program, as is the case for drug and alcohol treatment throughout the nation.

“Walk-offs are really uncommon in these centers” Saucier said. “If someone decides they want to leave before staff thinks they are ready, there is a process by which the center arranges transportation to get him or her back to their home community. They are not released directly into this community.”

The approach to treatment is three-pronged, explained Huppert. First is triage. HRC will not be a part of that step, which may involve detoxification or inpatient

treatment elsewhere. The second step is stabilization, which may be residential or outpatient treatment. Clients would come to residential treatment only when they have been screened and are medically and emotionally cleared for admission. The final step is re-entry—help with job search skills, getting a GED and medical, dental or legal issues.

Drug use is already present on the KP, Huppert said; a treatment center would not attract more. When the community garden was planted on the proposed HRC site last year, volunteers found many pieces of drug paraphernalia. She cited an article from the June 2018 issue of the Journal of Urban Economics that stated, “substance-abuse-treatment facilities reduce both violent and financially motivated crimes in an area, and the effects are particularly pronounced for relatively serious crimes.”

The conditional use permit application was requested under the Key Peninsula Plan Civic Use Category, Community and Cultural Services. Dick Day, owner of RJD and Associates, is a development consultant who volunteered to help HRC through the process with PALS. “I’m a runner and I met Jeremiah running. We developed a friendship. He told me his story and I gained an understanding of his heart and passion. I told him, ‘When you are ready to plow forward let me know.’”

During meetings between Day and PALS staff, it was noted that Pierce County does not have a specific zoning code for a drug treatment facility. “I described the project to staff as a ‘pre-homeless’ shelter, because treating drug addiction prevents homelessness, and staff may have picked up homeless shelter as the closest zoning place-holder description—fitting in with the cultural civic use of the facility,” he said. Day, after further consideration, now thinks of the project as a homelessness prevention center.

The notice from PALS said in part: “Working with County Planning and Land

Services staff, it was determined acceptable to move forward with the consideration of the facility under the same terms as a shelter for the homeless, due to the impact of the drug and alcohol epidemic on homelessness in the county and our country as a whole.”

With approval to apply for a conditional use permit, there are several steps to move forward. First, public comment is invited, both via the PALS website and at meetings. The Key Peninsula Advisory Council (KPAC) was scheduled to discuss the project at its Jan. 16 meeting, but according to PALS communications director Mike Halliday, the public meeting will be rescheduled to sometime between February and April to ensure a large enough room is available to accommodate what is expected to be a large crowd and to allow more time to flesh out the proposal. KPAC will review the application and hear from the public before voting on it.

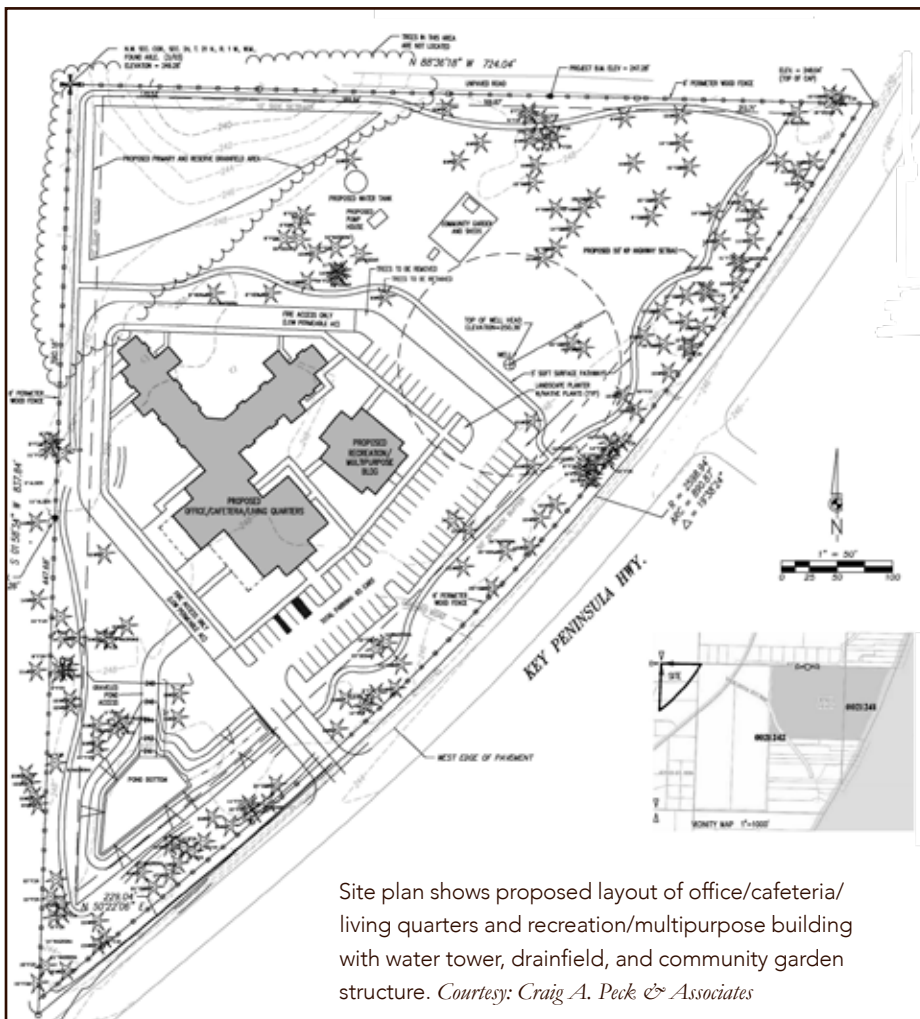
The KPAC vote is advisory and will be sent to the Pierce County hearing examiner. After a public hearing examiner meeting, likely to be several months following KPAC, the examiner will make a final determination.

If the permit is approved, HRC will work with a capital campaign consultant to assure it can raise the money needed to complete the project, according to Saucier and Huppert.

At that point HRC will begin the next steps: refining the business plan and hiring an architectural firm and other consultants as needed to ensure adequate water and septic capacity and that all of the identified conditions determined by PALS and the health department can be met.

For more information, go to www.hope-recovery.org or visit HRC on its Facebook page.

Hope Recovery Center will host a town hall at the Lakebay Community Church, 11 Cornwall Road SW, Feb. 1 from 7 to 10 p.m.



Site plan shows proposed layout of office/cafe/tertia/living quarters and recreation/multipurpose building with water tower, drainfield, and community garden structure. Courtesy: Craig A. Peck & Associates

WAYPOINT north south

ONE CHURCH...TWO LOCATIONS

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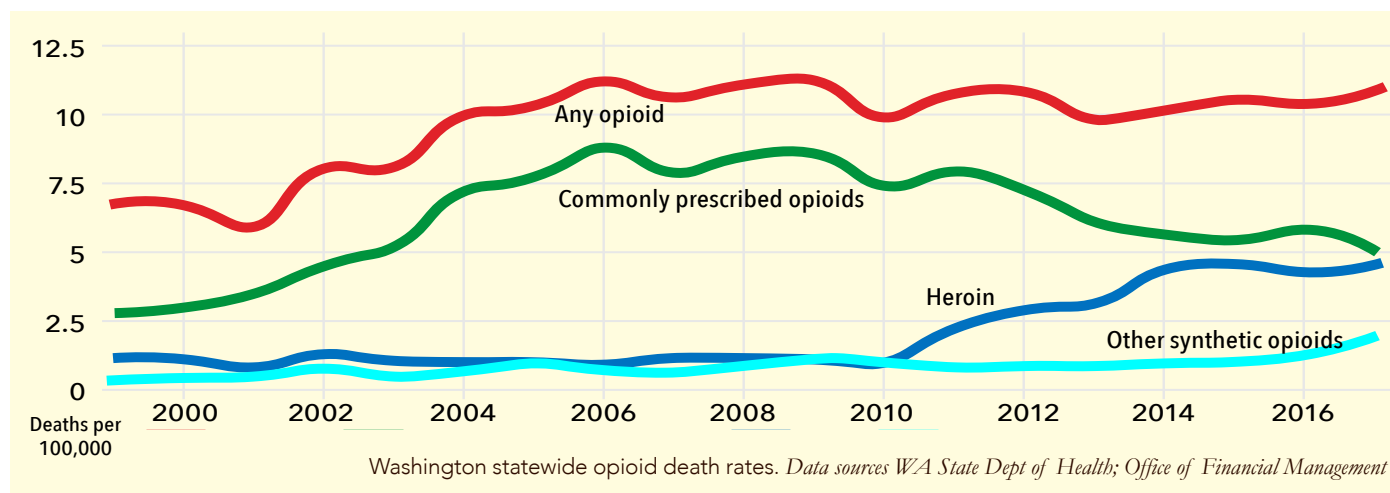
WAYPOINT SOUTH
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At a Glance: The Opioid Addiction Crisis

TED OLINGER, KP NEWS

What is it?

The United States is experiencing an epidemic of drug overdose deaths, according to the Centers for Disease Control and Prevention. Since 2002, the rate of overdose deaths across the nation has increased by 79 percent. Since 2000, deaths involving opioids have increased 200 percent.

Opioids are narcotics that produce morphine-like effects used for pain relief and anesthesia. They also affect the areas of the brain that control breathing. High doses, especially of fentanyl, can cause breathing to stop completely. Fentanyl is a powerful synthetic opioid similar to morphine but 50 to 100 times stronger.

Heroin is a type of opioid made from morphine, a natural substance that comes from opium poppy plants. Prescription pain relievers and heroin are chemically similar and produce similar effects. Some people who get addicted to opioid pain relievers switch to heroin because it's cheaper and easier to get.

How did it start?

According to the Washington state attorney general's office, painkillers such as OxyContin and Vicodin became popular in the 1990s in the belief there was little or no risk of addiction based on allegedly flawed or even falsified research and marketing. Treating pain became easier and a higher priority. As the number of prescriptions increased, so did rates of abuse, addiction and overdose.

Opioid prescriptions and related overdoses fell in Washington after 2011 when the Legislature and health care providers began to crack down and encourage use of non-opioid painkillers. But users turned to heroin, fentanyl, methamphetamines and benzodiazepine (an anti-anxiety medicine), and cheaper synthetic opioids, including imitation fentanyl, and overdose

rates for those drugs increased, according to the state Department of Health.

Locally, pills called Mexi-blues are counterfeit OxyContin tablets laced with fentanyl or other synthetic opioids that cost about \$30 each, according to the Pierce County Sheriff's Department. The same drug can be taken orally, snorted, smoked or injected. A single dose can be fatal.

How bad is it?

Though the number of total opioid overdoses has fluctuated since 2006, in 2016, 694 Washingtonians died of opioid-related overdoses, according to the health department. (2016 is the most recent year for which comprehensive data is available.)

From 2002 to 2004, the state death rate just from heroin was 0.65 per 100,000 residents; from 2014 to 2016 the rate was 4.12, an increase of 634 percent. In Pierce County during the same time periods the rate increased by 385 percent.

Sen. Patty Murray recently released a report showing that the cost of the opioid epidemic in this state in 2016 was \$9.2 billion. The National Institutes of Health estimated that every dollar spent on treating addictions saves four to seven dollars in reduced drug-related crime and criminal justice costs. When savings related to health care are included, total savings can exceed costs 12 to 1.

How is it being stopped?

Drug addiction is increasingly recognized in the medical community as a medical diagnosis rather than a moral failing. The NIH website notes: "Addiction is defined as a chronic, relapsing disorder characterized by compulsive drug seeking, continued use despite harmful consequences, and long-lasting changes in the brain. It is considered both a complex brain disorder and a mental illness."

Drug overdose deaths fell last year in 14 states including Washington, according to the CDC, where aggressive approaches to addiction treatment have been imple-

mented, including:

- Equipping first responders with Narcan (also known as naloxone), an opioid receptor antagonist that reverses overdose and restores normal respiration.

- Free needle exchange for IV drug users that allows them to trade dirty needles for clean ones, preventing deaths related to H.I.V., hepatitis C and endocarditis. These programs can also help users sign up for Medicaid and connect them with addiction treatment.

- Providing fentanyl test strips to check street drugs for the presence of various fentanyl analogues that can lead to overdoses.

- Expanding Medicaid to pay for long-term outpatient and residential care to provide access to medication-assisted treatment with buprenorphine and methadone regardless of a patient's ability to pay.

Some in law enforcement and legislatures oppose these approaches in the belief they enable drug use. A Pew Charitable Trusts research group analyzed state-by-state data in 2017 on drug imprisonment, drug use, overdoses and drug arrests and found no evidence that they affected one another.

A 2018 study from Stanford University concluded that three measures—a 25 percent reduction in prescriptions, greater access to naloxone and expanded methadone treatment—could reduce overdose deaths by 6,000 over 10 years.

Washington has expanded the number of people receiving treatment for opioid addiction, according to the Washington Health Care Authority. Medicaid patients tripled from 2013 to 2016, when 15,259 Washingtonians enrolled in a medication-assisted treatment program.

Many Washington state agencies also distribute overdose kits with naloxone.

Half a dozen states, including Washington (and entities like Pierce County) are suing pharmaceutical companies for damages.

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Su & Mo: Closed



PSD Classified Employees remind school board members they too deserve livable wages during the Nov. 8 PSD board meeting held at Goodman Middle School. *Photo: Lisa Bryan, KP News*

Peninsula Classified Staff Seek Higher Wages

MATTHEW DEAN, KP NEWS

Members of the Peninsula School District classified staff, wearing blue shirts and carrying signs, voiced their concerns over pay at the district's board meetings in November and December.

Dozens of PSD classified employees attended each meeting, with several taking the microphone during the time for public comment. "We would like to be shown respect for the work we do, and we would like that respect reflected in our checks," said Bunky Janovich, president of the Public School Employees Clerical Bargaining Unit.

PSD officials are currently in talks with union representatives regarding potential raises for classified employees. While the details of these talks are not available to the public, many seem to be hoping for a \$2 or \$3 hourly wage increase, roughly in line with the recent increases for teachers.

Within a school district, the term "classified employees" refers to all workers who are not required to hold certification for their job. This group includes paraeducators, secretaries, bus drivers, maintenance, custodial and food service workers. These employees have a separate pay schedule and bargaining agreement from certificated employees—teachers and administrators who are required to have a certain level of education.

Many spoke of the difficulty behind classified staff duties and the inadequacy of the current salary schedule. Speakers emphasized the strong relationships classified staff can develop with children and the educational benefit they can offer. Teachers, family and community members also spoke

in support of the classified staff. "My school, and all of our schools, simply could not function without all of these people. They are indispensable and their compensation should reflect this," said Amie Smith, a veteran teacher at Gig Harbor High School.

Some speakers also compared PSD unfavorably to South Kitsap School District, where classified employees recently received pay increases. The statements reflected a common desire for a "living wage." "I could give up what I'm doing here and go and make more at McDonald's," said Cathy Reaney, a paraeducator at Evergreen Elementary School.

This recent round of appeals for change was sparked by the McCleary Decision, a state Supreme Court ruling that public education was not being adequately funded by the Legislature. As funding has increased in the wake of the decision, certificated employees in Washington have seen raises across the board, including in the PSD where teachers received 10 to 14 percent raises. Classified employees did not receive similar pay increases.

All PSD employees are paid based on salary schedules. Base salaries are modified by "step increases," where each "step" represents a year of service. For the 2018-19 school year, a new PSD transportation driver's pay is set at \$19.70 an hour. A step 10 driver would make \$21.88. A top-step custodian (with 23 or more years of experience) would make \$19.57.

Clerical and instructional support (paraeducators) wages are divided into grades based on position duties and experience, but a midgrade worker in either of these categories with five years of experience would

make around \$20 an hour. At top grade and top step, clerical workers and paraeducators top out at \$26 and \$28 an hour respectively. Not reflected in this pay information is that many of these positions are part-time and variable, some as few as 12 hours a week, nor does it include deductions for insurance or retirement for employees who are eligible for benefits.



KPCS's new executive director is ready to learn and lead. *Photo: Lisa Bryan, KP News*

New Chapter Begins for KPCS Food Bank and Senior Center

STAFF REPORT

Tracy Merrifield of Gig Harbor has been hired as the new executive director of the Key Peninsula Community Services Food Bank and Senior Center, succeeding Penny Gazabat who retired Dec. 31 after 10 years at the helm.

Merrifield said her first day on the job left her humbled and inspired by Gazabat and the KP community. "Penny mentioned to me with a smile the day we met, 'Look what I get to do today.' She greets each morning with these words."

Working alongside Gazabat, Merrifield watched her happily manage a freezer repair, an unexpected power outage, and the busy happenings of a full lunch crowd and senior exercise class.

"It's a lot bigger operation than a lot of people think; lots of things go on around here to keep the wheels moving," Gazabat said. "I really believe Tracy Merrifield is going to take KPCS to the next level of community service."

For Merrifield, "The experience of meeting the dedicated KPCS staff and volunteers as community members delivered gifts for the food bank and donations throughout the day was hard to put into words," she said. "This is a community that cares."

January 2019

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Key Pen Parks

Fun in 2019

Pet Easter Treat Hunt – March 23
Parks Appreciation Day – April 27
360 Trails Raffle Ride – Date TBD
Mom & Me Tea – May 11
Community Hot Dog Social – July 4
Fairy Camp – July 16-18
Cinema Under the Stars – Friday evenings in August
All Hallows Eve Celebration – Oct. 19
Letters to Santa – December 1

Job Openings

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View entire position descriptions or download an application from the Employment page of our website. You may also stop by the park office during open hours.

Santa Sends Thanks...

Thank you to everyone who attended this year's Letters to Santa event at the Key Peninsula Fire Station on December 2. We hope you had as much fun as we did decorating cookies. Santa is excited by all the letters from you all this year!


Thank you to event partners Anne Nesbit and the Key Peninsula Fire Department. You guys rock!

Thank you to Madison Beck and Ariel Frode for an excellent job with cookie decorating.

Thank you to Jerry Hartley for making sure all of those letters made it into Santa's mailbox!



For the latest news see
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In November, Angel Guild awarded \$8,600 to:

The Red Barn.....	\$3,200
Children's Home Society.....	\$3,000
Vaughn Elementary School.....	\$1,800
Key Peninsula Middle School.....	\$600




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Patty will be your champion

I have been working with Patty Sexton since August 2017. After much reluctance on my part and prodding by my husband I contacted Patty Sexton at Mission Possible. It was very difficult for me to come to the realization and acceptance that I really could no longer work. Pride and the way I was raised made this situation very shameful to me, however, from the very beginning she made me feel at ease.

After discussing my physical limitations with Patty I felt a great deal of relief, like a burden had been lifted from me. She patiently walked me through the process of filing a Social Security Disability claim.

In June 2018 I was finally awarded benefits and Patty phoned to give me the good news. Due to the determination being 18 months later than I had hoped Patty did not get paid for assisting me. This infuriated me but Patty seemed to take it in stride. Patty did not bring this up, I did and I believe she wouldn't have. So, just as I thought early in my working with Patty, she is not in this for the money.

Patty not only has extensive knowledge of the process and real empathy for her clients, she has unwavering integrity. I highly recommend her and her company.

Susan K., Vancouver, WA

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Vaughn teacher Matthew Mills, left, receives the 2015 Citizen of the Year Award from Lions Club President Hal Wolverton. *Photo: Ed Johnson, KP News*

35th Citizen of the Year Award Coming: Call For Nominations

The annual award honors anyone who has gone above and beyond to improve life on the Key Peninsula. Residents are encouraged to nominate candidates by Jan. 15.

TED OLINGER, KP NEWS

The annual Key Peninsula Lions Club Citizen of the Year Award will be presented for the 35th consecutive year during a celebration March 30 at the KP Civic Center.

“The award was created 35 years ago to recognize people who do outstanding work in the community,” said Hal Wolverton, the local Lions Club president.

“Anybody who lives on the peninsula, works on the peninsula or even owns property on the peninsula who makes whatever you feel is an outstanding contribution to society is eligible,” he said. “It was designed for volunteers, but it’s not limited to volunteers because some people go way above and beyond what the call of their duties are and we want to recognize that.”

Like the award itself, the Citizen of the Year evening ceremony has evolved over the years into what is usually a sold-out celebration with food and drink and a chance to mingle with community leaders and elected representatives ranging from the county to federal levels. A number of citations are often given commending local achievers, in addition to the Citizen of the Year Award, in keeping with the Lions Club motto: “We serve.”

The evening also includes a keynote speaker and a variety of raffles and other opportunities to donate to the Lions Club and local nonprofits. “It (the award celebration) wasn’t founded or intended as a fundraiser, but it’s become our operating budget and whatever we get goes right back into the community,” Wolverton said.

Among other local services, the KP Lions Club provides eyeglasses and hearing aids to KP residents, awards the KP Lions Memorial Scholarship to high school students, organizes highway cleanups and an annual Volksmarch, volunteers its labor and expertise to maintaining and improving KP parks, and distributes free dictionaries each year to every third-grader on the KP and to

Key Peninsula Middle School, according to Wolverton.

The speaker this year will be Jud Morris, who retired at the end of December after 13 years as Pierce County community director at the Children’s Home Society of Washington and Key Peninsula Family Resource Center. He remains president of the Greater Gig Harbor Foundation. Morris received the Citizen of the Year Award for 2014.

“This award shows the importance of volunteerism, but that’s not all it does,” Morris said. “It’s a great example of the Key coming together to honor people, and it’s about how the KP works and how many good things there are about it.”

“The focus has changed I think because it’s impossible for anyone to have a very positive, lasting effect on the Key or anywhere unless they work a great deal longer and harder than their job hours; you have to be invested—embedded—you can’t just do your hours and go home,” he said.

Lions Club Treasurer Claudia Jones said, “It’s an important award and an important night because you get to hear about the great things these (nominees) are doing and you get to meet them, maybe for the first time. When you’re working at one thing, you don’t necessarily see what’s going on anywhere else, what other good is being done. At Citizen of the Year, you get that and you’re reminded how good we (on the KP) are at taking care of our own.”

Nomination forms are available at the Key Center fire station, library, community office and the KP News office. The deadline for nominations is Jan. 15.

Tickets for the award evening will be available in February at Purdy Cost Less Pharmacy, Sunnycrest Nursery or from any Lions Club member for a donation of \$25.

For more information, go to the KP Lions Club website at e-clubhouse.org/sites/keypeninsulawa

Citizen of the Year Award Winners

- 2017 Dee Dee Kerkes
- 2016 Anne Nesbit
- 2015 Matthew Mills
- 2014 Jud Morris
- 2013 Danna Webster
- 2012 Jeff Harris
- 2011 Ed Robison
- 2010 John Biggs
- 2009 Mike Salatino
- 2008 Edie Morgan
- 2007 Chuck West
- 2006 Phil Bauer
- 2005 Tim Kezele
- 2004 Christi Watson
- 2003 Erlene Twidt
- 2002 Nancy Lind
- 2001 Marge Adams
- 2000 Tracy Manning
- 1999 Louis Aguilar
- 1998 Lulu Smith
- 1997 Irene Zimmer
- 1996 Fred and Mary Ramsdell
- 1995 Angel Guild group: Richard and Barb Hanna; Gerald and June Seich
- 1994 Cy and Eileen Young
- 1993 John Van de Brooke
- 1992 Ida Curl
- 1991 Tracey Manning and Cricket Stephenson
- 1990 Karla and Dick Crocker
- 1989 Ruth Bramhall
- 1988 Dale and Claudia Loy
- 1987 Marguerite Bussard
- 1986 Vicki Henschell and Laurette Jaggi
- 1985 Dr. William Roes
- 1984 Sally Cornman

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JOIN COOK, NOVELIST AND FORMER EDITOR-IN-CHIEF TED OLINGER AS HE BRINGS THE HUMBLE BEAN TO A NEW LEVEL OF GOODNESS

A Paean to a Bean

TED OLINGER, KP NEWS

Weapon of the righteous, bane of the indolent, the humble pinto bean has ennobled humanity for at least five millennia. Black-eyed peas are often consumed on new year's day to invite good luck for the coming annum, but it is the pinto that has built civilizations, fed armies and families, and brought depth and dignity to countless chili pots. It is the most popular bean in the United States, though often tragically confined to binary servitude: refried or whole.

The pinto was ever-present in our household as I grew up, but only in one form: boiled in an infernal greasy morass of sowbelly and onions.

This was some kind of holdover from my dad's Depression-era childhood on a Kansas farm. Whenever memory stirred him, he would head to the garage to cut off a slab of salt pork with a hacksaw from a carcass hanging in the rafters. He'd throw that slab into a large kettle with onions and beans and, after a couple of days of soaking, boiling and sitting out uncovered to encourage bacterial growth, we were compelled to eat it.

It was almost two decades before I discovered that beans could taste good.

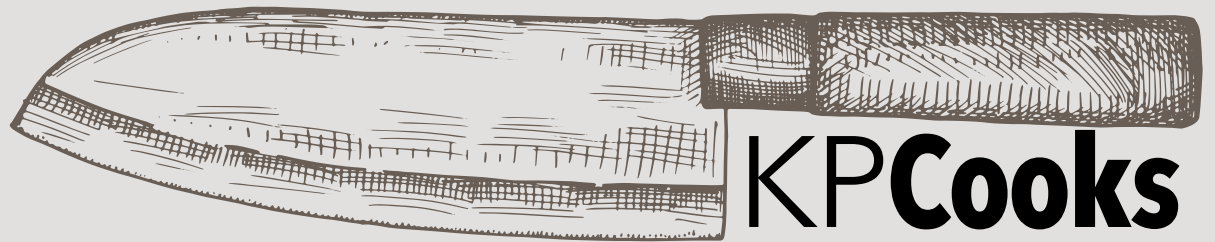
I was 17 and had been invited to an elaborate dinner hosted by one of my dad's law firm colleagues, Josephine Hayes, an archetype of her times: by turns erudite or accessible, elegant or raucous, only occasionally married and by necessity tougher and bolder than any of her male counterparts. Her dinners were, I discovered, a master class in character building.

We started off slow with an inoffensive salad, followed by evermore daring plates including, but not limited to, escargot, a selection of livers, the amphibian course, and culminating in braised sweetbreads (which, for the uninitiated, are neither sweet nor bread).

There was also a soup, and here, among an evening of wonder and terror, was an epiphany: sowbelly and beans as I had never seen it before. A few tender pintos floated on a creamy but rusticated surface, like the face of the moon, crosshatched with chives and thyme leaves. My dinner companions passed around a bottle of sherry, each pouring a splash into their soup. I did the same, and was transported.

I asked Jo for the recipe, surprising myself and confounding my father. She graciously obliged and also promoted me from seat-filler to probationary rotation on her guest list.

What follows is my own adaptation of Jo's formula, years in the making and streamlined for a pressure cooker in the interests of time and convenience, dispensing with presoaking in any case and readily mutable into a vegetarian version. Philistines will take issue with the dubious digestibility of beans, but angels and ministers of grace ask only that we not blind ourselves to salvation: the more one partakes, the better the body adapts.



Jo Hayes' Sowbelly and Beans

Serves 4 to 6 after about an hour

INGREDIENTS

- 2 cups dried pinto beans (or almost any bean you've got, like or desire)
- Salt pork, between ¼ to 1 pound (more on this later; skip it if you want to go green)
- 1 big onion, quartered (white or sweet; red doesn't work here)
- 1 head of garlic, stripped of loose skin but otherwise intact
- 2 bay leaves
- Shot of sherry or cider vinegar
- Optional but worthwhile:*
- Another big onion, carrot and leek (excluding top), all chopped fine
- Cayenne or smoked paprika
- Italian parsley, chives or thyme leaves or some combination for garnish

INSTRUCTIONS

1. Sort, inspect and rinse beans, removing anything that isn't a good-looking bean. Legend has it that soaking overnight or precooking makes diners less gassy. Unless you are certain the dried beans haven't been sitting on a shelf for years, I've found soaking invites more risk than reward to texture and taste.
2. If you're using pork, decide how much. I find 1 pound pork to 2 cups beans about right. In any case, use manageable slabs and brown in pressure cooker or pot to render the pork fat. (Was there ever a more beautiful phrase than "render the pork fat"? Maybe "I love you, too.")
3. Add beans, onion, garlic and bay leaves and carefully add water to pot until about 2 inches above beans. If using a pressure cooker, add a shot of vegetable oil of some kind. This is not for flavor; it will keep the beans from foaming and clogging the pressure cooker vent.

4. Do NOT add salt. There's plenty in the pork and granulated salt will cause the bean skins to harden while the insides remain mushy.
5. If using a pressure cooker, heat to high, then dial down to whatever it takes to get the vent to gently rock back and forth like a metronome for 30 minutes. If using an Instapot or similar, set to medium for 30 minutes. If using a good old-fashioned bean pot on the stove, bring to a boil then crank back to a simmer for about two and a half hours. Beans will be creamier if cooked covered but more intact if not.
6. Meanwhile, if you've skipped the pork or if you choose to live large, or just longer, sauté all the vegetables with a dose of salt, pepper and maybe some cayenne or smoked paprika until very tender. Consider adding a parsnip or a bunch of green cabbage.
7. Check beans for tenderness. With a pressure cooker, it's best to shut off the heat, wait about 10 minutes, release the steam and dive in. If they're not done, simmer for another 10 or so until satisfied.
8. Drain beans reserving stock. Discard pork fat and any remains of onion, garlic and bay leaves you can find.
9. Puree half of the beans with all of sautéed veggies either in a food processor or mash by hand in the pot. Add the other half of beans and a bit of bean broth (technically bean liquor) to pot until you like the consistency.
10. Taste and adjust seasoning, if necessary. It usually isn't. Add a tablespoon or so of vinegar if you want just before serving.
11. Serve in wide, shallow bowls to show off the appearance. Garnish as appropriate. Try it with a shot of sherry on top or with a bit of cayenne or paprika.



Bill Lloyd near his home overlooking Von Geldern Cove. Old timers call it Joe's Bay. Photo: Ed Johnson, KP News

Bill Lloyd: Love of Languages is Perfect Preparation to Help

SARA THOMPSON, KP NEWS

It's a natural fit. From an early life filled with languages and world travel, Home resident Bill Lloyd now volunteers with Advocates for Immigrants in Detention Northwest (AIDNW) at its Welcome Center, helping immigrants find their way after release from the Tacoma Northwest Detention Center (NWDC).

AIDNW was established in 2005 soon after NWDC was built. Originally housing 500 detainees, NWDC now has more than 1,500 beds and is one of the largest detention centers in the country. The Welcome Center, where Lloyd volunteers, is just one of the services offered—with volunteers providing newly released detainees phone access to call family or friends, warm clothing, backpacks and document bags to carry their belongings, snacks and soft drinks. They also assist with arranging travel or safe housing for those who are not traveling on.

Detainees are picked up at the border or elsewhere by U.S. Immigration and Customs Enforcement and are sent to detention centers anywhere in the country, Lloyd said. They are held for an average

of a few months. They may be sent back to their home country or may be allowed to stay for consideration of asylum. But when they are released, they have almost nothing, not even shoelaces.

"If the Welcome Center were not there, what would they do?" Lloyd said. "They often have no idea where they are. They may think Washington means Washington, D.C. and that Virginia is right next door."

Although the detainees come from all over, most are from Central America. Interpreters are available through phone services, but Lloyd's fluent Spanish and French comes in handy.

He has always loved languages, starting with Latin at the Mass he attended as a kid growing up in Othello. He loved Spanish in high school and continued to study Spanish as well as French and German in college. His college career, which spanned more than two decades and several colleges, was interrupted by a need to work to pay for school and by four years of Navy service during the Vietnam War. "I was a jack of all trades," he said. He logged, milked dairy cows and worked with a county road department. Soon after he and his wife Lynn met,

they decided to spend six months traveling around the world.

Lloyd's first job was teaching high school Spanish in a small farming community in Montana in 1990. "I was in a town of 200 people. The kids lived on ranches which they didn't measure in acres, they measured in sections. The students didn't think they had much use for education, and certainly not in Spanish. My first year of teaching was pretty horrible, and during that year I was applying for jobs everywhere. I subscribed to a paper, the International Educator, and saw an ad for a teacher in Guatemala. I sent my resume, got a phone call and was hired after a phone interview."

Lloyd, with Lynn and their third- and fourth-grade daughters, spent the next year teaching in Central America. "In Guatemala, Spanish is a second language. Their primary languages are Mayan dialects, so it was really refreshing to hear textbook Spanish."

The family then moved to Cashmere where Lloyd was an ESL teacher for the next 13 years. Once their daughters were grown, Lynn went back to school for a teacher certification and the couple taught

overseas. They spent two years in Kazakhstan and then two years in Libya. They left in 2010, shortly before the Arab Spring. Lloyd said they did not feel endangered during their stay in Libya but, "We watched all our colleagues climb onto the ferry to evacuate on CNN."

While overseas, the Lloyds began looking for a retirement location. They knew they wanted to move to the Pacific Northwest and they wanted to live on the water. They found places on creeks and lakes, but when they saw an ad for a place in Home they knew it was just what they were looking for. They moved here in 2011 and didn't know a soul.

They joined the Longbranch Improvement Club, began to volunteer at The Mustard Seed Project, joined the Key Singers choir and got to know their neighbors. "We had a network in no time," Lloyd said.

For more information on AIDNW, go to nwid.org. For more information on federal immigrant policy and local issues, a meeting sponsored by the League of Women Voters, AIDNW and others is scheduled Jan. 5 from 10 a.m. to noon at First Methodist Church, 621 Tacoma Avenue South in Tacoma.

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Marcia Harris	<input type="checkbox"/>	Anne Shoemaker	<input type="checkbox"/>
Write in _____	<input type="checkbox"/>	Write in _____	<input type="checkbox"/>

Candidates are not running against each other. You may vote for both.

www.keypeninsulacommunityservices.org and www.facebook.com/KeyPenCS



January Schedule

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Jan 11 Skate Night + Dodgeball

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Richard van Enters of Lakebay visits Ho Chi Minh City in Vietnam last September

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TOP LEFT American wigeons along Glen Cove. *Photo: Ed Johnson, KP News* **TOP RIGHT** Taking advantage of winter's king tides, anglers reel in a silver Coho salmon at Minter Creek. *Photo: Ed Johnson, KP News* **MID LEFT** A pod (or bob) of harbor seals lounges in Von Geldern Cove. *Photo: Ed Johnson, KP News* **MID RIGHT** Paisley Phillips, Addison Phillips and Grace Maynard enjoying the fruits of their labors decorating cookies. *Photo: Ed Johnson, KP News* **LOWER LEFT** Local actor Jonathan Bill, goes over details in the murder trial in the play "12 Angry Men." The reading was directed by David Starkweather for a private event at Blend. *Photo: Lisa Bryan, KP News* **LOWER RIGHT** Sleigh flies full circle Dec. 16 as triple-decade veterans Santa and Mrs. Claus, a.k.a. Fred and Mary Ramsdell, now of Bainbridge Island, return for a victory lap with two new secret celebrity white-haired newbies. *Photo: Anne Nesbit*