

KEY PENINSULA NEWS

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PAID
PERMIT NO. 2
VAUGHN, WA 98394

January
1987

Published by Key Peninsula Civic Center Circulation 4800 Volume XV Issue 1



GREETINGS TO ALL

Have a warm and wonderful New Year!

Where is Your House ?

CAN FIRE DEPARTMENT GET TO YOU?

By Hugh McMillan

If you have an emergency, can our firefighters get to you with their equipment?

There are 811 private roads on the Key Peninsula. Many of them are inadequate to permit the passage of a fire engine. Some of them are so poor that even an ambulance cannot pass from the highway to the residences the private roads serve.

Our fire engines are 9.5 feet high, 28 feet long, and weigh 28,000 pounds (that's 14 tons). Could they negotiate the curves in your roadway? Would the surface of your roadway support that enormous weight?

Undoubtedly, you have no problem driving your compact -- or even your stretch limousine -- down that roadway. You are confident that an emergency vehicle can transit the same road. And maybe you are right.

Maybe you are unaware that our fire engines require a road surface that is at least twelve feet wide and is of such firm foundation that it will not break down under the weight of 14 tons. They require a 9.5 foot overhead clearance. Overhanging tree limbs can sweep a \$350 light bar off the upper surface of our vehicles with the ease of a broom on your kitchen floor.

If the road that leads to your home does not meet these minimum requirements, we will have to park our equipment at the entrance to your roadway and waste precious minutes manually carrying equipment to the site of your emergency.

There is also the problem of gradient. Some private roads are so steep that even in dry weather our fire engines are able only to crawl up them at a snail's pace; 14 tons is a lot of weight to lift.

Most residence fires occur during the winter when many of us are heating with wood, a home-heating fuel responsible for 70% of residence fires. It is important to recognize

(cont'd on page 3)



The unusually tall cornstalk in the picture above came from kernels found in a cornnut package and planted by grandchildren of Helen Gilman of Longbranch. The cornnuts were refreshments for these young people while attending a Belfair outdoor theater, and not expected to be good for anything else. Later, on a whim, they planted four of the cornnuts just to see if anything would happen.

Three of them did not sprout, but the fourth did. It produced the very tall cornstalk in the picture. On this stalk were just two mature ears when harvested. Seeds from these will be planted next year in hopes of something more unusual.

In the picture Jim Gilman is shown standing beside the stalk in its twelve-foot glory last September.

Your Editor feels that this story with its message is appropriate for all of us going into a new year. Instead of having a "ho-hum" view of the future, or having a gloomy view, he believes we all should expect good things in the year ahead. Some may "pooch pooch" such philosophizing and see the cornstalk as a freak of nature. Happier people will accept it as a symbol and a reminder to truly look for good in the year to come.

PENINSULA SCHOOL DISTRICT ANNOUNCES

By Keith Stiles

Closely following a previously-announced project schedule, the Peninsula School District has announced the Tacoma firm of Merritt & Pardini, Architects, as the choice of the selection committee to handle the modernization program for the Evergreen Elementary School. Ten outstanding architectural and engineering firms made submissions before a committee that included school officials, a member of the School Board, the principal of Evergreen School, and a member of the local community.

After the signing of a formal contract there will be a series of local meetings with school officials and members of the local community to receive input which could be used in the building modernization process. Citizens wishing to express any views that they may have about the Evergreen modernization process may contact principal Dave Trocheim during school hours at 884-3393.

Evergreen School is now approximately 30 years old, and was built with plans, materials and techniques of the time, including electrical and heating oil usage when costs for oil and kilowatts were much lower than present. The building has also experienced a series of roofing problems and suffers from a shortage of work space for school staff with almost no available storage room for supplies and equipment. Overall plans call for a general modernization of the current 14,400 square feet, and the addition of two new classrooms and a new central core area. If the work proceeds as planned, bids will be awarded for the work sometime early next summer and the completely modernized school will be ready for occupancy by September 1988 or sooner. Funds for the modernization will come from the bond issue passed for the Peninsula School District last spring.

Letters to Editor

Dear Editor:

In editing material to fit the limited space of the Key Peninsula News, inadvertent alterations of meaning occasionally are made. Such was the case with the article on the \$1,530 reward for information leading to the arrest and prosecution of those guilty of removing, vandalizing, or destroying traffic signs on Key Peninsula (KP News, December).

In its published version, one might infer that the reward project was rather a "one-man show". Nothing could be further from the truth.

Sixteen concerned Key Peninsula individuals and organizations representing a substantial number of our citizens from all corners of the Peninsula are committed to support this effort. They are:

KP Lions' Club	\$100
George Parrot	\$200
KP Cootlette Club #609	\$100
KP Firefighters Assoc.	\$200
KP Senior Society	\$100
KP Sportsmen's Club	\$100
Macon Bacon	\$ 25
Key Western Bldg. Supp.	\$100
Key Center Br. GH Natl.	\$100
Longbranch Bell-ringers	\$ 5
Horseshoe Lake Service	\$100
Minter Veterinary Hospital	\$ 25
Anonymous	\$ 75
Jim and Ruth Bramhall	\$100
Walt's Fine Foods	\$100
KP Angel Guild	\$100

All of us are, and will continue to be, committed to bringing these culprits to justice.

Hugh J. McMillan

To the Editor:

It is with great concern that I am writing to you today. I was shocked to find out that there is no telephone available to the public at your facility. Being a co-leader for a Brownie Girl Scout Troup, I find it very alarming, should we ever need to telephone for an emergency. Another situation would be if a parent forgets to pick up his child after an activity.

Please consider installing a public telephone on the outside of the facility.

A concerned parent,
Lorraine Harvey

P.S. Endorsements,
Bev dello
Laura Wood

Chinese Textiles (cont)

book in Sweden on woven clothing, together with a writer in Africa. A weaver friend of mine decided to organize a trip to China last May, focusing on textiles. She had been to China before and knew about the potential places of special interest from a textile viewpoint. I will try to convey the mind-boggling experience of seeing the old and new China, represented by their textiles, in juxtaposition."

CC Board Biz

The regular meeting of the KPCC Board met on December 11, starting with a potluck dinner for old and new members and their spouses. November minutes were amended to reflect a skating charge of \$1.50 for both age groups.

President Vicki Henschel introduced new Treasurer Kay Harvey of Longbranch. Gift certificates were awarded to Mary Seidelman and Lenore Jameson for their many years of service on the Board.

Under special reports, the new skating program is running satisfactorily with large groups at both sessions; the Arts and Crafts Fair was very successful, realizing between \$775 and \$800; a candidate for Bingo chairman has been found, and New Year's Dance tickets are available at Sunnycrest Nursery.

Under old business, resumes for a bookkeeper to assist the treasurer have been received and applicants will be interviewed after the first of the year.

New business: A contract has been let to repair the breezeway between the two buildings, and consideration of bids for a fire escape for the Newsletter room has been tabled due to excessive cost. A rope ladder will be purchased to meet this need.

Meeting adjourned by Vicki thanking everyone for their contributions to an excellent potluck, and - on behalf of all Board members - wishing the community a HAPPY AND JOYOUS NEW YEAR.

Respectfully submitted,
Pauline Finn, Secretary pro tem.

In The Library

LIBRARY HOURS:

Tuesday and Wednesday	1-8:30
Thursday and Friday	1-6
Saturday	12-4

CHINESE TEXTILES, ancient and modern

Britta Brones will share her experience of traveling to China to learn about textiles on Wednesday, January 14, 7 pm, at the Key Center Library. This is a free program sponsored by the Friends of the Library.

The following piece written by Britta tells of her interest in textiles and how the journey to China evolved: "Since I was young, textile crafts have been of great interest to me. I started weaving when I moved to the United States twelve years ago, never having had the time to learn how in my native country, the "mocca of weaving" as Sweden is sometimes called. My main focus is one of a kind garments, but I also weave occasional tapestries and rugs. Last year I published a
(Cont. on column to left)

THE KEY PENINSULA NEWS
POST OFFICE BOX 3, VAUGHN, WA.
PHONE 884-4699

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THE OPINIONS EXPRESSED BY INDIVIDUAL COLUMNISTS AND WRITERS OF LETTERS TO THE EDITOR ARE THEIR OWN. THEY DO NOT NECESSARILY REFLECT THE VIEWS OF THE KEY PENINSULA CIVIC CENTER OR THE STAFF.

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Robbery at DJ's Mini Mart

The newly-opened Mini Mart on SR 302 near 134th Street suffered an attempted robbery during its early morning opening on December 9. The clerk had just unlocked and was making doughnuts. When she turned to the counter a young man in his late twenties, dark complected, dark hair, mustache and approximate height of five foot three was pointing a gun at her and demanding that she give him all the money. Further description of him included a blue jacket and a tan stocking cap.

Frozen in shock the clerk did not move, so the robber leaned over the counter and attempted to open the register. He might have known that there would only be just enough change to open a day's business -- some \$15; but his jabbing at the register keys resulted in a jam that locked it more than usual. Finally the robber backed off and in frustration over failure to obtain money, he pointed his long-barreled pistol at her and snarled, "I oughta kill you!" With that, he fled out the door and headed on foot toward 134th.

The clerk immediately called the Mastro's, and an attempt was made to use 911 to call police. An unfortunate delay in that was partially offset in that a deputy sheriff's car was nearby and was there in a

(Continued on page 3)

Troop 213

November 24 the Troop held an Eagle Court of Honor for Matthew Mills and a Court of Honor for the troop at Key Peninsula Lutheran Church.

Flag Ceremony and Colors were presented by Jake Frame, Mike Mills and Joel Wood.

Scoutmaster Steve Wood presented awards earned to the following:

Ranks: Tenderfoot: Dax Koho, Spencer Shirley and Levi Evalt.

Second Class: Jake Frame, Wes Haskins, Phillip Johannessen, and Jeremy Zambel

Star: Martin Mills.

Life: Mike Mills.

Skill Awards: Swimming: Levi Evalt.

Hiking: Jeremy Zambel, Jake Frame, Dax Koho, and Spencer Shirley.
Citizenship: Spencer Shirley and Levi Evalt.

Swimming: Levi Evalt.

Merit Badges: Swimming: Levi Evalt.

Environmental Science: Martin Mills.

Music: Martin Mills and Mike Mills.

Citizenship in the Community: Levi Evalt.

Camping: Mike Mills.

Following the Court of Honor, the troop held the highest honor in Scouting - and Eagle Court of Honor - for Matthew Mills.

Mr. Beal opened the ceremony by introducing and giving recognition to the following persons who have earned the Eagle Rank: Cecil Beal, Earl Ruppert(Matthew's grandfather), Scott Beal, Sean Eagan, Tor Johannessen, Roy Tucker, John Barr, and Clayton Williams.

Scott Beal participated by narrating the ceremony.

Family and friends of Matthew Mills congratulate him on this achievement.

FIRE COMMISSIONERS ELECTION

Fire Commissioner Hugh McMillan of the Key Peninsula Fire Department was re-elected Vice President of the Pierce County Fire Commissioners' Association at that organization's bi-monthly meeting on November 20, 1986. The Association represents all 27 of the Fire Districts of Pierce County.

When McMillan declined the nomination for President of the Association because of the press of other business, fellow Key Peninsula Fire Commissioner Arthur Fenton nominated him from the floor to re-election as Vice President.

Fire Commissioner Stephen Baskett of the Parkland Fire Department was elected President replacing University Place Fire Commissioner William Jamon who was elected to the Washington Fire Commissioners' Board of Directors at

(Cont. next column)

POSTING OF PRIVATE ROAD SIGNS

There are approximately 3,000 unmarked private roads in Pierce County. In response to concerns voiced by the general public with regard to locating specific addresses in times of emergency, the Pierce County Building Division is requiring that residents who live on private roads post a street sign with the appropriate designation at the head of their road as per Grid Ordinance 84-152. They are recommending that you get together with your neighbors in sharing the cost.

You may construct the sign yourselves or have it constructed by a local sign company, listed in the yellow pages of your phone book under traffic control sign companies.

Your numerical designation should be displayed with numerals not less than four inches in height. These should be on your building or near the main entrance to your property if the building is not clearly visible from the road.

If there are any questions, you may contact your local fire department or call the Pierce County Address Correction Program at 591-7249.

Commissioner's Election (from col 1) that body's Conference in Spokane on October 25, 1986.

Edward Barth, Fire Commissioner of the Edgewood Fire Department, was elected to a three year term as a member of the Association's Board of Directors.

Commissioners Baskett, McMillan, and Barth were all unanimously elected to their offices.

WHERE IS YOUR HOUSE?

Continued From Page 1

that it is impossible to move a loaded fire engine up some of the steep private roads when they are covered with snow or ice. On a number of emergency calls, our ambulances have been unable to reach the scene of an emergency because of the steep snow or ice-covered surfaces. Valuable time has been lost while equipment had to be carried manually to the scene of the emergency.

If getting to you is a downhill run and your roadway has adequate clearance and load bearability, can we get back up the hill? If not, we cannot bring our vehicles to your air. We will have to transport needed supplies manually. That takes precious minutes. But we cannot risk having our equipment stranded and standing out of service at the bottom of a hill; it must be ready to respond to other calls.

If yours is a dead-end road, it should have adequate space in which to turn our equipment around in order to return quickly to the emergency needs of our community.

It is true that our ambulances can negotiate some rather poor roads-cautiously. But there are some roads on our Peninsula that will not permit even the passage of our ambulances; the roads are simply not wide enough. Obviously, these roads cannot accommodate passage of fire engines.

In the event of a cardio-vascular or severe bleeding medical emergency, every second can make a difference. Permanent brain damage sets in six minutes after a patient's brain is denied oxygen. In twelve minutes, the brain is probably dead. The body can also be dead shortly thereafter. It is imperative that we reach the patient in the shortest possible time.

The Key Peninsula Fire Department has one of the most outstanding response time records in all of the world's fire services. It is very good. BUT! No matter how fast our response time, if we can't get down your roadway, if we have to spend time manually hauling equipment to the scene of your emergency, you will be the loser.

Do yourself and your loved ones an important service: make sure your roadway will let us get to you in the event of an emergency. Please.

ROBBERY (cont. from p. 2)

few minutes. Search of the area was unsuccessful, but the alarm went out and nearby merchants were notified. The publishing of this story was specially requested by the president of the Key Peninsula Business Association in an effort to warn all the community. Other persons had seen the same man at the Eatery in Key Center; also in Home and at various spots hitchhiking, all during the previous two weeks.



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Health Center Happenings

At the recent Washington State Obstetrical Meeting, an old disease was a hot topic of discussion, namely osteoporosis. Osteoporosis is a condition of loss of calcium and weakening of the bones, commonly found in women after the age of menopause (over 25% of women over 50 are afflicted). The result is an increase in broken bones, especially in the wrist, spine and hip, and the national cost of providing care for these patients is close to four billion dollars per year. The lack of the female hormone estrogen seems to play a major role in the development of this disease, as it is much less common in younger women and very unusual in men. Other factors also affect the development, however; smoking, alcohol and excess coffee increase the risk - activity and a diet rich in calcium reduces it. It was also pointed out that a person's family history and background plays a large role in their risk of developing osteoporosis.

Often osteoporosis is a 'silent' disease, with the first symptom being a broken bone from fairly minor trauma or fall. It can also be detected by special x-rays and bone scans, but these are seldom needed. Therapy for the disease is addressed to treating the fractures if they occur, but a more rational approach is preventing the bone loss in the first place. As I mentioned earlier, calcium in the diet or in supplementation is important, and between 1000-1500mg a day is sufficient. More than this can increase the risk of kidney stones. The most important time in a woman's life for supplementing the calcium intake is when she is building bone mass, or during her teenage years. That's why they're now putting calcium in Tab, but milk is still a much better source.

COMMUNITY BLOOD DRIVE

THE GIFT IS IN THE GIVING

The Community Blood Drive, held at the Key Peninsula Lutheran Church on December 1 was a big success. Our community contributed approximately 50 units of blood! The staff from the blood bank considered this one of the most successful and enjoyable drives they have held.

Pastor and Mrs. Ed Wagner opened Key Peninsula Lutheran Church for the community's use and were also part of the set-up and clean-up crew. Many thanks to all those who helped out in different ways by donating refreshments, making phone calls, and working during the drive, and special thanks to the blood donors! Compliments were received concerning the friendly atmosphere, ideal setting, and the generous, patient people who came. Let's try for another drive in the spring!

K.P. Senior Society

By Martha Applegate

The Key Peninsula Senior Society was happy to have so many guests at the annual turkey dinner for senior citizens on November 20. This was a record-breaking crowd and the dinner and entertaining program that followed were much enjoyed. Chairman Beulah Kupka thanks the many local business people who donated the following gifts for door prizes:

Sylvia Johnson: haircut, shampoo and blow dry.

The Eatery: a meat pizza.

Movie Magic: 1 free movie rental.

Betty's Consignments: 16 oz. box chocolates.

Key Center National Auto Parts: 5 qts. oil, filter in stock.

Key Center Chiropractic: one free adjustment.

Key Western Builders: 1 Fiskar's knife set and sharpener.

Dr. John Olsson: 1 free teeth cleaning.

Colony Real Estate, Inc. from Joyce A. Tovey: \$10 check.

Walt's Fine Foods: 3 lb. coffee.

D.J.'s Tire Service: lube, oil, and filter.

Red Dog Store: 1 dozen assorted doughnuts.

Gig Harbor National Bank, Key Center: \$50 savings bond.

Sunnycrest Nursery: 4 packs plants.

Celebrations, Gig Harbor: 2 breakfasts.

Meetings are held each Thursday at noon at the Civic Center in Vaughn. Lunch is pot luck, and cards and other games follow. Van service is available, call 884-3623 or 884-4394.

VPTO News

The next meeting of the Vaughn Parent Teacher Group is January 13 at 7 pm. Meetings are for parents and teachers; we supply refreshments and free sitters. We do ask that once your child is left with the sitters, they remain with them until picked up by the parent.

The Cookie-In-Tins fund-raiser made \$3,066.20. The three top sellers were Rachel Biber, Brandy Bierce and April Ball. "Thankyou," students and parents who participated, and apologies to those of you who were disappointed with the product. We would like you to know that your support is very much appreciated by Vaughn's students and staff. From the money raised the VPTG was able to give each class level \$200 to purchase books and materials for special class projects, and these items will stay within Vaughn School.

Congratulations go to students who have completed 2,000 minutes of reading in the Read-Lead program - - Laurel Oldenburg, Andrew Seamster, (to next column)

Chiropractic Health Tips

SUBLUXATION PART III

Last time we talked about the causes of subluxations. This time we will talk about how subluxations affect your health.

Everyone knows that a broken neck, broken back, or similar spinal injury can produce pressure on the nerves to the extent that partial or even complete paralysis of parts of the body may result. However, one tends to shrug off the possibility that a subluxation resulting in pressure on these same nerves can be extremely destructive, causing a condition of decreased activity amounting to a slight paralysis -- or the reverse, a dangerous increase in activity. For instance, a sluggish liver or gall bladder indicates decreased activity, and an over-active stomach or rapid heartbeat signifies increased activity. Irritated nerves can cause either decreased or increased body function in whatever organs those nerves supply. Affected organs, therefore, must have the same attention that is given to more severely paralyzed body areas. The normal natural nerve control which has been denied them must be restored. Organs, tissues, and cells cannot maintain their own state of normal health without guidance from the brain through nerve impulses.

What are the Danger Signals? If you are suffering from headaches, stiffness of neck, pain between shoulders, backache, pain in arms or legs, numbness in hands or feet, or general nervousness, you are suffering from one of the eight danger signals that indicate possible nerve pressure or irritation by a subluxation or subluxations. Persistent headaches, for example, may be a warning signal of impinged nerves at the base of the head. These eight danger signals are the body's way of warning you that something is wrong. Left uncorrected, the symptoms will undoubtedly continue to increase and produce even more severe conditions.

Remember, there are two factors to every health problem: Symptoms and Causes. Symptoms are the body's alarm system telling you that a problem (or cause) exists. Cause, the true culprit.

(VPTO)

Mike Backlund, John Brooke, Andy Simon, Ursula Buri, Tara Hendrickson, Ulrich Buri and Zachary Johnson. All Vaughn students are doing a wonderful amount of reading. Keep up the great pace. Remember that books give knowledge, and those books are making the bookworm grow more every day.

The Read-Lead program will be going into hibernation at the end of January. There will be a "Be Enthusiastic About Reading" program (BEAR) which was a success last year. Students will read to earn a night out in Vaughn's Gym. There will be pizza, games and movies for the students who earn BEAR Night Out. Hope to see you at our next meeting!

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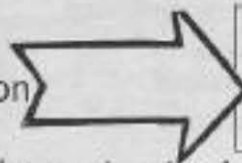
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RED DOGS MINI MART

A new mini-mart business located in Key Center last April and is known as Red Dog. Designed as a country convenience store, it provides the usual stock of groceries and beverages. A special feature of this business is its in-house bakery. Donuts and various sweet cakes are popular items purchased by people who can't believe that they are baked right there. Hours are from 6 am to midnight daily.

A new state lottery machine is expected by the end of November and will provide a ticket service such as is available at Belfair or Purdy.

LOST AND FOUND

Editor Jim's hat walked away from the Civic center hat rack at the last KPCC board meeting. Please return it.

INFANT MASSAGE: LOVING TOUCH

Today, the ancient art of infant massage is undergoing a renaissance in the West. Bodywork therapists, health professionals, childbirth educators and skilled parents are loudly praising the practice for its wide-ranging physical, emotional, and psychological benefits. The need to touch and be touched is universal. To adults it is comforting - to infants it is the foundation of emotional well-being.

Infant massage, like natural childbirth and breastfeeding, is an ancient practice that has been carried out for centuries in many cultures. It now seems new only because of our recent insights into why it works and its deeper implications for human development. Mothers all over the world

have known that caring, loving touch has impact on their child's growth. The bonding process begins at an early age, and when parents massage their babies, it creates a flow of love that endures through time.

Numerous studies and research findings have surfaced to support the premise that through properly applied massage techniques, infants receive both a physical and emotional nourishment that plays a key role in the avoidance of disease and in the development of their full and total human potential. The physiological benefits of infant massage are numerous, including relief of gas and colic and stimulation of respiratory, circulatory and gastrointestinal functions. Other benefits are relaxation, stress pre-

Continued on Page 14



DJ'S

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About Your Money

by David Barton, CFP

Mutual funds -- load vs no-load?

The recent explosion of investments in mutual funds gives evidence to their popularity with consumers. If you are thinking about putting money in a mutual fund (or if you already have an investment of this type), you've probably weighed the pros and cons of both load and no-load funds. At first glance, a no-load fund seems more attractive to many people because they figure they're saving money on the sales charge. But consider the sales charge for a minute.

The first thing to remember is what the sales charge is for. A good portion of this money is spent on due diligence (research, ongoing review, and monitoring a particular investment). Due diligence on mutual funds should include measuring the performance of each fund on a quarterly basis, visits to the fund managers, and generally acting as a "watchdog" over the mutual fund. There are very few, if any, individuals with that kind of resource available to monitor their own personal investments.

Secondly, the sales charge pays for the service that the broker/dealer provides you with. You have the advice of a professional financial planner who can help select the investment(s) suited to your personal risk tolerance and financial situation. If you should ever have a problem connected with your investment, the bro-

ker/dealer firm can help to rectify any errors with the fund company. Another benefit is that you only have one person to call if you want answers to questions regarding investments you may have with several different companies.

Finally, remember the old adage "There's no free lunch." The no-load funds have to make their money somewhere, and it can come from several different places. All funds charge ongoing management fees, but they can often be higher in no-load funds. Because mutual funds are generally considered a long-term investment, the management fee that a fund charges can make a considerable difference over time. Another thing to look for is the redemption fee that a no-load fund may charge when you liquidate your investment. These fees vary greatly from fund to fund, but since they are based on your total assets when you get out of the fund, it can add up.

THANK YOU

To the Special Community Santa,
"Thank you and God bless you."

The Community

We would like to thank the community for their support and patronage in the past year.

The Warrens and
The Haskells

Home Laundromat

When it comes to making the final decision, however, remember your first priority is selecting the best investment, not the fee structure. Purchasing a no-load fund just because it is a no-load fund is like choosing a medical specialist because you like the monthly payment plan - it has nothing to do with how good your care will be.

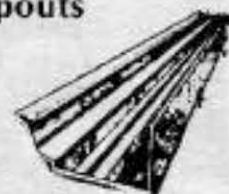
Please direct questions or comments to David at 857-5767.

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Somebody got angry about that because it was Everybody's job. Everybody thought Anybody could do it, but Nobody realized that Everybody wouldn't do it. It ended up that Everybody blamed Somebody when Nobody did what Anybody could have done.



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LENORE JAMESON!

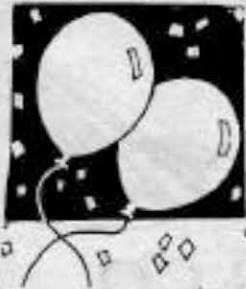
Lenore has served as the KPCC treasurer for the past five years, plus being in charge of our Wednesday night bingo program. She has done a job that many times we have taken for granted, and sometimes we overlook a pat on the back and a thank you. So, at this time I would like to say "thank you" for all the time and help you have given to both me and the Center.

We hope you will enjoy your winter in the sun.

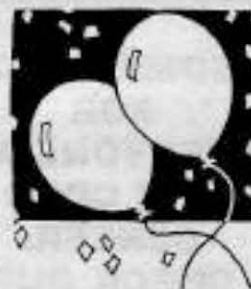
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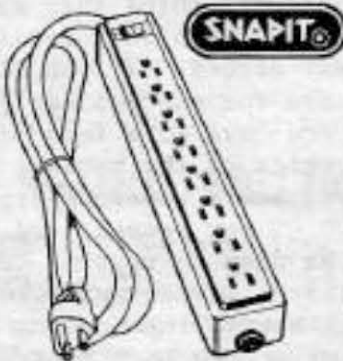
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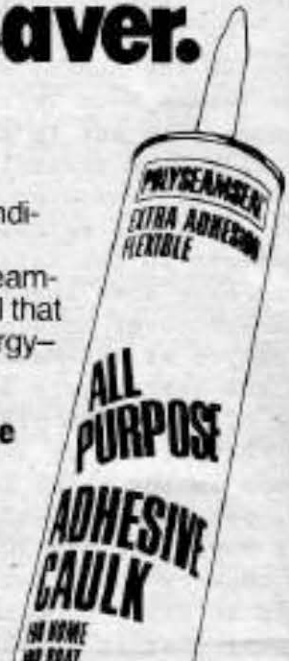
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Restaurant Guide

Janice McMillan

On one of these grey January days take that Christmas check from Uncle Charlie and have a mini-vacation in a foreign country.

Vancouver, B.C. Canada is about four-and-a-half hours from the Key Peninsula and worlds away in atmosphere. Vancouver is one of the most attractive cities of the world. It sparkles and glitters, it is sophisticated yet friendly. It is also a great eating town and, according to one taxi driver, has 6,000 restaurants. It seemed so to me, and I noticed restaurants serving everything from Thai to vegetarian, wild game to haute Chinese, country Japanese to elegant (and expensive) Italian.

To locate a bargain place to stay, look in the Sunday Travel sections of the Tacoma News Tribune and the Seattle Times. The ads in these sections usually have several of the nice hotels in Vancouver advertising bargain week-end rates. Also the back sections in the Entertainment '87 book have some special rate coupons for Vancouver hotels. Two years ago I stayed at the Hotel Vancouver (one of the best hotels in town), using one of these 50% off coupons and had, by chance, one of the very finest rooms in the hotel for about \$45.00 US, per night. Don't forget to take off approximately 30% of the prices to convert to US dollars. After our trip to Expo, we discovered to our dismay that it is best not to use VISA or MasterCard; use cash that you have converted to Canadian dollars beforehand. With VISA we received a conversion rate that was quite a bit lower than the Canadian banks were offering.

I can highly recommend several restaurants that we enjoyed on our four-day Expo trip. However it is easy to find a good place to eat or a fine place to dine. We asked taxi drivers, asked at the hotels, and read an invaluable free publication called "Key to Vancouver" available at hotels or the visitors bureau. It is filled with maps, places to see, things to do and listing of restaurants.

We enjoyed the Seven Seas Seafood Restaurant in North Vancouver. (You must take the SeaBus, which is run, too. Costs about \$1.00 each way, located right downtown near Canada Place.) Seven Seas has the most extensive all-you-can-eat seafood buffet you can imagine for approximately \$14.00 US. The restaurant is an old beautifully renovated, still-

floating ferryboat. We walked directly to this attractive place from the SeaBus. Serves until 11 p.m.

Two other places made a very favorable impression on us. One was the Timberland Restaurant in the Hotel Vancouver which specializes in wild game. Sale of wild game is prohibited in Washington State so this was a new experience for us. Buffalo and venison prepared with green peppercorn sauce and wild mushrooms were wonderful, and a bargain at about \$10.00 US. The service was excellent.

The other place we especially enjoyed was Naniwa-Ya, a Japanese restaurant located in a small place called the Japanese Village in downtown Vancouver. The restaurant is built and decorated to look just like an authentic Japanese country restaurant. The service was friendly and fun. We were the only Caucasians in the place and I think they made a special banquet which included about ten different dishes. If you don't happen to care for one you can go on to another and have more than enough food. The price of the banquet with saki and beer and a generous tip was about \$24.00 US per person, and well worth it. We plan to return. The menu also listed several grilled dishes which seemed interesting and the prices were much more moderate.

Additional tips for Vancouver: Be sure to see Gas Town (we had a very good lunch in a converted railroad car in Gas Town). Don't miss the Vancouver Art Museum. Even if you don't like the current art exhibit, the building has a beautifully renovated interior and is worth a visit on its own. Get a hotel downtown and leave your car parked. Vancouver is an easy walking town and all the places I have mentioned are within downtown walking distance. When you are tired of walking from 4 to 6 pm go to the Hotel Vancouver lobby lounge and have a drink (or coffee) and you will be served a portion of the best little barbecued spare ribs made anywhere. They alone are almost worth the price of the trip.

KP BUSINESS ASSN.

By Mary Ann Huntington

The Key Peninsula Business Association discussed "Coming Events" at their December 5 morning breakfast meeting held at The Eatery. Two items on the agenda discussed a community Easter Egg Hunt and the August "Pioneer Day" celebration. Commercial booths utilizing the inside of the Civic Center building was brought up and also expanding the celebration to include the Purdy and Belfair areas.

Pat Brown, representing a publishing company, spoke on the possibility of the group sending out their own weekly newspaper. The newspaper matter was tabled for further discussion at a later date.

A new feature at each meeting will be the introduction of a local business owner who will then be given the opportunity to describe the business.

Alive and well is the best way to describe Dale and Claudia Loy's Sunnycrest Nursery. Claudia Loy is a third generation resident of the Key Peninsula. Her great-grandparents were homesteaders and her grandfather farmed the land the nursery now sits on.

They purchased the business from Sam Momi (at that time it was named Sakura Nursery), and they will be celebrating their 5th anniversary this coming May. Their new building was built in 1985. Although they had no previous nursery experience, they have built a very successful business by learning the ropes first hand. Claudia says they did a lot of reading, listening to the customer's needs and, most of all, long hours and hard work.

They carry all the basic nursery items but specialize in outdoor plants, fruit trees, and unique plants. They have a good stock of chemicals, fertilizers, concrete statuary items, and the list goes on and on. The Loy's provide an on-site consultation service, as well as Bonsai classes in the spring. One unique feature of Sunnycrest Nursery is their full-service floral department. They are members of the "American Floral Service" and do accept bank cards. So, for any occasion, give Claudia a call at 884-3937; she handles all the inside chores and Dale takes care of the outside.

Sunnycrest Nursery is located at 9004 B, KPN, Key Center. Save time and money by shopping at home.


The deadline for Charter Member status was December 10, 1986. The group finished their charter membership drive with 24 members. The KPBA is welcoming new members. Please mail your requests to KPBA, P.O. Box 439, Vaughn, WA 98394.

Trivia of the month - actually this should be the trivia of the year as it answers a lot of questions about the history of naming the Key Peninsula area: a contest was held in 1931 to name the area and the winner of the \$25.00 first place prize was Eugene Stone of Lakebay.



LONGBRANCH CALENDAR

- Sundays, 10:15 am Bible study
11 am Sunday school
11 am Church Service,
Dr. David Sutor
- Fridays, 10 am Choir practice
12 am Handbell practice
- Jan. 4 Business meeting/Coffee
hour following service.
- Jan. 14 10 am Peninsula Neighbors/
officers installed.
- Jan. 19 12 pm Ruth Circle
7:30 pm Improvement Club
- Jan. 25 Trustees meet following
Church.



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PEOPLE VERSUS CAR PARTS

A friend mentioned that she had a plastic vein installed in her gimpy leg. That got me thinking about the wonderful age we are living in, with heart transplants and everything.

The way people drive cars nowadays it is clear that not only cars, but people too, need spare parts readily available at a moment's notice. Thinking further, I have decided that the mechanical heart is probably the key organ that should be developed first as a user-installed part. As long as the heart beats, life continues. Of course the veins and arteries would have to be made watertight, so the artificial blood would not leak out after it was poured in. That would call for an improved type of patching system.

Plastic veins or arteries, artificial limbs, hearts, kidneys are being improved all the time. I almost forgot about false teeth and hair. Even the most innocent looking person could be partly mechanical. Yes, many people have contact lenses on their eyeballs. They can be most any color, can't they?

Anyone who has made a car trip to Alaska or any place way-off remembers taking along spare parts like a coil, condenser, fan belt, tire patching, besides spare tires and gasoline. I once carried a gallon of gas so long the can wore a hole in the bottom and was dry as a bone when I needed it.

Then there is food, clothing and medicines. We just used the last squeeze out of a tube of Unguentine that went to Alaska in 1969. There is still a lot of strange stuff from that trip that I hope to live long enough to use up. With the Unguentine gone, we can start on the Bag Balm. It came in a big square tin can. It is good for a surprising number of things. REAL surprising, if the whole truth were told.

Then there is foot stuff. Big nail clippers, band-aids for sore heels, athletes foot powder for hot feet from driving so long at a stretch. Absorbine Junior feels good on sore leg and ankle muscles, and it should not attract bears.

Various over-the-counter pills and potions must go along. Antacids to soothe stomachs churning from weird foods and drinks; antihistamines. One is almost certain to get the sneezes from strange pollens and fumes encountered here and there.

Tools for every use, from changing a flat tire to trying to plug a plastic gas tank holed by a truck-thrown rock. Scissors for cutting bandages, needed after a tire change operation. The list is almost endless, the stuff takes up a lot of room.

Some day we will be carrying spare parts for humans. It would be very embarrassing to confuse an automobile carburetor with a human's mechanical heart, especially at night; or a kidney with a fuel filter and so on.

It is clear that all parts must be clearly labelled and kept in separate boxes, as CAR or HUMAN. Imagine ending a long trip with the car and driver so intermixed that one would not know whether to take a sick one to a hospital or a garage!

JACKSON LAKE

- January 2 - Board Meeting
- January 3 - Card Party
- January 8 - Dinner and Meeting
- January 11 - Social Sunday
- January 23 - Dinner and Fun Night

SHOPLIFTING

by Jeffrey A. Robinson, Atty at Law

Washington State has become very strict concerning shoplifting by individuals. The increased cost to retail shops in providing extra security and loss of merchandise through shoplifting has been reflected in higher prices for the consumer. The problem of shoplifting had reached such dramatic proportions that the legislature passed a law creating a civil penalty for those who steal. Thus, a person who is caught and convicted of shoplifting on a criminal charge can be subject to a fine from the store as well. However, a criminal conviction is not mandatory to have the store demand payment of a civil fine.

The first question is, who is liable for this penalty. The law reads that an adult or an emancipated minor is liable for his/her actions. If the shoplifter is under the custody of his parents or a legal guardian, the parent or guardian is responsible for the fine.

The second question is, what penalties can be assessed. An adult is liable for the cost of the item taken, even if it is recovered unharmed, up to a retail value of \$1000.00. In addition, the store can request a penalty of not less than \$100 nor more than \$200. A parent or guardian is liable for retail value up to \$500 plus a similar penalty of between \$100 - \$200.

Although the civil penalty is an effective tool for stores to cut down cases of shoplifting, it can be abused to the detriment of the public. The law clearly states that the individual accused of shoplifting must INTEND to take the item for his/her own use. Mistakes can be made, and the accused should be aware of his rights.

Around The Yard

By Tim Kezele

LAWNS: Continue keeping winter debris off the turf. A good raking with a stiff grass rake will clean out these items and prevent thatch buildup. Now is also a good time to add lime at a rate of 30 lbs. per 1000 sq. ft. This is usually done again in the spring. Also apply a fall or winter fertilizer. Make sure to include a moss killer if moss is a problem. Continue to mow your lawn through the winter months as warmer temperatures bring on growth.

TREES AND SHRUBS: Check shrubs and trees to make sure there is sufficient soil covering the root crown. Cool temperatures could cause severe damage. Downed leaves, if not diseased, make an excellent mulch covering. If you have a working mulch pile, dig out what you need and replenish with this fall's leaves.

Make sure to check container plants. Any sitting under cover would not get enough moisture naturally, so it's up to you to keep them moist through the winter. Also move pots out of a northern exposure. Wind, cool temperatures and lack of moisture conditions could easily damage your valued plant material.

VEGIES: Mulch garden area, add lime and manure for a good start in the spring. Write for seed catalogs and order for next spring.

OTHER: Clean off garden tools and administer proper maintenance procedures; save some old engine oil to wipe the metal and wood. Use a file or stone to put sharp edges on blades. On mowers and edgers, change oil, clean filters, tighten nuts and bolts, replace worn belts. And if you think you won't use them through the winter, drain the gas.

Check outside faucets for winter protection. Put away unused garden hoses. Replace hose washers on nozzles and sprinklers.



THANKS, ROY!

Santa would like to send his thanks to Roy Claxton for letting him borrow his sleigh at the Arts and Crafts Fair.

To the Special Community Santa:
Thank You and God Bless You!
The Community

KEY PENINSULA MIDDLE SCHOOL

By Keith Stiles

In the spirit of sharing with those less fortunate, students of Key Peninsula Middle School donated a total of 980 cans of food and \$180 in cash to the local Community House Food Bank in November. The drive was held just before the Thanksgiving holiday, and the donations from KPMS along with those from other groups, were very gratefully received.

THIS IS YOUR

A Little History

THE PARK BOARD WAS FORMED IN 1973, INITIALLY TO SAVE THE CIVIC CENTER FROM BACKBREAKING PROPERTY TAXES. A SIDELINE EFFECT WAS THE BOARD'S ABILITY TO ASK THE COMMUNITY FOR LEVY MONIES, THUS FREEING THE CIVIC CENTER BOARD MEMBERS OF THE BURDEN OF SUPPORTING THE CIVIC CENTER ENTIRELY BY MONEY MAKING ACTIVITIES. IN 1977, THROUGH THE EFFORTS OF VOLUNTEERS, THEY ADDED VOLUNTEER PARK, A SPORTS FACILITY, TO THEIR PROPERTIES.



VOLUNTEERS MADE PARK POSSIBLE AND KEEP IT GOING



SUMMER FUN HAD A SUCCESSFUL SECOND YEAR USING BOTH PARK FACILITIES.



RENO NIGHT WITH HELP FROM THE LOCAL LIONS CLUB IS ALWAYS FUN FOR THE COMMUNITY.

The two park district facilities on the Key Peninsula provide an endless list of activities for citizens of all ages. In sports there are tennis, volleyball, soccer, softball, horseshoes, and skating, for instance. You can attend a weekly potluck luncheon for "seniors", that's anyone over 50**** After lunch you can pick a game to play, from bridge to shuffleboard, or just sit and chat. There are aerobics, karate, boy scouts, girl scouts and more. Many of the money-making activities of these two facilities seem more like fun than work, at least to the people who attend them.



SKATING HAS HAD MIXED REVIEWS BUT IS SUBSIDIZED TO PROVIDE A PLACE FOR AREA YOUTH TO GO.

While the first session for the youngest children has been well attended, the second session has had poor participation. Both sessions picked up, however, after a summer hiatus.

THE ATHLETIC ASSOCIATION RAISES MONEY BY RENTING ITS FACILITIES TO OUT-OF-AREA SOFTBALL TEAMS. ON ANY GIVEN SUMMER WEEKEND THE PARK IS JUMPING WITH AS MANY AS THREE TOURNAMENTS AT A TIME. THE KITCHEN SELLS HOT DOGS, HAMBURGERS, SOFT DRINKS, ETC. TO AUGMENT THE ASSOCIATION'S NEED FOR ADDITIONAL INCOME.



AEROBICS IS A WELL ATTENDED FUNCTION UTILIZING THE CIVIC CENTER GYM. VICKI HENSCHEL PAYS RENT FOR USE OF THE GYM AND RUNS THE CLASS AS A BUSINESS.

In addition to the regular classes that meet six times a week throughout the year, a class for handicapped is enthusiastically attended three afternoons a week by residents of Rocky Bay Nursing Home.

PARK BOARD '86-87

Meet the Members



ROY MADSEN
President



JOHN STEINER
Vice-President



DAPHNE DAUS
Treasurer



TERRY MOORE
Secretary



MIKE KENT

Roy Madsen was a member of the original board in 1973. Former owner of the Tool Crib Rental Co. in Seattle, he retired in 1970 and moved to the Key Peninsula where he had owned property since 1939. He has been married to Ruth since 1943. Appointed to the park board again in the summer of 1985, he was elected by popular vote in November of that year to serve a six year term. Roy's work behind (and in front of) the scene has been a sustaining factor in the park district since its inception.

John Steiner came to the Peninsula as a child and, except for a short time when first married, has been a resident since then. He and his wife Pat have been married 28 years, have three children and one grandchild. Besides being active in the park district, John and Pat own and operate a nursery business. John's regular job is in concrete construction. John has been a moving factor in organizing, initiating, completing and sustaining Volunteer Park.

Daphne Daus is a 1974 graduate of California State College and holds a B.A. degree in liberal arts. She and her husband Jim have two children currently enrolled in Vaughn Elementary School, and she has recently served as president of the Volunteer Parent-Teacher Organization there. Since college, she has been active in the mortgage banking business and served for a period of time as an assistant vice-president of a savings and loan association. She currently operates a licensed home day care center in Vaughn. Daphne is currently active in the community in many capacities and is heading up the program committee sponsored by the Park Board.

Terry is returning to volunteer civic service after about ten years "taken off" to raise a growing family while also working at the Lakebay Post Office. She and her husband Greg have three boys, one now attending Ft. Steilacoom Community College, one at Western Washington University, and one a junior at Peninsula High School. Terry has served as Secretary for the Key Peninsula Civic Center for a period of about four years.

Mike Kent was born, and attended school, in Tacoma and has a B.A. and M.A. from UPS. He has taught at Vaughn and Evergreen Elementary, and KP Middle School, as well as Harbor Heights in Gig Harbor. After achieving his M.A. he took his present position of Assistant Principal at Goodman Middle School in Gig Harbor. He and his wife Fran have lived in Longbranch for 18 years. They have two children, Alex 13 and Michelle 10. Mike has volunteered with KPAA and Volunteer Park and has been an area director of PAA. He is a member of the Lions Club, was on the Health Clinic's Board of Directors, and is a 4-H leader and director of Peninsula Ski School.

New Programs Onward In '87 New Goals

Under the direction of the Park District, the Civic Center and Volunteer Park provide a variety of free, or low cost activities to Key Peninsula citizens. To support these facilities, along with a levy, the Athletic Association rents its fields to sports teams, and the Civic Center receives revenues from rents of its various rooms. Also, the park board is actively seeking grants from various sources.

The Civic Center is also used for money-making events and the once-a-year all-out blast: Pioneer Days.

Vicki Henschel, president, is looking into the possibility of creating new programs that might be financially offset by the Civic Center. Interest has been shown in educational and craft programs.

Volunteer Park, under Oscar Schock's leadership, recently talked about ongoing programs and the long range goals.

Besides maintenance and upgrading of buildings, it is hoped that a cover for horseshoe players, a new play yard adjacent to the tennis courts, and outdoor volleyball facilities can be built in 1987. They are also working on sports clinics for area youth.

The Park Board program committee is doing a study that will be completed in early 1987. A questionnaire is being circulated around the Key Peninsula by the committee members



A NEW FUNCTION THIS YEAR WAS THE LABOR DAY PICNIC AT VOLUNTEER PARK. IT WAS ATTENDED BY OVER 200 PEOPLE AND WILL BE BIGGER NEXT YEAR.

Be sure to fill one out and return it. For more information call Daphne Daus, 884-3503 or Sally Kruger, 884-4191.

From Our Scrap Books

Margaret Paul

From the Peninsula Gateway, April 1954:

Several members of Holly Court, Order of Amaranth, and friends gathered at the home of Mr. and Mrs. Merle Kupka, last Friday evening. Mr. Kupka showed pictures taken on hiking trips into the mountains.

Mrs. Tony VanLaanen was honored guest at a baby shower on the evening of March 27 at the home of Mrs. Wm. Wooldridge. She was presented with many useful gifts. Guests were Mesdames Clarence VanLaanen, Ted Kinzner, Richard Hall, Curtis Phare, Wm. McCurdy, Olga Swoboda, Lee Nelson, May Otto, and Lynn VanLaanen.

On Sunday, the Lyman Freeborns entertained Mr. and Mrs. Walter Eckert from Grapeview, Mr. and Mrs. Van Tuyl, and Mr. and Mrs. Alvin Lustie at dinner.

News from Homer, Alaska, by correspondent Freda Coles, published in 1954 Peninsula Gateway. (Freda lived many years in Vaughn, previously):

Chuck Carlson, formerly from Longbranch, has gone to work at Cap King's Mill out on the end of East Road. Mr. King is putting out a pre-fab house called the Kwik-Log -- very nice.

The snow is melting fast and the thin, hungry moose should soon be able to get back in the hills where the browsing is better. We will be glad to see them go, as they have used our dooryard for winter quarters long enough. It will be nice to step out our door, or let the children out to play, without first checking to see how near a moose (3 or 4) is. Anyway, we all got some good pictures.

Mrs. Clyssie Jones of Vaughn passed away Wednesday. She was born in West Virginia 63 years ago and had lived in the Vaughn area for 31 years. Survivors include 3 sons, Van Nutter and Eldon Nutter of Vaughn, and Edward Jones of Port Orford, Oregon; three daughters, Mrs. Anna McKay and Mrs. Lois Jackman both of Everett, and Mrs. Iva June Bell of Seattle, one stepson, Ora Jones of Homer, Alaska, five grandchildren, and four brothers and three sisters.

From the Tacoma News Tribune, 1954:

Albuquerque, N.M., A.P. - Fallout from hydrogen bomb tests in the Pacific may be blanketing the west - and the entire nation - with longer and stronger effects than ever before. Since last Tuesday, Dr. Lincoln Lapaz, head of the Univ. of N.M. Dept. of Meteorics, has recorded Geiger readings of up to 35 times the amount of normal background radiation. Reports from other places in the West where Geiger counters are in common use, show that radiation also has jumped there, notably in Wyoming and Utah.

Lapaz said the fact that high radiation has lasted five days, compared to 24 to 36 hours for most atomic tests, may indicate a new type of long-lived element is present, possibly strontium 90. The Atomic Energy Commission, after careful checks, reported that none of the radiation is considered dangerous.

Mr. and Mrs. Ernest Rickert are looking forward to making the acquaintance of their newest grandchild, Pamele Jo Rickert, daughter of Mr. and Mrs. Marvin Rickert, who was born April 7, 1954.

Contractors have submitted bids for clearing the new school site at Lakebay. Spadoni Brothers submitted the low bid of \$1,985 and the contract was awarded to them. The work is to be finished within a 30-day period.

Robert Lynn Yeager, a Lakebay rancher for 23 years, died Sunday. He had come from Martinez, Calif. Yeager leaves his wife, Mrs. Alice E. Yeager; son, R. Lawrence Yeager, brother Oscar of San Jose, Calif., and two grandchildren.

Peninsula Gateway, May 10, 1929:

Protesting a decision by the umpire, Longbranch walked out in the second inning and forfeited a Sunday baseball game to Rosedale.

"Keep your eyes on the stars and your feet on the ground"...President Theodore Roosevelt.

Continued From Page 6

vention and enhancement of bonding between parent and child. Proponents also claim that babies who have been massaged will have an edge on coping with stress later in life. Babies must be stimulated, but if they don't know how to relax, they become overstimulated and exhausted. Massage provides them with a complete cycle; the mild stress of new sensations followed by calm relaxation.

Massage is not only for mothers, fathers in particular can enhance their bonding process with infant massage. This is a special way for father and child to spend time together in a relaxed yet fruitful way. Massage has been used successfully on babies who are born premature or by Cesarean delivery or on babies who have been adopted. Adoptive parents generally do not have the benefit of nine months to adjust to the idea of impending parenthood, so infant massage can help these parents and babies create a bond that could not be formed before or immediately following birth.

All can benefit - Infant Massage instruction for parents is now available in your community. Carol Dudley, a Certified Infant Massage Instructor lives in Port Orchard and is trained to teach you how to massage your baby. Classes consist of five weekly sessions, one and a half hours in length. Private lessons are available as are workshops for professional groups. Please call "Loving Touch" at 876-2647.

At Home on the Range

By Janice McMillan

Sometimes my evening becomes hurried and complicated and I need to make a dinner that is quick to fix, doesn't take too many ingredients, is made of things I usually have on hand, and preferably bakes in the oven so I don't have to watch the stove. Recently on one of those rushed evenings I devised the following recipe. My husband and I enjoyed it very much, and I hope that you will too.

BAKED CHICKEN MOZZARELLA

Chicken thighs(2 per person)
Herbs(thyme, basil or mixed Italian)
Mozzarella cheese, shredded, ½ c.
per thigh.

Method: Skin chicken, rinse in cold water and shake off excess. Press about ½ tsp. herb of your choice on chicken. Over herbs firmly press ½ c. shredded cheese to cover the rounded, upper side of the thigh. Place on broiler pan or on rack in roasting pan, cheese side up, and bake in a 350° oven for about 35 min. until chicken is done and cheese has melted and formed a slightly browned crust. Serve with rice.

Tip: Spray your baking pan and rack with PAM to make the clean-up very easy.

Tip concerning cooking rice: When rice cooking time is elapsed, remove pot lid and cover the pot with a couple of paper towels, replace lid tightly and allow to stand until serving time. This will absorb any excess steam and moisture and insure the rice is dry and fluffy. When cooking rice for one or two persons, cook the usual amount of rice(1 c. rice, 2 c. water). Allow leftover rice to cool and put serving size amounts into freezer bags. Freeze, and when ready to use heat the bag in the microwave in 1 or 2 minutes. Rice can also be steamed on top of the stove until hot. I find pre-cooked rice one of the best things to have on hand for hurry-up meals.

GOD SQUAD

Seventh, eighth and ninth grade youth, representing a new approach to youth activity, met at the Civic Center for an "over-nighter" on December 19. Sponsors were three adults - Jim Beck, Connie Schaefer and Linda Owens. Their leadership comes out of past Youth For Christ activities. The sponsors requested this one-time overnight event with the hope that other weekly events might be organized. Such events would involve roller-skating, games and singing. The Civic Center Board, in granting the December 19 usage, seemed to welcome an additional wholesome activity for young people. The first gathering of these youth chose the name God Squad to identify their group.

BENEFITS OF GARLIC

By Steven Davis, N.D.

This member of the lily family, which is grown around the world, is capable of much more than adding flavor to spaghetti sauce, salads, and pesto. The pungent odor of garlic is due in large part to a sulfur containing volatile oil called alliin (after Allium, the Latin name for the group of plants which include garlic, onions, and shallots). Crushing a clove of garlic allows an enzyme to bring about the release of allicin, and wow, what a fragrance! Heating inactivates this enzyme and thus neither the flavor nor the physiological effects of garlic are as potent after cooking.

Physiological effects? What might they be other than a distinct and well-known halitosis. As it happens the effects are many and wide ranging. Sanskrit records document the use of garlic remedies some 5000 years ago, the Chinese have used it for 3000 years, and an Egyptian medical treatise of 1550 B.C. des-

cribes garlic as an effective remedy for hypertension, headache, bites, worms, tumors, and other ailments. Other historic medical uses include treatment of coughs, toothache, earache, dandruff, atherosclerosis, diarrhea, vaginitis, and hemorrhoids. Pasteur noted the antibiotic activity of garlic in the 19th century, and Schweitzer used it extensively in this century in Africa to treat amoebic dysentery and as antiseptic.

Modern scientific scrutiny has demonstrated a most impressive list of health benefits from this most smelly herb. Among its qualities is the ability to decrease blood pressure when it is elevated. One study shows decreases of 20-30 mm systolic and 10-20 mm diastolic pressure.

Other preventive benefits to the cardiovascular system are reduction in cholesterol and triglyceride levels, and decreased likelihood of clot formation.

Numerous studies have shown decreased growth of bacteria, fungi, and worms in the presence of garlic. Antiviral effects have been demonstrated and cancer is

less common where garlic consumption is greatest. Garlic can be of benefit in diabetes, asthma, ear infections and respiratory infection.

Garlic has very few detrimental effects other than its aforementioned and well-known ability to rather clearly affect the breath. For a few it may cause an allergic skin reaction and/or irritation to the digestive tract.

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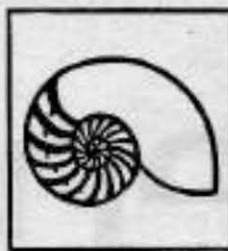
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WINTERIZING YOUR FEET

BY Janice Wildman RN

As the weather becomes colder and the dampness more penetrating, it is time to "winterize" your feet. Keeping warm and dry is a challenge in a winter that is mostly 40° and raining. Sneakers are the all-season choice of foot covering in Western Washington. Some are leather and more frequently, nylon or canvas. Nylon and canvas can be waterproofed with the same products that you use for your raincoats. 3M's Scotchguard or Amway's Dri-Fab are two good choices. In waterproofing leather, think 'mink'. Mink oil is effective when applied to clean leather, even if that leather has been soaked and the article left to dry stiff and hard. A generous application of mink oil that is rubbed into creases, crevices and threadlines will return leather to soft and supple consistency. One of the satisfactions of life can be restoring stiff leather boots to wearable condition again.

For those who choose the more direct approach to dry feet via the rubber boot, the challenge is to have warm and comfortable feet. The fleece insoles are great comforters to the feet. They ease the wear and tear and add warmth. They can be removed, washed and dried. If your feet are different sizes (as many are) an extra insole will adjust the size of the shoe or boot.

This is surely a time for new socks. Nice thick, soft, non-restrictive, warm socks. If socks are leaving rings around your legs or ankles, they are too tight. When socks are too tight, they reduce the circulation. When circulation is reduced the feet get cold.

Perhaps it is time to consider silk liner socks combined with wool outer socks. Both are natural fibers and provide warmth without wet because they 'breathe'. This suggestion may at first seem outrageously extravagant, but what is more important than warm, comfortable feet for those who work outside? Think about a gift of silk and wool socks for the person who wears steel-toed or rubber boots in his work. REI and Base Camp Supply, as well as specialty catalogs, carry silk liners.

Our feet tell a lot about us and the older we get, the more they tell. Were we born with a good "constitution" and sturdy skeletal system? Have our feet been injured through the accidents of life or through our own poor judgment and neglect? If our feet are to keep us going into our 70's, 80's or 90's with a relative degree of comfort and independence, we need to have them in a good maintenance program. That maintenance program means choosing

the right shoes and socks for the conditions. It means drying thoroughly after bathing and being alert for changes in skin condition or circulation. It means properly trimming the nails and using the utmost care when trying to remove corns and calluses. It also means seeking professional care when home remedies do not relieve the problem.

Think how much you expect of your feet this winter. Winterize Now.

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"How will the new tax laws affect you?" A seminar, comparing the 1986 and 1987 tax laws, will be presented by H & R Block at the Key Center Library, Wednesday, January 21, 7 pm. A free program.

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Watch out for Downed Wires

WHEN MOTHER NATURE'S cantankerous elves huff, puff, and dump snow on the area, they cause inconveniences, damages and create many dangerous conditions. We are undoubtedly going to ex-

perience more storms or accidents in the days ahead. Below are safety precautions to keep in mind when lines are down in your neighborhood. Be careful and stay away from the wires. Electricity can kill!



CALL Peninsula Light, 858-8141 or 884-2215 and report downed wires, broken poles, trees across lines. Be patient. Four telephone lines are in the emergency headquarters where experienced personnel record and locate danger areas.



REPORT the specific location of downed wires and poles. Give street address, house number or identifiable landmark (near school, church, road intersection, etc.) Repair crews will be dispatched.



STAND BY and enlist assistance to keep others away from downed wires. Stress the danger. Downed wires can carry up to 12,500 volts, and can kill.



DO NOT go near or try to move wires. A wire on the ground may carry sufficient voltage to cause death. Leave the handling of downed wires to experienced Peninsula Light crews.



BE PATIENT. Keep children inside. Keep pets tied up or in the house.



DOWNED WIRES are deceitful — they may be "hot" or they may be dead. It requires technical experience, knowledgeability of the system, to determine safety.



EDUCATE CHILDREN as to the hidden dangers of downed electrical wires.



CONTROL YOUR CURIOSITY and do not explore the neighborhood to see the storm damage. The safety of your home is a good place to stay.



LISTEN to your battery-operated radio for news of the storm damage.

For your safety . . .

DO NOT touch wires.

DO NOT roll up downed wires.

DO NOT cut trees away from wires.

DO NOT make storm inspection trips.

WAIT for "all clear" from repair crew.

Published in the interest of safety for Peninsula Country people



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Obituaries

Bertha Linnea Mills, 79 of Vaughn, died Friday, Dec. 5.

She was born July 6, 1907 in Tacoma and had been a lifelong resident of Vaughn. For many years she worked as postmistress in Vaughn.

She was a member of the Vaughn chapter of Amaranth.

She is survived by her husband, Theodore D. Mills, of the family home; a son, Donald Wayne Mills of Vaughn; a daughter, Lynn Doreen Mills of Los Angeles, California; a brother, Iennart Lonning of Wauna; two sisters, Lillie Visell of Gig Harbor and Irma Nordquist of Lakebay; and three grandsons.

Remembrances may be made to the His Continuing Care Fund, Cottessmore Nursing Home, 2909 14th Ave., Gig Harbor 98335.

No services were held at her prior request. Arrangements were by Buckley-King at Haven of Rest, Gig Harbor.

Frank L. Cross, 57, of Lakebay died November 29, 1986. He was born March 22, 1929 in Seattle, Wash., and had been a resident of Lakebay the past three years with previous residency in Federal Way. He was a retired construction Supervisor for Morris Construction Co. of Tacoma. Funeral services were held on December 4, at Longbranch Community Church with interment at Longbranch.

Survivors include his wife, Lois; daughters, Linda Callecod of Bellingham, and Karen Cross of Seattle; one son, Frank L. Cross III of Gig Harbor; a step-daughter, Marlene Ritts of Tacoma; brothers, Joe Wicks, Sr., Jerry and David Cross all of Seattle, Dennis Cross of Nebraska and Dale Cross of Granite Falls, Wash.

Sorrow looks back
Worry looks around
Faith--looks up

Orthopedic Guild

Jan Levick

Dr. Penrose Orthopedic Guild will meet Thursday, January 8, at Fran Kent's home in Longbranch. Diana Allen and Peggy Schmidt will be co-hostesses for the noon luncheon meeting. Agenda items will include arrangements for participation in hosting the national figure-skating championships in Tacoma in February and plans for a spring project.



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HEALTH CENTER HAPPENINGS (continued from page 4)

Probably the most important factor in treating osteoporosis in the woman after menopause is the assessment of her need for estrogen replacement. It has been found that this is the single most important factor in preserving bone mass, but as an active hormone it can have side effects and must only be given following examination by a physician. If you have questions about this, call your doctor or the Health Center.

Finally, we would like to take the opportunity to thank the community for its support during the past year and extend our good wishes for a happy and a healthy New Year to one and all in 1987.



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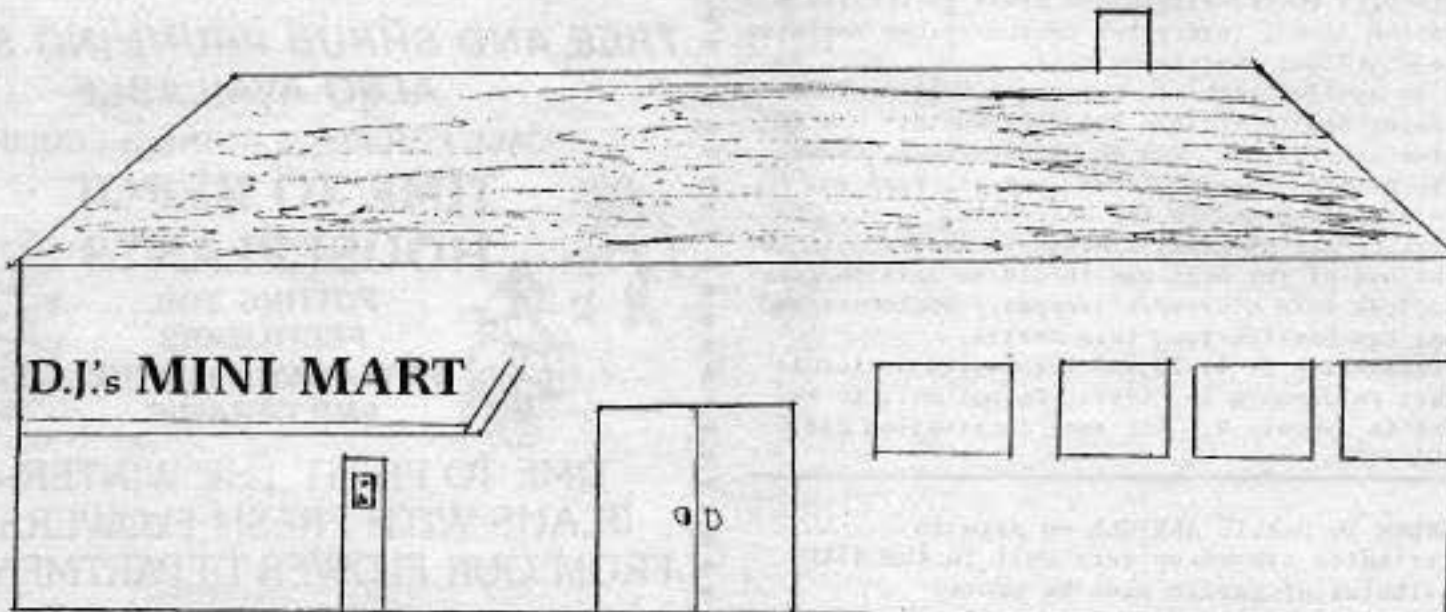
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LEARN ABOUT YOUR MICROWAVE

By Olga V. Fuste

Many people will get microwave ovens during the holidays. Once the units are home, they realize that using the microwave involves a different way of cooking. To answer a lot of consumer questions, Pierce County Cooperative Extension is offering a microwave basics home-study lesson series.

According to Olga Fuste, Washington State University's Pierce Co. Extension agent, interested consumers can register to receive the educational program by mail.

The series is divided into six lessons: Getting To Know Your Microwave Oven; How To Prepare Baked Products; How To Prepare Vegetables and Fruits; How To Prepare Eggs, Cheese and Milk; How To Prepare Protein Foods -- Meat, Fish and Poultry; How To Prepare Meals in the Microwave.

After completing the program, microwave users should be proficient in the use of the oven and should be able to convert favorite recipes into microwave recipes. Beginners and experienced users can benefit from this series.

The registration fee is \$5.50 and the lesson series is scheduled to start on January 16, 1987. Do not wait to register as deadline is January 9. For more information call Olga Fuste at 591-7180.

ADDENDUM TO GARLIC ARTICLE on page 15

Sir John Harrington summed up very well in the 17th century the attributes of garlic when he wrote:

"Garlic then have power to save from death.

Bear with it though it maketh unsavory breath. And scorn not garlic like some that think it only maketh men wink and drink and stink."

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The Purdy Branch, one and all, wish everyone a Happy New Year, left to right: front row, Sally Loosen, Dixie Fazio, Judy Godulas, Monte Markward, Assistant Manager. Back row: Gerry Snow, Kim Kullman, Alice Walters, Janet Clark, Ann Borders, Vince Tilotta, Manager, and Joann Baird.

Happy New Year

We hope 1987 will bring you the renewal of your dreams and the peace of great joy. Our wish for you, your families and your friends the blessings of good faith all through the New Year. May health and happiness be yours during all of 1987.

Our faith is strengthened each year by the continued loyalty of our customers and friends. We all thank each of you for your confidence.

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HAPPY NEW YEAR FROM CUB SCOUT PACK 213

Cub Scout Pack 213 apologizes for missing the following new Cubs in last month's column. We are pleased and proud to welcome new Bear Cubs - Michael Fultz, Ron Reynolds, Earl Vandall, Joshua Krasko and David Ross.

October 23 Pack Meeting news: The following Cubs went through a special ceremony and were presented the Bobcat Badge - Michael Fultz, Ron Reynolds, Stephen Higgins, Jeffrey LaSource, Earl Vandall, Bobby Vandall, Zachary Folden, Scott Hacher, Keith Jones, Joshua Krasko, Nathan Mauk, Jeremy Nimnick, B. J. Reynolds, David Ross, Max Sowers.

The Webelos that were given special recognition and received Citizen Badges were: David Cox, Ben Diedrich, Dusty Letellier, Darren Lund, Robby Morgan, Henry Wenning, Michael Wood.

Field Trip Segments were awarded to those Cubs that participated in the Minter Fish Hatchery Tour: Julian Aprile, Corey Grimm, Bud White, Ron Reynolds, B.J. Reynolds, Zachary Folden, Keith Jones, Max Sowers, Scott

Hacher, Nathan Mauk, David Ross, Jeremy Nimrich, Joshua Krasko, Scott Cameron, Bobby Vandall, Earl Vandall, Darren Lund, Dusty Letellier, Michael Fultz. And the Tiger Cubs were: Jared Beal, Cody Goodrum, Brett Letellier, Travis Ord, Scott White.

November 18 pack meeting news: The boys who donated to Key Peninsula Community Services Center deserve a special thankyou, and have received a Community Service badge.

Those who received the badges were: Julian Aprile, Michael Fulz, Scott Cameron, Jeffrey LaSource, Bobby Vandall, Earl Vandall, Keith Jones, Dusty Letellier, Michael Wood, and Brandon Marshall.

Scouts also helped put skate wheels on the Civic Center skates in November and then had a great skating party as a reward. Community service badges were awarded to Robert Morgan, Darren Lund, Dusty Letellier, Michael Wood, and Julian Aprile.

Scientist activity badges were

awarded to: Ben Diedrich, Dusty Letellier, Darren Lund, Robby Morgan, Henry Wenning, and Michael Wood.

The pack welcomes its newest Bobcat: Kyle Behlen.

We welcome our new Den leaders and thank them for volunteering their time. They are: Bill and Carla Cameron, Janice Jones, Donna Folden, Cindy Marshall and Megan Aprile. We would also like to welcome our new Tiger Club Coordinators - Cathy Beal and Valerie Ord. The following positions were filled in October by new volunteers: Treasurer, Connie Wood; Secretary, Brenda Vandall; Activities Chairmen, Christa Grimm and Brenda Vandall.

Thanks to all parents who helped the pack grow in '86. We couldn't make it without your support.

GOING FAST Lion's Club Entertainment '87 books. \$27. available at Key Center Shell or Lion members.

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FOR SALE: Kitchenaide Food Mixer plus Salad Master plus Waring Blender, \$39.00 or offer. 884-4327.

Fiberglass Wheelbarrow Tubs, RV steps, Fiberglass repairs by professionals. 857-4673 or 851-3298.

BABY-SITTING in my home. My pre-schoolers love making new friends! Fun, safe, wholesome environment. Come join us! 884-2899.

FOR SALE: Large M.W. upright freezer in good condition. \$200. Anton - 884-3723.

Buy your Jeans Jackets at JESSICA'S APPAREL, only \$28.95, sizes 36-40.

LICENSED SENIOR HOME - CRESTWOOD MANOR - a warm family atmosphere, home-cooked meals, private rooms. Alzheimers, incontinency welcome. Also day care, 884-4422.

FOX ISLAND FEED. Quality Fors Farms Feed. Open 9 am - 6 pm Monday thru Saturday. 9 am - 12:00 Sunday. Located below Fox Island Grocery. 549-2124.

Pre-inventory sale at JESSICA'S! 25% - 75% off while supply lasts.

CARLISLE'S TYPEWRITER REPAIR - free estimates, low rates, quality work, discounts. Pick-up/delivery available. Phone hours 9 am - 8 pm, Monday-Saturday. May get answering machine. 884-4117

WATKINS PRODUCTS are available at LOU'S COUNTRY COLLECTIONS. See the Watkins gifts for all special occasions. See Lou in the lower level of the Burley Feed Store in Key Center. If you prefer you can still call Marv and Myrtle Keizur - 884-3566.

LONGBRANCH COOPERATIVE NURSERY SCHOOL. Be a part of your child's pre-school years. For information call Marita at 884-4640.

10% OFF on all Jeans in stock - mens, womens and childrens - at JESSICA'S APPAREL, 884-9292.

HOME LAUNDROMAT/JESSICA'S APPAREL are located in Home next to Lakebay Post Office. Hours 8-9 seven days a week. 884-9292.

Sewers, knitters, weavers and other clothing designers wanted. Call Dolores morning or evening. 851-4074.

Pet quality Rotweiler needs loving home and space to run. Recommend family with older children. 857-5669.

Start the New Year off right for your 2½-5 year-old child at Squirrels Hollow. Excellent, stimulating program, no pressure. \$4.00 per day includes snack. 884-9470. January special - first week free!

STRESS-FREE CLEANING. Relax! We can help you do it! Housekeep, janitorial, marine, new construction. 884-9499.

Janice Wildman, RN, nursing private practice providing foot care and foot massage in your home. Sliding fee scale. 857-5669.

BURLEY GALLERIA. Art and handmade gifts wanted. Call Dolores morning or evening. 851-4074.

CLASSIFIED AD RATE CHANGE

Effective September '86 classified ads will cost 15¢ a word, with a minimum charge of \$2.00. 50¢ will be added as a billing charge if ads are not prepaid.

NEW POLICY

When news coverage is desired at community events, complimentary tickets must be provided to K.P. News staff.

H A P P Y N E W Y E A R

KEY PENINSULA CIVIC CENTER EVENTS *January 1987*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Season's Greetings				1 New Years Day	2 Skate Night 6-8:20 8:30-9:30 Grange 6 - 11 pm	3
4 Volleyball 10 am team practice-moon Girl Scouts 1-3 pm	5 Aerobics 9 - 10 am Rocky Bay 12:30-1:30 Cub Scouts-Webelos 7-8 pm Teen A A 7-9 Volleyball 7:10pm Public Practice	6 Cub Scouts-Wolves 3:13 pm Aerobics 6-7 pm T.O.P.S. 6:30-8 pm Karate 7 - 9 pm KPA 7 pm Exec. Board 7:30 pm	7 Aerobics 9 - 10 am Rocky Bay 12:30-1:30 Cub Scouts-Bears 3:13 Brownies 3:40-5 pm Fun Night 7 pm	8 Seniors 12-4 pm Aerobics 6-7 pm Karate 7-9 pm Teen AA 7-9 pm K.P.C.C. Board 7:30 pm	9 Aerobics 9-10 am Rocky Bay 12:30-1:30 pm Girl Scouts 3:15-5 pm Skate Night 6-8:20 8:30-9:30	10 Aerobics 8:30-9:30 am Karen Stanton Skating 1-5 pm
11 Volleyball -Teams Girl Scouts	12 Rocky Bay Aerobics C. Scouts-Webelos Teen AA Volleyball-public VFW & Aux. 8-10pm	13 Cub Scouts-Wolves Aerobics T.O.P.S. Karate	14 Aerobics Rocky Bay Cub Scouts-Bears Daisies 3:15-5 pm Fun Night Park Board 7:30 pm	15 Seniors Aerobics Teen AA Karate Cottlettes 7-11 pm	16 Aerobics Rocky Bay V.C.S. Skate 1:30-2:30 pm Girl Scouts Skate Night	17 Aerobics Twilite Dance 9-1 am
18 Volleyball Girl Scouts	19 Aerobics Rocky Bay C. Scouts-Webelos Teen AA Volleyball	20 C. Scouts- Wolves Aerobics T.O.P.S. Karate	21 Aerobics Rocky Bay C.Scouts-Bears Brownies Fun Night	22 Seniors Aerobics Karate Teen AA	23 Aerobics Rocky Bay Girl Scouts Skate Night	24 Aerobics Richard Burk Wedding 9:30-12am
25 Volleyball Girl Scouts	26 Aerobics Rocky Bay C. Scouts-Webelos Teen AA Volleyball-public	27 C. Scouts-Wolves Aerobics T.O.P.S. Karate	28 Aerobics Rocky Bay Cub Scouts- Bears Daisies Fun Night	29 Seniors Aerobics Karate Teen AA Cub Scouts 7pm GR	30 Aerobics Rocky Bay Girl Scouts Skate Night	31 Aerobics



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