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From The Key Peninsula Civic Center

AUGUST 1998

1998 Key Peninsula Ciderfest

So, you think you make the best pickles this side of the Rockies or maybe they line-up from here to Tacoma for your apple pie? Well, that might be, because of the Narrows Bridge, but, here's a chance to show off your culinary skills anyway.

The 1998 Key Peninsula Ciderfest is featuring two new contests this year. "The Pic and Pickle Event".

Just think of the notoriety you'll receive just entering your creations. Winners will be crowned "King" or "Queen Pickle" for the day or "Pic Master" respectively.

Stay runed for more contest information.

This year's Ciderfest will be held October 10th in Key Center. Other popular events, booths and activities will be back, along with a great variety of entertainment for the whole family.

Ciderfest is a Key Peninsula community event, sponsored by the Key Peninsula Business Association and the Key Peninsula Lions' Club. For more information about booths or contests, please call 884-4412.

Key Peninsula Firemen's Muster August 29th & 30thAt Volunteer Park

The Key Peninsula Firefighters' Association is sponsoring their fourth annual Fire Muster. This year's proceeds will be used to purchase disaster supplies. The association is purchasing a metal storage container to be placed in Key Center with the funds received from this year's Firefighters' Ball.

The Fire Muster is open to the community. It features antique and "just plain old" fire engines running competition with each other. There will be food booths, T-shirts, live music on Saturday night and kids' events on Sunday. Don't miss the bucket brigade; the Chief usually manages to be the wettest contestant.

The Muster program is the main fund raiser of the event with ad sales to businesses and individuals. If you would like to purchase an ad in this year's Program, contact Wendy Glennon at 884-9822.

Flavor of Fall '98

If you have been driving by the Civic Center lately, you will have noticed that the bulletin board already lists the date for our main fund-raiser of the year. The Flavor of Fall Dinner/Auction is on Saturday, October 3rd. Yes, it is coming up, and will be here before we know it! This year's theme will be "SPEAKEASY - enter that world and revisit the wild times of the 20's and 30's." The menu will of course reflect the theme and we have the good fortune of welcoming back Lindsey Babich as chef along with her fabulous team.

If you haven't heard of or attended one of the ten previous events, you have missed out on something fantastic! While eating fancy food and bidding on interesting items in both a silent and an oral auction, led by a professional auctioneer, you are helping to raise money for improvements on our dear Civic Center. Last year we cleared almost \$18,000 that went straight to work in the building!

Please consider donating auction items, anything from services to specialties and goodies, your creative thinking is the limit. The donations are tax exempt and you will get good advertisement for your business. Your name and donations will be listed in the next two issues of this publication as well as in the auction catalogue. We also depend heavily on donations from individuals for our success. Please help ease your storage problems as well as your mind by donating.

For information about the fundraiser, please call Claudia Loy at Sunnycrest Nursery at 884-3937, Vicky McClung at 884-1940, or Kristen Bottiger at 884-5420. We need volunteers to help with all the details, from auction item procedures, organization and decoration, to cooking and cleanup.

Tickets will be available at Sunnycrest Nursery on September 1st, at the price of \$35 per person.

More information coming next

1998 Flavor of Fall Donators: Sunnycrest Nursery & Floral -Garden Tour.

The Farm - Collection of preserved home grown vegetables and fruits.

Ann and Bob Larsen - Leadro figurine.

Stephanie and Joe Zampini -Homemade Italian Sausage.

Harm and Jane Van Styke -Truck load of firewood.

Pioneer Day at the Key Peninsula Civic Center Rugust 1, 1998

Schedule of Events

Parade Starts in Key Center 10:00AM VFW Post #4990 Flag Ceremony 11:00 AM Down Home Band Concert 11:30 AM Children's "Hay Dive" 12:30 PM (4-8 years) Barbershop Quartet 1:00 PM Kid's Concert by Jim Valley 1:30 PM Fire District #16 Rescue Drill 2:00 PM Children's "Hay Dive" 2:30 PM (9-12 years) Family Games, front lawn 3:00 PM Helicopter Rides behind Sunnycrest Nursery!

IN THE BEER GARDEN

JT's Original Louisana BBQ Serving: 11:00 AM – Midnight Entertainment from 4:00 PM until Midnight "Black River Falls Band" Karaoke

Shuttle Service Available every 15 minutes From Key Center to the Civic Center From Windermere Real Estate BEER GARDEN proudly serving: MICRO BREWS! Henry's Private Reserve Hood Canal Hefeweizer-Walker Wheat Alaskan Amber WINE COOLERS! WINE BY THE GLASS! ROOT BEER FLOATS! (for the kids or kids at -heart!

Behind Sunnyerest Nursery!

FISH POND, Back of the Center * PONY RIDES * FOOD BOOTHS - out standing in the field! * FAMOUS "CENTER BURGERS N' DOGS" - inside the main building * BEER GARDEN - in the tennis courts * ANTIQUE FARM AND TRACTOR ENGINES - in the parking lot * "REPTILE ROUND-UP" - back of fish pond * DUNK TANK - by the play area * MIDWAY GAMES GALORE - inside the gym * HORSESHOE CONTEST - pits are behind main building.



UNDER MY HAT

by Irene Zimmer Facility Coordinator

August already! July was interesting, with many things going on. The garage sale on July 18th was a rousing success! There were 22 'sellers' located on the field and in the main building. It looks like the type of event we'll do again after we work out a few bugs!

Thanks to all of you volunteers that help make Pioneer Day a day to remember. See you there!

Construction has FINALLY started in the main building. There are no bathrooms inside at this time, but think how nice the new bathrooms will be when the renovation is finished! Also included in the renovations are new ceiling and lighting in the gym, repair of the gym floor, a new skate room and an addition to the storeroom on the main gym floor. We hope that you will forgive us for any inconvenience the construction may cause.

The Flavor of Fall dinner/auction will soon be here. On October 3rd, the gymnusium will be turned into a speakeasy of the Twenties. Attendees will be encouraged to dress appropriately in a costume of the era. Won't that be fun? Donations of items or services for both the silent and oral auctions are, as always, appreciated. Contact Claudia Loy at 884-3937 if you have something to donate.

October 31st brings the Center's

annual Halloween Party for the kids. Lots of great games and prizes, plus a chance to take a stroll through "Spook Alley" and let us scare you to death! Heart-stopping fun abounds!

On November 7th, we'll have our fall "Reno Night", with lots of games of chance and great food from the kitchen. I 'bet' you'll have a great time!

On Thanksgiving day, VFW Post #4990 will put on their 2rd annual dinner for those folks, single or couples, who have no place to be for the traditional Thanksgiving dinner. Call Eileen Young at 884-4551 for more information and to make reservations.

The Civic Center's annual Christmas Bazaar will be on November 28th this year. We will be printing the application form in the KP News beginning in September's issue. Our famous "Center Burgers" will be available from the kitchen during the Bazaar! Look forward to seeing you there.

All in all, the Center has had an active and productive year so far. The Whitmore Room refurbishing is almost complete, and it looks so nice! Rentals are good with all the rooms in the center rented on an on-going basis. The new construction will give the old girl a fine face-lift, and all's right with the world!

See you next month!

Don't Forget Pioneer Day at the Key Peninsula Civic Center August 1, 1998



THE FAMILY ROOM

HELL PRINCIPLE AND ADM

Although we are just a month into our summer, school is just around the corner. Here are some ideas that you and your children can use to get the most out of the rest of your summer and get a jump start on back-to-school planning.

Remember all those summertime ideas and activities you and your kids talked about as the rain fell? Have a family meeting and make definite plans for trips and adventures. There are lots of activities that you and your kids can do that are inexpensive and fun. Hiking or walking trails in your local parks can invite great conversations with your kids. Or take a walk on the beach and check out the sea life; this can be fun and educational, Check out a local play or music festival. Many of these activities are annual events and are listed in your local phone book. Also, don't forget local libraries offer various classes and workshops throughout the year. Go to the library with your kids and check out book that you and your kids can read together. There are lots of great stories that the whole family can en-

While you and your kids are enjoying the rest of your summer, here are some ideas that can make the transition from summer to back-to-school less stressful for everyone. One of the most difficult changes is getting back into a routine of regular meal times and bed times. You can start these routines gradually in the last few weeks of summer vacation to make it easier for the kids and you to adjust to back to school routines. Other things that can beat the back-to-school rush is by taking inventory of school supplies from last year. Check out what can be reused and what will need to be replaced. Sort through school clothes and recycle what you can't use to a local clothing bank. For your information, the Family Resource Center has a clothing bank open to families and individuals in need.

As you and your kids prepare for the coming school year, here are a few of the activities available in the Fall in

your community.

Healthy Families: group activities for families with children Birth through 3 years. 1st and 3rd Wednesday of each month. FREE!

Indoor Park: children ages birth through 5 years. Cost: \$1.00 per child. Tuesday and Thursday mornings from 9:00 AM to 11:30 AM providing morning playtime in the gym. We provide cars and toys. Fun for parents and child.

Stamp-N-Fun: Classes are 2 evenings a month. \$3.00 supply fee per session. Learn to create with beautiful stamps and embosses.

Call the Family Resource Center at 884-5433 for more information on our Fall activities and keep an eye out for our fliers and calendars

Old Timers' Day Is Coming August 15th

If you have been making mental notes to attend Old Timers' Day for the last several years but never quite made it, cut this article out and tape it to your refrigerator door. August 15th will be here in a heart beat and you will not want to miss this year's events. It's the 12th annual show featuring authentic logging events, kids games, auction, craft booths, vendors, food, refreshments and helicopter rides.

Festivities kick off at 10:00 AM with the flag raising conducted by VFW Post #4990 from Vaughn. Shortly thereafter the logging events begin, All sorts of contests are scheduled. There will be small chain saw bucking as well as large chain saw bucking. Pole climbing is always a

favorite event. T.J. French, President of the Board of Key Peninsula Community Services, sponsor of Old Timers' Day, said that climbing and topping a pole is really something to see. "Competing loggers," she said, "race to the top of a pole and slice it off and direct it to a target on the ground without touching it with their hands." All sorts of logging equipment will be on display. Come on down to Longbranch and see what a steam donkey and a one-lung motor look like.

There will be continuous entertainment throughout the day. Scoil Rince Slieveloughane, an Irish dance troupe from Olympia will be back by popular demand. They were a huge hit last year and featured the Shaffer sisters from Longbranch. Country clog dancers will also display their fancy foot work. The Kitsap Kickers will be performing their line dance routines and will also devote a half hour to giving lessons in their art to those not too shy to try. The ever popular barbershop quartet singers will be providing their mellifluous close harmony. What would Old Timers' Day be without The Old-Time Fiddlers? Yep, they're on the program also. The kids games are scheduled to run for more than an hour so bring the little ones with you. Something new this year will be the family dance running from 6:00 to 9:00 PM. The Federal Way Seniors will be providing the live music for the dance.

The big money raffle will again be

held. First prize is \$1,000. Second prize, \$500 and third prize is the ever popular \$250 shopping at either one of the local Walt's Markets. The odds of winning are better than the state run lottery. A maximum of 5,000 tickets will be sold. They only cost a dollar a piece and will go towards the benefit of Key Peninsula Community Services, your local food bank and senior center. Old Timers' Day is the major fund raiser for Key Peninsula Community Services and much planning and effort has gone in to make this day one which good wholesome family entertainment is presented to the community. Come on down to Longbranch on August 15th and enjoy

Be Good To Yourself, Join T.O.P.S.

By Mary Nelson

WHAT??? You are afraid of the summer? Does hot weather mean unwanted exposure? Afraid of the picnics because there is always so much food around? Do you have a spare tire (And its not for your car)? Don't despair!! Men, Women and Teens! Help is on the way!!

All you have to do is to drop in to the Key Peninsula Community House, just past the new bridge south of Home, and join in with the TOPS group that meets there at 9:00 AM every Tuesday morning. After the meeting about 10:30 AM, is when the walking groups are formed. Come and join us. All are welcome, If you would like more information call Virginia at 884-1514 or Dolores at 884-2620.

We are also attending the Peninsula High School water aerobics classes, Monday through Friday, from 4:00 PM to 5:00 PM and Tuesday and Thursday from 6:00 PM to 7:00 PM. It looks like summer is here at last and the morning T.O.P.S. #WA,1325 Group have been out walking and also picking up trash on their assigned stretch of Key Pen. Hwy. Thanks for all the encouraging waves from passing cars.

First place in the "Best Loser Contest" this month is Jan Glover, a member who has lost every week! since she joined. She is an inspiration to all of us. She recently had emergency surgery and we wish her a speedy recovery. Come back soon!! We need you!! Second "best loser" was Lila Garrison. We hear that a wedding anniversary is coming up. Keep on losing Girl!!! You are an encouragement to us all!!

Any man, woman or teen who would like some help with their weight (no matter how much or how little) is invited to meet with us on Tuesdays at 9:00 AM at the Community House, 8903 Key Peninsula Highway. See you there!!!

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TOPS NEWS

A Closer Look At...

by Julie Higgins

Can you believe it's August? By the time you read this, Pioneer Day will be a memory. Our TOPS chapter plans to march and hand out information on TOPS. Maybe you have one of our fliers sitting somewhere right now. Please pick it up and read it. If you're serious about losing weight or just plain curious about what TOPS has to offer you, come on over to the Civic Center on Tuesday evening and check us out. We are a friendly bunch and would love to have you join us. Weigh in begins at 6:00 PM and the meeting starts at 7:00 PM.

Colleen Spezia was our best loser of the month. I bet you've seen her name here before and will continue to. She is very determined and faithful to attend meetings. James Spezia walked 173 miles last month and was our best walker. That's in one month folks. TOPS has a walking program that gives special awards each fall for miles walked. Walking makes you feel great and is something almost everyone can do. We are planning a family picnic with some great lowfat dishes, games and family fun on August 25th, come join us.

by Krys Wylie

The local VFW (Veterans of Foreign War) Post # 4990 was established 54 years ago, with the Ladies Auxiliary starting a few years later. The Veterans of Foreign Wars is an organization solely dedicated to preserving the benefits and rights of all veterans and their families.

The Veterans of Foreign Wars was established after the World War I. With the return of our fighting men, many found that there were no benefits, hospitals, or facilities that could handle the needs of a veteran. A group of these veterans got together and formed what is now known as the VFW, to help protect and form services for those in need. The motto they live by is "Honor the dead by helping the living", a message more of us could stand to live by.

The Veterans of Foreign Wars is different from other organizations in that it was formed solely for the benefit of veterans who had served in an area of conflict and had been issued a ribbon authorized by our government for the area served in

The Veterans of Foreign Wars is

The VFW Post # 4990

broken into sections, starting with the government level, the legislative and administrative supply branch. Next is the department for each individual state, then district, and finally each individual post.

The Veterans of Foreign Wars is mandated at the national convention each year by over two million members. Many decisions and actions involving the military are decided on at these meetings. A few examples of these decisions are: health care for individuals and their families, veteran hospitals, service connected disability benefits, retirement benefits, and

See Closer Look Page 12

Home Port Rest.

Horseshoe Lake Rest.

KEY DATES 1998

BUSINESS / PROFESSIONAL GROUPS

Aug. 7 - 7:30 AM

KP Business Assoc.

Fire Fighters Assoc.

Ashes Boy Scout Troop #220 Contiettes KPCCA Exec. Board KPCCA Board KPCS Board KPHC Board KP Lions Club

VFW & Auxiliary

Aug. 21 - Noon Aug. 25 - 7:00 PM Key Center Pire Sta. CIVIC ORGANIZATIONS Key Center Fire Station Aug. 5 - 10:30 AM Thursdays - 6:00 PM to 8:00 PM - KPCCA VPW Rm. 3rd Thursday - 7:00 PM KPCC/Whitmore Rm. Aug. 10 - 7:30 PM Museum - Civic Center 2nd Thursday - 7:30 PM KPCC/Whitmore Rm. 2nd Monday - 10:00 AM Comm. House - Home 4th Thursday - 8:00 AM Health Center

1st & 3rd Wed. - 6:30 PM 2nd & 4n Mon. 7:00 PM COMMUNITY SERVICES

Adult Literacy Classes -Angel Guild Aug. 24 - 10:00 AM Cancer Support Group 3rd Thursday - 1:00 PM

Call for Appointment 851-6552 - Gig Harbor Brones Rm./KC Library Brones Rm. /KC Library

KPCC/Whitmore Rm.

CC/VFW Room/WM Rm.

Children's Home Society Family Resource Center - Monday through Thursday, 9:00 AM to 3:00 PM, Key Peninsula Civic Center, Lower Level - Call: 884-5433 Food Bank Tues, through Pri., 10:00 AM to 3:00 PM Comm. House - Home Hot Lunch for Seniors on Wednesdays at Noon -Comm. House - Home Also food & clothing assistance. For More Information, call 884-4440, 884-4514, or 857-4780.

Immunisations (FREE) Thursday, 10:00 AM to 4:00 PM at Urgent Care, Gig Harbor

Key Center Library 884-2242 - HOURS: Tuesday & Wednesday 1 - 8 PM, Thursday & Friday 1 - 6 PM, Saturday Noon - 4 PM

KP Baptist Bible Study Overeaters Anonymous Parenting Network Positive Fathering

Wednesday - 7:00PM Wednesday - 7:30 PM Aug. 4, 11, 18 - 6:30 PM Thursdays - 6:30 PM

KP Civic Center St. Nicholas Church CHS - Civic Center CHS - Civic Center

Seniors Exercise Program Tues. & Thurs. - 8:30 to 9 PM Comm. House - Home WIC (Women, Infants & Children) Every Tuesday 8:00 AM to 4:00 PM at the Civic Center in the Whitmore Room. Call: 884-3835 on Tuesdays for an appt...

PUBLIC MEETINGS

KP Fire Commissioners

KP Parks & Rec.

Aug. 12 - 7:30 PM Key Center Fire Sta. Aug. 24 - 4:00 PM

2nd Monday - 7:00 PM

Key Center Fire Sta. Volunteer Park Annex

SELF-HELP GROUPS Alcoholics Anonymous - Mort. through Pri. 8:00 PM - Sat. & Surt. - 6:00 AM

at the Key Peninsula Community Services in Home Peninsula ALANON - King of Grace Lutheran Church, Purdy - Tuesday 1:30 PM

Aug. 13 - 7:00 PM Caregivers Support Grandparents Group Aug. 8 -1:00 to 3:00 PM

Brones Rm./KC Library Brones Rm./KC Library

Contact Norma at 884-2205 for more information.

T.O.P.S. Tuesday Evening-Weigh-in 6:15 PM - Meeting at 7:00 PM - Civic Center

SOCIAL & HOBBY GROUPS

Bayshore Garden Club Cancer Support Group KP Historical Society

Aug. 21 - Meeting 3rd Tues. - 1 - 3 PM 1º Thursday - 7:30 PM

Longbranch Improvement Brones Rm./KC Library KP Historical Museum

MUSEUM OPEN Thursday and Saturday from 1:00 PM to 4:00 PM Aug. 21 - 7:00 PM Longbranch Improvement

LB Improvement Club Peninsula Neighbors Lakebay Fuchsia Society Ruth Circle Meeting

Aug. 11 - 10:00 AM Aug. 6 - 7:00 PM Brones Rm./KC Library Aug. 17 - 10:00 AM

Longbranch Improvement Bible Study, Lunch and

meeting at 12:00 Noon at the Longbranch Church

Senior Society Luncheon Thursdays - Noon KPCC/Whitmore Room

Vaughn Bay Garden Club August - Call 884-5403 for more information. NOTE: IF YOU WOULD LIKE YOUR ORGANIZATION LISTED HERE, PLEASE MAIL THE INFORMATION BY THE 20TH OF EACH MONTH TO: DATES, KEY PENINSULA NEWS, P.O. BOX 3, VAUGHN, WA 98394, OR FAX IT TO US AT: 884-4053.

KEY PENINSULA NEWS

To Subscribe, Please Write, Call or Fax: Key Peninsula News P. O. Box 3, Vaughn, WA 98394 (206) 884-4699 * Fax (206) 884-4053

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1. The KEY PENINSULA NEWS is a community newspaper owned and published by the KEY PENINSULA CIVIC CENTER ASSOCIATION, a non-profit Washington Corporation with main offices in Vaughn, Washington. The name, goodwill, and any copyright assets that may exist pertaining to the NEWS are among the financial assets of the KEY PENINSULA CIVIC CENTER ASSOCIATION.

2. The primary purpose of the NEWS is to serve as the communication means between the KPCCA Board (and its activities) and the residents of the Key Peninsula, generally corresponding with the defined geographical area of Pierce County Fire District 16.

The secondary purpose of the NEWS is to serve as a communication means between the KPCCA member organization and the residents of the same area.

4. The NEWS shall be entirely free of political bias, and shall advocate no particular religious point of view. Further, its service will be open to all local organizations and residents, subject to the availability of space and generally accepted good taste and legal considerations.

OUR GRATEFUL THANKS TO ALL WHO CONTRIBUTE TO THE KEY PENINSULA NEWS!

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sarily reflect the views of the publishers or stalf. All Letters to the Editor must be signed and include a daytime phone number for verification. No anonymous letters Hugh McMillan will be published. Submissions are used on a space-available basis and may be edited if used. The Key Peninsula News reserves the right to edit letters for length, and content and no religious or political material will be printed. Mail letters to: P.O. Box 3, Vaughn, WA 98394.

Three stops

The opinions expressed herein are the

opinions of the writers and do not neces-



A View From Home

by Marty Marcus

Like the salmon survival problem, the health care problem doesn't seem to want to go away. While it isn't, strictly speaking, just a Key Peninsula problem, I thought you might find an account of some aspects of my recent encounter with managed care worth the time to read. If not, just turn to page 9 and read Michael Misner's Law Column, it's always interesting.

Last May I had the opportunity, preauthorized by the insurance company, of course, to spend six days in the hospital having one of my old, original knees replaced with the latest metal and plastic model. Each morning, the medical technician in charge of collecting and recording data would check my pulse, temperature, and blood pressure, finishing with the question, "What's your pain number?"

Over the course of a reasonably long life I've been asked for my driver's license number, my Navy serial number, my phone number, my P.O. Box number, my Social Security number, and my credit union account number, but this was the first time anyone had asked for my "pain numher"

After some back and forth banter I discovered that a patient's level of pain could be expressed as a number from I to 10. I tried to explain that at that moment it didn't really matter to me what my pain number was, but rather, the important thing was that at a previously arranged time a physical therapist was going to come by to help me learn to walk with my new knee, which was going to be exceedingly painful at first, and that it was necessary for me to have taken pain control medication one half-hour before the arrival of the therapist.

While this may have been a logical way of looking at the situation, it didn't fit in the appropriate blank space on the data sheet. This would have prevented some accountant at the office of the insurance company from deciding whether I had been given medication that was not really needed, and therefore a waste of money would

have occurred. I finally told the technician that I was not in a great deal of pain at that time and that she could write down any number that pleased her, as long as someone brought me the medication one half-hour before the therapist's arrival. What had seemed to me to be a fairly simple and straightforward request didn't actually become reality, however, until the doctor and the therapist issued the same instructions.

About two months after coming home, a statement came from the hospital indicating that they hadn't received any money from the insurance company and that I was liable for paying the bill. I phoned them and explained that my coverage was in two parts; the doctor's bill was to go to one address and the hospital bill to a different address. They had been given this information prior to my being admitted, but that didn't keep them from sending their bill to the wrong address.

I suppose I shouldn't complain too much, though. At least the doctor didn't replace the wrong knee.

Advertise In Key Peninsula NEWS 884-4699

Reynold's Roost



by Howard Reynolds

- When you're young and you have a choice between sex or sleep, you take sex every time. But when you get older, you take the sleep and just hope you dream about sex.
- When Julia Child was asked to what she credited her longevity, she replied, "Red meat and gin."

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Regular Board Meeting Minutes June 11, 1998

The meeting was called to order at 7:35 by acting President Dave Freeman. It was MSC to accept the minutes as written. There was no correspondence for the month, and due to the Treasurer's absence, the Board MSC to accept the Treasurer's report

Manager's Report: Irene thanked the Whitmore Room Renovation Committee for all their work and effort, and Tim Kezele and Phil Radcliffe for the repair of the sewer pipe. The drain field has a smell emitting from it, and it is worst near the fish pond. It is possible that due to driving over this area a pipe has cracked. The garage door is now hanging by one nail and needs to be replaced soon. Fixing it for the time being is not an option. The Center has been rented by a group that does Turkish tribal dancing and they will be meeting on Wednesdays and Fridays from 4:00-5:30. The Pierce County SWAT team through the Sheriff's Department in Purdy will be having a hostage situation training day here at the center on Friday, June 26"

Group Review:

VFW: The Executive Committee was approached by Cy Young on behalf of the VFW in hopes that we could find an area to house their flag poles from the Aisle of Honor. It was decided that they could have the area behind the fireworks stand next to the fish pond and that they would be responsible for the materials, construction of and security of the shed.

Pioneer Day: The next Committee meeting is on the 24th of June. Mike Salatino and his food group were okayed to use the kitchen for Pioneer

Children's Home Society: Mike Ryan reported that they are receiving registrations for the annual Summer Fun, and that so far they will have a large number attending.

Historical Society: The books on the history of the Key Peninsula are ready and waiting to be sold. The Old Timers and the Society are having a potluck at the Sportsman's Club on Jackson Lake on June 28th at 12:30

Fireworks: Lovd Miller reported that he still needs volunteers.

Parade: We need a driver for the float and donations of floral items.

Boy Scouts: Bill Macaras reported that they plan on helping for the Pioneer Day events and clean up and are hoping to help run a booth.

Old Business:

Whitmore Room: Vicki McClung donated the light fixtures and covers as well as installing a dimmers. Nancy Howard is making curtains for the

Vision statement: Sylvia handed

out a written report detailing the things that the Committee would like to see happen over the next few years.

Grants: Sylvia reported that a check list was now circulating to the different groups for household information, hopefully future grants will come of this. A grant was applied for to the Greater Tacoma Community Foundation for the renovation of the stage, and one to both the Boeing Foundation and the Ben Shaw Foundation to repair and replace the skates and finish replacing the windows.

Sewer Pipe repair: Phil Radeliffe and Tim Kezele cleaned out the pipe and put in a trap for easy cleaning in the future. Phil will also be out about the drain field and will report to Dave about his findings.

Construction: It was suggested by Dave that we consider a suspended ceiling due to the cost. The contract to start the construction on the bathrooms/skate room was signed on Monday the 7th of June, and construction will begin no later than July

Doors: This covers the double front doors and both gym doors. We are waiting for the last bid to come in, but are looking at around \$5,000 dollars.

New Business:

Executive Committee Search: Not

one person raised their hand to help with the finding of a new President.

The Bylaws were discussed and changes and amendments to the changes were made. A copy of the changes will be handed out at the next meeting to be approved.

The meeting was adjourned at

Krys Wylie Secretary

Beginning Dog Obedience Classes

Beginning dog obedience classes will be held at the Key Peninsula Civic Center in Vaughn, Washington, on Tuesdays from 7:00 to 8:00 PM.

This is a six week course and the cost is \$60.00. The next session starts on September 8th

The course is for dogs of all ages and people 14 to adult. Puppies must be four months old and have had all their puppy vaccinations. Positive reinforcement training using food treats, toys and praise. No aggressive dogs, please.

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IN THE CRITTER CORNER

by Jeffery W. Irwin, DVM

Last month I reviewed various musculoskeletal disorders that can affect our canine and feline pets. These included hip dysplasia (dogs only), Lumbosacral (lower back) disease, degenerative disk disease, spondylosis (spinal column fusion) and generalized osteoarthritis. I mentioned that these conditions can develop in otherwise very healthy pets and can, when severe, lead an owner to seek our help for relief of their pet's pain.

This article will touch on some of the treatment modalities used to alleviate or at least lessen the patient's

The most natural thing a pet owner can do to help their pet deal with musculoskeletal pain is to insure their pet is at its ideal weight. Too many of our pets are slightly to severely overweight due to poor feeding habits, too

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much "snacking" and lack of exercise. An overweight pet must put more stress on its leg joints and its back whenever it moves and a reduction of weight causes a dramatic decrease in the pet's discomfort. Feel your pet's ribs. If you can't find them, he or she is severely overweight. You should be able to easily feel your dog's or cat's ribs without actually seeing them. If you see them they are, with a few exceptions, (sighthounds), too thin. Your pet should also taper from her chest to her hips. As seen from the side, she should "tuck up" from her chest to her hip area. She should also taper from her chest to her hips, as seen when standing over her.

I have seen a large number of pets that have not had to have medical or surgical treatment for their musculoskeletal disease simply by reducing

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If your pet is not overweight but still suffers from musculoskeletal disease. it may be treated medically or surgically depending on its condition. Pain from hip dysplasia can only be cured by surgery. There is an increasing number of very good board certified surgeons in the Puget Sound area that can surgically correct hip dysplasia. The procedure is costly however. Minimum fees these days are about \$1500 and can go much higher, depending on the severity of the dysplasia and the exact procedure used by the surgeon. Although not every pet that receives surgery is back to 100%, many are, and those that are not function much better with much less need for medical management.

Degenerative disk disease is another condition that responds well to surgery. Many pets can be treated medically to alleviate symptoms but they can't be cured. Flare ups are thus likely to occur at variable frequencies. Pets with disk disease of the neck may at times be refractory to medical treatment and must undergo surgery to be relieved of their considerable pain. Lumbosacral disease (lower back) is another condition that is only cured by surgery but the symptoms, like the disorders previously mentioned, can be lessened with medical therapy.

So what is medical therapy? I'm defining medical therapy as a nonsurgh cal treatment given daily or intermit-

tently that can reduce the inflammation caused by the above conditions and therefore lessen or alleviate the pain. The most common medical treatments involve using non steroidal inflammatory drugs (NSAIDS), steroids, muscle relaxants and chon-

The most common NSAID used is simple aspirin. It is a good product to start with because of its availability, relatively low cost and safety when given in the proper dosage and frequency. The dose for dogs is about 5 mg/lb., or what translates to about one adult strength tablet for a 60 lb. dog. twice to three times daily. It is best given with food and is possible, purchased in the buffered form. Side effects, as with all NSAIDS may include vomiting, gastric ulceration and stool changes. These symptoms are rare if the proper dose is given. Try to give it only as needed or dictated by your dog's pain. Cats can also be given aspirin but they must not take it any more frequently than every 48-72 hours. Give 5mg/lb, once and don't repeat another dose for 48 - 72 hours. A 10 lb. cat would receive about 1/2 of a baby aspirin using this dosage regime. Do not under any circumstance give your cat Tylenol! It is toxic to cats and has been implicated to many deaths!

Other NSAIDS used commonly are phenylbutasone, meclofenamic acid

> See Critter Page 11 13th ANNUAL

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VETERAN'S VOICES

By Eileen Young

Welcome to Veterans Voices for August. My dear old dad use to tell me that everything came to those who wait and guess what, he was right. SUMMER FINALLY CAME! Love that sunshine!

All is well with VFW as of this writing. We had a very successful fireworks sale over the 4th of July and would like to take this opportunity to thank all those who worked the stand at Lake Kathryn as well as the general public who so generously contributed to the cause. To Walt Schmidt for the use of the parking lot, to the genuine volunteers (those who are not members of VFW) to Ron and Cathy Collier, our chairpersons, and to those who went above and beyond (you know who you are), our heart-felt thanks for a job well done. Our projects and community interests for the coming year will benefit from the money collected.

We are happy to report Commander Cy received a "White Hat" for the post at State convention in Spokane and the auxiliary came home with a number of awards. Congratulations all round!

VFW is initiating a safety program that we feel is worth our effort. The idea is very simple, you list your name, address and telephone number plus your next of kin, neighbor or emergency contact. Exchange this information with the people involved plus a copy for the VFW files. This will ensure a community "care" hotline in case of need. Of course, this is voluntary but for those of us without close kin in the immediate area, it is very comforting to know someone CARES

Have been asked to print the address of our local VFW so will do so: it is: PO Box 485, Vaughn, WA.

To all those who are feeling less than perfect, our thoughts are with you; to those in hospital, we pray for your return to health. Remember, should you need a ride to a doctors appointment or emergency, call our Service Officer Louie Aguilar at 884-4780 or Chaplain Rhys Wood at 884-

The VFW will again lead the Pioneer Day Parade August 14, then raise the flag at the Civic Center before the fun begins. August 15th, at 10:00 AM, the VFW and Auxiliary will raise the flag to start the annual Old Timers day at the Longbranch Improvement Club.

A busy month, but make time to help someone less fortunate; the rewards will return ten-fold.

Until next month remember, ANGER is only one letter short of DANGER.



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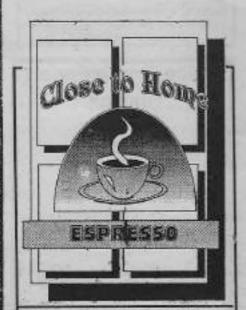


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THE LAW COLUMN

by Michael Misner

Back in 1962, I was a young pup just beginning my sophomore year in high school. I had just moved to Bellevue from Portland and found my-self completely lost as classes began that fall. Unknown to me, at the same time, another 16-year-old has also just arrived at my new school.

He was a long drink of water from Arkansas and used words like "cain't" instead of "can't" and "jist" instead of "just". Being a football player, he was a rabid Razorback and you just knew he was going to be called "Cane Hog" which he was

Looking at the two of us - him tall, dark and hayseed and me short and fair with an Ivy League haircut, no one would have thought that we would have had a single thing in common except being young, stupid and lost.

We met for the first time on the football field during "daily doubles" - the practice sessions that go twice a day for the two weeks just before school starts. He was an interior lineman with bad knees and was more used to tossing hay bales than ball carriers. I was short and weighed all of 140 pounds. I was fast, but my speed came from my survival instinct going at full throttle.

When classes began, I bumped into him again, this time in the beginning debate class where my first reaction, when I saw him was, that he had to be in the wrong room since he didn't really speak the King's English. Our teacher told us to pick a debate partner for the quarter. Everyone else knew one another and after everyone had paired up, my country cousin looked at me and said, "Whaddya say pard, how 'bout you and me team up here?"

During the next three years of high school my friend and I won numerous honors in debate despite occasional comments from the judge's like, "Exactly what was speaker number one saying - at times I just could not understand a word he said." Cane Hog was always speaker number one.

We also spent many hours discussing our plans for the future. Always, from the very beginning, we were going to be lawyers. I was going to practice in Bellevue, my new home, and he was going to return to the south where he could practice a little law and not have to go so long without fried catfish, greens, a little rice and sweet "tater pah".

After high school we remained close, but nevertheless, went our separate ways - me to the UW and him to the Palouse where he could smell the hay fields and occasionally kill himself a pheasant or catch a bass. In fact, I'm positive that he is the only person in the world to have said the following sentence, "Ain't no way one a'them puny King Salmon can ourkick a good!

ol' boy largemouth."

The years past and we kept in touch. We watch our kids grow. We even married our daughters within a few months of one another. We play golf instead of football now and a white ago he called me and invited me to his home for a little fum. I got there last Friday and he said "Whaddya say, who don't we team up here in this little tournament I found?" We did and darned if we didn't win ourselves fifth place in the cutest little golf tournament you ever saw down in Eugene.

Yep, it was a kick, playing golf and winning again with old "Hog" - also known to some folks these days a J. Kenneth Jones, Attorney at Law - municipal law expert and frequent advisor to the Oregon State Legislature, Not bad, podna', not bad.



 Many small businesses may at some time purchase items from out of state for the use of their own business.
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It seems that many business persons are reluctant to seek the advice of an accountant in setting up their bookkeeping system and tax reporting records; then when a tax authority (state or federal) audits their books, the end result is additional tax and penalties. The advice of a professional could save you money.

2. Do you have a domestic worker (babysitter, housekeeper, gardener, etc.). Although you are not required to withhold income tax from the employee unless the employee requests it, Social Security and Medicare taxes are to be withheld if you pay your employee \$1,100.00 or more in 1998. This means that employer (you) will match the Social Security and Medicare deduction. Social Security tax is 7.65% of the wages up to \$68,400. Medicare is 1.45% with a unlimited ceiling. Also the Federal Unemployment Tax is paid by the employer if wages are \$1000 or more. These taxes can be paid as part of your regular income tax. Also, forms SS-4, I-9, Schedule H, W-Z are required.

Don't Forget Pioneer Day at the Key Peninsula Civic Center August 1, 1998

Public Invited to Comment on DEIS

Comment on the Draft Environmental Impact Statement (DEIS) on State Route (SR) 16/Union Avenue Vicinity to SR 302 Vicinity. Talk with project staff, view exhibits, ask questions and get information before providing comment in writing or orally to a court reporter anytime between 4 pm and 8 pm. The purpose of the hearing is to take comments on the DEIS. Written comments can also be sent by mail, e-mail or fax to:

James Eastman, P.E. WSDOT, Olympic Region PO Box 47440

Olympia, WA 98504-7440

Fax: 360-357-2601

E-mail: SR16DEIS@wsdot.wa.gov



SR16/Tacoma Narrows Bridge Project

The DEIS is available for review at area libraries and may be purchased at the Solve16 Project Office in Tacoma. Excerpts may also be purchased at print shops in Tacoma and Gig Harbor (call 1-888-SOLVE16 for details). All written statements postmarked by August 31, 1998 will be included in the formal record.

The public hearings will fulfill legal requirements outlined in the National Environmental Policy Act, the State Environmental Policy Act and Section 106 of the National Historic Preservation Act.

Hearing Dates and Locations:

Tuesday, August 18th 4-8 pm Goodman Middle School

> Commons Area 3701 38th Ave. NW Gig Harbor, WA 98335

Wednesday, August 19th 4-8 pm Woodrow Wilson High School Gymnasium

1202 N. Orchard Street Tacoma, WA 98406

ADA Notice: Individuals requiring reasonable accommodations may request written materials in attendance formats. Sign language interpreters, physical accessibility accommodations or other reasonable accommodations may be arranged by calling Kathy Albert at 3803-684-3916 or TTY Relay service is available at 1-800-496-8362 or 350-705-6890 by August 5, 1998.
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For more information call the SOLVE16 Project Office Toll Free at 1-888-SOLVE16 or call WSDOT at (360) 357-2690

AARP 55 Alive/Mature Driving

Thank you so much for your support. We will be conducting AARP 55/Alive Defensive Driving classes on Key Peninsula Quarterly (Feb. May, Aug and Nov), usually the third Wednesday and Thursday at the new Fire District 16 fire station in Home.

Those 55 or older taking the class will receive an Auto Insurance Discount, those under 55 may be eligible. Hours are always 8:30 AM to 12:30 PM. Call Bill Helgeson at 857-4815 for Required Reservations and Class Locations

We also have classes scheduled the third Wednesday and Thursday of each month at one of the Fire Stations in Gig Harbor. Hours are 8:30 to 12:30 both days. Call Bill Helgeson at 857-4815 for reservations and class locations

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Key Center: Aug. 19 & 20, 8:30 AM to 12:30 PM both days. Pierce County Fire District 16, Key Center



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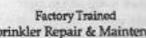
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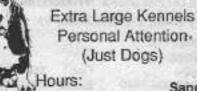
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PHIL JOHNSON

Alan Gordon Seal, Proud CIA and Navy Veteran

Alan Gordon Seal, 71, lost his fight with cancer July 20, 1998, at home with his wife Ann in Gig Harbor.

He was born September 8, 1926, in Washington, D.C., graduated from St. Albans High School there in 1944, and like almost everyone in his graduating class joined the military for, as he put it, "duty for God and country," in World War II. He saw action with the US Navy at the Battle of Okinawa.

Shortly after he graduated from his father's alma mater, Washington and Lee in Lexington, Virginia, in 1950, he joined the Central Intelligence Agency. In 1953, the Agency sponsored his graduate work in the Japanese language and graduate studies in Oriental history and economics at the University of Michigan in Ann Arbor.

He served with his family as a CIA operations officer at several Asiatic posts including Tokyo, Japan and in Switzerland and Germany. He and his wife Ann had two tours of duty in Viet Nam where he was awarded the Vietnamese equivalent of the Congressional Medal of Honor.

On retirement from the Agency, he and wife Ann lived in South Carolina, North Carolina, Hawaii, and Arizona before settling in 1995 in Gig Harbor to be with other former CIA friends. His friends honored his request to involve him in volunteer community activities by sponsoring his membership in the Gig Harbor Lions' Club and the Peninsula Detachment of Citizens Against Crime with both of which he was a very active member.

He wanted to be sure his friends and neighbors in the Whitley Hills area, his fellow Lions and CAC colleagues, and what he called the "Florence Nightingales" of the oncology unit at St. Joseph's Hospital knew of his gratitude for their caring and good humor.

Alan leaves behind his wife of 48 years, Elizabeth Ann Seal, and daughters Judie, Betsy, and Maggie, five grandsons, and one great grandson.

Services were held at 1:30 PM Friday, July 24, at the Tahoma National Cemetery, 18600 SE 240th Street, Kent, WA.

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HEALTH by William F. Roes, MD

The latest edition of Transition Times, a newsletter for childbirth education, states (and I quote) "Is it hot in here or is it just me? If you have been asking this question often lately, you are probably in your last trimester of pregnancy", I'm sure that's going to come as a shock to many of my 50-something patients who just thought they were going into menopause. Hot flashes and sweats are one of the early signs of menopause, followed by cessation of menses, and ultimately changes in bone metabolism and cholesterol relating to the decreased level of estrogen in the blood. For years the only treatment for this condition was replacement with estrogen which some women were unable to take because of complications relating to breast and uterine problems. There are some new treatments which may be helpful to those women who could not tolerate the traditional estrogens.

Raloxifene (brand name Evista) is a "selective estrogen receptor modulator", that is, a molecule that some parts of the body recognize as estrogen, although it really isn't. It has been shown to have estrogen-like effects on bone metabolism, therefore preventing or at least slowing the loss of calcium in the bone associated with osteoporosis. It also has estrogen's beneficial effect on fat metabolism, decreasing the total and bad types of cholesterol similar to estrogen. On the other hand it does not have the estrogen's effect on the uterus, so it won't cause post menopausal bleeding, and it also doesn't stimulate the breasts. This is important in women who couldn't use traditional hormones because of breast problems. The drawbacks are the cost, and it can actually make hot flashes worse, not exactly a welcome side effect in women already suffering from them.

On a different note, if you have little ones going to school for the first time this fall make sure you get their shots updated. Check with their provider or bring them to the Key Peninsula Well Child Clinic, Tuesday's at 9:00 AM. (Arquel), carprofen (Rimadyl), banamine, piroxicam (Feldene) and ibuprofen (Advil) to name a few. My favorite prescription items are Arquel which needs to be given only once idaily and Rimadyl which has been shown to be very effective without the gastrointestinal or renal (kidney) side effects.

Corticosteroids are also used for musculoskeletal disease. I use them when NSIDA don't work, as in very severe cases of disk disease and Lumbosacral disease. Short term side effects can include increased thirst and increased urination, increased appetite and diarrhea. Long term side effects can include obesity, hormonal imbalances and liver disease. The long term side effects can be avoided or minimized by lower and less frequent doses.

Anabolic steroids like stanozolol (Winstrol) have been recently used to aid dogs with chronic musculoskeletal disease by promoting muscle growth or at least preventing the muscle altrophy associated with decreased use. I have used this drug for therapy on dogs that have not responded well to other drugs with some success.

Muscle relaxants like methocarbarnol (Robaxin) are helpful to alleviate muscle spasms and stiffness associated with degenerative disk disease and Lumbosacral disease. They are usually tolerated very well with no side effects except occasional sedation.

Chondoitins, which are agents used to promote or maintain cartilage integrity, have been popular due to their lack of untoward side effects and have been touted as a more natural treatment. Some of these products are marketed at health food stores as well as being distributed to veterinary hospitals.

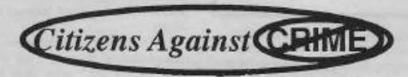
Eventually, chronic musculoskeletal disease can become so severe as to become completely unresponsive to both medical and surgical treatments. In these instances, we, as veterinarians, need to help advise owners as to whether or not it is time to consider humane euthanasia to prevent suffering. I hope that this article has made you, the pet owner, more award of the treatments that can be given to your pet to help cope with its chronic musculoskeletal pain. Please ask for help, as we may be able to afford your pet another several years of good quality life!

Key Peninsula Civic Center Executive Committee

Marty Marcus, President	884-2213
Dave Freeman, 1st Vice President	884-2313
Sylvia Haase, 2 ^{sd} Vice President	884-3603
Kathy Hale, Treasurer	884-3619
Krys Wylle, Secretary	884-4370
Loyd Miller, At-Large	884-2536
Sandy McFarlane, At-Large	884-2633
Dale Loy, Past President	884-4169

FED UP WITH CRIME?

Want to do something about it?



CITIZENS' PATROL

is accepting applications for volunteers who:

a. can go on at least one four hour patrol per month,
b. are willing/able to take four hours of patrol training,
c. agree to a background check by our Sheriff's Dept,
d. have a valid Washington State driver's license.

Pick up applications at the Key Peninsula Fire Station In Key Center and/or call: 884-3319 or 884-3386.

9:00 AM KP Baptist

Church 6:30 PM Outreach Bible Fellowship 7:00 PM Karate

From Closer Look Page 4

much more.

At the post level, which is the most visual to the public, our local post is very involved with not only the Key Peninsula Civic Center, but the whole Peninsula area. All funds that the Veterans of Foreign War post #4990 raise, go directly back into the community. Some of the different ways in which we fund our community is with scholarships; Voice of Democracy Scholarship, also monetary scholarship awards, as well as an essay contest for the elementary students. This post also collects clothing and other items for both the Retsil Soldiers Home in Port Orchard as well as the American Lake Veterans Hospital. Thanksgiving dinner, Thanksgiving and Christmas baskets, the giving tree (Tree of Sharing), and of course the Assle of Honor. This aisle is the most public, and the most time consuming. Each flag pole has to be erected, as well as each flag. Some of you may not know or completely understand this aisle, but its reason is to honor all veterans who have died, whether buried at the cemetery or not. These flags belong to the deceased's relatives. Flags belong to the next of kin but are in the possession of the VFW under lock and key, except for flying twice a year. These flags can date back to the first world war, or the civil war, and some are from other

Most of the funds; aside from do-

nations; that each post receives are from the sale of fireworks.

Cy Young, Post Commander, states "Words cannot express our thanks to you the public, even though you may not be a member of our organization you are a vital part of our existence."

I was also asked by the Commander to insert a small paragraph from a book he read. "In light of recent, unprecedented world events; the collapse of the Berlin Wall, the swift victory of Operation Desert Storm, the end of the Cold War, and the collapse of communism in the Soviet Union and eastern Europe; it would seem reasonable to assume that the veterans who served, sacrificed, and even died in the defense of freedom would be more appreciated today than ever." This is not true, and let's hope we can all change this fact even if just a fraction, sometime in the future.

The post is eternally grateful to its ladies auxiliary for the great work they do to help both post and community.

If you are not a member of a veterans group, and would like to become a member or learn more about the Veterans of Foreign War please contact Cy Young, Post #4990 Commander at 884-4551.

Pioneer Day Is Coming August 1st!

AUGUST 1998 1:00 PM MUSEUM PIONEER DAYIII 9:00 AM KP Baptist 9:00 AM CAMP 8:00 AM - 4:00 PM WIC 10:00 AM Yoga 12:00 PM Seniors Laurch 4:00 PM - 5:30 PM MUSEUM OPEN! Church 6:00 PM T.O.P.S. 4:00 PM - 5:30 PM 6:00 PM Boy Scouts EASTER SEAL PLAY-Tribal Dance 6:30 PM Outreach Bible DAY! (all day) 7:00 PM PIERCE Tribal Dance 7:00 PM Karata Fellowship CNTY. COUNCIL 6:30 PM Lions Club MUSEUM OPEN! 7:00 PM Karate MEETING 7:00 PM Bible Study 15 14 9:00 AM KP Baptist 7:00 PM Karate 8:00 AM - 4:00 PM WIC 10:00 AM Yoga 12:00 PM Sonices Lands 4:00 PM - 5:30 PM MUSEUM OPEN! 7:00 PM VFW & Aux. Church 6:00 PM Boy Scouts 6:00 PM T.O.P.S. 4:00 PM - 5:30 PM Tribal Dance 6:30 PM Outreach Bible 7:00 PM Karate 7:30 PM KPCCA Exec. Tribal Dance Fellowship 7-30 PACK PCC A Board Comm. 7:00 PM Bible Study MUSEUM OPEN! 16 18 20 21 9:00 AM KP Baptist 7:00 PM Karate 8:00 AM - 4:00 PM WIC 10:00 AM Yoga 4:00 PM - 5:30 PM Tribal Dance 12:00 PM Seniors Lunch 4:00 PM - 5:30 PM MUSEUM OPEN! 6:00 PM Boy Scouts 7:00 PM Karate Church 6:00 PM T.O.P.S. Tribal Dance Wedding (all day) 6:30 PM Outreach Bible 6:30 PM Lions Club Fellowship MUSEUM OPEN! 7:00 PM Bible Study 23 25 26 28 9:00 AM KP Baptist 7:00 PM Karate 10:00 AM Yoga 8:00 AM - 4:00 PM WIC 12:00 PM Seniors Lunch 4:00 PM - 5:30 PM MUSEUM OPEN! Church 7:00 PM VEW & Aux. 6:00 PM T.O.P.S. 6:00 PM Boy Scouts 4:00 PM - 5:30 PM Wedding (all day) Tribal Dance 6:30 PM Outreach Bible 7:00 PM Karste Tribal Dance Wedding Rehersal Feilowship MUSEUM OPEN! 7:00 PM Bible Study Dinner 30 31