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THE VOICE OF THE KEY PENINSULA

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KP Fire Department Responds to COVID-19

ANNE NESBIT, SPECIAL TO KP NEWS

As the Fire District 16 Public Information Officer, I have been asked by community members about plans made by the District to prepare for, and respond to, the COVID-19 outbreak.

We have two primary goals: The first is to ensure we are doing everything possible to protect the women and men of our Fire District. Without them, we cannot serve you. The second goal is to maintain an adjusted continuity of operations for our community. Again, this goal is about helping you. Not just for outbreak-related responses, but the numerous incidents that will continue to occur every day not related to the outbreak.

We are following a well-established set of protocols for infection control, workplace protection and community mitigation. Each of these efforts requires specific actions, which the District has undertaken with all of the guidance provided by the CDC, Washington Department of Health and the Tacoma-Pierce County Health Department. We have also leaned on resources offered to us by the International Association of Fire Chiefs and the International Association of Firefighters.

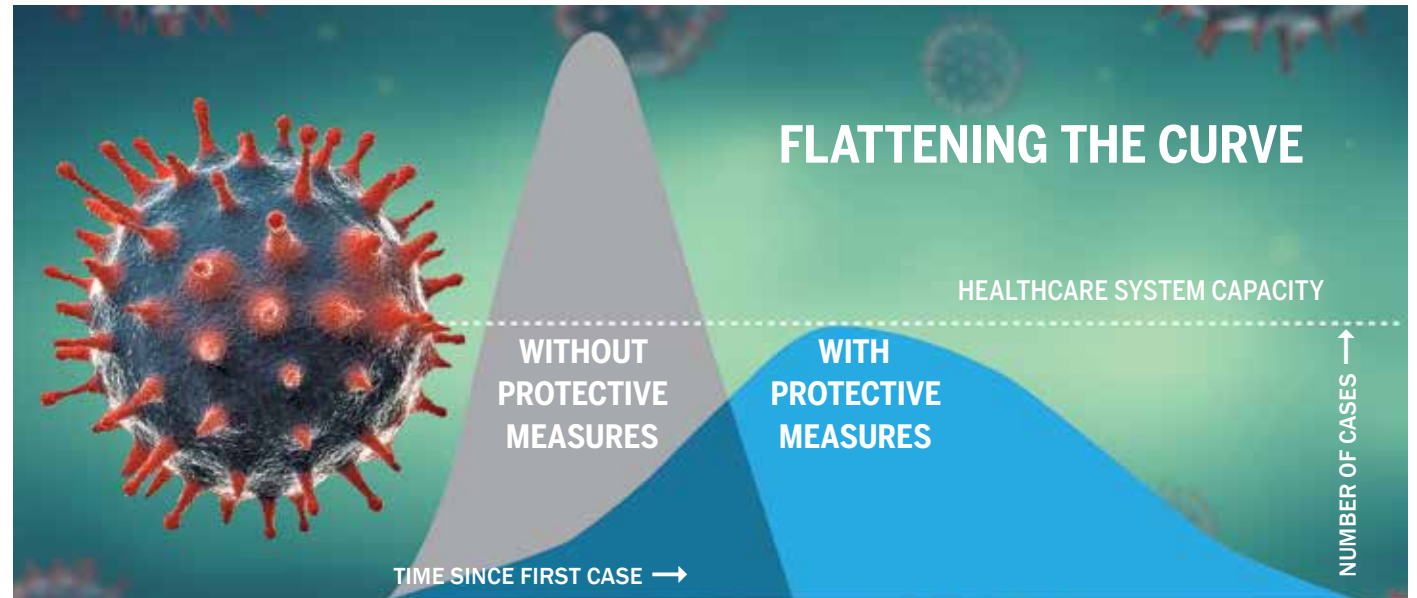
Specifically, here are some of the actions taken to date:

Fire Chief Morrow has formalized our management structure under a standard Incident Management Team approach. This approach allows the District to remain organized under one set of expectations for the duration of the outbreak.

Working with the District's Board of Fire Commissioners, we have passed a resolution that allows for emergency purchasing and procurement, should it be necessary. We have also ensured that each Commissioner is ready to clarify or establish policy if needed.

Working with the Pierce County Department of Emergency Management, the District has secured additional inventories of personal protective equipment (PPE) for our emergency responders. For any PPE that we are running low on, we have developed alternate plans for protecting our emergency responders.

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Data: Johns Hopkins University

Coping With COVID-19: What It Is and What's Being Done

The exponential rise of coronavirus cases in Washington has experts worried. Slowing the spread means "flattening the curve" to reduce a surge in hospitalizations that could endanger anyone needing care of any kind.

TED OLINGER, KP NEWS

The World Health Organization declared the COVID-19 outbreak a pandemic March 11. WHO officials said the number of cases outside China had increased tenfold even as it plateaued there.

"Pandemic is not a word to use lightly or carelessly," said WHO Director-General Dr. Tedros Adhanom Ghebreyesus. "It is a word that, if misused, can cause unreasonable fear, or unjustified acceptance that the fight is over, leading to unnecessary suffering and death."

COVID-19 is more severe than seasonal flu, there is no immunity to it and there is no vaccine or treatment, according to Tedros. The flu kills "fewer than 1 percent of those infected," he said, while as of press time a global average of 3 percent of COVID-19 cases have been fatal.

That percentage is projected to drop to as low as 1 percent, however, as more tests reveal the extent of exposure, according to the Fred Hutchinson Cancer Research Center in Seattle. This has given rise to the widely reported conclusion that COVID-19 is 10 times more lethal than the flu (1 percent versus 0.1 percent in the United States.)

After researchers at Fred Hutchinson found that cases of COVID-19 in the Puget Sound region were doubling every six days,

Governor Jay Inslee announced mandatory closure of all schools, public, private and charter, in Pierce, King and Snohomish counties from March 17 to April 24. He expanded the closure to every school in the state the next day, limited in-class sessions at colleges and universities, and extended a ban on public gatherings larger than 250 people.

The Legislature unanimously approved \$200 million March 13 to fund state health department purchases of tests and equipment, and set aside \$25 million for people missing work due to illness or business closures.

President Trump declared a national emergency later the same day, freeing up federal funds for testing, treatment and equipment, and mobilizing the Federal Emergency Management Agency.

During a press briefing at the White House March 16, the administration's coronavirus response coordinator, Dr. Deborah Birx, said that people without symptoms may be unknowingly spreading the coronavirus. "We know there is virus spread before you develop symptoms, and we know there is a large group that actually is asymptomatic or has such mild cases

that they continue to spread the virus... That's why we're asking every American to take personal responsibility to prevent that spread."

The word "pandemic" comes from the Greek "pandemos," meaning "all people." COVID-19 is now present on every continent except Antarctica. China, South Korea, Iran and Italy account for more than 90 percent of all reported cases, according to the WHO.

"This is a controllable pandemic," Tedros said. "The idea that countries should shift from containment to mitigation is wrong and dangerous."

"You can't fight a virus if you don't know where it is. That means robust surveillance to find, isolate, test and treat every case, to break the chains of transmission," he said.

"Many people in the U.S. will at some point, either this year or next, get exposed to this virus," said Nancy Messonnier of the U.S. Centers for Disease Control and Prevention in a briefing March 9.

Most people with COVID-19 will experience only mild symptoms, according to the Tacoma-Pierce County Health

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"WE KNOW THERE IS VIRUS SPREAD BEFORE YOU DEVELOP SYMPTOMS, AND WE KNOW THERE IS A LARGE GROUP THAT ACTUALLY IS ASYMPTOMATIC OR HAS SUCH MILD CASES THAT THEY CONTINUE TO SPREAD THE VIRUS."



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Here's What I Think About That

LISA BRYAN,
EXECUTIVE EDITOR

"Oh, forget the guidebook, it'll only scare you," he said, his voice echoing off the deep walls of the canyon. "Head straight down the middle and watch out for the big hole on the left."

Those cavalier words were mostly bluff, a typical joke made by crusty whitewater river guides. I was piloting one of a small flotilla of rafts piled high with all the gear and provisions required to see us safely through three weeks on the Colorado River without sign of civilization or hope of resupply.

The time for scouting the rapid had passed and the roar grew louder with each stroke of the oars. The channel narrowed as time compressed, distorting our senses just before the telltale splashes of white-water burst up from beyond the horizon line, where the river disappeared over the edge.

The pace quickened as we slid onto the smooth, glassy tongue of the rapid, rowing forward into deafening white madness.

We are all swept into this river of life, connected by the invisible threads that bind our lives and futures together.

As a community, the Key Peninsula is like no other I've ever known. The strength of our collective character has been tested time and again, but like all communities across the globe, we must push away what divides us and rally together to resist impact of the coronavirus on our community.

Living along the Cascadia subduction zone, preparation for natural disaster is a way of life. But the novel coronavirus pandemic is different. It may have far reaching consequences for everyone on Earth, whether they become ill or not.

A recent analysis published in Health Affairs projected that 20.5 million Americans could require hospitalization due to COVID-19. If the infection

curve is not flattened and the pandemic peaks over six months, there would be a needs gap of 295,350 ICU beds. The U.S. Centers for Disease Control and Prevention reported in March that 38 percent of those currently hospitalized in ICU with COVID-19 range from 20 to 54 years old.

We are all vulnerable.

Gov. Jay Inslee has, as of press time, avoided a total lockdown of Washington state, believing instead in the people of Washington to do the right thing without curtailing civil liberties, which has happened in a growing number of other states with even fewer confirmed cases.

U.S. Rep. Derek Kilmer (D-6th) joined a bipartisan group of 17 members of Congress from the Pacific Northwest March 20 calling

for more ventilators to be sent to the region and to begin national manufacturing of more. Data collected by the U.S. Department of Health and Human Services and the American Association for Respiratory Care show that Washington, Idaho and Oregon have only 13 ventilators per 100,000 people compared to the national median of 21 per 100,000.

Defense Secretary Mark Esper announced he will provide 2,000 ventilators to HHS, noting resources are especially needed here.

The Key Peninsula benefits from a strong and resilient community, filled with people whose first thoughts race toward how they can help. "Put me to work. What can I do?"

To be of service to others we must remain healthy.

That means staying home. But that doesn't mean you can't be helpful. Call your friends, commiserate with your family, check in with your neighbors. The simple gift of hearing a friendly voice on the other end of the line is powerful emotional support in itself.

The difficulty here is accepting the fact that staying home, for all but essential personnel, is the ideal way to slow the spread of the virus.

Just because we don't feel sick doesn't mean we're virus-free. Many

people can and do carry the virus without developing symptoms of COVID-19. The vast majority of those who become ill will recover in time but could still spread it for up to three weeks.

There are local opportunities to volunteer, along with growing lists of local, state and federal resources available online

at keypennews.org by clicking on our COVID-19 Resource Page for the most accurate and timely community information available on the KP.

But the very best way you can join the effort to slow the spread of the coronavirus is to stay home if you can, and follow all the safety measures you'll find in this month's edition of Key Peninsula News.

We need everyone in this fight to stop the pandemic. Collectively, we have far too many people dear to us to attempt anything less.

I believe in the power of this community to unite for the common good, with all of my heart.

Keep the faith that we'll all come out with the rafts right side up at the bottom of this rapid. And trust that if you do end up in the water, we'll be right there with a line to pull you back to the boat where you belong.



**DON'T
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WASH
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WE ARE ALL SWEEP
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FIRE DEPARTMENT FROM PAGE 1

Our operations have shifted, consistent with direction from Pierce County EMS, allowing the District to be notified of the need for PPE at the time of dispatch. County EMS has also provided the ability for our emergency responders to assess, treat and release patients at home instead of transporting to a hospital if there is not a need.

We have made sure to provide all of our personnel — administrative, career and volunteer — all the resources and information they need to feel confident and safe while at work.

Working within a structured workplace protection plan and community mitigation plan, we have closed our facilities to all but essential services. We have deployed an employee check-in/monitoring procedure, and have provided direction if a quarantine or isolation scenario occurs.

We have established and prepared a District facility as a quarantine or isolation location in the event an employee or volunteer chooses that over home quarantine or isolation.

We continue to refine contingency plans to keep the District operating and delivering emergency services around the clock.

Finally, while we continue to be stewards of community resources, we are keeping good records in anticipation of reimbursement opportunities from the federal, state or local authorities under the declaration of an emergency. The District wants to make sure we are getting these additional expenses covered, if available.

We will continue to keep our community informed. I am a direct resource for you at all times. While the District cannot do immediate delivery of food, medication or supplies, we often have connections to resources, both internally and externally, that can.

I encourage you to continue your own planning efforts, doing so in a manner that is appropriate for your situation and the scenario that is realistically presenting in the community. For more information, go to www.cdc.gov/coronavirus/.

We in the Key Peninsula Community have a long history of taking care of one another. Now is a great time to check in on each other, know your neighbor, plan and be ready. It is our combined effort that will keep us safe and get us to the other side of this current outbreak.

Anne Nesbit is the Key Peninsula Fire Prevention and Public Information Officer at KPFD 16, and a volunteer battalion chief. She can be reached at 253-884-2222.

COPING WITH COVID-19 FROM PAGE 1

Department, though some may require medical attention or hospitalization, particularly the elderly and those with compromised immune systems or underlying health conditions such as heart disease or diabetes.

WHAT IS COVID-19?

In December 2019, a previously unknown coronavirus was found to be the cause of an outbreak of viral pneumonia in the city of Wuhan, China.

On Feb. 11, the International Committee on Taxonomy of Viruses named the new virus “severe acute respiratory syndrome coronavirus 2” (SARS-CoV-2) because it is genetically related to the coronavirus responsible for the SARS outbreak of 2003.

SARS, which can cause a severe respiratory illness, was first reported in Asia in February 2003 and quickly spread to two dozen countries before being contained after four months. The outbreak had about a 10 percent mortality rate, but since it was contained did not become a pandemic. There have been no known SARS cases since 2004.

Viruses are named to reflect their genetic structure to facilitate development of tests, vaccines and treatment. The diseases they cause often have different names. Rubeola is the virus that causes measles; HIV causes AIDS; coronaviruses can cause anything from a common cold to pneumonia.

New diseases are named by the WHO because it is responsible for a public response. The WHO announced “Corona Virus Disease 2019” (COVID-19) as the name of the new disease Feb. 11.

President Trump and other politicians have referred to COVID-19 as “the China virus” or “a foreign virus,” repeating some cable TV coverage and social media memes. Tedros said the WHO avoids using geographical disease names to prevent stigmatization and the impact it has on reporting new outbreaks. “Having a (science-based) name matters to prevent the use of other names that can be inaccurate or stigmatizing.”

According to the National Foundation for Infectious Diseases, coronaviruses are a large group of viruses that cause diseases in animals and humans. Human coronaviruses were first identified in the mid-1960s and are closely monitored. They are named for the crown-like spikes on their surfaces.

SARS-CoV-2 appeared in a seafood and poultry market in Wuhan in December 2019. The disease it causes is thought to have come from close contact with

an infected animal that has not yet been identified. Research suggests that SARS, MERS and COVID-19 all originated in bats. SARS then spread from infected civets to people, while MERS spread through infected camels to people.

There is no cure for COVID-19 and no vaccine, though according to the National Institutes of Health a vaccine could be ready for so-called Phase I safety testing soon and public distribution within 18 months.

SYMPTOMS

There are many similarities in symptoms between COVID-19, the flu and the common cold that makes it difficult to distinguish among them, according to Lisa Lockerd Maragakis, M.D., M.P.H., of John Hopkins Medicine. Symptoms can vary by person, but the main symptoms are fever, cough and shortness of breath, body aches, fatigue and sometimes vomiting and diarrhea, and are believed to appear anywhere from two to 14 days after infection.



Fever.



Cough.



Shortness of breath.

Patients who have a fever, cough and shortness of breath should call their health care provider before going to a healthcare facility, according to the Tacoma-Pierce County Health Department.

Itchy, watery eyes are a symptom of allergies, not of flu or COVID-19, according to the Mayo Clinic. Allergies also don't cause body aches and rarely cause a fever — a main symptom for both the flu and COVID-19.

TESTING

The Washington State Department of Health said a big part of slowing the spread of COVID-19 is testing people.

The CDC began screening overseas travelers for coronavirus in mid-January, but their test kits were flawed. One Seattle lab defied federal rules to develop its own test and successfully identified the first COVID-19 patient in the state and country. Wide-scale testing began in the U.S. in mid-March.

DOH received additional testing equipment March 6 and continues to ramp up its facility with a goal of processing 400 samples a day, meaning about 200 people. The University of Washington Virology

Lab can process as many as 1,500 tests per day; they said their goal is 5,000 (UW began testing March 4.) Commercial labs across the state are also working to get running and begin processing tests.

“THIS IS A CONTROLLABLE PANDEMIC.”

Some patients have reported receiving large medical bills for COVID-19 testing and care. Washington state committed to making tests free to uninsured populations, and free of deductibles and co-payments for insured populations.

DOH also said not everyone needs to be tested since there is no medication to treat COVID-19. Anyone with a fever and cough should assume their illness could be COVID-19, report their symptoms, and protect others in the community and household from the disease.

STOPPING THE SPREAD

The goal in fighting a large-scale outbreak is to halt the spread, but just slowing it — mitigation — is critical, according to Seattle King County Health Officer Dr. Jeffrey Duchin. Social distancing, quarantining those who may have been exposed, and isolation for those who are infected, all reduce the number of active cases, in turn allowing hospitals time to prepare for more.

The risk of becoming ill from COVID-19 is lower for a young and healthy adult, but the risk of passing it along to someone else and continuing a transmission chain that eventually results in a COVID-19 death in a vulnerable person is much higher, according to TPCHD.

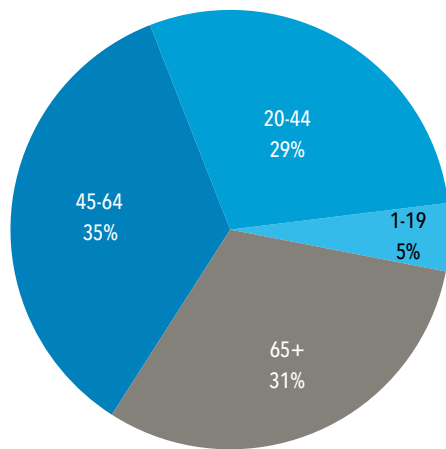
RESPONSE

Washington state was among the worst affected by the spread of COVID-19.

Secretary of Health and Human Services Alex Azar told reporters March 10 that the Trump Administration was working directly with Gov. Inslee to ensure the state's needs are met by tapping into the strategic national stockpile of equipment and medicines reserved for emergencies. Supplies reportedly included surgical masks and gloves, portable respirators and hospital ventilators.

“They got half of the shipment from the strategic national stockpile initially, and then when the Vice President (Pence) actually went out to the state of Washington, that's when the second half of the shipment arrived,” Azar said.

For more information, go to www.tpchd.org or call the Washington State Novel Coronavirus Call Center at 800-525-0127 and press #.



HOSPITALIZED PATIENTS BY AGE
CDC reports 69% of hospitalized Americans are under 65 years of age, as of March 18.

COVID-19: What to Do

You have heard the basics about good hygiene and social distancing (and you will again here), but there are broader and more important measures to take to help ensure a good outcome when confronting a large-scale emergency. The first obstacle to overcome in any kind of crisis is usually ourselves. Anticipating, understanding and planning for your own reaction and those of the loved ones or strangers around you can help mitigate frustration and fear.

STAY POSITIVE

People with a positive attitude adapt to new situations more quickly than others. Stanford University psychology professor Carol Dweck calls this “growth mindset,” the attitude of people who are not discouraged easily and are willing to make mistakes.

“Some people have the mindset of the victim — the world happens to them,” according to Laurence Gonzales, author of the book “Deep Survival,” an analysis of survivor stories. “The other mindset people have is that they can direct their behavior and direct what happens in their lives — control their destiny to a large degree. They think, ‘Here’s something bad, now what can I do to not only deal with it but maybe turn it to my advantage?’ For people who look at themselves as victims, it’s a good idea to start practicing thinking about things in another way.”

MAKE A PLAN

According the American Red Cross, taking the time to think through a situation and plan for various outcomes not only enhances success when confronting a crisis, but has the effect of both calming

and energizing the people involved in it. A good plan runs the gamut from logistics to managing stress.

PRACTICE SOCIAL DISTANCING

You don’t have to be sick to spread the virus. During a press briefing at the White House March 16, the administration’s coronavirus response coordinator, Dr. Deborah Birx, said that people without symptoms may be unknowingly spreading the coronavirus. “We know there is virus spread before you develop symptoms, and we know there is a large group that actually is asymptomatic or has such mild cases that they continue to spread the virus ... That’s why we’re asking every American to take personal responsibility to prevent that spread.”

Healthy people need to stay healthy; the more people who are sick at the same



time, the more sickness will spread, the more vulnerable people will be affected, and the more pressure will come to bear on the medical system.

BUT STAY CONNECTED

Our relationships and social connections are critical to increasing resilience and recovery after a disruptive event. Helping someone else can help you survive. Psychology professor John Leach, in his book “Survival Psychology,” said that medical responders have better survival rates in disasters because they are trying to help other people.

“Helping people gives you purpose,” he said. “Something as simple as comforting a child can make you feel useful, like you’re doing something. Otherwise, it’s easy to remain in a state of shock, staring off into space and not doing anything at all.”

IDENTIFY SERVICES

Check the availability and hours of community services whether you need them or can perhaps help them. Many have shut down or reduced hours to avoid exposing crowds to COVID-19. At the same time, most restaurants and recreational activities are still operating. If you are feeling ill or have been with someone who is ill, stay home.

DONATE BLOOD, IF YOU CAN

Bloodworks Northwest is asking everyone who can donate to do so as the Washington state blood supply falls to emergency levels. The most frequent donor group has been advised to stay home while schools and businesses have shut down, closing off blood drives that make up 60 percent of donations. Get answers, find a place to donate and make an appointment at www.schedule.bloodworksnw.org or 1-800-398-7888.

PRACTICE GOOD HYGIENE

- Cover a cough or sneeze in your arm instead of your hand.
- Dispose of used tissues promptly and properly.
- Wash hands frequently and thoroughly with soap and water for 20 seconds. Water

temperature doesn’t matter.

- Thoroughly dry. Moist hands can breed germs. Paper towels are best for drying; air dryers are the worst.
- Don’t touch eyes, nose or mouth with unwashed hands.
- Clean and disinfect frequently touched objects and surfaces like doorknobs and light switches.
- Avoid close contact with people who are sick.
- Stay home if you are sick. Keep sick children home.
- Get plenty of rest, drink plenty of fluids, eat healthy foods, exercise and manage stress to keep your immunity strong.
- Call your medical provider if you think you have symptoms of COVID-19, especially a fever, cough and shortness of breath.
- Public health agencies recommend that people at higher risk of illness should:

Avoid crowds of any size.

Avoid anyone coming to your home who is sick or may have been exposed to the virus.

Avoid visiting health care facilities except to get medical care.

- People at higher risk include those over 60; with underlying health conditions including heart disease, lung disease, diabetes or with weakened immune systems.

STAY INFORMED

It can be relaxing to take a break from news and social media every day. To stay informed it’s best to consult a few different reliable outlets. Even then, sometimes going to the source is the best option.

To check your symptoms or get other information in a free online consultation, go to www.chifranciscan.org or www.multicare.org/virtualcare.

For general questions about COVID-19, call the Washington State Novel Coronavirus Call Center at 800-525-0127 and press #.

For information on COVID-19 in Pierce County, go to www.tpchd.org or call 800-992-2456 (TDD: 253-798-6050).

For information on a global scale, consult the World Health Organization at www.who.int.

For information on a national scale, consult the U.S. Centers for Disease Control and Prevention at www.cdc.gov/coronavirus. For its travel advisories, go to www.cdc.gov/coronavirus/2019-ncov/travelers.

For the latest on commercial travel impacts, the website Tripadvisor has a forum for users to share stories at www.tripadvisor.com/COVID-2019.

COVID-19: What Not to Do

Overwhelming events can paralyze people or make them feel they have lost control of their lives, and that can cause counterproductive and even dangerous behavior. Techniques to adapt to large-scale crises can counter feelings of helplessness and increase the chance of people surviving them and improving their situations, or at least not making things worse.

DON'T TELL PEOPLE NOT TO PANIC

If someone is anxious or agitated, they don’t want to be told they’re wrong to feel that way. It’s more useful to listen, validate and brainstorm concrete steps to address their concerns.

“Personality, emotion, attitude, and how well people cope with adversity have more to do with survival than any type of equipment,” said Laurence Gonzales, author of the book “Deep Survival,” an analysis of survivor stories. “People who will be good at survival will get upset when something bad happens, but they’ll quickly regain emotional control and begin figuring out what the new reality looks like and what they can do about it.”

DON'T IGNORE IT

"It will go away. Just stay calm." This oft-repeated social media admonishment, like the insistence that COVID-19 is basically the common cold or flu, is counter-productive for several reasons.

The United States was better prepared for the 2009 swine flu pandemic, a novel strain of the influenza A/H1N1 virus that caused the Spanish Flu Pandemic of 1918-20, according to the U.S. Centers for Disease Control and Prevention. Within one year of discovery, it was in all 50 states, 59 million Americans had it, 265,000 were hospitalized, and 12,000 died.

Most people infected by COVID-19 will experience nothing worse than seasonal flu symptoms, but the spread and effect of the disease are more insidious. There are other at-risk groups — health workers, for example — who are more vulnerable because they are likely to have higher exposure to the virus. The behavior of healthy people, including reporting symptoms and following quarantine instructions, protects vulnerable people.

Bruce Aylward of the World Health Organization led a mission to China to learn about the virus and that country's response in January. He said the evidence suggests that current estimates of a roughly 1 percent fatality rate are accurate. That makes COVID-19 about 10 times more deadly than seasonal flu, which has a mortality rate of 0.1 percent, and is estimated to kill between 290,000 and 650,000 people a year around the world — about the same as swine flu in 2009.

It is also likely that the outbreak will hurt far more people financially due to lost income and medical expenses than the disease itself.

DON'T WEAR A MASK ...

unless you are already sick or helping someone who is.

Standard surgical masks cannot protect you from the coronavirus. They are not designed to block out viral particles and do not lie flush to the face. Properly fitted masks can help prevent infected people from spreading the virus further by blocking respiratory droplets expelled from their mouths. Wearing one protects others and are essential for health care workers or family members attending patients. Ideally both the patient and caregiver should have a mask.

But it is not fail-safe protection against infection. Tiny viral particles, known as aerosols, can penetrate masks, especially non-medical dust masks. Viruses are also transmitted through the eyes (so don't touch your face). Masks must also be

treated as contaminated material, responsibly disposed of and not reused. They will make little difference beyond causing others to think you're sick or scaring them into wearing one too.

DON'T GO TO THE ER...

or any other medical center before calling your health care provider first, if possible. They might be able to give you advice or instructions that will save you a trip or help you avoid exposure. CHI Franciscan is operating 11 COVID-19 triage centers around Washington including Gig Harbor. Franciscan said in a statement that "while every patient can be screened, only those who are at high risk and moderately symptomatic, or were exposed to a confirmed COVID-19 patient, will be offered COVID-19 testing — in line with official public health guidance."

Franciscan recommends seeking free virtual care first at www.chifranciscan.org. MultiCare in Gig Harbor is also offering screening at www.multicare.org/virtualcare.

DON'T SPREAD MISINFORMATION

COVID-19 is not connected to race, ethnicity or nationality, according to the Tacoma-Pierce County Health Department. Health officials around the country have been compelled to issue similar statements to counter growing anti-Asian sentiments.

President Trump and other politicians have referred to COVID-19 as "the China virus" or "a foreign virus," repeating some cable TV coverage and social media memes. Dr. Tedros Adhanom Ghebreyesus, director-general of the World Health Organization, said they avoid using geographical disease names to prevent stigmatization and the impact it has had on reporting new outbreaks.

According to the CDC and other research centers, misinformation about diseases spread by social media makes people more vulnerable to disease. Measles, for example, a disease once eliminated in the United States, has reemerged after a single, long-debunked fraudulent study hit the internet, and has served as a fulcrum for the anti-vax movement ever since. That study became a basis for health hoaxes related to flu vaccines and immunization schedules.

DON'T PANIC-BUY OR HOARD

The threat of natural disasters or even severe weather naturally causes prudent people to stock up on supplies. Irrational stockpiling is something else.

"It is rational to prepare for something bad that looks like it is likely to occur," according to David Savage, associate professor of behavioral and microeco-

nomics at the University of Newcastle in Australia, which just survived a series of highly disruptive and widespread wildfires. However, "It is not rational to buy 500 cans of baked beans for what would likely be a two-week isolation period."

Stocking up helps people feel they have some level of control over events they have no control over.

"Stocking up on toilet paper is a relatively cheap action, and people like to think that they are 'doing something' when they feel at risk," said Brian Cook of the Disaster Risk Reduction Project at the University of Melbourne. It can also spur a herd mentality of panic-buying and even hoarding, where people are influenced by watching or listening to others and adopt certain behaviors on an emotional, rather than rational, basis.

Hoarding makes people feel secure, Cook said. This is especially relevant when the world is faced with a novel disease over which there is little or no control. However, people can control things like having enough toilet paper in case they are quarantined.

UPDATES AT WWW.KEYPENNEWS.ORG/COVID-19-RESOURCES

COVID-19 and You: What to Do and Where to Turn

Practice social distancing: people without symptoms can transmit the virus.

As of press time, the U.S. Centers for Disease Control reported half of U.S. coronavirus patients in intensive care are under age 65. The high rate of infection of younger adults was consistent with European data.

The Washington State Department of Health said the risk of exposure to the coronavirus that causes COVID-19 is increasing. Social distancing can act to break the chain of transmission.

Stay at least six feet away from others. Coughs and sneezes can travel that distance and their droplets may contain a virus.

Clean hands often with a hand sanitizer that contains at least 60 to 95 percent alcohol, or wash hands with soap and water for at least 20 seconds.

People who are sick or who have been exposed to someone who is should stay home. Again, asymptomatic people can spread the virus.

Some small groups may continue to meet if they adhere to required public health precautions. Check with the activity organizer before attending.

LOCAL RESOURCES

Food Backpacks 4 Kids

All families who receive a food backpack can continue to receive food in our new weekly "Drive-by Food Pick Up Program." Food will be available for Saturday drive-by parking lot pickup each week at: Henderson Bay High School; Gateway Park; Evergreen Elementary. Any family in the Peninsula School District with school-aged children in need of food should email info@foodbackpacks4kids.org to let us know your name/number of children and the pickup location most convenient or if you need delivery. Food will be available for pickup on every Saturday until further notice. www.facebook.com/foodbackpacks4kids

Key Peninsula Community Services

The Food Bank is open 10 a.m. to 3 p.m. Tuesday, Thursday and Friday; until 5 p.m. Wednesday. Closed for lunch. No food donations accepted at this time, monetary donations are always welcome. Senior lunches are available for drive-through pickup, please call day before. 253-884-4440

The Mustard Seed Project

Home delivery is being provided for KPCS lunches for seniors unable to pick up. TMSP is also working on a program to safely deliver groceries and supplies to shut-in seniors. We are currently seeking volunteer drivers to deliver fresh meals, groceries, and supplies. Call Program Director Mary Morris at 253-884-2216. themustardseedproject.org

HOSPITALS

JBLM Madigan: www.mamc.health.mil/patients/COVID-19

Kaiser Permanente: wa.kaiserpermanente.org/html/public/about/coronavirus

Multi-Care: www.multicare.org/coronavirus

St. Anthony: www.chifranciscan.org/patients-and-visitors. CHI Franciscan has suspended billing for COVID-19 testing and treatment system-wide.

VA Puget Sound Health Care: www.pugetsound.va.gov/emergency

STATE RESOURCES

Resources including relief with deferred bills, waived fees, no-interest loans and other support at listed at www.governor.wa.gov

The **Employment Security Department (ESD)** can provide support in the form of unemployment benefits. Some benefits allow certain workers to collect unemployment while remaining with their employers and not actively seeking other jobs.

ESD's Paid Family and Medical Leave program can provide benefits for workers who need to take time off from work due to a serious health condition or to care for a family member with a serious health condition. If COVID-19 disrupts a Washington business and causes layoff or closure, ESD can provide services and funding to help workers get connected to unemployment benefits and re-employment services

The Washington State **Insurance Commissioner** can help answer questions about getting insurance and coverage for damages related to COVID-19. Go to www.insurance.wa.gov or call 1-800-562-6900.

Dan Whitmarsh

WRITING BY FAITH



Coming Together in Troubling Times

“Do not be afraid.” It’s a command heard throughout the Bible. From the mouths of angels, prophets and Jesus himself, the charge is the same: “Do not be afraid.”

It is easier said than done.

The sun is shining outside my window as I write, but the world is going crazy. COVID-19 is wreaking havoc, a destructive tidal wave with reverberations felt in every corner of our world.

Shoppers frantically scour markets for dwindling supplies. Schools, concerts and sporting events are shutting down. The financial market is crashing. People are dying. It seems, at the time of this writing, that nobody has a handle on how to put an end to the onslaught.

These are troubling times and people are overwhelmed, anxious about the future. Uncertainty gives way to fear and anger.

It is natural to worry in moments like this. One thing I’ve learned in all my years as a pastor is that everybody is hurting. Everybody carries around the brokenness of this world deep within their souls. Something like the coronavirus amplifies and gives voice to that pain we already know so well.

At Lakebay Church we’ve always had a soft spot for people who are hurting. This is true of the other churches on our peninsula, too. Broken people are welcomed, hungry people are fed. Helping people who are hurt is what we do.

In this time of pandemic, churches, like so many other organizations, seek to walk with our community in hopeful and healing ways. In our anxiety it is easy to let anger and fear divide us. When we work together and care well for one another, we will not just endure but thrive.

We are blessed to have a wealth of resources on the Key Peninsula. I have no doubt our churches and social service groups will be great assets as we navigate the days ahead.

In the same way, so many of you have already demonstrated the community spirit that marks the KP. Running errands for one another, shopping for those at risk, and offering childcare are some of the ways I’ve seen you love each other well. Even as we practice our social distancing, we can continue to lean in to each other, creating

the fabric of our society that holds us all up.

In the midst of it all, don’t forget there is still a life to be lived. It’s good to be informed, but it’s easy to be overwhelmed. Take a break from the news and social media, and go for a walk. Work in your yard. Listen to some music. Read a book. Turn off the TV and let your soul be at peace. We’re no good to each other when we’re drowning in anxiety. Be good to each other and yourself.

We should be concerned, yes. Aware and alert, definitely. But let us not be afraid and instead hold each other closely — with compassion and kindness — and we will weather this storm together.

May we all find hope and joy in this Easter season. Love wins; do not be afraid.

Award-winning columnist Dan Whitmarsh is pastor at Lakebay Community Church.

Carolyn Wiley

DEVIL’S HEAD DIARY



Honremos a la Cascaron

Being native Texans born and bred, my cousins, brother and I celebrated Easter traditions with far more enthusiasm than ordinary children — especially the Easter egg hunt. It was a competitive thing. Our plans were laid months in advance. The goal was to arrive at Granny Brown’s farm or some other feral space with washtubs full of cascarones.

What is a cascaron? Well you may ask.

It is an eggshell that is emptied, washed, dried, dyed, filled with confetti and capped with tissue paper. Online instructions are unnecessarily sophisticated — most recommend using a needle to prick the shell and scissors to carefully trim the opening. We always just cracked the shell near the tapered end. It is faster, and with care a sunny-side-up breakfast is possible.

Though we started saving eggshells during the Christmas cookie-baking season, I don’t think brother Mason and I ever won the “most-cascarones” contest. There were only four people in our family who ate eggs, but our cousins had five and a live-in maid with an extended family who contributed to their collection.

Traditionally, the cascarones are hidden and hunted. Once found, the eggshell is crushed in the hand and the confetti sprinkled over your own head — signifying the blessings of spring time.

By mutual agreement, we children

decided that it was unseemly to bestow the blessings of springtime upon one’s self. It is far more charitable and loving to bestow the blessings of springtime on anyone else within reach, preferably by stealth. There were no rules against hoarding a stash for surprise attacks, so it was quite possible to have one’s hair filled with confetti weeks after the initial egg hunt.

When our own children came along, we carried on the cascaron family tradition; no reason to let the Easter bunny have all the fun. Over time, confetti became hard to find after the first of the year, so we opted for making our own tissue paper confetti — a rainy day hunt leaves interesting streaks on blond curls.

Room-mothering our eldest through kindergarten revealed to me how ill-prepared my daughter Alex was to face the world. At her first school Easter egg hunt, the children, sufficiently hyped on cookies and candy, were turned loose in search of the expected colorful treasures.

I stood by observing the mayhem when one of the other room mothers turned to me and whispered, “What is wrong with that child?”

Alex had found an egg and attempted to bestow the blessings of the joyous season upon the handiest head. To my horror, another child approached and Alex whacked that kid too, paused, looked at the egg in her hand in amazed puzzlement, and tried again. In a final desperate effort, she smacked it on her own forehead, before tossing it aside. She found another egg before I could intervene. This time she selflessly tried to break the egg on her own head first. Then to my relief she came running to me and tearfully reported that the hardboiled eggs were “all wrong and they don’t work.”

I hastily explained the very obvious differences between family traditions and public celebrations. When we got home, Alex eagerly shared her new knowledge about the curious egg hunt and the “wrong” kind of eggs with her pre-K sisters.

Curiously, the mother who had identified my child as odd never let her kid come play at our house.

Decades later I realized that at least one other detail had been omitted in the education of my brood.

Laura, our youngest, had become a mother of her own Easter-egg-hunting-short-people when she phoned to share a bit of news.

“Mom, did you know that cascarones are a real thing? I googled it. I always thought

it was something you just made up.”

Warning: If you plan to emulate the Wiley family tradition, neighbors may complain about the scattering of biodegradable debris, so it is best to have a grandparent with a farm or access to some seldom-visited open space. It is more than certain that neighbors will complain if their children are invited to join in and scamper home with a hidden cascaron or two to share with siblings by surprise.

Carolyn Wiley is an award-winning humor columnist. She lives in Longbranch.

Joseph Pentheroudakis

ON THE WING



Desperate Measures

I was in my last year of high school in Greece. A shy, awkward teenager, I preferred to remain quiet in class. Even though my Greek forebears had invented and perfected the art of oratory, any such DNA had obviously been diluted out of my genetic material.

Our senior year included a public speaking assignment: Each student had to make a presentation to the entire high school assembly on a topic of their choice, on a date the school assigned. The summer before my senior year I had been my usual happy and carefree self, but by fall the looming Year of Public Speaking cast a dark and ominous shadow that ruined it all.

I was assigned a date: Friday, April 21. I was president of the art club, so I have a vague memory that I chose to talk about Impressionism. Droning on about that would surely put everyone to sleep and I would avoid the abject mortification that would likely follow.

We got no assistance with the assignment. No coaching, no helpful tips or guidance of any sort. We were on our own; we got our presentation ready and on the appointed day we went up on stage, cold. Next.

So that fall, with terror in my heart, I started preparing for the fateful day, certain that the audience would either burst out laughing the minute I opened my mouth — worst case scenario — or, best case, would pass out and let me blather on unnoticed. That Friday was also the last day before the traditional Easter break, so I would have two weeks to lick my wounds, and maybe even grow a beard and change my name so that nobody would recognize me when I got back.

The months crept on; time slowed to a

trickle as if to make sure I would agonize even more. Christmas passed me over. I had no time for such frivolities.

I was a wreck.

At least I had a transistor radio. The political situation in Greece had been unusually messy that spring, with extensive coverage on the news. We didn't have a TV — television service didn't arrive in Greece until the 1970s — so in addition to the news the radio was my source of entertainment; crime serials and, yes, even sitcoms.

The fateful day finally arrived. After those few carefree seconds between sleep and wakefulness, reality barged in and I remembered: Today was the day. I grabbed my book bag, making sure my presentation was in it, went out the door, trudged down the two flights of stairs from my parents' apartment and went out into the street.

A brilliant sunny day, I remember. The apartment was a few blocks from Patision Avenue, a busy arterial connecting downtown Athens with the northern suburbs where buses, cars, motorcycles and pedestrians regularly fought to occupy the same two narrow lanes of pavement. The school bus stopped around the corner from our building, next to a small neighborhood park. It always picked us up at 7:40, so we were all normally there by 7:35.

I got to the bus stop but didn't see anyone waiting. Damn. Had I missed it? That would have been a first, but possible given my state of mind. After it picked us up the bus went down to Patision, where it usually got stuck in traffic for several minutes, so maybe I could hurry down that way and intercept it.

I ran. Along the way I noticed that streets were strangely quiet, no traffic, but I didn't have time to stop and analyze the situation; I had a bus to catch.

I finally made it to Patision. And I stopped dead on my tracks.

The street was empty. There were no buses, no cars or motorcycles, no throngs of commuters, no street vendors setting up their stations, no shop owners opening their stores.

And then I heard a rumble. I turned and there, headed towards downtown, was a large group of army tanks slowly grinding their way on the asphalt. Army tanks. On Patision. Greece was not at war, so those were Greek troops. Greek troops? What the hell was going on?

I ran back home, unbelievably still wondering how I was going to get to school. Ran up the stairs, woke up the rest of the family. The radio, turn on the radio!

A group of army officers had overthrown the government in the early morning hours, arrested and jailed several prominent poli-

tics, and seized control of the country's state radio stations, which were now broadcasting military marches and news bulletins.

We all sat quietly, in shock as the country slipped into dictatorship. But it was mental fist pumps for me: Schools were closed! That's right, no school! And the next two weeks we were on Easter break! I knew there was no time to reschedule my talk, so I was free! The powers of darkness and evil might have descended on the birthplace of democracy, but hallelujah, I was saved.

It was Friday, April 21, 1967. The Junta that seized power that day would stay in power for almost seven years.

I swear, I had nothing to do with it.

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

Vicki Husted Biggs A SHIFT IN PERSPECTIVE



Procrastination

Running after a deer was not an option I had considered. That day, strolling around my property, admiring my handiwork, I found the deer nonchalantly munching my hard-earned blooms. I spent much of the spring laboring outdoors, moving dirt, spreading fertilizer, pulling weeds, and ending each day with protesting muscles. My planning and efforts had paid off, and the product was plain to see. No way was I going to allow this freeloading deer to destroy my work in one afternoon.

The time for deer repellents and pricing the best fencing was past. I whooped and shouted, sprinting (or lumbering, depending on your point of view) toward the disbelieving deer. She trotted off, shooting me a wounded look before disappearing into the woods. I stood, winded but triumphant, satisfied with my decisive action.

Spring is the season of renewal and rebirth. Welcome are the longer days and warmer temperatures that hint at approaching summer. For many, the preceding months have been spent thinking about the possibilities of the new year, dreaming of sunny vacations, making lists from seed catalogs, or making plans for home improvements. Spring is the time to bring those ideas to fruition. For most people, ideas become reality by simply making a beginning; digging one hole, purchasing one pound of nails, completing one phone call. But for some, that beginning is very difficult.

Approximately 20 percent of any population is affected by chronic procrastination — the inability to take action in a timely way. By comparison, 7 to 8 percent of Americans suffer depression. Procras-

tion negatively affects the sufferer and the people around them. The procrastinators increase their own levels of guilt and anxiety. The people around them learn they cannot count on the procrastinators for completed work, being part of a successful team effort or making important deadlines.

I recently learned there are two basic categories of procrastinators: avoidant types and arousal types. Avoiders will do anything to put off a task, including repeated reorganizing or endless research. Arousal types enjoy the thrill of last-minute efforts, believing that the adrenaline-spiking time crunch produces more creativity or better results.

Research suggests that procrastination is a coping mechanism for emotional problems related to depression, ADHD, anxiety, or other issues. It is not simply a “time management” problem. Procrastination is a behavior that is learned, and can be unlearned. It is a state of being that is optimally helped by cognitive behavioral therapy.

If you find yourself in this situation, what can you do? One leading researcher in this field, Dr. Joseph Ferrari, suggested surrounding yourself with doers — people who take action and get things done. Use a slogan: Just say Now, and take action. As the commercial says, “A body in motion stays in motion.” Break tasks down into smaller pieces and begin one bit at a time. Use a simple system. For example, a paper and pencil list, convenient for crossing off completed tasks. Let yourself be accountable to other people by making your intentions public. Try not to be afraid of failure.

At this very moment, I am procrastinating. I will do anything to put off doing my taxes. I plan to wash dishes next, then fold laundry. All the while, the tax chores are hanging over my head. It is an unpleasant job that I want to avoid as long as possible. I am also procrastinating about purchasing a new car. I am researching online and in person. There are so many choices.

While I acknowledge that these two are tasks I am putting off, it does not make me one of the 20 percent who chronically procrastinate. Giving important tasks the time and attention needed for thorough consideration is smart, and shows some maturity. But putting off every job I need to do and reducing my life to a struggle for competence is a pervasive handicap, one which interferes with quality of life.

We cannot manage time; that cannot be changed. However, we can manage ourselves, and the way we approach tasks that must be done. In research for this column, I learned another important aspect about procrastination. While it is easy to joke about the subject, it is a source

of hidden agony for the sufferer. Fear, guilt, anxiety and shame often lie beneath the surface. Procrastinators deserve the compassion and support we would offer anyone with an incapacitating condition. We cannot know the concealed fears and struggles of a person who may seem to have it all together. Forget New Year's Resolutions, let's make Spring Resolutions and resolve to show kindness to ourselves and others.

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

Rob Vajko KEYTHOUGHTS



Moving to Reduce Medical Expenses

If I were to ask you to rate the quality of American healthcare, what rating would you give it? I'm guessing that most of us believe it to be one of the best in the world.

The truth is that America only ranks No. 31 behind countries like France (No. 1), Italy (No. 2), Singapore (No. 6) and Portugal (No. 11) according to the World Population Review.

The quality of American healthcare isn't even the most troubling part, however, cost!

I will be 60 years old in May. My wife and I recently stumbled across a Facebook page for expats living in Portugal and realized that an early retirement in Portugal might be a very real possibility. Besides the low cost of living, the warmer weather (especially in the south) and the easy access to the rest of Europe, the quality and cost of healthcare in Portugal is one of the main reasons we are looking at making this move.

I have heard too many stories about nest eggs being wiped out by a major illness. Right now in the United States, 67 percent of bankruptcies are because of medical bills. A great number of those are among retirees, which makes sense as they're the ones who usually have the most issues as they age.

You shouldn't have to live in fear of ending up destitute because you or your spouse gets really sick. Even if you recover but have to file for bankruptcy, what kind of life do you go back to when you've got nothing left?

And, by the way, if you think that Obamacare would help here, bankruptcies because of medical bills rose by 2 percent in the two years following its implementation. The reason is pretty simple: Basic insurance isn't enough to cover all medical bills because medical costs are outrageous. I believe that Obamacare was well inten-

CONTINUED PAGE 8

MEDICAL COST, FROM PAGE 7

tioned, but it isn't the solution. A total revamping is needed.

I mentioned the "Expats to Portugal" Facebook page we joined; someone there recently posted about going to the hospital because of heart issues. They ran a battery of tests, did an EKG and kept him overnight. When he got the bill for his portion it was a total of \$145 and I believe that included the ambulance ride.

Can you imagine what that would have cost here in the U.S.?

I don't want to live my years in retirement worrying that I'll end up on skid row because my wife or I get really sick. It's hard enough dealing with illness; no one should have the added burden of knowing that the choices they are making for themselves or their spouse are going to result in them having nothing left.

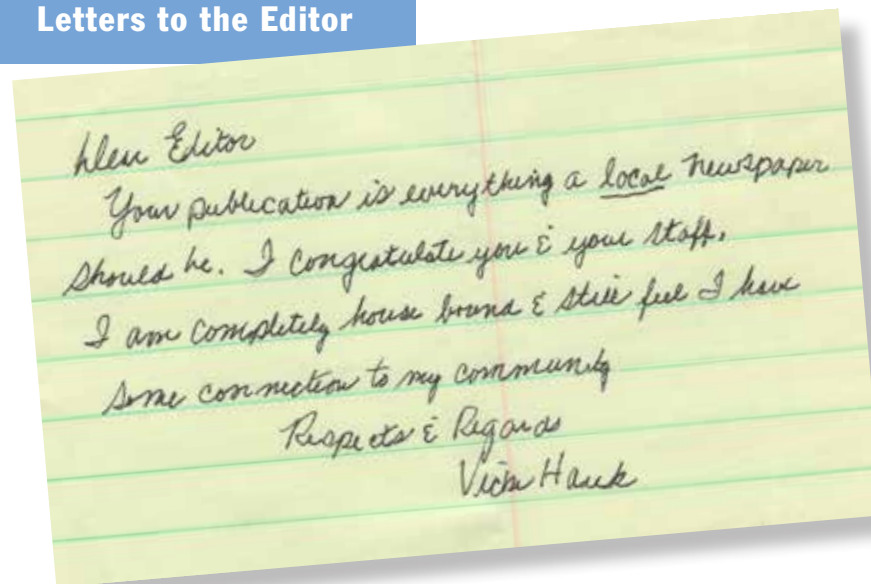
Portugal makes it pretty easy to retire in one of its beautiful beach towns. All you really need to do is prove you have sufficient income to pay for your life over there and that you have health coverage. Once you're living there you can purchase health insurance in Portugal that is a lot cheaper than what you'll pay to move there.

Portugal is actively pursuing Americans to come to its sunny shores because expats help the local economy. The minimum wage in Portugal is 660 euros a month, which translates to just under \$740, so every dollar spent locally makes a big difference to the area's financial health. Expats say you can live fairly well on \$1,500 per month and live really well on \$2,000 to \$2,500 per month.

Leaving family behind will, of course, be the most difficult part about moving overseas. We won't be able to pop over and see our children and grandchildren whenever we want, but with living expenses so low we'd be able to come back to visit two or three times a year. We also plan on having the grandkids fly over to spend vacations with us. We want them to experience different cultures; we want them to see the slower pace of life.

My wife and I both enjoy painting, something that we just don't seem to find the time to do right now. I want to write that book I've been talking about writing and I want to learn to cook good, fresh Portuguese food. We want to be able to walk down to the corner cafe and have that 80 cent cup of coffee with some pastéis de nata (Portuguese custard tarts). We want to invite other expats and locals over for drinks and dinner, slow down and enjoy our later years without the worries we know we would have back here in the U.S.

Rob Vajko lives just north of the Key Peninsula.

Letters to the Editor**WISE WORDS**

I appreciated your Op-Ed ("Here's What I Think About That," KP News, March 2020) on the Presidential Primary. Wise words and good facts!

Julie Anderson, Pierce County Auditor

KEY CENTER'S SEWAGE WOES

I read with interest your story on Key Center's sewage woes ("Wastewater Treatment Limits Business Growth..." KP News, March 2020). I spend a fair amount of time on water quality and sewage issues as we at Taylor Shellfish Co. work to protect water quality in shellfish growing areas.

We faced a similar situation years ago in the towns of Edison and Blanchard adjacent to Samish Bay. Edison is a small rural community where sewers were potentially cost-prohibitive due to the small number of hookups.

There was an enthusiastic group of Edison residents that formed the Edison Sewerage Committee with a tremendous "we can resolve this" spirit.

Blanchard was a little more light-hearted but no less serious about finding a solution. They formed the Blanchard Poop Group. Taylor contributed some seed money to the groups for research and organizing efforts.

I helped write a grant to secure a \$500,000 Community Development Block Grant that paid up to \$23,000 per household if they qualified as low to moderate income to install new septic systems.

Blanchard installed 29 new septic systems, 27 of which were paid for by the grant.

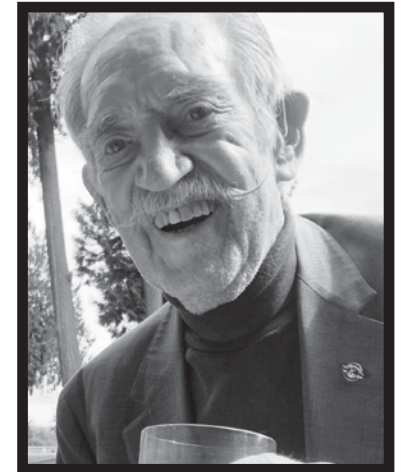
Because the lot sizes in Edison were too small for new septic systems, they ended up installing what is referred to as a septic tank effluent pumping (STEP) system. Every residence in town got a new watertight septic tank, paid for with grant funds for qualified recipients.

Edison installed sewers in the town with

2-inch pipe, which is possible when moving only liquids and far more cost effective than 12-inch lines and pumps to move solids. The 2-inch lines went to a gravel filter, ultraviolet sterilization and a drain field at the new elementary school, which also needed a new septic system.

All that to say, Pierce County and Key Center leaders might benefit from a tour of Edison and connecting with folks who lead that effort.

*Bill Dewey, Director of Public Affairs
Taylor Shellfish Co.*

OBITUARIES**John Graves**

Longtime Longbranch resident John Graves died Feb. 16. He was 92 years old.

Born in Seattle, John attended Franklin High School and joined the Merchant Marines when he was only 17 years old and served throughout Southeast Asia. He enjoyed travel and explorations on Bali and Java, in Japan and on the Korean Peninsula.

He returned to Seattle to earn his Bachelor of Arts from the University of Washington. After his education, he was stationed in Longbranch, New Jersey, where he met Marise Whidden on a blind date on the Jersey Shore. The couple married six months later and made the trek across the country to begin their new life in Seattle and later on neighboring Mercer Island.

Together John and Marise shared their life passions with their children. John absolutely loved sailing and spent countless hours on Puget Sound and Lake Washington sailing with his kids. He adored road trips and camping, as well as tending his garden and yard. As a young family they made many cross-country road trips, visiting national parks and relatives along the way. Later, without children in tow, John and Marise continued their motorhome travels enjoying all of life's blessings with friends and family.

John was passionate about the Huskies-football games as a season ticket holder for over 40 years. He and Marise attended many Rose Bowl games in California.

John was preceded in death by his wife Marise in May 2018. He is survived by their daughter Gayle (Tex), son John (Joni), daughter Nancy (Blake), grandchildren Memoree, Jackson, Sean, Riley and Natasha followed by great-grandchildren Preston, Malia, Priscila and Marie.

In lieu of flowers, please send donations in John's name to The Humane Society, Mercer Island Kiwanis Club, Key Peninsula Community Services or Northwest Harvest.

**Longbranch
Community Church**

www.longbranchchurch.net

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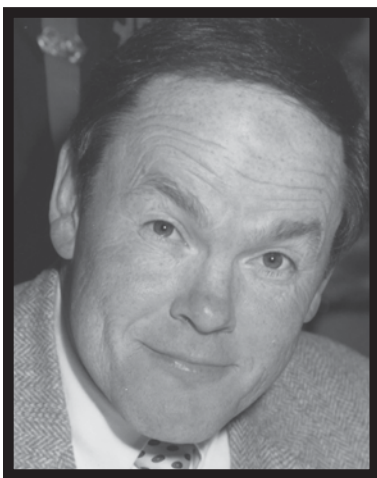
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Terrance Lloyd O'Hara

Terrance "Terry" Lloyd O'Hara, born Nov. 14, 1934, in Lakebay, to Jim and Kathleen O'Hara of Vaughn, died Feb. 24 at Providence St. Peter Hospital in Olympia.

Raised in Vaughn, and a 1953 graduate of Peninsula High School, Terry's first jobs as a teen were working in the woods for Davidson Logging and on his uncle Elmer Olson's dairy farm.

In 1954, he began work for Herb Satterlee Motors, and in 1955 married Satterlee's daughter Elaine. They were married for 59 years.

Terry became an assistant manager at Safeway, and created displays for the Puyallup Fair. He later worked as a route salesman for Coca-Cola and then sales manager in Tacoma, Aberdeen, and finally Longview, where he became president of the Longview Pioneers Lions Club.

Active in sports at Peninsula High, he loved to say he played for the Seahawks when he was a teenager. He later coached Boys Club basketball in Tacoma, as well as Coca-Cola's slow pitch team, where he pitched and played second base. His team won the Tacoma championship one year.

After retiring from Coca-Cola, Terry worked in the Charbonneau Golf Club Pro Shop, then became golf pro at Lake Limerick, and finally retired at Bayshore.

He also spent 12 years in the Tacoma National Guard.

Terry said he had a good and interesting life, seeing a lot of the world and making many friends.

Survivors include his daughter Kathleen Rae, grandson Chris Mathis (Justine), great-grandson Barrett, sisters Colleen Slater of Vaughn and Shannon Lumsden of Olympia; and numerous nephews, nieces and cousins.

Contributions may be made in his name to any charity.



Jacqueline Mae Traynor

Born June 4, 1928, in Providence, Rhode Island to Gladys Whitehead and Nelson Matteus Paulhus, Jacqueline Mae Traynor died at home in Vaughn Feb. 14.

She married Owen James Traynor, Jr. Apr. 17, 1948, in Tacoma, and enjoyed 56 wonderful years together before his death in 2004.

Jacqueline retired from the Internal Revenue Service as a senior tax examiner. Her retirement was filled with family, travel and charitable work, and she remained an active member in St. Joseph Catholic Church in Ogden, Utah. Her travels with family took her across the United States, Canada, Europe, Japan and the Middle East, including the Holy Land.

Her extensive training in catechism and church doctrine led her to teach children for many years. She received recognition for her selfless dedication to further the mission of the Pilgrim Church by bringing the message of Christ into the lives of others. Jacqueline was named Woman of the Year by the Diocese of Salt Lake City for her outstanding contributions and service. While in Ogden, she was instrumental in the collection of winter coats for the poor for St. Anne's Rescue Mission, volunteered with special needs children, and was one of the benefactors in the building of a new education center at St. Joseph Catholic Church. Her hobbies included painting and crafting.

Jacqueline is survived by her children, Sharon and Marc Nicholson of Modesto, California; James and Mary Ann Traynor of Lacey; Meg Traynor of Vaughn; and Jan and Steve Turley of Ogden; seven grandchildren including Jennifer, James, Scott, April, Sharma, Marisa, and Jeffrey; and eleven great-grandchildren. She was preceded in death by her stepmother Marion Paulhus, her brother, Robert Paulhus, and stepsister Mary Valinski.

Community Volunteer Network | Senior Ride Program | Key Senior Information Center
Assisted Living Project | Support Groups, Forums and Classes



Building an Elder-Friendly Key Peninsula

UPDATE

We hope you are safe and well. In order to slow the spread of coronavirus and help our community in these difficult times, we have suspended drop-in hours, classes, and group bus rides until it is safe to resume them.

During this time, we are providing:

- Information and referral by phone
- Individually scheduled rides

We are also adding new services, such as:

- Delivery of KPCS lunches to seniors (Wed/Fri)
- Regular check-in calls
- Video-streaming of SAIL and yoga classes

Please call us if you need help or have questions - we will answer or respond promptly to your call, Monday-Friday from 10 am to 4 pm.

Looking for a way to help?

Join our amazing team of volunteers!

Currently seeking volunteer drivers to deliver fresh meals, groceries, and supplies.

Please stay safe and healthy. Our staff and volunteers are here and ready to help.



253-884-9814

www.themustardseedproject.org

Follow us on Facebook

Obituaries are printed as a service to community members. Limit to 300 words and provide high-resolution photographs. Submissions will be edited. Send to editor@keypennews.org.

It's a Horse Race: Presidential Primary Results on the KP

All but three Democratic candidates dropped out of the race before the election deadline, but the total vote spread between them and President Trump was narrow.

TED OLINGER, KP NEWS

Mail-in voting for Washington state's presidential primary election concluded March 10 and, with approximately 3,400 ballots left to count in Pierce County out of nearly 229,000 by press time, former Vice President Joe Biden had the most in the Democratic race at 37.7 percent compared to Sen. Bernie Sanders, who came in at 35.65 percent.

President Trump, running unopposed, garnered 98.38 percent of the Republican vote.

Washington voters had to check a party box on the presidential primary ballot and vote for that party. Approximately 985,000 voters cast a Democratic ballot and 550,000 voted Republican, but at least 60,000 voters declined to check either party box, invalidating their ballots.

Both Biden and Sanders each earned 37 delegates for the Democratic national convention, to be held in Milwaukee July 13 through 16. In prior elections, Washington Democrats used the caucus system to allocate delegates.

A candidate must get 15 percent of the vote in a congressional district to win delegates. Fifty-eight delegates will be allotted this way. Thirty-one will be allotted statewide with the same 15 percent rule. Delegates will be chosen at party caucuses later this spring.

Washington will have a Top 2 primary Aug. 4 to determine who or what will be on the Nov. 3 ballot for partisan offices and initiatives, but it does not apply to the presidential election.

The voter turnout in Pierce County was 43.46 percent of eligible voters, a substantial increase over the 2016 county turnout of 31.16 percent. Turnout for the general election in Nov. 2019 was 45.19 percent.

President Trump received more votes than any individual Democrat in every precinct on the Key Peninsula, but more people on the KP voted Democratic in the primary.

More than twice as many Democrats voted in Pierce County than Republicans (147,338 compared to 78,091 at press time). Assuming the same ratio for the KP, President Trump loses the KP in its entirety when counting total votes for the top five Democrats — 3,504 to 2,427 — but not by the same 2-to-1 margin of voters.

As in past elections, it is certain that many more members of all parties will turn out for the general presidential election in November.

To identify precincts on the Key Peninsula, go to Pierce County's map of Legislative District 26 at www.co.pierce.wa.us/DocumentCenter.

KP precinct	Buttigieg	Warren	Bloomberg	Sanders	Biden	Trump
26-314	9	16	33	117	74	150
26-315	13	31	25	150	159	290
26-316	8	13	18	81	84	149
26-317	13	23	32	122	142	243
26-318	6	25	32	110	127	246
26-319	20	25	33	115	158	197
26-320	16	33	32	140	176	263
26-321	5	15	24	70	123	158
26-322	22	31	46	164	142	339
26-323	19	35	30	135	217	278
26-353	10	24	18	75	88	114
TOTAL:	141	271	323	1,279	1,490	2,427



Even in a crisis, you needn't go hungry.

As of press time, our **food bank is open** regular hours, Tues-Fri. Seniors can pick up lunch Wed & Fri at noon; we're working with The Mustard Seed Project to set up deliveries. We've **suspended events** and activities at the Senior Center until the coronavirus crisis is resolved. Visit our website at keypeninsulacommunityservices.org or call **253 884-4440** for the latest information.

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Lutheran Pastor Reflects on Journey to the KP

MATTHEW DEAN, KP NEWS

After a year as pastor of Key Peninsula Lutheran Church, Anna Bonaro has gained new perspective on the Key Peninsula and on the road that led her to it.

Bonaro was immersed in the church from a young age; her mother was a church employee, and her stepfather was a pastor. The experience offered an inside look at the difficulties of full-time ministry. “Working in the church is really hard, it’s a lot of hours. It’s also run by people, and people can make mistakes,” Bonaro said. “I’ve seen a lot of hurt, both in my family and in church members. I was pretty adamant about not working in the church.”

After high school, Bonaro studied at Luther College in Iowa, and began to reevaluate her feelings on ministry. “I’d always had a strong identity as a Christian, but my time in college helped me to claim my faith as my own,” she said. Travel to Asia and Eastern Europe also helped to change her perspective on life and the role of the church. “I began to realize how much broader the world is, and how doing something that I think is small could have a big impact.”

Bonaro’s new perspective led her to apply to seminary in Berkeley, although she wasn’t entirely sure of what would come next. “At that point, I didn’t know where in the church I was going to fit,” she said. She completed a residency as a hospital chaplain, but went on leave from ministry after becoming pregnant with her first child. It was around this time that her husband, a fellow seminary student and native of Pierce County, suggested moving to Washington.

Bonaro worked in a Lutheran church office in Bremerton, but as her children approached school age she began to consider returning to a more active ministry role. Bonaro was initially contacted by KPLC to serve as a fill-in pastor after the departure of their previous pastor, but to her surprise, she was soon offered the position permanently.

When Bonaro began work on the Key Peninsula, she found a community whose self-sufficiency was both a benefit and a barrier. She appreciated the immediate support from church members and how willing they were to assume responsibilities, but also understood the difficulty of growing a church in a place where people

often prefer their independence.

“I went to college in rural Iowa; it’s different from here, though a lot of the basic needs are the same,” Bonaro said. “On the KP, it can feel like people really value their privacy. They move out here to be away from everything.”

As Bonaro looks towards the future, she considers change for the church and the community, and how to adapt. “It’s a lot of learning as we go, trial and error, seeing what works.” Options for change have included new community outreach nights, or changing the traditional Lutheran service, which can seem



Pastor Anna Bonaro leads the faithful at KP Lutheran Church. Photo: Lisa Bryan, KP News

formal to newcomers. Through the process, Bonaro seeks to avoid compromising the church’s core beliefs. “That’s something I’m really trying to figure out, how we can keep our Lutheran theology and practices, but have it be comfortable for anyone that’s coming in.”

Bonaro has a deep appreciation for the KPLC’s commitment to service. “Even if we don’t have the financial means to help people in need, we’re working on other ways that we can help support,” she said. “We may not be able to fully take care of them, but we want to make sure they don’t just leave empty-handed. We want to give them some resources.”

Resources may come in the form of connections with other Key Peninsula community organizations, or information on the Lutheran church’s own hosted events, from AA meetings to hosting a free mobile dental clinic. “Those are the things the church gets really excited about, because this is what we’re called to do. We have such dedicated members that really see it as more than worship on Sunday morning, that it’s so much more,” Bonaro said.

TO OUR READERS: Due to precautions made necessary by the COVID-19 outbreak, most public events have been canceled and many facilities closed. The Key Peninsula News asks that event organizers update their status on our online calendar for readers to check the latest developments. Email updates to calendar@keypennews.org. Call the KP News office for assistance with the calendar at 253-884-4699.

PRACTICE SOCIAL DISTANCING: As of press time, the Washington State Department of Health advised the risk of exposure to the coronavirus that causes COVID-19 was increasing. People without symptoms can transmit the virus. The department asks everyone to practice social distancing to break the chain of transmission.

- Clean hands often with a hand sanitizer that contains at least 60 to 95 percent alcohol, or wash hands with soap and water for at least 20 seconds.
- Stay at least six feet away from others. Coughs and sneezes can travel that distance and their droplets may contain a virus.
- People who are sick or who have been exposed to someone who is should **STAY HOME**. Again, asymptomatic people can spread the virus.
- Some small groups may continue to meet if they adhere to required public health precautions. Check with the activity organizer before attending.

CLOSURES/CANCELED SERVICES

Angel Guild Thrift Shop: CLOSED

Bischoff Food Bank: Open regular hours. kpbischofffoodbank.org

Fire Department, : **CLOSED** to the public.

KP Civic Center: CLOSED, events **CANCELED**.

KP Community Services: Senior events and activities **SUSPENDED** through April. **Food Bank remains open.** No food donations at this time.

KP Community Council office: CLOSED. 253-432-4948

KP Historical Society Museum: CLOSED.

KP Lutheran Church: Events **SUSPENDED**.

KP Sportsmen's Club: Events **CANCELED** through April. 253-884-6764

Pierce County Library: CLOSED; all events **CANCELED** through April

Red Barn: CLOSED through April

The Children's Home Society of Washington Key Peninsula Family Resource Center open for case work, call first, events are **CANCELED**. 253-884-5433, or www.childrenshomesociety.org.

The Mustard Seed Project: No drop-in hours, events/activities **SUSPENDED** through April. Elder assistance and meal delivery continues.

WayPoint Church: CANCELED through April.

MEETINGS & EVENTS

CHECK WITH MEETING ORGANIZERS TO CONFIRM SCHEDULE AND LOCATION

26th Legislative District Democrats, Apr. 2, **Email for location** 26thdemocrats@gmail.com

Al-Anon Mutual Support CANCELED. **Call for FaceTime date.** 253-884-2054

Ashes support group for Fire District 16, **Call for location.** 253-884-3771

Bayshore Garden Club, Call for location. Wendy, 253-332-4883

Blend Hookers and Tinkers CANCELED. hannah8ball@gmail.com or 817-929-3943

Key Peninsula Emergency Prep CANCELED Peggy at 253-686-7904

Key Singers rehearsals **CANCELED.** Marianne at 253-884-5615

KP Business Association meetings **CANCELED.** kpbusinessassociation@gmail.com or 253-312-1006

KP Citizens Against Crime Call for location. dolores-starr@centurytel.net or 253-884-3105

KP Civic Center Association board meeting, **CANCELED.** kpciviccenter.org, 253-884-3456

KP Democrats, CANCELED. johnpatkelly@aol.com

KP Fire Commission Call for location. 253-884-2222

KP Historical Society board meeting, **Call for location.** 253-888-3246

KP Lions Club, CANCELED. 253-853-2721

KP Parks Commission, April 13, Volunteer Park office. 253-884-9240

KP Veterans group **CANCELED.** 253-884-2626

Lakebay Fuchsia Society meeting, **CANCELED.** Myvanwy Shirley, 253-884-2283

Longbranch Improvement Club meeting, **CANCELED.** 253-200-0308

Peninsula Emergency Preparedness Coalition, Call for location. Steve Rees, 6ftwav@gmail.com, 253-720-0662

Peninsula School District board meeting. **Call for location.** 253-530-1000

Relatives Raising Kids support group. **Call for location.** 253-884-5433

Suicide Prevention Coalition Survivors Support Group, April 15, Heron's Key, 4340 Borgen Boulevard, Gig Harbor. 253-753-3013

Take Off Pounds Sensibly CANCELED. marcgrubb1990@yahoo.com

Two Waters Arts Alliance board **Call for location.** twowaters.org 253-884-1163

West of the Narrows Depression and Bipolar Support-Lakebay Group CANCELED. Kimberly 253-753-4270 or dbsalakebay@gmail.com

UPDATE YOUR EVENT

Click on "Submit an Event" at keypennews.org and fill out the form. Send questions or updates to calendar@keypennews.org or call 253-884-4699.

The Community Calendar is brought to you as a public service by the Angels.



Angel Guild Thrift Shop

CLOSED FOR PANDEMIC
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In February, Angel Guild awarded \$12,850 to

Key Peninsula Parks	\$1,000
Key Pen Parks & Rec. Foundation .	\$1,000
Evergreen Elementary School	\$1,500
Minter Creek Elementary School...	\$3,000
Children's Home Society.....	\$4,000
KP Civic Center.....	\$1,500
Camp Stand-By-Me.....	\$850



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10:00 Greetings ➡ 10:05 Egg Hunt ➡ 10:30 Costume Contest

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Gateway Park,
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Center. Bring
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garden tools and enthusiasm!

PARKS APPRECIATION DAY
Saturday, April 25, 2020
9 am-noon

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For the latest news see www.keypenparks.com or Facebook page

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BUS SERVICES ARE SUSPENDED WHILE SCHOOLS ARE CLOSED.
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Thursday, April 30

- Open house all day from 10 a.m.-2 p.m.
- Presentation with guest speakers from 12-12:30 p.m.

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Tacoma-Pierce County
Health Department
Healthy People in Healthy Communities



A Key Peninsula geoduck farm on the tidelands of Case Inlet, managed by Taylor Shellfish Co. Photo: Lisa Bryan, KP News

Coronavirus Devastates Geoduck Industry

A drop in demand due to closure of the Chinese market adds to the downturn for Washington shellfish growers due to trade war tariffs.

SARA THOMPSON, KP NEWS

The ultimate impact of the novel coronavirus that has taken the world by storm is still uncertain, but for the shellfish industry in Washington state, at least short-term, the results are in. It has been devastating.

“The coronavirus has had a huge impact on geoduck harvesting. Nearly all the harvest goes to China, so the closure of that market in January meant that all but a small portion that goes to the local market ended,” said Eric Sparkman, shellfish biologist for the Squaxin Island Tribe.

Jim Gibbons, president of Seattle Shellfish, said that about 90 percent of their business is the Chinese geoduck market and with closure of the restaurants there, they have had to cut operation costs.

“We have laid off a lot of people,” Gibbons said. Half of his workforce lost their jobs.

Bill Dewey, Taylor Shellfish director of public affairs, said their sales of oysters and geoduck to China stopped just before the Lunar New Year, one of their biggest times. The result was a 20 percent decrease in income compared to last year.

Geoducks are farmed in intertidal beaches throughout South Puget Sound, including many sites on the Key Peninsula. Seattle Shellfish has two small farms on the KP, and Gibbons said that they are

fully planted and should not be affected. If the market does not rebound soon, the clams will simply be left to grow until it does. “Geoducks live for 100 years, so if they don’t get harvested, they will just get bigger,” he said.

Native geoducks are harvested from subtidal tracts, with harvests shared between the tribes and commercial companies that purchase harvesting rights from the Department of Natural Resources.

There are tracts at the mouth of Henderson Inlet, at McMicken Island State Park and Dougall Point on Harstine Island; near Fox Island; off McNeil Island near the site of the former penitentiary and Still Harbor (on the east side of the island). The Wyckoff Shoal tracts have been closed since 2016.

Sparkman said that harvesting native geoduck is a relatively new business and they are still determining how best to sustainably harvest this natural resource. Current practice is to identify tracts, harvest one until it is depleted and then allow it to recover naturally. “Recovery is highly variable but takes at least 15 years and perhaps as long as five times that, judged by the desired density based on the initial survey of the site and, more importantly, the rate of recruitment of new geoducks on each site,” Sparkman said.

The coronavirus came relatively late in the harvest of native geoducks, some-

what limiting the economic impact on the Squaxins. Their geoduck business employs about 90 people, though most are part-time. Sparkman estimated that losses could be as high as \$150,000 by the end of the season.

“But if the crisis continues, a full year could have impacts of \$2 million or more — this is highly dependent on the market price of geoduck, which fluctuates greatly,” he said.

The coronavirus crisis led to a loss of income of as much as \$1 million a month from Taylor Shellfish’s Washington operations, leading to a workforce reduction of about 40 people from a workforce of approximately 700, primarily in the shellfish growing part of the business.

“The majority of the reductions are classified as ‘standby,’ meaning these employees will be allowed to collect unemployment without having to document efforts to seek new employment, and those eligible for benefits will maintain their insurance coverage through the standby period. We hope that all standby employees will have returned to work by April 9, dependent on improved sales demand,” Dewey said.

DNR communications manager Joe Smillie said that the coronavirus compounded a market downturn already underway due to the tariff war with China.

The state auctions the right to harvest six times a year. Companies bid by the pound and pay at the time they sell their harvest.

“In 2017, we got \$16.05 per pound for the wild geoducks. The 2018 average was \$11.31 per pound,” Smillie said. “Our auction prices started seriously dropping in July 2018 when China instituted 25 percent tariffs in retaliation for the tariffs the U.S. put on Chinese goods.”

Last September, China added an additional 10 percent tariff, and that dropped prices even lower, he said.

“We got \$6.11 per pound in that October’s auction, and \$4.06 per pound at our auction last December. Prices rebounded at an auction we had last week, where we got an average of \$5.78 per pound, but we also offered to refund buyers for days they can’t harvest given the uncertainty

of the markets,” he said.

Smillie said that state revenue from geoduck sales, historically more than \$20 million each year, is projected to fall to \$13 million in 2020.

“For us, the money is key because it’s how we fund our aquatic restoration projects and marine science. It also hurts other restoration efforts because most of our geoduck auction money goes into the Aquatic Lands Enhancement Account that funds Puget Sound restoration.”

“WE HAVE LAID OFF A LOT OF PEOPLE.”

“BUT IF THE CRISIS CONTINUES, A FULL YEAR COULD HAVE IMPACTS OF \$2 MILLION OR MORE.”



Panic buying or planning to profit? Think again. Photo: Ted Olinger, KP News

State AG Asks Public to Report Pandemic Price Gougers and Profiteers

While most consumers search for scarce necessities, others buy up everything they can find to resell at enormous profit.

TED OLINGER, KP NEWS

That \$5 bottle of hand sanitizer you bought for \$50? Washington state Attorney General Bob Ferguson wants to know about it.

“My office is investigating price gouging in the wake of the COVID-19 public health emergency,” Ferguson said March 11. “We do not identify the targets of our investigations, but we are taking formal investigative actions.”

Shoppers across Pierce County and the state have found shelves barren of everyday cleaning supplies and toilet paper, despite the fact retailers and manufacturers have said there is no threat of a toilet paper shortage and health officials have generally recommended against stockpiling items to discourage panic buying and the creation of real shortages.

When shoppers turn to online outlets, they may find prices many times higher than what they would ordinarily pay. And many have paid it.

Unlike other states, Washington does not have a price-gouging statute to limit crisis-pricing, but the Attorney General’s office is investigating both price-gouging and profiteers — individuals who buy up supplies to resell privately at a highly inflated cost, including anyone out of state as long as they were trying to sell to Washington residents.

“We have something called the Consumer Protection Act, which says you can’t

engage in an unfair business practice. It’s our view, when there’s a public health crisis ... it’s an unfair business practice to jack up your prices 20 to 30 percent on a common item, which makes it essentially unaffordable for so many who need to it literally save their lives,” Ferguson said.

Toilet paper may not be critical to saving lives, but surgical masks and gloves are — for first responders and medical personnel.

Some consumers have complained about increases in the price of masks and gloves, and Kroger and Home Depot have limited their sale. However, the U.S.

Surgeon General has said these items are not effective in preventing consumers from contracting the virus and urged consumers to stop buying them to ensure there is no shortage for health care providers.

Ferguson also urged consumers not to buy “home test kits” or treatments for COVID-19.

“Scammers often prey on fear,” he said. “As the COVID-19 outbreak and response continue, Washingtonians may see people advertising products or services they claim treat or cure the disease. There is no specific antiviral treatment recommended for COVID-19 at this time. Any claims that a product or service can cure, kill, or destroy COVID-19 are probably false, and should be reported to our office.”

To file complaints or report suspected price gouging or scams related to COVID-19, go to www.atg.wa.gov/file-complaint.

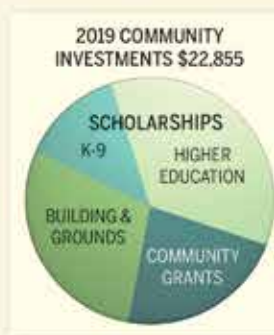
TOILET PAPER MAY NOT BE CRITICAL TO SAVING LIVES, BUT SURGICAL MASKS AND GLOVES ARE — FOR FIRST RESPONDERS AND MEDICAL PERSONNEL.



THE LONGBRANCH FOUNDATION ANNUAL UPDATE:

Creating a Better Community

With generous donations and community participation in events, we have been able to increase the Foundation’s investment in the community and building reserves for the future. In 2019, we received donations of \$29,704 and more than \$60,000 from our gala auction. Program support, shown left, was \$22,855. We’ve set aside \$106,000 in donor-designated reserve funds to ensure future program funding.



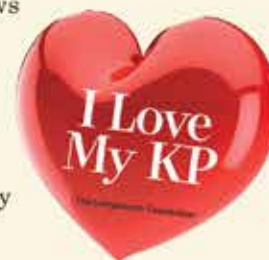
Created in 2016 to invest in our South Key community, The Longbranch Foundation is a nonprofit 501(c)(3) charitable organization, qualified for grants and donor tax benefits. The Foundation is managed and staffed by volunteers and is affiliated with The Longbranch Improvement Club.

Our mission is to promote and enable educational opportunities for our youth, to maintain the area’s history, to improve the Filucy Bay environment and to generally improve the quality of life for the KP community. One of the biggest needs is the care and well-being of our children. Our popular every-other-year auction is 100%-dedicated to funding educational programs for local students.

Last year, Foundation grants supported students and programs at Evergreen Elementary while higher-education scholarships were funded for six KP high-school graduates. In 2020 we will add scholarships for vocational and trade schools.

In 2019, we received a \$240,338 grant to improve Filucy Bay water quality and safety at the Longbranch Marina by installing daylight decking, replacing creosoted pilings and unstable floats. The Foundation also helped fund replacement windows in the historic LIC building. Our website has more details on these programs and grants to partnering community organizations.

Your continued support helps improve our community, for today and tomorrow. When we say I Love My KP, we’re saying it for all of us.



THE LONGBRANCH FOUNDATION

INVESTING IN THE SOUTH KEY COMMUNITY

WWW.LONGBRANCHFOUNDATION.ORG · PO BOX 111 LAKEBAY WA 98349



Experienced handler Doug Paterson with his pal Cogburn. Photos: Caleb Dixon-Galbreath, KP News

Chicken Whisperer

A desire for fresh eggs ignited a passion for raising chickens.

CALEB DIXON-GALBREATH, KP NEWS

Pets hold a significant place in many homes and are often treated as equal members of the family. From pampered pups and spoiled kittens to horses held in the highest regard, people simply love their pets. And while it's not uncommon to raise a few chickens in the back yard, few of these feathered friends are elevated to the level found in the home of Doug and Dorene Paterson.

The Patersons have lived on the Key Peninsula for a little over 20 years. Doug is a chaplain with Key Peninsula Fire Department and a tugboat captain. Many years ago, Dorene managed a quail farm; chickens were a recent addition to their home here.

"Our chicken story starts like most people's," Doug said. "We thought: Wouldn't it be nice to have some of our own fresh eggs?"

Dorene ordered an incubator and several Serama chicken eggs, a breed native to Malaysia, as a surprise Christmas gift to Doug. Seramas are the smallest breed of chickens in the world with an average weight

of one pound. Their eggs are roughly the size of a nine-volt battery.

Dorene did the math and put the eggs in the incubator so that they would hatch on, or at least near, Christmas day.

"On Christmas Eve, the eggs started to crack so I asked Doug if he wanted to come open his present early," Dorene said.

"I told her I didn't mind waiting until the morning," he said.

"So I said, no I think you better come now," Dorene said.

Doug watched and cheered on the chicks as they hatched one by one. He continued to talk to them and all six of the chicks imprinted on him.

Doug's fondness for his chicks only grew. He fed them from his hands and

they would huddle together on his lap to take naps. They followed him throughout the house and on their walks around the yard.

"They're very social creatures, actually," he said. "You have to take the time to watch them but they all have unique personali-



ties. They have favorite foods, or spots on the couch, they get excited to see you, and sometimes they're grumpy."

On their walks around the yard, he showed them where to find the best worms. As they grew, Doug would make cooing noises to encourage them to crow.

"You feel bad when you see them fail," he said. "Maybe it's silly, but they're like your kids. You want to see them succeed."

Dorene often practices playing the banjo on their back porch. Sometimes the

chickens will come and sit at her feet while she plays.

"One of the chickens, Diz,

would walk around under my legs while I played," Dorene said. "I swear it looked as if she was dancing."

One day one of the chickens, Cogburn, followed Doug to his car as he was heading out on an errand. So, Doug picked him up and took Cogburn with him.

"He loved it! Sat on my lap the whole time," he said. "They love going places with me and people get a real kick out seeing the chickens around town."

This became a regular practice and Doug is often seen around town with one of his chickens. Doug is on the leadership board at the Lakebay Community Church, where he is often accompanied by Cogburn.

"There was a woman who was new to the area and deciding on a church to regularly attend and she came to one of these meetings," Doug said. "When she saw Cogburn she told me, 'Any church with a chicken, is the church for me.'"

Last summer, Doug's uncle came up from California for a family reunion on Anderson Island. The trip to is more than two hours from the Paterson residence, including a bridge toll and ferry ride. Doug and Dorene figured it was a good excuse to kayak instead.

As full-fledged members of the family, Doug didn't want to leave the chickens out of the reunion entirely. And so Dorene,

Doug, and their intrepid chicken, Surprise, set out for Anderson Island.

"He sat on my lap for the whole ride," Doug said. "He was the absolute star of the party. The whole family loved him."

"Surprise didn't seem to mind being on the kayak, except for the occasional spray from big waves," Doug said. "But he did seem glad to be back on land when we got back."

Sadly, chicken lives do not tend to be very long and the only chicken remaining from that first brood is Cogburn. Some passed away in their sleep, another wandered off and was never seen again. Surprise was taken by an eagle.

"People might think, oh they're just chickens, and sure, they are," Doug said. "But when you raise them, get to know them, see their little personalities; it's sad when they're gone."

The Patersons have raised more chickens but Doug said his heart is more guarded. The chickens live outside now in a roost he built. They have even rescued a few chickens from neglectful owners and abandoned farms. One mysteriously wound up on their neighbor's doorstep and they promised to give it a good home.

Doug and Cogburn can still be seen driving around town and going on errands. And every Friday night, Cogburn can be found on Doug's lap, cozied up as they watch a movie together.



ANNUAL REPORT TO THE COMMUNITY

The Longbranch Improvement Club: Improvement is Our Middle Name

We experienced perhaps our strongest surge of growth and development in 2019 as we worked to provide resources in the community while improving and preserving our facilities and the environment.



Membership. Longbranch Improvement Club (LIC) membership grew to 272, a new record. We offer

membership opportunities to everyone, no matter where you live, see www.licweb.org for benefits and details on LIC activities. We are 100% volunteer-run; in 2019 members donated more than 6,800 hours to support the LIC, The Longbranch Foundation (TLF) and programs and projects of both. Monthly meetings include dinner or dessert/appetizer potlucks, friendly socializing and, in odd-numbered months, feature a short presentation ranging from local interest to world-wide adventures. Everyone is welcome at LIC meetings — usually on the third Wednesday of the month starting at 6:30 pm.

Preservation. A Pierce County Preservation Grant allowed restoration of windows high on the west side of our historic building; removing lead-based paint, broken glass and deteriorated glazing



completed the repairs. Another Pierce County grant will fund researching the feasibility of adding insulation under a new roof. We made improvements in our parking area and security system and upgraded our sound

system, among other projects. The trail system was improved, with a grant from TLF, and we are exploring the possibility of adding a community playground on our grounds.

Community. We held numerous events in 2019, including Suds & Spuds in March, and always-popular Memorial Day and Labor Day weekend dances. We participated in the Livable Community Fair, entered a float in the July 4th Home parade and helped sponsor the Key Pen Parks 4th of July celebration.

As part of the Farm Tour, the LIC hosted the Fiber Arts Show and included our Marina on the tour. With Evergreen Elementary PTA and local Girl Scouts, we co-hosted more than 400 kids at Trunk or Treat in October. For Adopt-a-Road, LIC volunteers cleaned three miles of KP Highways twice in 2019. Delivering on our pledge of a gift for every child, our Kids & Christmas program included a visit from Santa, hot meals, brightly wrapped gifts, and 67 Girl Scouts helping more than 173 attendees make their own ornaments and gifts.



The big event last year was the Biennial Auction benefitting The Longbranch Foundation, netting over \$60,000 for educational support of Evergreen Elementary student programs and scholarships for local students graduating from Peninsula High School.

Fun afloat. Our Longbranch Marina offers 44 moorage slips ranging from 22' to 40', plus a dinghy dock float for visiting boaters. With one-third of marina space allotted for guests, we hosted 743 moorage overnight visits in

2019. The Marina is open daily from 8 to 8 in summer and 8 to 5 in winter.

You're welcome to stop by and enjoy the nautical ambience — bring a sack lunch and enjoy the mountain view from our covered pavilion and picnic tables.



A grant from the National Fish and Wildlife Foundation will fund a new pump out station at the Marina, currently in the permitting

process. A pump out facility will be a valuable convenience for boaters and will support our mission of improving water quality in Filucy Bay and the greater Puget Sound.

With a \$240,000 State of Washington grant, we completed new finger piers, three new galvanized pilings and significant float replacement. The LIC funded \$40,000 for new electrical and upgraded fire suppression systems, also adding the only kayak racks and kayak launch on Filucy Bay. We continue to improve this jewel for the benefit of our members, the community and the many South Sound visitors who enjoy the wonderful location



Join us and become an improver. The Longbranch Improvement Club continues to refine its mission of Bettering Our Community Since 1921. Next year we'll celebrate 100 years as a driving

force for good in our community. Plans for special events to mark this achievement are underway as well as planning ways to improve and enhance our community for the future. Thanks to the support of our tireless members and the entire Key Peninsula community we have been able to build on the mission of our original founders. **Thank You!**

www.licweb.org www.thelongbranchfoundation.org



The Longbranch Improvement Club

BETTERING OUR COMMUNITY SINCE 1921



A member of the Tulip Tribes, Chelsea Craig, is searching for documents about the tribe's history, assisted by volunteers Janice Hemingway and Dick Hall. *Credit: KUOW Photo/Deborah Wang*

Pacific Region Archives in Seattle to Close

The archives contain artifacts and records directly linked to our local history.

JOSEPH PENTHEROUDAKIS, KP NEWS

The community of Northwest archivists, historians, genealogists and writers as well as many ordinary citizens were shocked at the announcement in January that the National Archives facility in Seattle, containing records from the Pacific and Alaska regions, had been selected for closure and eventual sale. The 56,000 cubic feet of archives would be consolidated into the National Archives center in Riverside, California, while federal records would be relocated to Kansas City, Missouri.

The facility, operated by the National Archives and Records Administration (NARA), was one of 12 “underutilized high-value” assets nationwide selected by the Public Buildings Reform Board for closure and sale mandated by the 2016 Federal Assets Sale Transfer Act (FASTA).

FASTA requires the OMB to approve or reject the full slate of recommendations; the agency is not allowed to reject the sale of individual properties on the list.

According to the reform board report, the 1973 Seattle building has a deferred maintenance backlog of \$2.5 million. The report adds that “NARA has indicated its willingness and desire to consolidate operations at more modern facilities.”

NARA has requested to be allowed to stay at the Seattle facility for an additional three years following the sale.

The Seattle facility is located in U.S. Rep. Pramila Jayapal's district; according to Jayapal, her office received notice of the closure in November and offered to help with public outreach, but the board did not follow up.

The archives contain original documents,

photographs and maps from Alaska, Washington, Oregon and Idaho as well as microfilm records representing a direct link to over 150 years of history in the Pacific Northwest.

Although NARA has been digitizing its archives, to date only a small portion of the enormous volume of material has been scanned and made available online.

Among the original files and microfilm records at the Seattle archives are documents relating to the 1882 Chinese Exclusion Act, the first significant law restricting immigration into the United States, and transcripts and decisions by U.S. District Courts, such as the 1974 Boldt decision that reaffirmed the rights of Indian tribes to fish at their accustomed places as guaranteed by treaties; documents from the Bureau of Indian Affairs.

Documents relating to native tribes and their interactions with the federal government are a particularly significant part of the archives. Records from the Office of Indian Affairs, Indian Agent reports, correspondence between Indian agents and superintendents and commissioners, reservation and allotment records, censuses and marriage records are available at the archives and have been used in legal proceedings as well as in tribal affairs for decades.

The early days on the Key Peninsula and neighboring areas are also represented in the archives. Articles on the early settlers on Herron Island published in the Key Peninsula News have relied on records available at the Seattle facility.

Local writer Greg Spadoni has also drawn on the archives. “Stories I wrote on logging railroads in Rosedale and Minter include information from Admiralty Court

and McNeil Island Federal Penitentiary,” he said. “Those records are not available anywhere else than the National Archives in Seattle.”

Organizations and institutions were quick to react to news of the closure. Stephanie Lile, director of the Harbor History Museum in Gig Harbor, said that the museum signed a letter to the OMB by the Heritage League of Pierce County urging reconsideration of the decision. “While I understand that archive buildings have to meet rigorous safety standards to protect the archives, to relocate the entire PNW collection to a distant location will have serious implications for researchers throughout the Northwest,” she said. “Most researchers are independent scholars or volunteers working with a modest or non-existent budget. As a result, having to make the trek to a distant state will pose an even greater barrier to accessing the primary documents so critical to in-depth scholarship.”

Washington Secretary of State Kim Wyman released a statement Jan. 27 offering her assistance in the effort to keep the archives in the Northwest. “My staff and I are ready and willing to work with our congressional delegation, National Archives, and the historical records community to

discuss alternative solutions to the closure of this facility for the continued regional access and storage of these important documents,” she said.

Jennifer Kilmer, director of the Washington State History Museum, underscored the importance of offering access to original documents in a statement released Jan. 31: “As history professionals whose mission and practice it is to collect, preserve, and interpret historical artifacts, objects, documents, photographs and ephemera, we know firsthand the research value that lies in the authentic article,” she said. “That is something that cannot be replicated in a digital facsimile.”

The Northwest congressional delegation signed a letter to the OMB requesting that the decision be reconsidered and the public be included in the process. The Muckleshoot Tribal Council is also working with its U.S. congressional delegation to look for a way to block the sale.

In a letter to the OMB and the PBRB dated Feb. 25, Washington Attorney General Bob Ferguson requested that the agencies reconsider their decision in light of the harm it would cause to the community. Ferguson also claimed that the manner the decision was reached violated FASTA and several other statutes.

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Photo courtesy Schillinger/Van Slyke Archives; Key Peninsula Historical Museum Visit Tuesday & Saturday afternoons 1-4pm



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James McCourt shows his stuff in the halls of KPMS. *Photo: Richard Miller, KP News*

James McCourt, Rising Star

KRISA BRUEMMER, KP NEWS

Key Peninsula Middle School seventh grader James McCourt plays so many instruments it took a while for him and his mom, Eryn McCourt, to list them all.

“This year James chose to play the clarinet for concert band,” Eryn said. “He also plays drums and keyboard, and stand-up bass.”

“And everything,” James said.

James recently competed in the Commencement Bay Music Educators Association Solo and Ensemble Festival. In October, James and his clarinet traveled to Yakima as part of the Junior All-State Band.

“I practiced and practiced and practiced,” he said. “And one day after school I auditioned.”

Kids from all over the state competed for spots. Once accepted, James was sent the music for All-State ahead of time, but in Yakima the kids only had one day to practice together before holding a concert

that same evening. James was part of the 85-member Baker Band and his mom said she’d never seen him that tired, after playing his clarinet all day long.

“His band teacher, Sarah Kaal, thinks he’s the only kid from Key Peninsula Middle School to ever go,” Eryn said. “James was the only kid from our geographical area, besides one from Charles Wright.”

“Music comes easy for me,” James said. “Studies have shown that the more instruments you play, the more connections through your brain make it a lot easier to learn stuff. And that’s what I’ve found all around. Not only in music but in school and sports, and just, in life.”

James’ band mate and friend, fellow KPMS seventh grader Yulya Nichipor, said when it comes to instruments, “James is good at all of them.”

But for James, clarinet did not come easily right away. “Clarinet was my first

instrument that I had to use air for, and I have asthma,” he said.

“He’s a musical genius with everything,” Eryn said. “And here he has this clarinet, he’s in beginning band, and he can’t make his clarinet make noise, for like a month. When he got accepted to All-State, I told him, ‘A year ago you couldn’t even make sound out of this instrument.’ That to me is crazy. It’s very special, for sure.”

James’ musical career began with a ukulele when he was 2 years old. For his sixth birthday, he received a guitar. After that came a violin.

“As a little kid, he would always sing,” Eryn said. “Whenever he was doing anything, he’d be walking around singing. He still kind of does that sometimes.”

James was the first sixth grader in the KPMS Jazz Band. He approached Kaal on his first day of middle school and said, “Hey, can I audition for your jazz band?”

Now James is the first electric guitar player in Kaal’s class. In addition to practicing at school, he enjoys rocking out with his buddies in the garage at home.

“I tell them I’m going to buy them plaid shirts from the ’90s so they can be a grunge band,” Eryn said. “We’re looking into building him a soundproof room. He needs more space for his instruments because they’re kind of taking over the house.”

“I love them all equally,” James said. “I always get, like, a warm feeling inside playing them, having a fun time.”

“He kind of grazes,” Eryn said. “He’ll play the keyboard for a little bit. Then he goes and plays on some drums for a while. Then he’ll pick up a guitar before dinner.”

Through his various experiences, James has gotten used to playing in front of people.

“Shyness in a performance means that you might not be ready for that performance,” he said. “I make sure I’m ready for a performance, to the best of my ability. And then, if I’m doing really great on my music, I’m not shy at all.”

“Our neighbors occasionally come out for concerts,” Eryn said. “Or they’ll open their windows if he’s playing.”

James enjoys listening to R&B, hip hop and rock music. Some of his favorite artists include Boyz II Men, Pearl Jam, Nirvana, and Sheku Kanneh-Mason, a famous young British cellist known as “Cello Bae.”

“I’m a pretty well-rounded listener of music,” he said. “I really enjoy Alicia Keys.”

Looking ahead, James is interested in music programs at the University of Washington and Notre Dame.

In the future “I definitely picture James rocking out!” said his band mate and friend Yulya. “Maybe he’ll be making music or rocking out on a stage.”

Support for Seniors Evolves to Meet Need; KPCS Food Bank Remains Open

LISA BRYAN, KP NEWS

Key Peninsula Community Services senior center and food bank suspended all group activity in their programming March 12 due to the coronavirus pandemic. The Mustard Seed Project did the same March 9. Both organizations are designed to provide support to help independent seniors live well on the Key Peninsula.

The first concerns for both KPCS Executive Director Willow Eaton and TMSP Executive Director Eric Blegen were that people were going to feel isolated, or even abandoned.

“When people become isolated, all sorts of things could happen to their health and mental well-being,” Eaton said. Some of the most popular programs at KPCS are the exercise classes. Eaton emphasized the importance of people seeing and continuing that bond with their own instructor.

KPCS is successfully streaming tai chi and exercise classes with their regular instructors on YouTube, and will provide recorded DVDs as needed, to keep seniors active and in shape.

TMSP is exploring those options for the exercise and yoga classes they offer, Blegen said, as well as other options to remain connected online to support physical and emotional wellness too.

“We immediately set up phone trees for those we serve and are calling regularly to check in and offer assistance as needed,” Blegen said. “We’re still answering the office phones as we normally do; however some staff are working remotely.”

KPCS ordinarily serves nutritious senior lunches on Wednesday and Friday afternoons, and Eaton said she is determined to keep that going. Mustard Seed volunteer drivers were already bringing people from further north to KPCS in Home to enjoy lunch well before the crisis began.

The modified senior lunch program continues, available for pickup on a drive-through basis, with one-day advance notice by calling the KPCS office.

Thanks to partnering with TMSP, Eaton said safe door-to-door delivery is being provided by Mustard Seed for seniors unable to pick up drive-through lunches.

In addition to isolation, Eaton expressed concern for people who might have existing mental health challenges. “If they are OCD or have an anxiety disorder, this

can be a trigger," she said. "What steps can we take to help there?"

"And then, we have people who might go hungry."

Many of the regular food bank volunteers are seniors themselves.

"The food bank will remain open but due to space restrictions, we've downsized the number of food bank volunteers to two people at one time," said KPCS Administrative Assistant Keyong Bertsch. "We want to keep our more vulnerable senior food bank volunteers safe at home during this time."

"It was a hard decision to make at first, but there wasn't much choice," she said.

Bertsch said the "bread closet" is closed. Instead, the bread has been moved outside to give people inside enough space to place their order while observing social distancing measures.

Only one person will enter through the door of the former bread closet at a time, place their order and go back outside to wait. The full basket will be delivered to them to carry to their own vehicle.

"We're disinfecting. We use hand sanitizer. We're taking all precautions to keep it safe every time," Bertsch said.

Food bank operations will continue during regularly scheduled hours (10 a.m.

to 3 p.m. Tuesday, Thursday and Friday; open until 5 p.m. Wednesday. Closed for lunch). Monetary donations are always welcome; food donations cannot be accepted at this time.

Blegen said TMSP will use their Pierce County transit bus to make meal deliveries and is trying to spread the word about the senior lunch program to their people too. "Anybody 60 and older is eligible for the lunch program."

In addition, TMSP is working on a program to safely deliver groceries and supplies to shut-in seniors.

"Things are moving quickly but we remain confident we'll get through this together," Blegen said.

Longtime KPCS volunteer Kathleen Best, who contributes her time and creative energy making festive decorations, boxed up her craft supplies as she prepared to leave the KPCS March 12 for six weeks or more. She said leaving the place felt very strange.

"I haven't had the flu in 20 years," Best said. "Instead I get things like brain farts and other noncontagious things, so I'm not personally too worried. I'm 77 years old. I've lived a long life so far, but I think I would need two lifetimes to finish up what I've started at home."

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From nature lover to tree farmer, Martha Konicek is all in. Photos: Lisa Bryan, KP News

Longbranch Couple Restores a Forest

Once heavily logged and poorly managed, the couple's 20-acre Tipperary Forest was officially certified as a tree farm by the American Tree Farm System in July 2019.

SARA THOMPSON, KP NEWS

Martha and Steven Konicek never planned to own a tree farm. But in 2017 their neighbor clear-cut 40 acres and considered selling a nearby 40-acre parcel, land that Martha's father's cousin had owned and where she had roamed as a child. Fearing it, too, would be clear-cut, Martha decided not to let that happen.

"So, to protect the land and to protect ourselves we bought it," she said. "Then the question was, what do I do now? I have this forest. The goal is to restore. What does restore mean?"

The Koniceks bought 20 acres. A friend purchased the remainder and is coordinating with them to steward the land. It meant refinancing the Konicek's home, which was nearly paid off. "Banks won't give loans for bare land," Martha said.

A fourth generation Tacoma native, Martha began visiting Longbranch in 1971 when her parents bought land and a trailer. Her father's cousin, George Thornton, owned 40 acres of forest nearby that she loved exploring. Nearly 25 years later, she and Steven purchased her parents' land, built their home and settled into their jobs: Martha as a hospice nurse and Steven as an internist at Madigan Army Medical Center.

Martha's first step was to contact Wash-

ington State University Extension Forestry. She enrolled in an online forest stewardship program where she learned about such things as the life cycle of trees, soils, wildlife, invasive plants and fire prevention. The goal of the program was to create a forest management plan. With an approved plan the land would qualify for the Pierce County forest land property tax program, reducing the tax on their 20 acres to \$36 a year. The county in turn would receive a percentage of the income when trees are logged.

Martha made many connections through the stewardship course and said she sought information from anyone and everyone: Hopkins Forestry, the Washington Farm Forestry Association, Washington Department of Natural Resources Forest Stewardship and Technical Assistance, and the WSU Extension Forest Steward Program. "It was talking, talking, talking to foresters who are all over the place on their theories about how to deal with climate change," she said.

The land had been selectively logged in its early days, but when financial hardship hit the Thornton family, it was more heavily logged and poorly managed. The Koniceks' first year was devoted primarily to site preparation, removing Scotch broom that had grown to 15 feet and blackberries

that were choking out native plants. They planted 100 cedars.

The following year they purchased a tractor to prepare compacted areas for planting and remove brush. It was a planting year, with 500 seedlings, mostly grand and Douglas fir. They lost 70 percent of the trees.

Martha said the heavy losses were probably due to a number of factors, including poor seedling quality and an

unusually dry year.

Steven designed a watering system with a marine battery and two

60-gallon tanks they could transport with their tractor, but it was too little too late.

They planted again the following year, 2019, but they planted fewer seedlings and tried different species, including western white pine and more cedars. Martha attended a seminar on the benefits of the intricate mycelial root system of fungi, and decided to treat each seedling with a root bath.

She mulched and enriched the notoriously poor Key Peninsula soil with compost. She collected data, using a rain gauge and moisture probe to better understand the conditions. With the invasive Scotch broom and blackberries eliminated, bracken ferns thrived and provided natural shade. The seedling survival rate was 90 percent.

In July 2019 their land, Tipperary Forest, was officially certified as a tree farm by the American Tree Farm System.

This year will be another planting year, but with fewer trees and more deciduous species — big leaf and vine maple, Oregon white oak and white pine. And they are putting in a pond. There is no water source on the land now.

"My long-term goal is to create a habitat for wildlife in a warming climate," Martha said. "Having water is pretty critical. But it will also mean I can't log within 300 feet of the pond."

There have been challenges. Both Martha and Steven continue to work and they devote eight to 18 hours a week to the forest, depending on the season. One 4-acre area needs thinning and finding a logger to selectively cut a relatively small parcel has been a challenge. Hopkins Forestry is coordinating hiring a logger for their forest, their neighbor's forest, and with Sound View Camp. Logging has become mechanized and is geared to clear-cut. "No one uses chainsaws anymore. If Sound View weren't also looking for this kind of work, I am not sure what we would have done," Martha said.

They think that by the five-year mark the forest will be at a stable maintenance level and require less hands-on work. The trees will continue to grow and won't be ready for harvest for decades. Thinning the recently planted trees will be done at a stage that requires pruners, not chainsaws.

"It is an interesting learning curve," Martha said. She looks at trees through a different lens than she did just a few years ago. She sees land that has been logged and managed well, with a diversity of healthy trees. She sees forests that were planted in Doug fir but have not been thinned, making for a less healthy forest. She sees cedar trees that are dying but could be valuable as telephone poles.

The Koniceks also consider their legacy: how to protect the forest for the next generation.



HUNKER DOWN AND RAID THE PANTRY FOR SOME DOWN-HOME COOKIN'

Easy Pantry Recipes

ANN-MARIE UGLES

Our daily lives are drastically changing as the COVID-19 pandemic spreads across the country. While hunkered down at home as our food supplies dwindle, the idea of grocery shopping can seem like navigating a minefield. This is the time to turn to your pantry.

These casserole recipes and soups are very forgiving as ingredients are interchangeable depending on what's in your freezer or pantry.

Here are a few guidelines. Preheat your oven for 10 minutes at desired temperature. Save vegetable scraps and meat bones to make stock. Thaw frozen vegetables, drain canned ones and dice veggies uniformly. Use a greased 2-quart casserole dish unless otherwise noted. Create depth of flavor by marinating meats, deglazing with dry wine and adding flavor enhancers like Worcestershire sauce and sriracha.

Classic Chicken Soup: In a soup pot on medium heat, saute one medium onion, two celery stalks, three carrots and 2 tablespoons Italian dry herbs in 2 tablespoons of oil. Cook for 10 minutes. Next, add 2 cups cooked chicken and 6 cups chicken stock. Simmer for 15 minutes.

Got a box of Bisquick? Make **dumplings** with 2¼ cups Bisquick, ¾ cup milk, ¼ cup Parmesan cheese and 1 teaspoon garlic powder. Bring together and drop into simmering soup. Cook 10 minutes, then cover pot and cook another 15 minutes.

Chicken Pot Pie: Use the same ingredients as soup but replace celery with frozen peas and reduce stock to 2 cups. Add a cup of stock to vegetables and with the remaining cup, make slurry with 3 tablespoons cornstarch and stir in to simmering pot. Cook on medium heat until gravy thickens. Put in a casserole dish and top with mashed potatoes or Bisquick biscuits. Bake at 350° for 20 minutes.

Broccoli Cheddar Soup: Saute over medium heat one small onion and a bag of frozen broccoli in 2 tablespoons of butter. Add 1 tablespoon dry mustard, 1 tablespoon paprika, 1 teaspoon nutmeg and salt and pepper to taste. Cook a few



Dig right in! Homemade rice-a-roni makes a one-pot crowd-pleaser. Photo: Anne-Marie Ugles

minutes, and then add 2 cups vegetable stock. Let simmer for 15 minutes and puree soup with an immersion blender or do batches in a regular blender when cooled down a bit, and return to pot. Make a slurry of 3 tablespoons cornstarch and 1 cup milk and stir into simmering soup. Add 1½ cups grated cheddar cheese and stir until melted.

Taco Soup: Cook 1 pound ground beef and remove extra fat. Add one clove of minced garlic, one medium onion, a half packet of taco seasoning, and salt and pepper to taste. Cook two minutes. Next, add 4 cups beef broth, one small can of diced green chilies, one can of beans, and one 16-ounce can of tomatoes with liquid. Cook 20 minutes on medium heat. Dish up and sprinkle with cheese.

Chili: Tweak the above recipe by omitting the broth. Add three more cans of beans, another can of tomatoes with liquid and 1 tablespoon of tomato paste. Change it up with 1 tablespoon cocoa powder and half a cup of brewed coffee. Cook over medium low heat until thick. Add your favorite toppings.

Tamale Pie: Make like Taco Soup but use only ⅓ cup of stock. Cook 20 minutes, transfer to casserole dish. Make Jiffy

Cornbread batter and pour on top of filling. Bake at 375° for 25 minutes.

Vegetable Pie: Cook 2 cups broccoli in microwave for 2 minutes. Put broccoli in a greased 10-inch pie pan. Add half a cup each chopped onion and bell pepper and 1 cup grated cheddar cheese. Make batter with 1½ cups milk, 3 eggs, ¾ cup Bisquick, 1 teaspoon salt and ¼ teaspoon pepper. Pour over vegetables and bake at 400° for 35 minutes.

Lastly, **Homemade Rice-a-Roni:** A potluck favorite. Break up four servings of angel hair pasta into 1- to 2-inch pieces in a large pot with 2 tablespoons each of butter and oil. Brown 2 minutes over medium heat. Next, add 2 cups uncooked rice and several tablespoons of dry herbs like oregano and thyme. Continue browning for several more minutes. Add 4½ cups chicken stock, stir in and cover pot. Bring to a boil and then turn down to low and cook 20 minutes. Feel free to add chicken, onion and veggies to make it a one-pot meal.

We'd love to feature a dish from your KP kitchen that friends and family ask for. Email the details to editor@keypennews.org with your phone number; we'll be in touch.

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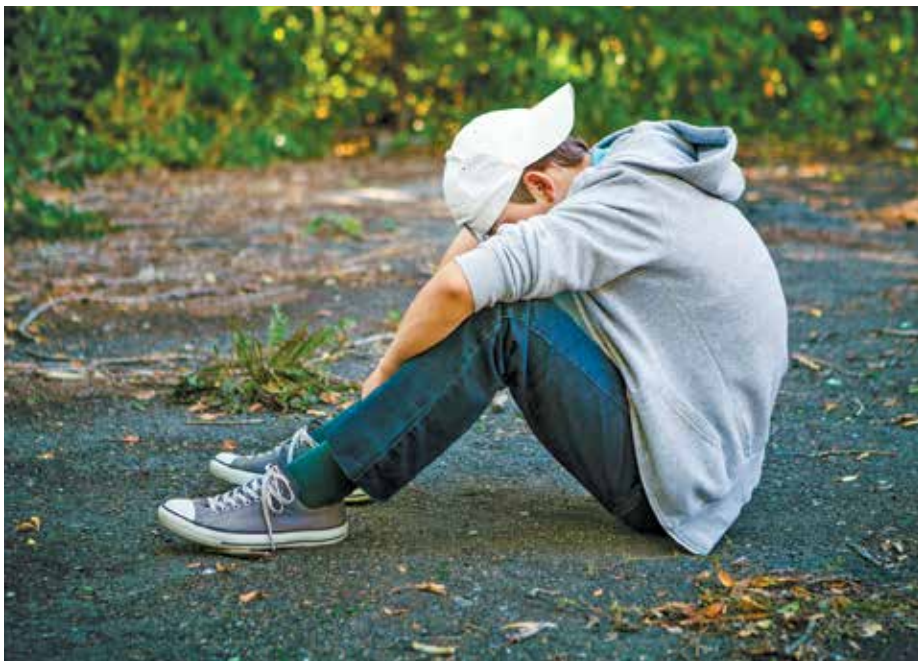


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Temporary Safe Housing Expands for Local Teens

Two homes located on the Key Peninsula exist to help where help is needed, but recent intakes are rapidly changing with more homeless teens from greater Gig Harbor.

SARA THOMPSON, KP NEWS

Imagine complicating the challenge of adolescence without a dependable roof over your head. In March, thanks to a partnership between the local nonprofits Communities in Schools of Peninsula and Harbor Hope Center, a solution to that problem has been found.

HHC executive director Daniel Johnson said that the two-bedroom house on the Key Peninsula was purchased by HHC. Realtor Jennie Wetter donated her commission. A state capital grant for \$295,000, sponsored by Rep. Jesse Young (R) Gig Harbor, will reimburse the costs of the purchase and new septic system. It will house five young women and a full-time resident adviser. A home that accommodates six young men, also on the Key Peninsula, has been operating for two years.

“My very first year here I had 18 students we were trying to help and support who needed some form of housing. There wasn’t a lot we could do,” said Wendy Wojtanowicz, the CISP site coordinator at Peninsula High School for the last four years.

The teens need housing for a number of reasons. Their families may face homelessness; sometimes there is significant parent-child conflict; or there may be drug or alcohol issues in the family. When they feel they can no longer live at home, teens often couch-surf with friends but, Wojtanowicz said, after six or eight weeks they typically run out of options.

Amy (not her real name) moved with her family into a relative’s house when they could not afford an increase in rent. The new situation felt untenable for Amy — it was crowded, and stressed all the family relationships.

“I needed to have more control over my own life,” she said. Amy moved in with a friend’s family for a while and now, with her mother’s permission, will be one of the new KP home’s first residents.

The homes are designed for young people from age 14 to 21. A resident adviser educated in such topics as adolescent development, childhood trauma and suicide awareness, provides oversight for the teens and prepares dinners during the week. Meals on weekends may be a group activity. Sometimes volunteers plan a special meal, bring ingredients and cook with the students. The teens do their own laundry and help with cleaning.

“The cool part is that with one student HHC gets them connected to a mentor, and counseling and then to a doctor,” Wojtanowicz said.

Each teen has a trained volunteer mentor who has made a one-year commitment to work with the student. Volunteer physicians can provide medical care and counseling. Drug and alcohol treatment professionals also volunteer with the program.

“Once they get connected there are so many people that surround them. We show them they are not alone. They have a whole community to help them,” Wojtanowicz said.

The goal of the program is to provide temporary housing while surrounding the students with support, teaching life skills, providing other services as needed, and finding a viable permanent housing situation. That may be reconciliation with their family, including counseling, housing assistance and job training for the parent. Or it may mean identifying a host home, with volunteer families who also receive training before they welcome a student. Each student must have an education plan, ranging from high school or a technical program to working on a GED.

Zoe (not her real name) lives with a host family. She experienced a difficult family situation for years where she felt unsupported and verbally abused. She planned to move out as soon as she turned 18, and with CISP and Harbor Hope Center she found a host family and mentor. She is working with a counselor at Tacoma Community College and is making career plans.

“I have not only Wendy but my mentor, my host family and Harbor Hope Center. I have lots of options,” Zoe said. Her next step is to find a place of her own.

Zoe found a host family before the housing program was available, but Wojtanowicz said that having housing as a first step is helpful. Teens get to know others with similar issues. The resident adviser can

get to know the students, identify problems and have a better chance of finding the right mentor and host family if reconciliation is not an option. The housing gives the student time and space for individual and family counseling. Each student is reassessed every 90 days, with the expectation that within three to six months they will no longer need the temporary housing and can open a place for the next student in need.

The home for boys has been open for two years and Wojtanowicz said there has been a learning curve in making it work. “I am so glad we didn’t open both homes at the same time. We have to remember that a lot of these students come from a situation with no structure whatsoever. They are in survival mode and we found out that putting a roof over their heads didn’t solve all their problems,” she said.

“We do checks on ourselves. Maybe our hopes and dreams are not what they want. We have them choose their own goals. We break them down to the simplest steps, and the mentors help with the baby steps, teaching them skills to meet the goal.”

The homes are both on the Key Peninsula in part because that is where many of the students who need housing are located, Wojtanowicz said. “That is rapidly changing. Half of the kids I’m doing intakes on now are from greater Gig Harbor.”

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Where in the world

KPMS 7th-grader James McCourt with KP News at Kaimu Bay in Kalapana, Hawai'i.



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The KPCCA Board of Directors are monitoring the situation and responding rapidly as conditions evolve.

**Programs and events hosted by
the Key Peninsula Civic Center are
temporarily suspended. Regularly
scheduled programs will resume
when Peninsula School District
re-opens after April 24.**

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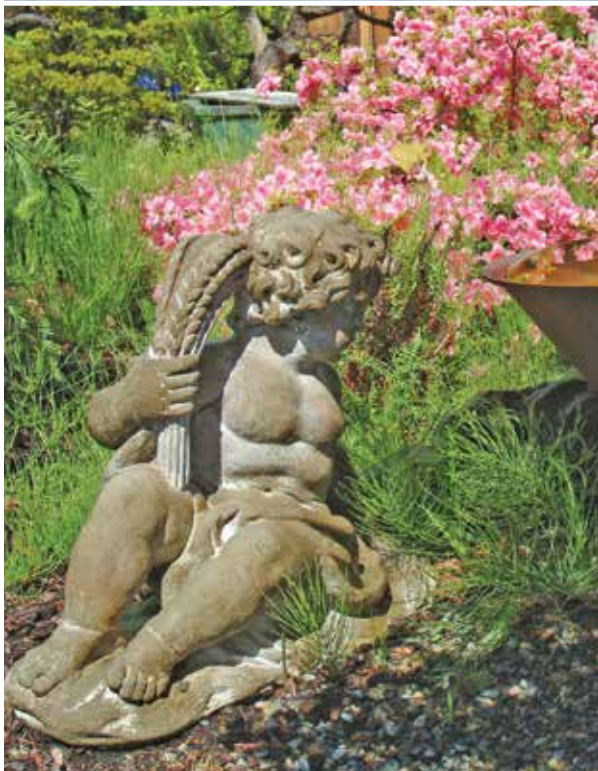
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TOP A cold and windy March 15 made for white caps in Carr Inlet. *Photo: Ron Cameron* **MIDDLE LEFT** Pink azalea in bloom capture Cupid's attention. *Photo: Ed Johnson, KP News* **MIDDLE** KP Cooperative Preschoolers enjoy a dance party before the phrase "social distancing" came along. *Photo: Krisa Bruemmer, KP News* **MIDDLE RIGHT** Spring poppies blaze in all their glory. *Photo: Ed Johnson, KP News* **LOWER LEFT** Daffodils deliver smiles after the long winter. *Photo: David Zeigler, KP News* **LOWER RIGHT** Roadside art foretells a robot takeover. *Photo: Dan Clouse*