

Peninsula KEY NEWS

Non-profit Org.
U.S. Postage Paid
Vaughn WA 98394
Permit No. 2
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Vol 23 Issue 2 Circulation 7,500

NEWS FROM THE CIVIC CENTER AND THE COMMUNITY

FEBRUARY 1996

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RENO NITE

Bring your friends and come on down to Reno Night on March 2nd from 6:00 pm til midnight! Dice, Blackjack, Chuck-A-Luck, Beat the Dealer, Bingo - lots of ways to win, win, win! Good food, drinks and a sociable evening await you! Don't miss it!

Bingo in the Whitmore Room

Key Center Family Turns To Community For Hope And Help

by Maggie Walters-Turnbull

Vaughn resident, Becky Freeman, has a fatal blood disease called leukemia. Freeman's only hope for a cure is a bone marrow transplant from a matched marrow donor. Marrow is the tissue found inside bones that produces red blood cells, white blood cells, and platelets. These vital blood cells fight infection, carry oxygen and help control bleeding. Any disease, like leukemia, that attacks the bone marrow can eliminate the body's ability to protect itself.

The members of Freeman's family were tested to see if their marrow characteristics, or tissue types, were a match for Becky. They were not. The family initiated a search of the National Marrow Donor Program's (NMDP) Registry of volunteer marrow donors. Fortunately for the Freeman family, an unrelated individual, with a compatible tissue type has been found and is willing to donate marrow.

There is a critical need for more volunteers. More than two-thirds of the 30,000 children and adults that are diagnosed each year with



Becky Freeman with students Keith Harris and Dane Lund.

blood and immune diseases must search, as Becky has, for an unrelated donor. However, many patients cannot find a compatible donor among those on the registry. It is Becky's hope that as many

See Hope Page 13

President's Message Many Events And Good Times Forseen In '96

As this paper comes out, the first of many events will have taken place to start off the year, "Juke Box Saturday Night". Many thanks go to all that helped with this event. Looking ahead there is Reno Night for those of you who don't want to make a trip to Reno. Come to the Civic Center, stay close to home, and support a great facility, plus, visit with your neighbors. For other events, the K.P. Little League pancake breakfast is another way to support our youth and again visit with your neighbors. Also ongoing programs such as the K.P. Historical Society Museum is open Saturday from 1:00 to 4:00 p.m. or by appointment, call 884-4538. Funky Footwork for youth 9 and under, Karate for all ages, Indoor Park, Pre-School Music Time, and of course Friday Night Skating are just a few things that keep our non-profit community center open. So give us a call at 884-3456 for more information about these programs or the many clubs that meet at the Civic Center.

Tim Kezele, President
K.P.C.C.A.

"Briefly Speaking"

by Rogers S. Wilson

A new client came in the other day with a woeful complaint of having been bitten by a dog. He had been repairing a pipe at a duplex when, without warning, the backyard dog took exception to his presence and bit him. The client stated that he kept his rifle on the floor-board of his truck and started to move in that direction when the dog retreated. Amidst his questions of damages and doctors, he also wanted to know whether it would have been legal for him to kill the dog.

That got me to thinking about my Louisiana of 1949 and Ol' Blue. Blue was a hound dog and he nearly brought grief to my family. He was two years old when he came to my grandmother's home, bought by her husband and my step-grandfather. We all called my step-grandfather Mr. Carey, that being in the curious southern way, his first name.

Mr. Carey never worked, claiming to have a bad back, though he did hunt a lot. He climbed hills with ease which seemed a contradiction to my young mind, though I never spoke of it.

Mr. Carey paid \$75 for Blue and presented him to grandmother, deed accomplished. At that time \$75 was the rough equal of grandmother's yearly income and, being of the non-hunting persuasion, she did not take kindly to Blue or Mr. Carey. She reached for the double gun. She had always called the left barrel the "Mr. Carey barrel", perhaps something as a child did not, and she let loose with it in his direction. Mr. Carey, bad back and all, was more agile than she knew and she missed him. We buried Blue later that afternoon.

My client's legal problem caused me to look up the law. I had always had a fuzzy idea that an owner of a dog could not be held legally liable for damages caused by the dog unless he knew, or had reason to know, that the dog was dangerous. This was sort of a "one free bite" notion. I was surprised how wrong I was and I thought my research might be of general interest to our readers, many of whom have dogs, or livestock, or both.

Dog Day Afternoon

By legislative enactment, Chapter 16.08 of the Revised Code of Washington:

(1) The owner of a dog is strictly liable for all damages (medical costs, pain and suffering, etc.) which result if the dog bites another person without regard to whether the dog has previously been vicious or bitten anyone, and without regard to the owner's knowledge or lack of knowledge of the dog's dangerousness.

This means if your neighbor's two year old child is bitten, even playfully, by your mutt, you have to pay, no matter how careful you have been.

(2) "If your dog kills, bites, or even chases your neighbor's sheep, chickens, or other domestic animals (that would include your neighbor's cat) on a public highway or on your neighbor's property, and if you are notified of this and you fail to restrain your dog, your neighbor may lawfully kill the dog.

That's right folks! That's what the statute says! Presumably, the right would not apply unless the acts were repetitive, and I would not recommend this to anyone and certainly not without first trying to resolve the problem otherwise. But that's how the law is written.

(3) Any owner whose dog has been found (presumably in the act) of killing a domestic animal has the statutory duty to kill that dog within 48 hours of learning of the fact and the owner may be charged with a misdemeanor if he fails to do so.

(4) If you have a dog which is known to be dangerous, you have a duty to register the dog with an animal control authority and to properly secure the dog. Failure to do so could result in the confiscation and extermination of the dog and criminal charges being lodged against you.

Ol' Blue had not bitten anyone, and under Washington law at least, grandmother could have been in legal trouble. I doubt this would have been the case in the Louisiana of my day, but the fact is Mr. Carey did not complain.



Home, Washington, 100 Years Old

Home, Washington was established in 1886 by a small band of freethinkers and soon became a jewel among Washington's utopian communities. Along the shores of Von Geldren Cove on the Key Peninsula, several hundred settlers including anarchists, socialists, and advocates of free-love, built homes on two acre tracts, guided by a philosophy of mutual respect. The utopian community dissolved by 1921 but many of the original properties from this significant era remain. Today, residents are attracted by Home's peaceful setting and colorful past.

Preschool Music Time

It's nice to know that the February Preschool Music Time class has the minimum amount of children needed to run the class. There is still room is you want to join in the fun.

The month of March has more exciting themes, the overall theme being "In Like A Lion, And Out Like A Lamb." The supporting weekly themes are: 1. The Lion Roars, 2. Baa Baa, 3. It's Spring Again, and 4. Up, Over And Down. For some of the activities we will be making a wind chime and playing with scarves. Come and join us! Classes are held on Friday at the Key Peninsula Civic Center and the dates of the classes in March are the 1st, 8th, 22nd and 29th. Class time is 10:30 - 11:30. No class will be

held on the 15th of March.

Remember, there is a small fee of \$10.00 a month for this quality program. Parent participation is encouraged. The class limit is 20 and there can be NO DROP OFFS. Call instructor Kathie Broderon at 857-5031 to pre-register and get answers to your questions.

Ashes

We are planning on having a rummage sale on Saturday, May 4th, 1996, so please start saving your rummage.

More information on the sale later.

Darlene Brown, President

KEY PENINSULA NEWS

To Subscribe, Please Write, Call or Fax:

Key Peninsula News

P. O. Box 3, Vaughn, WA 98394

(206) 884-4699

* Fax (206) 884-4053

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

EDITOR: Irene Zimmer

AD SALES: Jan Sparks

COMPOSITION: Combined Effort

PRODUCTION: Alice Trammil

ACCOUNTS: Patti Olsen

DISTRIBUTION: K.P.C.G.A.

STAFF PHOTOGRAPHER:

Hugh McMillan

PROOF READERS: Sylvia Haase, Virginia Liebergesell and Ed Taylor
BOARD REPRESENTATIVES: Ed Taylor, Dave Freeman, Sylvia Haase

The opinions expressed herein are the opinions of the writers and do not necessarily reflect the views of the publishers or staff. Submissions are used on a space-available basis and may be edited if used. No religious or political material.

Key Peninsula Civic Center Executive Committee

Tim Kezele, President	884-4538
Sylvia Haase, Vice Pres.	884-3603
Jerry Benoit, Vice Pres.	857-3648
Stephanie Zampini, Treas.	884-9821
Donna Bosch, Secretary	884-3320
Dave Freeman, Past President	884-2313
Ed Taylor, At Large	884-3600
Michael Coffin, At Large	857-4285

For information about the Civic Center, phone 884-3456

Volunteers Busy At Vaughn Elementary

One by one. Two by two. Even groups. Volunteers! Wonderful, beautiful volunteers are coming to Vaughn Elementary to read to the kids. Thanks to seniors like Fannie Riemirisma and Howard and Marie Wright. Thanks to Peninsula High School students like Sarah Walker and Charlotte Palumbo. Our students love them. And we couldn't succeed in our reading program without them. We need all the generations working together to educate our children today. We can no longer just depend on the school, or even our parents. It takes a village!

But it pays off. Reading test scores have gone up dramatically since the beginning of the year. We're aiming for the top! And we're not just wishing it would happen. Several teachers have received grant money to go to seminars and learn more about how to teach to the children who are having difficulties. Our principal, Craig Schurick, goes to the classrooms to read with the students. We have a D.E.A.R. program. Suddenly the principal comes on the intercom and says, "It's time to drop everything and read"! The children are learning that reading is important enough that the whole school will drop everything to do it. And January is "TV Burnout" month. The students are asked to turn off the TV at least once a week and do something else. The students will then write about what they did.



Peninsula High School student Sarah Walker reading with Vaughn second grader Chad Condit.

These activities will culminate in Book Night at Vaughn Elementary on February 29th. We'll have a book exchange, story telling, dress up like characters in books, present projects (like puppet shows and pop-up displays) related to books. And the students will present their reports on what they did without TV! Those of us on the reading committee can see that these events, activities and our wonderful volunteers will launch our students into a life-long love of books and reading — the foundation of education.

And in case you're wondering — YES, we're doing other activities besides just reading! and, YES, we need volunteers in other areas. We need help in the office answering phones; in the library checking our books, in the workroom; in the classrooms. And the computer lab is completely shut down for lack of personnel. If you're interested, call Vaughn Elementary at 884-5700, ask for the Volunteer Coordinator, Diane Ramsey. There's room for everyone!

Teresa Green Keynotes Citizens Of The Year

by Hugh McMillan

In Monty Python parlance: "And now for something entirely different."

The Key Peninsula Lions voted that henceforth their club president will be required to provide the keynote speaker and serve as master of ceremonies at the annual Citizens of the Year Awards dinners. The choice for this year is KSTW's Theresa Green.

Theresa Green joined Channel 11 in August 1995 as the anchor for KSTW's "11 News This Morning." She also serves as health and medical reporter. She came here from KFOR-TV, NBC's affiliate in Oklahoma City where she was a weekend news anchor and medical reporter. Prior to this, she was news anchor and reporter for WJBK, Detroit, and for WBNS-TV in Columbus, Ohio. She graduated Magna Summa Cum Laude with a Bachelor of Arts in journalism from California Polytechnical State University in San Louis Obispo.

For something else "entirely different," the Lions for the first time are inviting the general public to attend their Wednesday, February 21 meeting to observe the secret ballot voting process. Letters of nomination for the honor will be

read to the attending members - but identities of the candidates will not be revealed. Instead, each candidate will be assigned a number. In this manner only the candidate's deeds will attract votes, name familiarity will play no part.

Lions, who must be present to vote, will vote for 1st (three points), 2nd (two points), and 3rd (one point) choice in secret written ballots. The ballots will then be tallied by the current Lion's Club president and an independent non-Lion under the observance of a third non-Lion independent ob-

server.

"The Club has done its best to ensure a totally equitable, non-popularity-contest voting system," said event co-chair Mike Coffin. He added, "If someone has a better idea, we'd sure like to hear it."

The dinner will be at the Key Peninsula Civic Center, March 9; social hour: 6:00 pm, dinner: 7:00 pm. Tickets, \$8.50, or \$7.50 for groups of four, are available at Sunnycrest Nursery or Key Bank in Key Center, or Continental Tire on SR 302. For information or reservations call 857-4285 or 884-3485.

Angels Honor Their Own

Five members of the Angel Guild were singled out for special awards at the Guild's January meeting. Archangel status was granted to Barbara Hanna, for her many hours of service, both in and out of the store; to June Seick, for working weekly in the store, and also spending time sewing and sorting craft items, and making doll clothes; to Virginia Seavey, for an outstanding contribution of many hours sorting, and also working as a clerk; to Pat Clifford, who for many years has seen to it that the store is adequately staffed, and to Bonnie Stinson, who

is doing an outstanding job as coordinator.

Certificates of appreciation were also given to all the Angel's hard working members.

The Guild voted to donate \$1,000 to the Key Center Library for purchase of books, audio material, and programs.

It was decided to change the store's Saturday hours to 11:00 a.m. to 3:00 p.m.

A new member, Betty Katz, was welcomed into the Guild. **Molly Holmes, Secretary**

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Under My Hat

by Irene Zimmer
Facility Manager

The party's over, but "Jukebox Saturday Night" looks like it was a success! The jukebox was awesome as it winked and blinked from floor to ceiling in the gym, completely surrounding the stage. Without a doubt, it was one of the biggest decorations here at the Civic Center since Seymore the dragon at Playoff of Fall! The band that was here last year, The Tempos, were actually playing from inside the jukebox! It was quite an effect. The board has made me promise to come up with

something much smaller next year! Of course, the people that helped to bring this idea to fruition are many - and I will try to name them all! Rose Grant put the idea on paper. Dale and Claudia Loy, Dave Freeman, Tim Kezele, Mike Coffin, Sylvia Haase and Virginia Liebergesell assembled, glued and hauled this monster up to the ceiling. Tim and Kathy Hale did the unbelievable balloon and table decorations, blowing up and tying more than 500 balloons! Katlin

Kezele, Susan Kezele and Sabrina Nunez helped set the tables. Don and Shirl Olson added their expertise and advice. Stephanie Zampini cooked the wonderful meal with the help of Virginia and Sylvia, and the food was served by Jerry Davis, Phyllis Jardin, Cheryl Prante and Kathy Holman. Sue Miller of the Purdy liquor agency and the Loy's of Sunnycrest Nursery sold tickets and passed out flyers. Judy Coffin, Mike Coffin and Judy's sister Teresa ran the bar. Thomas Glover and his daughter Laura did the dishes. Thanks, too, to Keith Stiles for touting the dance in his column in the Peninsula Gateway.

Don't forget that our first "Reno Night" of the year is on March 2nd from 6:00pm to Midnight. Lots of good food, cards, dice, Bingo and fun! Invite your friends to join you and come on down! See you there!



Lulu's Homeport

Restaurant & Lounge
Hours

Restaurant 6am-9pm
Lounge 10am-2am

884-3743

Home, WA

Happy
Valentine's Day



KEY DATES

BUSINESS/PROFESSIONAL GROUPS

KP Business Assoc.	Feb. 2 - 7:30 am	Home Port Rest.
	Feb. 16 - 12 pm	Horseshoe Lk. Rest.
Fire Fighters Assoc.	Feb. 27 - 7 pm	K.C. Fire Station

CIVIC ORGANIZATIONS

ASHES	Feb. 1 - 10:30 am	K.C. Fire Station
COOTIETTES	Feb. 15 - 7:00 pm	KPCC/WM Rm.
KPCCA Board	Feb. 8 - 7:00 pm	Civic Center
KPCS Board	Feb. 8 - 7:30 pm	Comm. House/Home
KPHC Board	Feb. 22 - 7:30 pm	Health Center
KP Lions	Feb. 7 & 14 - 7:00 pm	Horseshoe Lake Golf/ Riek's Steak & Seafood Restaurant
VFW & Auxiliary	Feb. 12 & 26 - 6:30 pm	KPCC/VFW Rm

COMMUNITY SERVICES

Angel Guild	Feb. 26 - 10 am	Broncs / KC library
Citizens Against Crime	Feb. 2 & 16 - 7:00 pm	Partly Sheriff's office
Food Bank	Tues-Fri: 10 am-3 pm	Comm. House/Home
Hot Lunch for Seniors	Wednesdays: NOON	Comm. House/Home
FREE Brunch	Sundays 2-3 pm	Comm. House/Home
Also food & clothing assistance: for more info. call 884-4440, 884-4514, 857-4780		
Seniors Exercise Program	Tues. & Thurs. 8:30-9:30 am	Comm. House/Home
WIC (Womens, Infants & Children)	Tues. 8:15-4:15pm	KPCC/Wm.Rm.
	Call 884-3835, Tuesdays for an appointment.	
Immunizations	Thurs. 9 am-12 pm & 1:00-2:45 pm	

United Methodist Church, 7400 Pioneer Way, G.H. Call 851-7282

CHILDREN'S HOME SOCIETY Family Resource Center Mon. thru Fri. 9 am to 4:30 pm Key Peninsula Civic Center, Lower Level. Call 884-543

PUBLIC MEETINGS

KP Fire Comm.	Feb. 14 & 26 - 7:30 pm	KC Fire Station
KP Park & Rec.	Feb. 12 - 7:00 pm	Broncs / KC library

SELF-HELP GROUPS

AA	Mon. & Fri.: 8:00pm	
	Sat/Sun. 6:00 am	KP Comm. Services
Adult Literacy classes	Call for appi.	851-6552/Gig Harbor
TOPS	Tues. Weigh-in 6:15	KPCC/VFW Rm.
	Meeting at 7:00 pm.	

Caregivers Support	Feb. 8 - 7:00 pm	Library Broncs Rm
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SOCIAL & HOBBY GROUPS

Bayshore Garden Club	Feb. 16 - NOON	Longbranch Imp. Club
Longbranch Imp. Club	Feb. 21 - Meet -7:30 pm	Longbranch Imp. Club
Peninsula Neighbors	Feb. 13 - 10:30 am	Home Comm. Hall
K. P. Hist. Society	Feb. 1 - 7:00 pm Bus. Meeting	884-4538 for info.
L.B. Fuchsia Society	Feb. 1 - 7:00 pm	Broncs/KC library
Ruth Circle Meet	Feb. 19 - NOON	Longbranch Church
Senior Society Lunch	Thursday - NOON	KPCC/WM Rm
Vaughn Garden Club	NO MEETING	

NOTE: IF YOU WOULD LIKE YOUR ORGANIZATION TO BE LISTED HERE, PLEASE MAIL INFORMATION BY THE 20TH OF EACH MONTH TO: DATES- KP NEWS, P.O. BOX 3 VAUGHN, WA 98394

K.P.C.C.A. MINUTES JANUARY 12, 1996

The meeting of the Key Peninsula Civic Center Association was called to order by the president, Tim Kezele, at 7:35 pm. It was msc to approve the minutes as published in the Key Peninsula News.

The first item was a thank you to George and Jane Russell for their generous donation.

TREASURER'S REPORT: There is a balance of \$9,329 as of December 31st.

HEALTH DEPARTMENT REPORT: Stephanie reported that all kitchen workers must have a health card. No food is to be prepared a day before the event, nor is food to be prepared off-site. Menus for all public events must be approved by the Health Department in advance. A food preparation sink will also need to be installed.

MANAGER'S REPORT: Irene reported that the Children's Home Society has requested the use of the kitchen and Whitmore Room once per month for Parent's Night. This was approved by the board. A group from McNeil Island will be present at the Civic Center for a week. This group will do heavy cleaning, brushcutting and will clean/fix up the tennis courts. Contracts with user groups are being updated.

NEWSPAPER REPORT: The January issue lost \$538.

RENO NIGHT: Reno Night will be March 2nd. There will be committee meetings on February 6th and 20th at 7:00 pm. Volunteers are needed.

SKATING REPORT: There are about 130 kids in attendance. Due to continued vandalism of the vending machines, the board passed a motion to have them turned off during skating. Candy and pop will therefore be sold out of the kitchen.

HISTORICAL SOCIETY: The museum is open from 1-4 on Saturdays.

LION'S CLUB DINNER: Mike reported that the Citizen of the Year Dinner will be held March 9. Nominations for the award are due by January 24. Shirley, Claudia, and Shari will nominate someone from the Center.

PROGRAMS: Shari reported that Indoor Park is going very well. Kathy Broderson will begin the music class on February 2. The classes will be held every Friday from 10:30-11:30.

PROPERTY SALE: Three people have expressed interest in the land sale.

PIONEER DAY: Pioneer Day will be August 3. Jerry Benoit will be entertainment chairman. Volunteers are needed.

RETREAT: There will be a retreat for executive board members on February 3 at the Cimarron Restaurant from 9-4.

Shari suggested that an Arts and Crafts Fair be held in the spring. The board passed a motion to do so. Shari will be the chairperson.

The meeting was adjourned at 9:20pm.

Respectfully submitted,
Sylvia Haase, Secretary pro tempore

A View From Home

by Marty Marcus

Like many other people, I'm always happy to see the arrival of the winter solstice because it means the daylight hours start increasing, and in only three months it will again be spring. Ah, spring: the sprouting of seeds, the leafing out of deciduous trees and shrubs, the flowering of plants that survived another winter, the buzzing of bees, and the return of the slugs.

Now, I know slugs are an important element in the great web of life. They are an unsurpassed decomposer of plant materials pruned from bushes and trees by Mariah, the wind. And I don't mind at all their munching on the detritus in the woods. But for some reason, our slugs aren't content with the leavings of winter's storms. Our slugs would much rather nibble on the lettuce, bok choy, kohlrabi, and begonias. And therein lies a problem.

I've become quite adept at spotting slugs with a flashlight on my nightly "slug patrol," and although I have been known to return some of them to the woods, most of them meet a fate not to be described here out of respect for some readers who may be of a non-violent nature. The problem arises because there are other residents on our property who claim a prior possessory interest in these slugs. These other residents are well-known in this area, but sometimes mislabeled. They are, of course, northwestern garter snakes, known by many errone-

ously as "garden" or "gardner" snakes. They got the name "garter" snake because of their resemblance to the striped garters some men used to wear before "one-size-fits-all" stretch socks became available.

The dilemma for me is that if my nightly forays through the garden wipe out most of the slugs, the garter snakes may leave for better hunting grounds, or what's even worse, they may shift their diet from slugs to the small chorus frogs also found around here. Chorus frogs used to be classified as tree frogs, but because of some anatomical differences such as the size of their toe pads, they have been reclassified.

Aside from the fact that these frogs are cute, they are also good bug catchers, so it's nice to have them around. For reasons not as yet completely investigated, there appears to be a relationship between the diminishing upper level ozone layer and a world-wide decline in amphibian populations. The most plausible explanation seems to be that their eggs are damaged by the increased ultraviolet radiation, so any activity that has a negative effect on a frog population should probably be avoided.

That's my dilemma. Do I leave enough slugs around for the resident garter snakes, or run the risk of the garter snakes eating the chorus frogs? I'll bet you thought the only important dilemmas these days were how to grin about a lasting peace in Bosnia and how to balance the budget!

VFW Auxiliary 4990 News

The January issue of the *Key Peninsula News* ran an article of the local winners of the annual Essay Contest sponsored by the Ladies Auxiliary of VFW Post 4990. All local 1st place winners advanced to the 2nd, or District level of competition.

An Awards Luncheon was held January 14th in Bremerton by District 4 of Washington to recognize the winners of the Essay and Voice of Democracy programs. Andy Popochock was the first local resident to be recognized for his work in the Voice of Democracy. Mr. Allan Mahaney, Voice of Democracy Chairman, stated that the competition was very difficult to judge and that only a few points sepa-

rated all the entries received at District.

DeaBee Blum, Essay Chairman, was honored to be able to present awards to four of our local winners who placed in the top 3 of their grade at the District 4 level. This is a very noteworthy accomplishment since District 4 consists of 10 Auxiliaries. We are very proud of 3rd grader Marilyn Stowell, 6th grader Shauna Higgins, 8th grader Monica Zimmermann and 9th grader Elizabeth Windsor, and everyone enjoyed it when some of our local Girl Scout Troop #83 showed up to help with the luncheon.

DeaBee Blum,
Publicity Chairman

LOVE BLOSSOMS

at Sunnycrest Floral

St. Valentine's Day is
Wednesday, Feb. 14th

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ON SITE PRUNING SEMINAR

Sat., February 10th - 10:00 a.m. - Wear Warm Clothes

Garden Projects For February

- Dormant Spray Fruit Trees
- Spray Spruce For Spruce Aphids
- Bait For Early Hungry Slugs



OPEN
EVERYDAY

884-3937 - Located in Key Center



**TO
YOUR
HEALTH**



by William F. Roes, MD

Postmenopausal osteoporosis is a disease that affects millions of women, but until they sustain a broken hip or compression fracture of the spine it's usually without symptoms. Until recently the options for prevention and treatment were limited, but with the development of a new medication, treatment will become available to many more women.

Osteoporosis is a condition where there is loss of calcium and bone strength, and with more fragile bones come increased frequency of fractures following relatively minor trauma. The most common cause of osteoporosis is that which follows menopause, and probably represents a lack of estrogen. Bone is an active tissue, and though it should be hard as stone, it is constantly being remodeled, with deposition and removing of calcium in its protein matrix. After menopause, the forces that absorb calcium from bone overcome the forces that deposit calcium, and the

result is a net decrease in bone density, or hardness. Although extra calcium and Vitamin D can slightly retard the loss of calcium from bone, they cannot increase the bone density. Estrogen can also preserve bone mass, but many women are not candidates for estrogen therapy, which can have multiple side effects. A new drug, Alendronate (brand name Fosamax) appears to have a beneficial effect in not only decreasing calcium loss, but actually increasing calcium deposits in bone, increasing bone density. In a recent study of the *New England Journal of Medicine*, Alendronate was used on one half of a group of 1000 women, the other half received a placebo over a three year period. The group treated with Alendronate had a slight increase in bone density, but a fifty percent reduction in compression fractures of the vertebral spine, a very common fracture in post-menopausal women.

The drug appears to be safe and well tolerated, although long term studies have not yet been done. Women taking it can have bone and abdominal pains, but this occurs in less than 10%. Women on estrogen or who have elevated calcium in the blood should not be on it, but if you're a woman past menopause and not on hormones you might want to ask your doctor at your next visit.

TOPS News

Wow! New Members! New members having fantastic losses! Our first two weeks of January 1996 saw big losses of 57 lbs. and the month isn't over yet. Veteran member Marie Schwenka was the TOP of the TOPS group January 9th, with 8 1/2 lbs.! Weigh to go, Marie! Jeanne Sagle, a new member was the best for January 16th. Jeanne is very close to her first 10 lbs. off, and will receive her TOPS charm bracelet at the February Award Night. Gail Gohrick reached her goal weight in December. She is in her 13th week maintenance time to become KOPS. Gail has been a member 1 1/2 years and has taken off 50 lbs. to reach her goal weight. We now had seven members reach goal in 1995. This is the best our chapter has ever done. We are very proud of all our members.

The first two weeks of January had us welcome 13 new members!! Our men's group boasts 6! Pre-teens have come to visit and we may be starting a young people's group. Children from 7 of age may be members. They have a different way to monitor their weight to consider their growth. Teens also have a separate division, and pregnant women are in a special "stork" group.

Tops is a non-profit support group. There aren't any foods to buy and there isn't any weigh-in fee. It was heard on T.V. recently that another group charges "only" \$12.00 to weigh-in. Tops has no hidden charges. It is \$16.00 to join the National Club, which includes your yearly membership and a subscription to the National Magazine "TOPS News". Our chapter has a \$3.00 a month dues. All money goes back to the chapter for our rent and expenses.

Weighing in at TOPS is private. There are two volunteer weight recorders who each keep a record of your losses or gains. All weights are kept confidential, but you do declare if you are up or down and how many pounds at our weekly roll call. Only members who are present can win certain prizes.

You'll get lots of recognition and good plans for your success at our TOPS meetings. There are special programs every week.

For more information you are welcome to visit any Tuesday evening in the V.F.W. Room at the Civic Center from 6:00 to 8:00 p.m., or call 884-4102.

C.U. Slimmie, TOPS Friends
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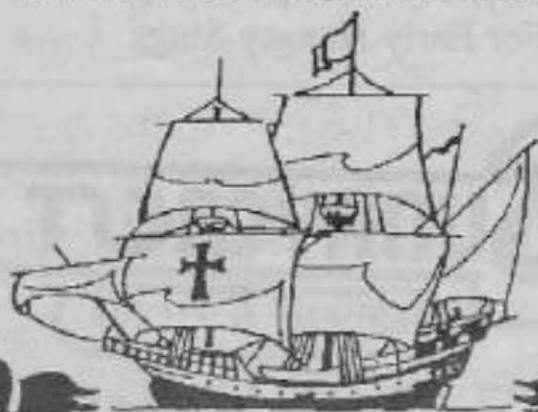
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LETTERS

It's About Time And Service

Key Peninsula citizens can take pride in their firefighters. Two incidents illustrate my appreciation for the service Key Peninsula firefighters provide. First in a letter of appreciation sent recently to Key Peninsula Fire Chief Gary Franz and "B" Shift firefighters.

"Thank you for your quick response to my neighbors house fire, Tuesday, January 9, 1996 at 11:30 a.m. The firefighters of Key Peninsula fire Department should be commended for the professional, efficient operation. A testament of quality public service.

That morning something as simple as my dog, Angel, wanting to play catch outside allowed me to hear the interior smoke detectors sounding insidly my neighbor's home. Quickly I ran over there to find an outside heat lamp for their puppies had fallen and ignited a cedar door used to pass firewood through. The fire had already burned through the door, filling the house with smoke. Fortunately, a garden hose laid near allowed me to extinguish the fire, leaving only minor structural damage and the neighbor's exotic birds unharmed.

The point of my letter is to extend a professional assessment of the Key Peninsula department's actions.

The response time of the first arriving unit was quicker than I thought possible, given the distance of the nearest manned station. I can only imagine what it will be like when Station 16-5 (Wright-Bliss) is staffed.

I was impressed with the overall operation, the service to my neighbor and the consideration for their private property. The firefighters operated in a professional manner. Knowing some are full-time firefighters and some volunteers, I was unable to distinguish them by their actions. The command structure

mirrored that of any professional fire department, working for a safe and expedient operation. Before I knew it, firefighters had entered the structure, evacuated the smoke and investigated the exact sequence of the fire.

I felt that day, should I ever have a house fire Key Peninsula Fire Department will give me exemplarily service." As fires go, this one was not front page, but it was the little things they did that made the difference.

Secondly, our recent snow storm created havoc with fallen trees across the road. I was impressed to find Key Peninsula firefighters removing trees which had fallen across the road. Specifically, while driving off the Key Peninsula, I found Firefighter/Paramedic Mike Riegle and an unknown co-worker sawing and removing fallen trees from across SR-302. I could not help think of the quality of service I get for my tax dollars.

I extend my thanks to Key Peninsula firefighters for the job they do so well. Surely, Key Peninsula residents can take pride in their fire department.

Ronald W. Quinsey,
Firefighter/Paramedic

More Letters On page 10



Mon-Thurs-6am-5pm
Fri-6am-6pm
Sat-7:30am-5pm
Sun - 8am - 5pm

Next to Walt's in Key Center



In The Library

Duane Niatum will be reading his poetry Wednesday, February 14, at 7:00 p.m. at the Key Center Library.

Duane Niatum was born in 1938 in Seattle. A Native American of mixed descent, he is a member of the Klallam tribe whose ancestral lands are on the Washington coast along the strait of Juan de Fuca. He received a Bachelor of Arts degree from the University of Washington and then a Master of Arts from John Hopkins University. He is presently working on his Ph.D. on contemporary Native Northwest Coast

painting and sculpture. His many poems, short stories, and essays have been translated into twelve languages. One collection is entitled *Drawings of the Song Animals*.

Joseph Bruchac has commented: "Like the cedars of the Northwest Coast, Niatum is rooted deeply in that hard landscape between ocean and forest, and that tough balance shows in his poetry..."

Brian Swann has said, "It is a voice rooted in earth and place, weaving together the ancient world of Raven and Crow and the contemporary world of love, death, family...a deep and lovely song..."

This free program is sponsored by the Friends of the Key Center Library.

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- Wednesday Midweek Prayer Time - 7:00 P.M.
- Sunday Christian Education Classes - 10:00 A.M.
- Sunday Morning Worship Service - 11:00 A.M.

You are invited to come worship, study, and pray with us at this Key Peninsula church that is faithful to the full-gospel message of our Lord and Savior Jesus Christ.

Church office hours are from 10:00 A.M. to 6:00 P.M. on Wednesdays. Pastoral counseling is available at mutually agreed times. Please call the church for appointments on Wednesdays, other days of the week, please call (206) 338-1278.

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FIRE DEPARTMENT TO HOLD A PUBLIC HEARING

Key Peninsula Fire Department will hold a public hearing on February 21st, 1996 at 7:00 p.m. to hear testimony on placement/location of their new fire station in the Wauna area. The hearing will be held at Station No. 1, located at 92th & Hwy. 302.

Annual Appeal At Food Bank Success

Just prior to last Thanksgiving, the annual appeal letter on behalf of Key Peninsula Community Services, the local food bank and senior center in Lakebay, was the subject of a bulk mailing to every residence and business on the Key Peninsula. The request was for \$1.17 from each recipient (or a little more if you could spare to cover those who don't have it) to raise funds to purchase a new walk-in freezer. Currently the food bank has a collection of old and well worn residential freezers that always seem to lack sufficient storage capacity. With a new large walk in freezer, frozen foods will no longer have to be passed up when offered to the bank.

The drive was a success. In excess of \$10,000 was raised. Amounts ranging from the requested \$1.17 to a one thousand dollar check from the Angel Guild were received. Funds are still being received at Community House although the volume has declined in the last week. Any surplus funds over the actual cost of the freezer will be used to offset the upcoming expense of water proofing the basement. The recent heavy rains have resulted in the basement being flooded on several occasions.

The new kitchen has been basically completed. A generous grant

from the Cheney Foundation in Tacoma was sufficient to provide the kitchen with the latest in commercial kitchen equipment. A triple door refrigerator, a stainless steel work table, a deep fat fryer, a quick cycling dish washer and a four burner, double oven propane stove are now in place and ready to be used.

After five years of fund raising, planning, obstacle overcoming, frustrations and what not, the kitchen is ready for use. After the final inspection by the County Health Department, Marge Adams, Executive Manager, announced that plans will be made to host an open house.



Reynolds Roost

by Howard Reynolds

Man to friend: "I figured out why the Postal Service raised the postage rates. The extra four cents is for storage."

...
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Then And Now

by Key Peninsula Historical Society

From the Tacoma News Tribune, Aug. 28, 1928

Improvement in the equipment of county schools and a slight increase in the number of children of school age is reported by the superintendent of schools of Pierce County. Nine of the old-fashioned, one-room schools in the 83 districts were eliminated last year, leaving 20 such schools listing 374 pupils. Five new school houses have been completed in the last year - the Puyallup High School, Lakebay, Central Avenue, Spanaway and Weyerhaeuser.

From the Peninsula Gateway, Dec. 3, 1987

Key Peninsula Community Services of Lakebay is one of 23 organizations flagged to receive funding through the Pierce County development block grant program. Administered under the county department of economic development, the program will make \$27,000 available in 1988 funding for Key Peninsula Community Services. KPCS operates with three areas of service: a food bank, a community service center, and a multi-purpose senior center. Sharon Billings, the manager/director at KPCS, is one of three part-time employees working at the

center in the old Lakebay School building. She said the move to the school building in March 1985 has allowed the center's programs to grow.

Report from Marge Adams, Manager, Jan. 1996

Funding from Pierce County, distributed through Aging & Longterm Care is received at KPCS because it is an outlying senior center. The Senior Lunch has grown to about 60 people on an average. Since 1988 we have gotten various other grants from HUD to improve the Old Schoolhouse. One provided new supports under the floor. Another provided new thermopane windows. We are now just finishing the remodeling of our kitchen from another HUD grant that has been in the process for about 5 years. The new appliances were obtained through a grant from the Cheney Foundation. The Angel Guild also helped us to acquire new pots and pans and a new coffee pot, etc. Boeing Good Neighbor Fund funded us for a portion of our kitchen and paid for our new septic system. We serve food baskets to between 75 and 100 families a month. We also try to connect low income people with services that are available elsewhere. People like the home-like feeling of our building versus some of the newer ones.

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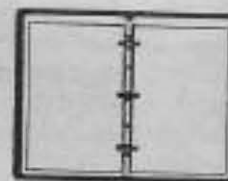
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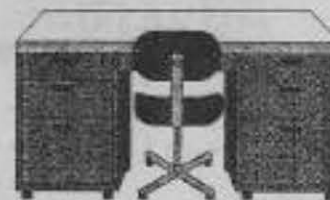


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Letters To The Editor:

Letters Continued From Page 7

Editor:

It appears that a journalist at one of our local newspapers is using the position and the publication to attack those who speak out against big government or big business. This has happened more than once and everyone who believes in free speech should be concerned. This treads upon the fabric of our Constitution and Bill of Rights.

This same newspaper, only a few months ago, printed a disclaimer, saying: "We will not print any verbal attack on individuals." They speak with a forked tongue. Isn't it about time they practiced what they print?

About a month ago this reporter crossed the line with a venomous attack on a senior who just happens to be a distant neighbor of mine, and a member of our community. Like the others, this senior has also spoken out against the bureaucracy.

This elderly man was born in 1917 and was a child of immigrants who came to this country to escape oppression and tyranny, or the modern day word, "racketeering." He lived through the Great Depression. Young people, nowadays, might not believe, but then most people believed in their government, their country, and their future. Families stayed together, prayed together, and worked together. Parents taught their children to respect their elders.

The article that attacked this man said nothing of his service during World War II when he fought alongside tens of thousands of other young men who willingly gave their lives so that we could remain free. When you or anyone else attacks one of these veterans for speaking out, you are leaving your inkstained bootprints all over the American flag. They have earned the right to speak out.

To think that you can silence us one at a time with intimidating attacks is about as smart as sticking your foot inside a den of snakes to stop the rattling noise.

I may not agree with everything my friends and neighbors say, but I will defend with my life their right to say it.

Sam McCoy,
Gig Harbor

Editor

Once again another year has come and gone and we still don't have the fire stations we all voted for. Watch closely folks, or your Commissioners will spend all the money before we get the last two stations. Such mismanagement of your tax dollars is hard to believe, but you better believe it or attend a meeting of the board of fire commissioners once in a while and see for yourself. If the commission meetings were a little better attended, things might be different.

The commissioners were very well paid this last year. They took more than twice what they took in years past for salaries: \$5050.00 over budget on salaries alone. They were \$9000.00 over budget when you figure in their expenses. Want to bet the budget will be different for 1996, so they can take even more tax dollars? Don't kid yourself if you think it's all hard work and no play. But there is a light at the end of the tunnel: they were only \$1350.00 away from the maximum allowed by law for their salaries. At least that can't go up much more.

I keep hearing Ed Taylor wanted to cut the size of the last two stations because we don't have the money to build them as the first two went so far over budget. Well, Ed, how about starting with the amount you commissioners take for pay, meals, lodging, etc.? It is really necessary for more than one, with a tape recorder, to attend many of the meetings, training sessions, and seminars you commissioners attend?

If it seems like I've become anti-fire dept. don't you ever believe it! I have the highest praise for the people who run our fire department on a day to day basis. **THEY HAVE NEVER LET US DOWN!** They have always performed above and beyond the call of duty and I have faith they will continue to do their jobs in a way we have grown to expect.

Allen Yanity,
Lakebay, WA

Editor:

Congratulations on your successful recruitment of Rogers Wilson as a columnist for the paper. The News has undergone a marked improvement over the past several months, but the addition of Rogers' column deserves a real "thumbs up." Generally, I read the paper from front to back. Last issue, I found myself reading Wilson's column first. His articles are well written with relevant information and just enough atmosphere to make them easy and interesting to read. Suffice it to say, you've got a keeper!

J. Miller
Vaughn/Adak



Angel the golden retriever honored as Dog of The Year.

Thanks To Angel

Angel, a golden retriever, was extremely persistent in getting her owner, fire fighter Ron Quinsey, to play on Jan. 9. While outside Ron found out why. The smoke alarm in the next door neighbor's home was sounding the alarm that the house was on fire. Ron rushed and put out the fire with a hose while his girlfriend, Sue Lund, called the department. Sue also called the owner who was stranded in the Washington D.C. blizzard. But he called his wife working at North Mason High School who rushed home and met the firemen who arrived in record time and had blown the smoke out of the house.

Saturday at noon, the McLoughlin family, neighbors and neighborhood dogs met in the cul de sac and honored Angel and Ron for saving

the McLoughlin's home. Angel was honored with an award around her neck, a certificate honoring her as Dog of the Year, a large rawhide bone with her name in frosting and some dog toys. The following proclamation was read and all the neighbors showed their appreciation and partied in the dirzzle 'til soaked.

We want to take this opportunity to thank Angel, an aptly named guardian, who with keen senses and persistent requests persuaded Ron to play in the yard so that he could save our home from fire. We owe you much and wish to honor you today as the Dog of the Year on Rocky Bay. All of the dogs of Rocky Bay look up to you as a model.
Norman, Lisa, Colin and Blythe
McLoughlin

Editor:

Pierce County's new requirement that all food for sale in the county must be prepared in approved kitchens and all handlers of food must have an \$8 permit looks like oppressive government at work. It doesn't touch the businesses that were responsible for the recent outbreaks of E. coli poisoning. That food was prepared in approved kitchens by approved personnel.

Instead, it sharply curtails the activities of many private nonprofit organizations whose primary function is to raise money for charity.

The effect on the Key Peninsula Lions Club alone is to prohibit the chowder cook-off which was becoming an important community function. It also prohibits the sale of homemade baked goods which has been a successful fund-raiser for the

Lions. Also the Lions Mother's Day breakfast must now be cancelled.

Now stand back and look at this. This regulation curtails many of the charitable activities in the county, and it comes at a time when governments are cutting back on welfare. It looks like a two-pronged attack on the poor and gives credence to those who claim we are in a class war of the rich against the poor unless the rich are willing to step forward and take up the slack.

This kind of government action makes understandable the angry claim that we have too much government. It seems to me that the County Council would be wise to take another look at this regulation and change it so it is not so pointedly aimed at those who are most vulnerable.
Russell W. Beckim
Gig Harbor

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Tax Tips



by R. Marvin Keizur CTP

We are finally into the income tax season, time to think about putting your information together for tax preparation by whomever does your tax preparation. Of course, I recommend that you have it done by a competent tax person, being that is what I do for a living.

I advise you to be careful of whom you choose to do your taxes. Have they been to a tax update seminar to find out the latest on the tax program? Don't be afraid to ask. Just because they have a sign out that says "Income Tax Service", doesn't mean that they are as up-to-date as they should be.

If you have moved during the year, did you notify the IRS of your new address?

If you are self-employed, working out of your home, be sure you have a separate business telephone — you cannot deduct your personal telephone for business, only long distance calls.

SENIORS PLANNING SEVERAL EVENTS

Now that the kitchen construction has been completed at Community House, the seniors are drawing up plans for coming activities. With the acquisition last year of a "new" 12 passenger van from Boeing Surplus Sales, more trips are being planned. Recent trips included a night at Zoo Lights at Point Defiance Park and a shopping trip to the factory outlet stores in Centralia. A recent trip to Leavenworth and a weekend at the gaming casino at Lake Chelan last summer were also enjoyed by an exuberant group of seniors. Future plans include a day at The Museum of Flight in Seattle and a day tour of the Naval Submarine Base at Bangor including a tour of a nuclear submarine.

Every Thursday evening at 7:00 p.m. the seniors gather at Community House for their weekly bingo session. Admission is free and if you want to win some funky prizes, come on down and join them. The senior center is located at Community House on the Key Peninsula Highway, just south of the new Home bridge on the east side of the highway. It is open Tuesday through Friday from 9:00 a.m. to 4:00 p.m. All seniors are welcome to come and participate.

Obituaries



Capt. Warren Monroe Anderson

Capt. Warren Monroe Anderson, 83, a Longbranch resident since 1946, and living in Pierce County his whole life, died January 8th, 1996. Warren was a retired Merchant Marine and served during WWII, Korea and the Viet Nam conflict. He was a member of the Longbranch Community Church. Family members include: his wife

of 59 years, Marjorie, son: Roland Anderson of Seattle, brother: Malcolm Anderson of Tacoma, former daughter-in-law: Diann Evans. He was preceded in death by son: Capt. Rodney Anderson.

Funeral services were held at the Longbranch Community Church with graveside services following.

Remembrances may be made to the Longbranch Community Church, 16518 46th St. KPS, Longbranch, WA 98351.

Arrangements by: Haven of Rest Funeral Home

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**Community Based Services
Your Pierce County Connection**

It has been one year since the opening of the Peninsula's very own Pierce County satellite office. The first year has proven the need for such a service in the community, reflected by the number of citizens who have utilized the services available. Pierce County has taken into consideration the needs of the community and has expanded some of the services offered.

Community Based Services, which is located in the Key Peninsula Health Center, 8903 Key Peninsula Highway N. (in Key Center next to the Library), has a carousel with a myriad of brochures explaining many of the Pierce County services now available.

Dee Ferko, Community Based Services Coordinator, is available every Tuesday, from 9:00 a.m. to 4:00 p.m., at the Key Peninsula Health Center (phone 884-2739). She is more than happy to assist you in any way she can. If she does not have the answer, she has the phone connections for you to get the answer. This is Pierce County's attempt to bring services to your community; please take advantage of the service and tell your neighbors! Remember, we're here to help.

From Hope Page 1

people as possible become informed of this serious need and consider becoming a registered donor.

Matches are found most often between people of the same ethnic group. A large ethnically diverse group of prospective donors will give more patients a chance for survival. And you can help! If you are between the ages of 18 and 60 and are in good general health, you can have a blood test to be a part of this crucial list.

A small group of parents and staff from Minter Creek Elementary, where Becky Freeman teaches, has organized a Donor Day joining forces with the Puget Sound Blood Center and Program from Seattle. They hope to educate and recruit volunteers for the NMDP's Registry and give more patients, like Becky, a chance for survival.

Donor Day will be Saturday, March 2nd, from 9:00 - 3:00 p.m. at Gig Harbor High School. Please come and bring a friend.

For any additional information on how to become a volunteer marrow donor, please call the Puget Sound Blood Center and Program, 1-800-DONATE-1.

**WOULDN'T IT BE NICE TO GET A
"SATISFACTION GUARANTEE IN WRITING!"
"WELL NOW, YOU CAN CALL FOR DETAILS"**

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**Lakebay
Community Church**

11 Cornwall Rd, KPS
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Chuck Wahlstrom - Pastor

Sunday School 9:17 A.M.
Worship Service 10:30 A.M.
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Family Night Wed. 6:30 P.M.

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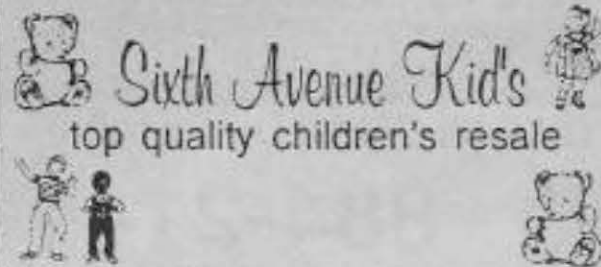
Monday, Tuesday, Thursday & Friday 8:00 a.m. - 5:30 p.m.

Wed. 8:00 a.m. - 12:00

Sat. 8:00 a.m. - 12:00



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M-F 7 am - 5:30 pm
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13712 SR 302 KPN, Gig Harbor, WA 98329

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1 Acre, wooded, view lot
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Contact the Civic Center
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Est. value \$5000.
Price Negotiable

Gig Harbor

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Longbranch Community Church

884-4854

Worship 11:00 a.m.

Sunday School 10:00 a.m.

Longbranch, WA Pastor: Robert W. Olmsted, D. Min.



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Vaughn, WA 98394

884-9009 (Home)

884-1500 (Shop)



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LEGAL NOTICES

CLASSIFIED ADS

REQUEST FOR BIDS LANDSCAPE MAINTENANCE

Key Peninsula Fire Department is requesting bids from qualified landscape maintenance companies to perform routine maintenance at two of their fire stations. Bid proposals must be received by 4:00 p.m. February 16, 1996 at Headquarter Station, Key Center. For more information contact Chief Ramsdell at 884-2222.

REQUEST FOR BIDS CYCLONE FENCING

Key Peninsula Fire Department will accept bid proposals from qualified fencing firms to install chain-link fencing around two fire stations and their retention ponds. Bid proposals must be received by 4:00 p.m., February 16, 1996, at Headquarters Station, Key Center. For more information contact Chief Ramsdell at 884-2222.

SAVE Thrift Store. Located below PHS in Purdy. Great buys in clothing, hardware, kitchenware. Open Mon through Sat from 10-4. Proceeds benefit PHS scholarship fund. Surprise sales throughout the store during the month. Phone 857-2800.

WATKINS PRODUCTS are available, call Marv and Myrtle Keizur at 884-3566. VISA/MC.

Deadline for KP News Classified Ads for March issue is February 20th. Call 884-4699 to place your ad.

SEASONED Firewood, cut, split, delivered. 903-1461 [pager]

BUSY BODY CLEANERS Move-out/Deep Clean. 2 professional cleaners. Call for estimates, 884-9059 or 857-5652.

CHATEAU PANACHE A full service adult family home. We offer respite, 1/2-day, full day, weekends, weekly and full time/24 hr. care. Alzheimers, and hospice welcome. Call 884-5830 or 884-1128 Mary Harvey Admin.

ANGEL GUILD THRIFT STORE, K.C. Corral, 10 a.m. to 4 p.m. Wed. through Fri. Sat. hrs - 11 a.m. to 3 p.m. In store specials weekly. All proceeds benefit the Key Peninsula. 884-9333.

KEY PENINSULA BAPTIST CHURCH. Meeting Sunday Mornings in Peninsula Civic Center in Vaughn. Bible Study 9:45 am. Worship Service 11:00 am. Pastor James Rouse, Phone 884-9994.

CHIMNEY SERVICE: Certified cleaning, inspections, repair and installations. WA. LIC.# CLEANS*063RB, Peter Hitt, 851-3174.

CAR IN TROUBLE? Give us the test. Less expensive, yet the best. Japanese car specialists, Northwest Auto Clinic, 857-5999.

PERSONALIZED TAX PREPARATION-ACCOUNTING SERVICES. Many years' experience. Call Marv Keizur, Myr-Mar Accounting Service and Notary Public. Visa/MC welcome. 884-3566.

MASSAGE PRACTITIONER. Soothe your body, calm your mind, lift your spirits, call Paul Nolte 857-2147.

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KPPC AUCTION

"KIDS: THE HEART OF THE KEY PENINSULA"

SATURDAY - FEBRUARY 10TH

- * Silent auction begins at 6 p.m.
- * Oral auction at 8:00 p.m.
- * HORS D'OEUVRE and DESSERTS provided by Outback Steakhouse in Tacoma
- * No host bar

Tickets are \$15 per person or \$25 per couple, available January 15th by mail at:

KPPC
PO Box 450
VAUGHN, WA 98594

OR AT SUNNYCREST NURSERY-KEY CENTER

CONTACT PERSON:
JENNIE THOMAS - 857-2110



CLASSIFIED ADVERTISING RATES

Call 884-4699 to place an ad

Classified ads are \$5.50 for 10 words, 30¢ each additional word. Classified ads can have display boxes: 1 column inch x 1 inch is \$11.00, 1 col. x 1.5" is \$14.30, and 1 col. x 2 inches is \$19.25.

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Children - Creative Movement Classes

Classes: Saturdays 9:30AM to 10:30AM - 9 years and up
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Fec: \$30.00 per month

Adult - Exercise Classes

Classes: Mon, Wed, Fri. * 10:00AM to 11:00AM
Fees: \$30.00 2 days a week (8 classes per/mo.)
\$40.00 3 days a week (12 classes per/mo.)

For registration and information please call
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All classes will be held at the Civic Center, in Vaughn.

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