



# KEY PENINSULA NEWS

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THE VOICE OF THE KEY PENINSULA

July 2017 Vol.44 No. 07

## Hope Recovery Center Closer to Goal of Residential Treatment

SARA THOMPSON, KP NEWS

Jeremiah Saucier founded Hope Recovery Center (HRC) in 2015 with a vision: “to get the addiction out of the way, so the human being can live.” As the nonprofit plans its second major fundraiser July 22, it is closer to making that vision a reality. In early June, HRC learned that Pierce County Planning and Land Services had done a preliminary review of the concept and determined it could move forward under a conditional-use-permit application process.

“We don’t have a guarantee of approval, but it’s a huge step forward,” Saucier said.

Saucier lives on the Key Peninsula and is director of Crossroads Treatment Center, an outpatient addiction treatment program in Lakewood. Crossroads recently established a referral line at the Key Center Community office and trained volunteer staff about confidentiality to handle calls appropriately. Saucier provides consultations a few days a week on the Key Peninsula to help arrange treatment and has seen firsthand the impact of addiction in the community.

Transportation to appointments is a major problem for KP residents seeking treatment and there are not enough residential treatment programs in the state, Saucier said. HRC plans to establish a residential treatment program on the KP that will include chemical dependency and mental health therapy, an outpatient program for continued recovery, life-skills classes and employment training.

Pierce County Councilman Derek Young (D-7th) is supportive. Citing an estimate by The New York Times based on public health data, he said that nationwide, last year there were 65,000 deaths due to overdoses—more than double the number of deaths from car crashes—and the numbers continue to rise.

“The need is clear,” Young said. “We aren’t going to arrest or lecture our way out of this problem. We need good treatment programs. If we are going to get people in rural areas the treatment they need, we need to locate programs in the area.”

One of the first steps in building a treatment center on the KP was to identify a site.

CONTINUED PAGE 2



An egg-eye-view of Puget Sound from space. *Courtesy Richard Miller*

## KPMS Successfully Sends Another Egg Into Space

TED OLINGER, KP NEWS

On June 12, the science classes at Key Peninsula Middle School launched a weather balloon carrying a raw egg into space for the third time in five years, in an attempt to break their own altitude record while returning the egg safely to Earth.

KPMS set the current record with its first flight five years ago. “We got to 109,000 feet then,” said science teacher Richard Miller. That first egg touched down a day later in a wheat field in Eastern Washington.

“This balloon is rated for 115,000, so we’re hoping to make it that high,” Miller said.

In addition to the egg, this balloon carried a bright orange waterproof box full of electronics, a few gummy bears and a marshmallow. “We’ll also be studying how candy behaves in space,” Miller said.

“We’ve got plot-tracking devices and a Raspberry Pi connected to a bunch of sensors—temperature, pressure, humidity, altitude, GPS,” said Sky Bressette. “We’re going to have five GoPro cameras: one looking down, one looking up, three looking

to the side, with one looking at the egg.”

Bressette is a KPMS alumnus and 2017 Peninsula High School graduate who has assisted with the launches since he was in Miller’s class five years ago. Raspberry Pi is a credit-card-sized computer that will be logging all the data, he said.

Two extra, independently powered tracking devices will also be along for the ride, given what happened in 2015.

“We lost the one from the year before for 500 and some days,” Miller said. “The flight went as expected and landed where expected; we just didn’t have any functional tracking devices to find it.”

The balloon’s payload was eventually found on Tiger Mountain by a hiker, who contacted Miller’s team.

“We had all of our power consolidated into one battery pack,” Miller said. “This time, we have independent power to all three tracking devices. This is a bigger balloon than we’ve ever sent, plus a lot better computer sensors.”

The balloon launched at approximately

CONTINUED PAGE 2

## New CPR Technology Deployed by KP Fire Department

LISA BRYAN, KP NEWS

Last April, the Key Peninsula Fire Department was among the first in Pierce County to obtain a new mechanical compression device to automatically deliver potentially life-saving CPR. One of several devices currently on the market, Autopulse is designed to improve reliable delivery of CPR in the field and in hospital settings.

“We were very impressed with how well defibrillators can work in tandem with the new mechanical compression devices, enabling the paramedic to tend the patient uninterrupted without requiring a second set of hands,” said Battalion Chief and medical service officer Bill Sawaya.

Up to now, the standard protocol for cardiac arrest has been manual compression. “One human being pushing on another human being,” Sawaya said. “Statistics show mechanical compression is more effective at circulating blood throughout the whole body.”

The department was able to replace its aging defibrillators with new Autopulse units and corresponding Zoll X-Series monitors. The Autopulse performs and records compressions. The X-Series monitor records cardiac data, rate rhythm,

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Volunteer firefighter-EMT Evan Aas demonstrates the new mechanical CPR device on fellow volunteer firefighter-EMT John Mohn.

Photo: Lisa Bryan, KP News



The balloon and payload ready for launch. Right: Sky Bressette, left, with his father, Ed, make final adjustments to the onboard instrumentation. *Photos: Ted Olinger, KP News*

#### EGG FROM PAGE 1

2:30 p.m. and immediately headed northeast. It was expected to burst when it reached its maximum rated altitude of 115,000 feet.

"This year, the winds aloft are very still," Miller said. "We're thinking it's going to land somewhere between University Place and Buckley, along that line."

"Once the balloon pops, it free falls and the free fall is pretty violent because there's no atmosphere to slow it down," he said. "Once it hits the atmosphere, probably around 60,000 to 70,000 feet, the parachute deploys and it's more gentle."

Miller got the idea for an egg flight in his first year of teaching at KPMS, five years ago.

"We just needed something to get the kids engaged in science," he said. "They've been helping with ideas about what to put on board and have used computer models to predict when it will burst and where it will land."

Recalling her reaction when she first heard of the idea, Principal Jeri Goebel said, "It was more than your typical egg drop from the rooftop and we like to encourage creativity in our teachers. I thought it would be a great educational opportunity with a bit of a 'wow' factor for kids to use the science they are learning in class."

Miller and his team recovered their latest balloon and payload later the same day of

the launch from a back yard in Ruston, at the home of Tom Adams.

"Tom and his dog were weeding the garden when he heard a gentle 'thump' behind him—he didn't even turn around," Miller said. "Three or four minutes after landing, we were peeking over Tom's fence asking if we could pick up our orange box with a big balloon attached. Tom was very kind and let us right in."

The balloon spent most of its flight directly over Artondale. Its maximum altitude was over 96,000 feet. The egg landed intact.

To view video from the 2015 flight, go to [www.youtube.com](http://www.youtube.com) and search for KPMS balloon launch.

#### HOPE FROM PAGE 1

Scott Ludlow, a board member of the Lakebay Community Church, heard about HRC last summer and was intrigued. The church had been given nearly 8 acres in Lakebay in the early 2000s to build a large complex. Over time, the church decided not to move forward, but the congregation had always hoped the land could "bless the community and benefit the church," he said.

Ludlow, Saucier and the pastors from other local churches went to look at the land together. "It was an amazing moment," Ludlow said. "We were stunned by the beautiful land and moved forward, working with the congregation to write a memorandum of understanding, allowing HRC to use the site as a location for their project."

When asked how he would respond to residents who might say, "Not in my back yard" to a treatment center, Saucier said, "This problem is already in our back yard. Bringing treatment to the Key Peninsula brings hope and a path forward."

Getting to the next phases of the HRC plan will require funding. HRC has hired Sound Resources NW, a consulting group, to help with grant writing and fundraising as well as updating the mission, vision and business plan. Two fund- and friend-raisers are planned this summer.

*The Guns-N-Hoses softball tournament is July 22 at Volunteer Park at 1 p.m. with teams from Pierce County Sheriff's Department, KP Fire Department and a new Recovery team. There is no charge, but donations are welcome. Contact Jeremiah Saucier at 253-348-0463 or Claudia Jones at 253-884-2054.*

*On Aug. 18, the Neighbors Helping Neighbors Golf Tournament at Horseshoe Lake Golf Course will benefit both the Red Barn and HRC. It is a four-person scramble format starting at 1 p.m. Hole sponsors are welcome for \$300 and tickets are \$95 per person. For more information, contact Scott Ludlow at 253-222-4234 or [sludlow@geiger.com](mailto:sludlow@geiger.com).*



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## CPR FROM PAGE 1

blood pressure, breathing rate and carbon dioxide readings.

"The fully integrated system is designed to be a straightforward and streamlined experience," said firefighter-EMT Evan Aas during a recent demonstration.

The Autopulse unit is equipped with a tarp that slides under the patient and aids proper positioning onto a backboard. The EMT or paramedic then adjusts the straps of the compression band around the patient's lower chest and activates the machine to begin delivering compressions.

"The battery-operated device continually gives compressions and automatically pauses briefly after each 30 compressions, allowing just enough time to press in some breaths using an airway mask," Aas said.

"We warn family members that once turned on, the mechanical device can appear quite violent but it is safe and very effective," said firefighter-paramedic Paul Pavolka.

"With this technology, we're able to deliver continuous compressions even while moving a patient down a flight of stairs, around corners and into the aid unit," said Pavolka. "That's something we just couldn't do before."

Once inside the aid unit, treating a cardiac arrest is very intense. "We ventilate, do compressions, intubate, get an IV going to administer drugs, get information, check blood sugar levels," Pavolka said. "Trying to do all that while continuing to manually deliver compressions is less effective."

"The first time we used this device on someone, the relative calm on the scene was incredible," Aas said.

"We've used it three times so far and gotten very good feedback on it," Sawaya said.

With these sweeping protocol changes in response to cardiac arrest cases and new equipment, all Key Peninsula firefighter-EMTs and firefighter-paramedics underwent extensive training on the system well before the department began deploying it. "Most of KPFD's volunteer firefighter battalion are also certified EMTs as well," said Volunteer Battalion Chief Anne Nesbit.

There are two devices in service. The response-time goal for the department is eight to 12 minutes.

Pierce County Emergency Medical Service approved the use of Autopulse and the competing LUCAS system for use countywide in late March. Key Peninsula, Gig Harbor and city of Tacoma are currently the only jurisdictions in Pierce County utilizing this new technology, according to Sawaya.

"We're excited to be leading the way for Pierce County," he said.



The Bluegrass Minstrels perform at the 2016 Bluegrass BBQ Festival. Photo: Lori Colbo

## Bluegrass BBQ Festival Returns to LIC July 29

COLLEEN SLATER, KP NEWS

On July 29, family fun and entertainment return to the Longbranch Improvement Club at the sixth annual Bluegrass BBQ Festival from 2 to 6 p.m. In 2012, the festival replaced the long-running salmon bake fundraiser (2001 to 2011) to support the Longbranch Community Church.

Local arts and craft vendors are new this year, plus items provided by local businesses will be auctioned off. Barbecued sandwiches and sides, including strawberry shortcake, will be available for purchase.

The Day Brothers (pastor John Day and his brothers), Coyote Hill Bluegrass and the Bluegrass Minstrels will provide musical entertainment.

John Day grew up in a musical family.

"We all loved music," he said. "Dad was the natural talent. He loved to whistle and loved to sing, especially to the Lord. We grew up singing the old hymns together in harmony."

Longbranch seemed a perfect fit for a bluegrass jam. Day started the monthly jam for church members and community.

"It's been a wonderful part of our life out here," he said. "It resonates with our longing to be connected to the past and with our present experience of regular folk struggling to make it, finding joy in simple things and being able to do so in gatherings with any level of talent."

Dan Whitmarsh, Lakebay Community Church pastor and member of the Bluegrass Minstrels, played trumpet from fifth grade through college and earned a music degree with emphasis on trumpet performance.

"Years later, my father gave me an old mandolin and I joined some friends for their living room jam sessions, where I

discovered the joy of bluegrass and folk music.

"Bluegrass is communal music, with each musician offering something that's important to the whole," Whitmarsh said. "There are moments when the harmonies are tight and the band is locked into a groove and the music takes on a life of its own."

Doug and Dorene Paterson, with Day and Whitmarsh, form half of the Bluegrass Minstrels.

Doug Paterson, a KP Fire Department chaplain, took guitar lessons in third grade but didn't go far with it. He always felt the need to express himself through music.

"A friend's kid stepped on his mandolin and I took it to fix many years ago but didn't," he said. About 10 years ago, Doug Paterson did repair it. He was inspired by Whitmarsh playing mandolin and started picking at it at home.

Dorene Patterson played clarinet in junior high and high school.

"I always thought banjo would be fun and watching Doug give the mandolin a shot, I borrowed a friend's banjo for a few months, then got my own," she said.

Musician John Doan inspired them when he said people played music before radio and recorded media brought professionals into homes. People didn't worry so much if they weren't perfect before that.

"Bluegrass feels relaxed, 'downhomeish' and individualized but still requires teamwork to pull things together," Dorene Paterson said.

Courtesy shuttles to the festival will run hourly from 1:30 to 6:30 p.m. from Key Peninsula Community Services in Home, the KP Civic Center in Vaughn and the Longbranch Marina.

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The Taylor Bay Community applied for a permit from Pierce County when it sought to protect the boat ramp on the community beach. Following recommended guidelines, the plan used natural armoring, including carefully placed logs anchored with stainless steel cable and gravel to help preserve habitat. *Photo: Don Tjossem, KP News*

## Saving Salmon on the Key Peninsula

SARA THOMPSON, KP NEWS

With 65 miles of shoreline and many small creeks and watersheds, the Key Peninsula is critical to the health and continued survival of Chinook, coho and chum salmon.

Some salmon spawn in local creeks and Minter Creek Hatchery fish are released directly to Puget Sound, but many of the salmon that grow up along KP shores are from the Nisqually or Puyallup rivers, carried by currents and tides. Over a period that lasts weeks to months, the young salmon go through smoltification, making the transition from fresh to saltwater.

According to Kathleen Peters, natural resources coordinator with the Kitsap County Department of Community Development and member of the West Sound Watersheds Council, freshwater and saltwater have different densities, resulting in small “lenses” of freshwater forming near shore where creeks and rivers enter the Sound. Young salmon take advantage of these lenses as they adjust to saltwater. They also ease the transition by periodically making their way up those same small creeks. The young salmon spend up to a year foraging and growing along the nearshore until they are ready to head for the Pacific ocean.

According to Scott Steltzner, research biologist for the Squaxin Tribe Northwest Indian Fisheries Commission, the Key Peninsula is in relatively good shape compared to other areas, and that makes restoration especially cost effective. He works on the Puget Sound Nearshore Project to better understand the ecolog-

ical problems facing the Sound and to outline the most effective strategies for restoration. Maintaining good habitat or restoring habitat that needs mild improvement is much more efficient than trying to restore extensive damage.

Over the past decade, there have been a number of salmon protection projects on the Key Peninsula. All are the result of collaboration and coordination. The West Sound Watersheds Council is the lead entity for KP salmon recovery, serving as the hub to develop strategies and partnering with more than 30 organizations to implement projects. The state Legislature and federal government fund leading entities through the Governor’s Salmon Recovery Office.

Salmon recovery projects in this area included a culvert replacement on the west fork of Rocky Creek (2005 to 2007: \$52,000), a barrier replacement that opened approximately 5 miles of upstream spawning (2006 to 2012: \$399,000) and replacement of the East Fork Rocky Creek Bridge (1999 to 2005: \$433,000).

The Minter Creek Passage project included removal and upgrade of three culverts to connect isolated habitat and increase the range and distribution of salmon (2002 to 2012: \$795,000). The East Case Inlet project replaced culverts to allow fish passage (1999 to 2005: \$118,000).

Along the shoreline, there was restoration work and acquisition of land to protect existing habitat. At Penrose State Park, the bulkhead was redesigned and replaced (2012 to 2014: \$448,000). The shoreline at Maple Hollow Park was restored by removing creosote steps and replanting native species (2010 to 2012: \$50,000). A

bulkhead on low bank was removed at Fil Lucy Bay (2013 to 2015: \$59,000).

Acquisitions of shoreline on Taylor Bay by Key Pen Parks in 2009, Devil’s Head by Pierce County and Forterra in 2011, and 21 acres on Fil Lucy Bay by the Great Peninsula Conservancy in March 2016 all helped assure that critical estuary and shoreline is available for young salmon.

The Great Peninsula Conservancy will be purchasing 38 acres of undeveloped, high-quality wildlife habitat, including a spring, along the east fork of Rocky Creek by the end of January 2019.

Last September, the South Puget Sound Salmon Enhancement Group and project partners Department of Natural Resources, the Squaxin Tribe, Washington State Parks and the YMCA completed designs for restoration of Whiteman Cove.

Whiteman Cove is an embayment—an estuary that was originally framed by a long barrier spit with a large outlet channel to the north. A barrier of logs with tide gates now blocks fish passage and affects tide flow and sediment passage. According to the design, “Removal of a few stressors at Whiteman Cove would provide salmonid access to a 29-acre pocket estuary with 1½ miles of shoreline and 1 mile of freshwater spawning and rearing habitat.”

The growing human population of the peninsula region also has an impact on salmon habitat. According to a report from the state Department of Ecology, “increasing demands for water from ongoing population growth, diminishing surface water supplies, declining groundwater levels in some areas and the impacts of climate change have put Washington’s water supplies at risk. The Kitsap Watershed (including Key Peninsula) increasingly lacks water when and where it is needed, particularly during the summer months.”

### What can you do to protect salmon?

**1. Volunteer** in the community to do projects that help salmon such as planting native plants along streams or removing invasive plants. Contact West Sound Watersheds Council Coordinator Kathleen Peters at 360-337-467 or [kpeters@co.kitsap.wa.us](mailto:kpeters@co.kitsap.wa.us).

**2. Limit your water use** and leave more for salmon.

- Use as little water as possible for washing, cleaning, flushing, showering, etc.
- Water gardens and lawns in early morning and evening when more water is absorbed and less wasted.
- Use native plants in landscaping, which require less water.
- Use a mulching lawn mower. Set to 2-3 inches in height to get deeper, healthier

grass roots that will retain moisture.

**3. Limit electric consumption.** Electricity is produced at dams, which can block salmon migration. Limiting your electrical use decreases the demand for dam-generated electricity. Buy energy-efficient electrical appliances.

**4. Limit pesticide use.** Fertilizers reduce good fish habitat by encouraging the growth of plants in water that then deplete oxygen for fish.

- Avoid use of weed killers. Pull weeds by hand.
- Store chemicals in original containers that are sealed and covered and where there is less chance of leaking into the soil or storm drains.
- Landscape with pest-resistant plants so you won’t need bug and weed killers.
- Never pour leftover chemicals down drains.
- Use slow-release, natural fertilizers.

**5. Watch for chemicals** used in cleaning solutions. Phosphates used in many cleaning supplies encourage plant growth in water; the plants, in turn, consume oxygen that fish need.

- Use only low-phosphate detergents for cleaning your house.
- Pump septic tank every two to three years. Inspect annually. Avoid flushing non biodegradable items and toxins.
- Never dump waste in storm drains, especially oils, paints or antifreeze, because they drain directly into rivers and lakes and can kill fish.
- Sweep driveways and sidewalks with a broom, not the hose. Washing sidewalks and driveways sends car pollutants into storm drains and then into rivers and ground water.
- Wash car on lawn, so water won’t drain to street or storm drains. Or go to a commercial car wash where wastewater is recycled.

**6. Take care** when living near water.

- Scoop up all pet poop and flush down toilet. Pet waste is a major source of water pollution.
- Plant native plants along streams. The plants shade the water for salmon.
- Use natural ground cover or porous materials such as gravel or bark instead of asphalt and concrete for paths and driveways.
- Try to keep shorelines as natural as possible.
- Ensure roof runoff soaks into the ground. Avoid piping to ravines or streams, as it causes erosion.

*From the Washington State Recreation and Conservation Office: [www.rco.wa.gov/salmon\\_recovery](http://www.rco.wa.gov/salmon_recovery).*

**July 2017**  
www.keypenparks.com  
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## Big Thanks

### Gateway Park Playground Installation

**Thank you to volunteers and Key Pen Park Commissioners for all their hard work at the Community Playground Build June 10 & 11!**

Pierce County Council member Derek Young, State Representative Jesse Young, Jennie Young, Ryan Henschel, Bill Jones, Stan Moffett, Commissioner Ed Robison, Nate Robison, Dan Bothwell, Lisa Carter, Robert Carter, Dan Johnson, Sam Cranley, Commissioner Shawn Jensen, Sami Jensen, Johnathan Jensen, Terri Pierson, Casey Cortese, Jerry Hartley, Marilyn Hartley, Cheryl Prante, Abram Himmer, Jimmie Scott, David Olson, Zach Smith, Gene Wentworth, Doug Shaw, Hunter Grandt, Don Grandt, Jackie Sweany, Heather Rogers, Kristina Cardinal, Commissioner John Kelly, Michael Ouellette, Guy Allen, Tammy Allen, Commissioner Mark Michel, Don Campbell, Christina Fritzing, David Lee, Adam Lee, Todd Rosenbaugh, Frank Grubaugh, Marion Ridgeway, Commissioner Kip Clinton, Robin Neuman, and Christina Hallock.

### Mom & Me Tea

Thank you to Marilyn Hartley, Sami Jensen & Isabel Jensen, Susan Ricketts, and Cheryl Ozbirn. **All of you wonderful ladies helped to make this year's Mom & Me Tea a great success!**



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July 12 – Home Park

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**CALLING ALL VOLUNTEERS!** If you are interested in volunteering at Gateway Park to plant trees, spread woodchips, or help build the pavilion, we would love to work with you! Dates to be determined. Check out our Facebook page for future info.

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  - ☆ Aug. 25 **The Jungle Book** (2016)
- Bring a blanket or chair. Sponsored in part by Peninsula Light Co. with pre-movie crafts sponsored by Shawn & Claudia (Sami) Jensen.

**Lilli Roberts**

FROM THE OUTLOOK DESK



## The Real 13 Reasons Why

What could be more relevant to today's teen community than a television show about a depressed teen aged girl who takes her own life? Sadly, not much.

Based on the novel by Jay Asher, "13 Reasons Why" is about a teenager, Hannah, who dies by suicide, leaving behind a box of recorded tapes. On each tape, Hannah explains one reason why she killed herself. Each reason is related to people who betrayed her trust in some way.

Through this new Netflix phenomenon, teens are watching a girl being bullied, harassed and violently attacked, and then they watch her slit her wrists.

I watched "13 Reasons Why" thinking, "Great, another sob story where I'll cry every five minutes." Instead, I felt angry, frustrated and disgusted that Hannah was treated the way she was. So many people heard and saw what was happening to her, yet did nothing.

I thought, "Why don't Hannah's classmates do anything? Why do so many people seem intent on hurting her?" However, I think I was also trying to reassure myself. I want to believe that I would stand up for someone in Hannah's situation, but we don't know what we'll do until the situation arises. And I think that a lot of people would turn away.

While "13 Reasons Why" does make me upset and angry, the show brings attention to important issues: depression, suicide and sexual assault.

It makes you stop and process what you see every day in the hallway, what you hear on the bus and what you say about people when they're not in the room. You start to think about your school, what happens there and how people are treated.

"I believe it has a great message," said Madison Lefever, a sophomore at Peninsula High School. "People don't want to talk about suicide and rape, but we need to start being more open about the two subjects."

Not everyone shares this opinion.

"I don't really think that '13 Reasons Why' showed the truth behind suicide and depression," said sophomore Aurora Ilacqua. "The people who are depressed or cut [themselves] don't do it for attention and it makes them feel worse when people say that."

Suicide is the second leading cause of death for Washington teens 15 to 19 years old, according to the 2016 Washington Healthy Youth Survey, and rates are

increasing. In 2006, 15 percent of sophomores considered suicide. By 2016, that number climbed to 21 percent. The number of seniors who were thinking about taking their life leapt from 12 percent to 20 percent. In 2016, 13 percent of eighth-graders, 17 percent of 10th-graders and 16 percent of 12th-graders made a suicide plan. More than half of them went through with it.

The Peninsula School District sent a letter to families talking about the show and how to tell if a child or their peers are depressed.

"The way suicide is presented in the series goes against all established media guidelines meant to decrease the likelihood of copycat cases," the letter said. "The suicide is presented as a quasi-rational response to the behavior of others, even glorified and romanticized with memorials and melodramatic responses."

The letter reassured parents that talking to their children about suicide would not plant the seed. In fact, it lets children know that parents are there for them. Many teenagers who are feeling suicidal feel like they have no one to turn to.

No one notices how Hannah is feeling. None of the students at Hannah's school help her and the adults in her life appear oblivious to her problems. But although the show portrays an apathetic community, the world is full of people who care.

"13 Reasons Why" has good and bad qualities. I think it spreads the message of how suicide hurts so many people besides the victim. Family, friends, the community—everyone is affected. You can't experience something like this without being touched in some way.

Maybe that's because I know people who hurt themselves, or who want to or have tried.

Hopefully, adults and teens alike will start thinking about what they say and do to each other. People who are feeling down think that no one cares about them. Showing them that someone does care can mean a lot.

*Lilli Roberts is a Peninsula Outlook reporter who just completed her freshman year at PHS. She lives in Lakebay. Reprinted with permission. Read the complete article at [www.phsoutlook.com](http://www.phsoutlook.com).*

**Rob Vajko**  
KEY THOUGHTS



## You Can't Change My Mind

We all have those Facebook friends; you know, the ones who share every post that backs what they believe. Whether we're talking about Trump-haters, militant vegans

or conspiracy theorists, we all know people who think that, if only we had enough information, if only we had all the facts, we would "get it" and see things their way.

The problem is that most of us aren't open to changing our minds, even when the facts contradict our beliefs. Most of us believe that we are better informed than others on the issues we care about, even if we really can't tell you when and where we acquired those beliefs.

You've heard the statement, "Don't confuse me with the facts; my mind is made up!" We mostly use it when talking about someone else who is being stubborn, but we certainly don't think that we are guilty of acting that way.

Studies have shown that rather than convincing us, opposing arguments have the opposite effect; they cause us to become more deeply entrenched in our beliefs, in a phenomenon dubbed the "backfire effect."

A personal example will serve to illustrate this point. A co-worker recently switched from smoking cigarettes to using electronic cigarettes, or vaping. I, unwisely, proceeded to share with her a scientific study I had just come across that outlined why vaping might be just as dangerous for your health as smoking. She got angry with me, saying, "My doctor told me it was healthy and I really think he would know more about it than you would!"

I, in fact, didn't know anything about it other than what was in the study I had read, so I offered to forward it to her. Needless to say, she didn't want to read it. If it hadn't been for the "backfire effect," she might have been able to figure out her doctor hadn't actually done extensive research on the safety of vaping and that his recommendation wasn't really well-informed. As it was, I probably caused her to vape even more. I have since learned to mind my own business when it comes to that subject.

Most of us really don't want the facts. We don't really want to know what's in the food we eat; we don't want to know what smoking is doing to us; we don't want to know what overeating or drinking too much is doing to our body; and we don't want to know why, whether or when our political party is wrong. Most of us will simply dismiss or reject information that contradicts our opinions on any given subject. We aren't really as open-minded as we want to think we are. Maybe that's because we don't want to change our eating habits, quit smoking, start dieting or be convinced of anything that contradicts what we believe we already know.

This doesn't mean we shouldn't talk about important issues. What it does mean is that the barrage of tweets and Facebook

posts aren't going to have the effect you'd hoped they would. They are, in fact, having the opposite effect. It also means that if your co-worker or friend has a strong opinion about something, you're most likely wasting your time and possibly the friendship by arguing about it.

At some point, these endless online and in-person arguments are more about our need to be right than they are about needing to help others see the light. It also means that you are probably just as stubbornly clinging to some very obviously wrong beliefs as I am. But then again, if you already believe that you can, in fact, change people's minds by arguing with them, I've already wasted my time writing all this.

*Rob Vajko lives in Purdy.*

**Colin Evoy**  
IN THE GARDEN



## Growing Great Vegetables

Garden season is in full swing on the Key Peninsula, so it is also the season of figuring out how to get plants growing and keeping pests away. Whether you're growing artichokes or apples or anything in between, remember that everything starts with the soil. Healthy soil makes a healthy plant and a healthy plant makes a healthy you. Good soil is the best investment you can make. It will produce a plant chock full of vitamins, minerals, nutrients and antioxidants—and free of insects, diseases and viruses.

Here on the KP, we are blessed in most areas with very good, fertile soil, but even good soil can't last forever if you are doing nothing to keep it fertile. Lucky for the average gardener, keeping great soil and building great soil can be a simple task done with homemade materials and things you are currently throwing away.

Right now your trash bags may be filling with used coffee grounds, banana peels and uneaten food, but those things belong in your garden. Those banana peels will give your soil potassium; those coffee grounds will give it organic matter; that uneaten food will provide nitrogen and phosphorus. Instead of throwing your food away, throw it into a backyard pile and turn it, and you've got compost. Not only will you receive free garden soil but you'll also cut down on your garbage bill.

Along with the right nutrients, you also need the right amount of sand, silt and clay for your plants to be happy. If you have a clear bottle, a tablespoon of soap and two hands, you can find this ratio. This is also a great experiment to do with children.

Put one cup of soil and one tablespoon of soap into a clear jar, then fill up the jar with water and shake for two minutes. After 24 hours, the soil will have separated into easy-to-read layers and you'll see if you need to spread some sand, clay or silt around from the garden center.

If you are unlucky enough to have pests in your garden, remember that the best defense is preventative measures. Have good soil so your plants can fight off the things that attack them or at least can recover quickly. Put out dishes of beer to catch and remove slugs and snails. Spray soapy water on aphids to get rid of them naturally. And to keep deer out of your garden, just repeat to yourself, "8-foot fence, 8-foot fence, 8-foot fence."

*Colin Evoy works at Camp Seymour as an AmeriCorps Agricultural Coordinator.*



**Jeff Minch**  
THE KP CANNABIST

## Give Hemp a Chance

My active involvement within the cannabis industry began doing product development for the concrete construction industry. I have been promoting the use of insulated concrete forms (ICF) in residential and commercial construction for almost two years. My days are spent explaining the benefits of ICF to engineers, architects and developers looking to build energy-efficient buildings. During my prospecting, I decided to approach the cannabis industry and this is when I was introduced to industrial hemp.

The first time I attended a Cannabis Alliance meeting, I was introduced to hempcrete. Hempcrete is a composite of hemp hurds and lime to create a building product with great insulating properties. (Hemp hurds are the woody, inner portion of the hemp stalk that has been separated from the fiber.) These products can vary from bricks to a stucco-like substance that is applied wet into wall structures.

The industry reps I met there have been working all across North America to promote hemp and a crop of industrial hemp has been planted in Eastern Washington.

You might be asking why this is such a big deal. We already have cannabis growing in Washington, but industrial hemp is not going to be regulated by the state Liquor and Cannabis Control Board. Industrial hemp will be regulated by the Washington State Department of Agriculture with a whole different set of laws and rules.

President Obama signed the Agricultural

Act of 2014, which included Section 7606 allowing for universities and state departments of agriculture to begin cultivating industrial hemp for limited purposes. This allows hemp to be grown or cultivated for purposes of research conducted under an agricultural pilot program or other agricultural or academic research also permitted by state laws. A year later, a bipartisan group of U.S. senators introduced the Industrial Hemp Farming Act of 2015 that would allow American farmers to grow industrial hemp and remove hemp from the controlled substances list as long as it contains no more than 0.3 percent THC.

Keep in mind that this only allows hemp to be grown as pilot projects in the participating states.

That brings us to our state industrial hemp bill, ESSB 6206, now enshrined in Chapter 15.120 of the RCW, aligning Washington laws with Section 7606 of the federal Agricultural Act of 2014.

The first 75 acres of legal industrial hemp was planted in Washington on June 7, 2017. This was accomplished because of the hard work and collaboration of the Hemp Industries Association; the Washington State Department of Agriculture; the U.S. Senate Agriculture, Water, Trade & Economic Development Committee; Hemplogic and many individuals in the business who make hemp their passion.

Now, what do we do with it?

Time will tell. Because hemp is so versatile, we will only be limited by laws governing how the plant can be processed. Hemp can be used to produce items for food, drink, clothing, skin, health needs, pets, automobiles, gardening and biofuels—and the list goes on. Keep in mind that we are at the very beginning of growing industrial hemp and if the number of successful crops increases, the infrastructure can be justified to keep it going.

If Washington does this right, we just might see the birth of a new addition to our state's economy. For more information, go to [www.hempbase.com](http://www.hempbase.com).

*Jeff Minch lives near Minter Creek.*



**Dan Whitmarsh**  
WRITING BY FAITH

## Churches Lend a Helping Hand

A group of volunteers gathered along the Key Peninsula Highway to build a garden in March. The Lakebay Church owns the property, but the workers came from a collection of organizations. Present were

CONTINUED PAGE 8



# CIVIC CENTER

# CORNER

## Spring Appeal a Success

Thanks to these wonderful donors *and* those who wished to remain anonymous, we are well on our way to meeting our goal. Thank you again for your "gold envelope" support:

Thor & Kathleen Albro, Ray Arends, Judy & Kenny Austin, Maureen Blair, Richard Callahan, John & Helen Carlson, Margo Danforth, William & Marjorie Dietz, Dimmer Family Foundation, Tom D., The Flotation Device, Barb Floyd & Barbara Doat, Carol & Frank Garratt, Gently Home Services, Bruce & Jane Glundberg, John & Ruth Graves, Lynn Hallowell & Rolf Torgerson, J & M Harris @ KPSB Connects, Russ Haydon & Marsha Williams, Leonard Hill, Ralph Jacobson, Jorgenson Living Trust, Tim & PJ Kezele, Bruce & Margo Macdonald, Herb & Pam Marra, Doug & Marleta McFarlane, Jim & Margie Miller, Judy & Don Mills, Art & Jean Morgan, Jerry & Patty Nebel, Laure & John Nichols, Harry Nygard, Darlyne Olson, Steve & Linda Owen, Laurie Peltier, Sue & Ellis Pottorff, The Sackett Family, Kathryn Schneider, the Scotts, Frank & Myvauwy Shirley, James Sobieck & Ann Morris, Doug Stencil, Richard & Frances Stencil, Cathy Stevulak, Jeanie Thomas, Virginia Thompson, Dale & Diann Van Slyke, Barb & Clark VanBogart, Michael & Carol Wall, Ronald & Barbara Waller, Charlie & Theresa Walters, Steve & Sharon West.



## Did you know Key Peninsula residents have free use of these beautiful Civic Center tennis courts?

Want to play? Borrow a gate key from the Civic Center business office, Tuesday-Friday, 10 a.m. to 5 p.m. For evening or weekend play, keys are available for a \$10 fee from the business office.

Debb Squires is interested in forming a community tennis club (young, old, experience or rookie) - call 253-350-4090 for more information.

In 2008, through the generosity of Key Pen Parks, the US Tennis Association Pacific Northwest Region and the Key Peninsula community, our tennis courts were renovated. They have been lovingly maintained by volunteers, most notably last month by Norm Brones & Ted Ralston.

**Kudos** and thanks again to **Mark Knisely** for his wonderful backhoe and assistance as we move forward in our generator project.

#### CHURCHES FROM PAGE 7

men and women from Seeds of Grace, Hope Recovery Center, Washington Youth Academy, various recovery groups and individuals who simply came to offer a helping hand.

We are excited as we wait for that garden to grow and look forward to delivering produce to food banks in the area. What had been an empty field will become a resource to feed Key Peninsula families. I'm proud to serve a church that cares about people.

This is just one of many ways churches on the peninsula serve our community. They often prefer to serve quietly rather than drawing attention to their work. Churches offer encouragement and friendship to young mothers and their babies. Many offer parenting classes; marriage seminars; financial training and counseling for couples, families and individuals who find themselves struggling with life's challenges. Wellspring Fellowship has made the support and building up of families the core of their ministry.

Most of the churches are involved in the ongoing battle with drug addiction on the peninsula. Some host recovery groups, while others are partnering with Hope Recovery to build a recovery center. Key to Life Church has made compassion and service of troubled people a priority in its work.

The Longbranch Church is a social center for the south end of the peninsula. Its bluegrass and barbecue festival draws summer crowds from all over the state.

WayPoint has a candy carnival in October, creating a safe, fun environment for children and their parents. Key Peninsula Lutheran hosts meals for local people. Grace Church in Home volunteers its time at the KP Community Services Center. Many of these churches offer their facilities for the use of community groups.

The churches of the KP provide programs to help children find healthy friendships and activities. Some offer food programs, including twice-weekly grocery distribution at the Lakebay Church. Churches often help with financial assistance when neighbors have difficulties paying for utilities, groceries or medicine.

In addition to their own work, churches on the Key Peninsula actively support other service organizations. These include the Red Barn Youth Center, Food Backpacks 4 Kids, The Mustard Seed Project and the Peninsula Prayer Ministry.

I am aware that churches are not the only organizations that offer support to the peninsula. There are many wonderful groups that pour resources into our community. Countless individuals serve their friends and neighbors in sacrificial ways. But I am convinced the people who

make up the churches here give more to the community than most will ever know.

We're proud to call the KP home and happy to serve our neighbors wherever we can.

*Dan Whitmarsh is pastor at Lakebay Community Church. dan@lakebaycovenant.net.*

### Letters to the Editor

#### Neighbors Respond to Hit and Run

Tragedy struck May 23 on the Key Peninsula when a longtime neighbor, Gary Moody, was struck and killed by a reckless, hit-and-run driver and two others were injured in a second collision. These events took place on Wright-Bliss Road, directly in front of my home, while my family and I were working in the yard, and what unfolded was nearly surreal.

The driver fled on foot but was later apprehended and charged with vehicular homicide, two counts of hit-and-run and third-degree assault.

What is most newsworthy is the triumph of good over evil, when our first responders showed up like knights in shining armor, from the first volunteer firefighters on the scene, followed by numerous paramedics, firefighters and a department chaplain. Then, what seemed like an entire battalion of Pierce County sheriff's deputies descended on the neighborhood, complete with canine units intent on locating the driver.

The army of neighbors who intervened to assist in traffic control, debris cleanup and, in particular, to administer CPR in an attempt to save Mr. Moody's life, was heroic.

Though words can't describe such a tragic loss of life, I'm both grateful for and proud of the people who wear a badge and serve us in such terrible events and to be a part of a community that knows how to rally when called upon.

*Kurt Roddy/Rocky Creek Farm*

**CORRECTION** In "Ham Radio Operators Train for Emergencies" (KP News June 2016), we incorrectly reported the name of the national amateur radio association as the Amateur Radio Relay League. The correct name is the American Radio Relay League. We regret the error.

**Letters to the Editor** Letters to the editor must be signed and include a daytime phone number for verification. No anonymous letters will be published. Letters are used on a space-available basis and will be edited for length and content. Mail letters to: P.O. Box 3, Vaughn, WA 98394, or email to editor@keypennews.com.

## Friend Raising Event

# July 22, 2017

Family Friendly, All Ages Welcome

### 2nd Annual GUNS - N - HOSES CHARITY SOFTBALL GAME

### Fire vs. POLICE

**VOLUNTEER PARK 1:00PM**  
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VS.



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Contact: Jeremiah Saucier 253-348-0463 or Claudia Jones 253-884-2054

[www.hope-recovery.org](http://www.hope-recovery.org)

## The Mustard Seed Project Building an Elder-Friendly Key Peninsula

### Our July Third Thursday Community Forum

**What are the growing mobility needs for seniors, people with disabilities, and others with special transportation needs?**

**We're partnering with the Puget Sound Regional Council for one more opportunity to make YOUR transportation needs known to regional planners!**

Please join us to learn about the regional transportation plan and *share your ideas* about transportation needs & gaps.



Call us at **253-884-9814** for information.

**Thursday, July 20th, 10 a.m.**

**at The Mustard Seed Project - Crandall Center**  
9016 - 154<sup>th</sup> Ave Ct. KPN (Uptown Key Center)



# KEY CENTER ART WALK

5-8 pm Wednesday, August 2

## JOIN OUR COMMUNITY CELEBRATION OF LOCAL CREATIVITY

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### The 6th Annual Longbranch Bluegrass & BBQ Festival

Saturday July 29th 2-6pm

Longbranch Improvement Club - 4312 Key Peninsula Hwy S Longbranch, WA

Featuring:  
Coyote Hill Bluegrass from Oklahoma  
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The day also includes:  
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All proceeds from the  
festival go to support the  
ministries of  
**Longbranch Community  
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Shuttle provided to and from the  
festival, hourly, from 1:30 to 6:30.  
Pickup @ the Civic Center and the  
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Contact Pastor John Day with questions  
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## SPORTS CAMP

July 24-28, 2017

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[www.kpbfellowship.org](http://www.kpbfellowship.org)



Claudia and Dale Loy have owned and operated Sunnycrest Nursery for 35 years.

*Photo: Don Tjossem, KP News*

Newcomers to the peninsula soon learn that Sunnycrest is the unofficial information center and ticket outlet for organizations on the Key. If you want to know what is happening, just drop by Sunnycrest, Claudia said. But if you want to know about the contributions the Loys have made to the community, you will need to ask around.

The Loys have contributed to almost every charitable auction ever organized on the Key Peninsula. Claudia has been organizer-in-chief for many events at the civic center. Dale has been a mainstay in the Key Pen Drummers

musical ensemble and is a Two Waters Arts Alliance artist specializing in pine needle baskets and Chinese brushstroke watercolor paintings. They have also been contributors to many fundraising projects, including the recent plantings in Key Center.

For Claudia, one especially fond memory was the day Theresa Walters, organizer of the 2001 Tacoma Garden Show at Point Defiance, asked her to do one of the display gardens. “We almost got divorced, but I got top awards for my garden,” Claudia said. “It was selected for Best Garden Design.” Voski Sprague helped create the wicker garden, designed to “reflect life 100 years ago.”

Amy Shaver, the Loys’ daughter, has her special memories about growing up with parents who worked so close to home. “When I was about 9, we would come down and pretend to shop and play store with an old cash register. The worst part was when we had to bag soil and bark.”

Shaver also said she now has her own regular customers, “who come in only when they know I’m here.”

But now, after 35 years, Sunnycrest is for sale. “We want to hand the reins over to new owners who will continue to support and nurture and enjoy the community, as we have,” said Claudia. She and Dale hope to sell their business sometime this fall, but will remain on the KP.

Claudia also has advice for any new business owner on the Key: “If you want people to support you, you must be part of the community. You won’t get joy out of this community unless you get involved.

“I think we have been successful at that.”

## Sunnycrest Nursery Up for Sale

CAROLYN WILEY, KP NEWS

Dale and Claudia Loy, owners of Sunnycrest Nursery in Key Center, celebrated 35 years in business in June. Sunnycrest is the oldest business in Key Center under single ownership, but it is now for sale and they hope to pass it on to new owners this fall, Claudia said.

In April 1981, the Loys left Sun Valley because they didn’t want to raise a family there and came home to the Key Peninsula, according to Claudia. “It was time to be with family, so the children would know the extended family,” she said.

The Loys started work as live-in caretakers for the Key Peninsula Civic Center in Vaughn on Labor Day 1981. An opportunity arose the following May, however, when they had a chance to buy the Sukura Nursery in Key Center. They felt they had been working for other people long enough. “[We decided] if we were going to do anything, it would have to be that we would work for ourselves,” Claudia said.

They consulted with all the relatives before changing the name of the nursery to Sunnycrest. Donald Olson, Claudia’s father, built the current building in 1984. The Loys bought their home, which sits on the site of the original Olson homestead just up the hill from the nursery, in 1985.

Dale Loy had grown up in a farming community near Spokane while Claudia grew up on the Key, but neither had a background in horticulture and relied heavily on advice from avid gardener relatives, especially their aunts. But what they did know was how to build a community business.



Howard Mose of Hessmer, Louisiana, with waitress Michelle Henderson. “A person from anywhere can walk in and it feels like home,” he said. *Photo: Lisa Bryan, KP News*

## Lulu’s Homeport Restaurant for Sale

LISA BRYAN, KP NEWS

Lulu’s Homeport is officially for sale. Lulu Smith has owned and operated the restaurant and bar for over 25 years.

The Homeport has a nostalgic feel, with wood paneling and comfortable booths, complete with a classic counter and high stools reminiscent of family diners from another age. The menu delivers classic American-style food for breakfast, lunch and dinner.

“Our country-fried steak is a hands-down favorite,” Smith said.

There is a bar in the back, with its own side entrance. One glance at the parking lot in the evening testifies to its popularity with locals.

Behind the counter, underneath the order window, hangs a row of handmade, monogrammed coffee mugs for regulars. Ken Brown sports one that reads “Sugar Daddy” on one side and “Ken” on the other.

Ken and Mavis Brown, both retired, live on Taylor Bay in Longbranch and consider themselves experts on breakfast dining. “I can tell you for sure, these are the best pancakes around,” Ken Brown said. “The waitresses are always friendly. That’s exactly what I need in the morning—a nice smile and a good cup of coffee.”

Mavis Brown agreed. “I hope whoever buys it keeps it the same,” she said.

Grey Short regularly drives down from Mullenix Road in Port Orchard to meet for breakfast with an old Key Peninsula buddy. A regular for 10 years, Short said, “We love the down-to-earth feeling of the place and the people. It feels like home here. Everybody knows your name.”

It’s the go-to meeting place for community endeavors large and small, and groups such as the Key Peninsula Business Association meet monthly for breakfast in the bar, reserved specially for the occasion.

Smith has a reputation for helping the community with Christmas present giveaways, Easter egg hunts and fundraisers to support local schools. During the infamous ice storm of 1996, much of the KP was without electricity for many weeks but the Homeport had power and the kitchen staff worked around the clock to help feed a cold and hungry community. “Peninsula Light had so many workers to feed, they set up a running tab,” Smith said.

Smith owned and operated a restaurant on McKinley Hill in Tacoma for 10 years prior to buying the Lakebay restaurant in 1991. There was a string of owners before Smith, but none with her tenacity. While many favorite waitresses, bartenders and cooks have come and gone over the years, the Homeport continues to employ around 16 local workers.

“Just last week, somebody came in and told me about the lumber for the building having come from trees harvested directly from the lot and how they personally helped mill the lumber on the property as well,” Smith said.

While she is eager to travel and visit distant family, Smith is realistic about the market.

“Who knows how long it might be before it sells,” she said. “Despite the fact that all kinds of people are moving down here with the housing market going great guns, the reality is that even thriving businesses on the Key Peninsula can still take quite a while to move.”

Until then, steady customers like Ray Flowers of Longbranch will continue to stroll in and say, “I’ll have my usual.”



Rachel Velez is serving it up at the Snack Shack. *Photo: Matthew Dean, KP News*

Velez pursued a degree at Olympic College's culinary school before moving into restaurant ownership and management in Tacoma and Bremerton, eventually moving to the Key Peninsula. When Key Pen Parks opened the option for someone to lease the Snack Shack, Velez's family encouraged her to seize the opportunity. "[My daughter] called me and told me, 'Mom, I've got something that would be perfect for you,'" Velez said. "I said no, but I thought about it and a week later I called

## New Restaurant Opens at Site of Former Volunteer Park Concession Stand

MATTHEW DEAN, KP NEWS

As of March 4, the Snack Shack at Volunteer Park is officially a full-time, independently operated eatery.

The red building in the center of Volunteer Park has always hosted a Little League concessions stand, but after volunteer-run concessions were phased out, Key Pen Parks overhauled the kitchen and opened the Snack Shack to be leased by a private operator. It will now function as a restaurant throughout the year, with extended hours.

"We've been getting really great support from the community," said Rachel Velez, owner and operator. "They think it's awesome that we're changing it up a little bit. They want it to stay the Snack Shack, of course, because that's what it is, but they like that we're trying to make it for everybody, not just baseball."

The new Snack Shack will continue to provide concessions during baseball season, but will also stay open year-round with a menu full of burgers, hot dogs and fries. "We want to get the word out so people will come off the street instead of waiting for baseball season," Velez said.

Velez also plans to expand the menu, adding daily specials and more lunch offerings like soups and sandwiches. "In a perfect world, it would be like a diner," she said. "We would do lunch and dinner, and I would do specials for dinner."

The core menu won't see too much change, however. "It's always going to be a burger joint and I'm going to keep burgers on the menu," she said.

Scott [Gallacher], who runs the park, and I met with him here. She was right; it was perfect for me and for what I like to do."

Part of the Snack Shack's history as a concession stand is its baseball-themed interior, which Velez intends to maintain. The decision was influenced by the large mural on the south wall depicting one of the original Key Peninsula baseball clubs from 1923. "That's part of why we're keeping the baseball theme, is due to that mural," said Velez.

Velez's only difficulty so far has been spreading the news; because the eatery still operates under the name the Snack Shack, it's been difficult to get the word out that what was once a concession stand is now a full-time restaurant. "Baseball season is pretty much over now; that's why we're trying to get the word out. During games, we're busy and people come in off the street. On days that there aren't games? Not many. There's not enough people who know about it right now," she said.

While public awareness is still developing, the Snack Shack has benefited from positive word-of-mouth reviews and referrals, which make Velez hopeful for the future. "The community has been so great so far; they've been awesome," she said. "I have nothing but great things to say about this place and about the people."

As of mid-June, the Snack Shack is open from 11 a.m. to 8 p.m. Tuesday through Saturday at Volunteer Park at 5514 Key Peninsula Hwy North. To see the menu or for more information, go to [www.snackshack-volunteerpark.com](http://www.snackshack-volunteerpark.com), or call 858-6151.

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The KP Civic Center sells fireworks at Key Center. See ad page 19. 884-3456

**JUNE 30 TO AUG. 23****FREE SUMMER LUNCH**

All children and their parents are invited to participate in the free summer lunch program Mondays, Wednesdays and Fridays at 11:30 a.m. at Key Peninsula Civic Center. For more information, call Food Backpacks 4 Kids, 523-857-7401.

**JULY 1****DANCE AT LIC**

Featuring popular rock & soul CFO 8-11 p.m. Doors and taco truck open at 7 p.m., tickets at Sunnycrest, Blend, LIC Marina.

**JULY 3****DUCT TAPE ART**

Anyone age 5 and older may use their imagination to craft a piece of duct tape art 2 to 3 p.m. at the Key Center Library. All supplies provided. Register at piercecountylibrary.org/calendar.

**JULY 3, 10, 17, 24, 31****BLOODMOBILE**

The bloodmobile is at Albertsons 11:30 a.m. to 6 p.m.

**JULY 6****FUCHSIA SOCIETY**

The Fuchsia Society meets 7 p.m. at KP Civic Center. Peggy, 686-7904

**JULY 6 & 18****SENIOR SHOPPING**

Seniors may grocery shop at various stores with a "Dutch" lunch. Transportation provided. 884-4440

**JULY 7****PUPPET THEATER**

Ages 6 and up enjoy Pierce County Library puppeteers presenting "The Chase" and "The Three Billy Goats Gruff" 2:30 to 3:30 p.m. at the Key Center Library. 548-3309

**JULY 10 & 31****QUILTERS MEET**

Key Peninsula Quilters meet 9:30 a.m. to 2:30 p.m. in the meeting room at the Key Center Library. This is an open group with one's own projects, by hand or machine, which include quilting, embroidery, general sewing, knitting and crochet.

**JULY 11****ASHES MEET**

The Ashes support group for FD 16 meets 10:30 a.m. at the KC fire station. 884-3771

**GARDEN CLUB MEETS**

The Bayshore Garden Club meets 11 a.m. at the fire station in Longbranch. Wendy, 332-4883

**JULY 13****GARDEN WORKSHOP**

Adults explore the Maritime Northwest planting calendar with Lisa Taylor to learn how to organize a garden to grow more food year-round. Also identify varieties that thrive in our climate and investigate food preservation strategies at the Key Center Library at 7 p.m. Sponsored by Friends of KC Library. Register at piercecountylibrary.org/calendar.

**JULY 14****EARTH HEROES**

Children 5 and older adventure through an obstacle course to give them the power to save energy and water and help the Earth 1:30 to 2:30 p.m. at the Key Center Library. Presented by Pierce County Environmental Education and sponsored by Friends of the KC Library. Register at piercecountylibrary.org/calendar.

**JULY 15****SUPPORT GROUP**

The Lakebay Depression and Bi-Polar Support Group meets 11:15 a.m. to noon at Key Peninsula Lutheran Church, 4213 Lackey Road KPN. Kimberly, 753-4270 or DBSALakebay@gmail.com

**JULY 16****SUNDAY JAM**

Bluegrass Gospel Jam session held at Longbranch Church, 16518 46th Street KPS, 6 to 8:30 p.m. for all acoustic instruments, ages and skill levels. Everyone is welcome to play, sing or simply listen. Bring music stand and finger food to share; music and beverages are provided.

**JULY 17****ROBOlympics**

Children learn about basic programming with Bee-Bots provided by the Museum of Flight. Teach the robots to race, maneuver through an obstacle course or play board games from 2:30 to 3:30 p.m. at the Key Center Library. Register at piercecountylibrary.org/calendar.

**JULY 20****CAT TALES**

Cat Tales holds regular club meetings 6:30 to 8:30 p.m. in the VFW Room at the Key Peninsula Civic Center. 884-4182

**JULY 21****JOB HELP**

Get tips for creating effective applications, résumés and cover letters 11 a.m. to 1 p.m. or drop in to get help with your resume, prep for an interview or get job search questions answered by WorkSource employment specialists from 2 to 4 p.m. at the Key Center Library.

**JULY 22****COMMUNITY YARD SALE**

Taylor Bay Beach Club holds a community yard sale 9 a.m. to 3 p.m. at Key Peninsula Highway and 80th Street KPS. The gate to the TBBC will be open at 9 a.m. Please respect the 10 mph speed limit. 253-778-6008

**FAMILY FUN FEST & BBQ**

Key Peninsula Lutheran Church features a BBQ dinner featuring smoked meats by RNJ Meats at the family fun fest. The dinner is available for a suggested donation of \$10 per person or a family rate of three for \$25, children 10 and under \$5. Water games to keep the kids cool begin at 2 p.m. The evening rounds out with a campfire, music and s'mores. kpluth@centurytel.net or Julie, 884-3312

**JULY 24****LEGO MINDSTORMS**

Children ages 8 to 18 build with Legos 2 to 3:30 at the KC Library. 548-3309 Register at piercecountylibrary.org/calendar

**JULY 28****TACOMA NATURE CENTER**

Kids 5 to 11 learn about habitat 1:30 to 2:30 p.m. at the Key Center Library. Register at piercecountylibrary.org/calendar.

**AUGUST 2****TWAA ART WALK**

The artists of the Key Peninsula, with the help of Two Waters Arts Alliance, Bruce Titus, Key Pen Business Association and Key Pen News, are pleased to present a free evening of art, music, wine and food during the Key Center Art Walk from 5 to 8 p.m. Local artists are invited to participate for a \$10 fee. www.twowaters.org

**OFF THE KEY****JUNE 30, JULY 1 & 2, 7 & 8****PLAY PRESENTED**

Paradise Theatre presents "Thoroughly Modern Millie" 7:30 to 9:30 p.m. on Fridays and Saturdays and 2 to 4 p.m. on Sundays at 3114 Judson Street in Gig Harbor Paradisetheatre.org or 851-7529

**JULY 1****FIRST SATURDAY ART WALK**

This free event 10 a.m. to 5 p.m. invites art enthusiasts to stroll through nine local galleries featuring artist demonstrations, displays and refreshments. 514-0071

**JULY 4, 11, 18, 25****SUPPORT GROUP**

The Freedom from Tobacco Support Group meets Tuesdays 5:30 to 6:30 p.m. at St. Anthony Hospital. Free. 223-7538

**JULY 4, 11, 18, 25****SUMMER SOUNDS**

Summer Sounds at Skansie hosts free outdoor concerts with the 133rd Army National Guard Band July 4, Wally and the Beavs July 11, The Beatniks July 18 and Jessica Lynne July 25. Bobby Sox and the Jukebox perform Aug. 1. All concerts begin at 6:30 p.m., rain or shine, bring lawn chairs and blankets. Ride the Gig Harbor Trolley to the concert. All Gig Harbor parks are nonsmoking and alcohol free. Sponsored by CHI Franciscan, Harbor Hill and the city of Gig Harbor.

**JULY 5****DEMOCRATS MEET**

26th Legislative District Democrats meet 7 to 9 p.m. at Givens Community Center, 1026 Sidney Rd, Port Orchard.

**JULY 5, 12, 26 & 29****THURSDAY FARMERS MARKET**

The Waterfront Farmers Market from 3-7 p.m. at Skansie Brothers Park. Open Thursdays through August.

**JULY 6****ANIMAL ARCHITECTS**

Kids 5 and up enjoy a program by Point Defiance Zoo and Aquarium to discover how wild animals shape the world around them as they make what they need to survive. Learn about these wild builders and their all-natural designs 2 to 3 p.m. at the Gig Harbor Library. Meet a live zoo animal and find out how you can help build a better world for people and wildlife. Register at piercecountylibrary.org/calendar.

**JULY 6 TO AUG. 17**

**UPTOWN SUMMER CONCERTS**

Free Thursday shows are held 6 to 8 p.m. rain or shine at Uptown under the pavilion in the center of the shopping area. Uptowngigharbor.com

**JULY 7**

**BUILDING MADNESS**

All children (under 6 w/adult) use Legos, straws, connectors, blocks and more to construct fabulous contraptions from 10:30 to 11:30 a.m. at Gig Harbor Library.

**JULY 7, 14, 21 & 28**

**FAMILY FUN MOVIE NIGHTS**

Free family movies begin at dusk at Skansie Brothers Park. Kitsap Bank provides free popcorn and WildWatch provides family entertainment before the film starts. These events are sponsored by the city of Gig Harbor, MultiCare Gig Harbor Medical Park and Taylor-Thomason Insurance. Gigharborguide.com

**JULY 8, 15, 22, 29**

**HARBOR FARMERS MARKET**

The Gig Harbor Farmers Market at 5503 Wollochet Drive NW, open 9 a.m. to 2 p.m. every Saturday. Fresh flowers, produce, plants, baked goods, food, handmade crafts, a kids tent, entertainment and advice from master gardeners. gigharborfarmersmarket.com

**JULY 10**

**SWING FOR A SOLDIER**

Seven-time Olympic medalist Amanda Beard will headline the fourth-annual Swing for a Soldier golf tournament. The tournament is a traditional four-person scramble benefiting the Permission to Start Dreaming Foundation, which raises funds for alternative therapy programs for veterans and their families. \$200 per person includes a round of golf, cart, practice range, tee prizes, lunch and dinner. An awards ceremony follow the tournament. www.swingforasoldier.org

**JULY 15**

**ST. HUGH'S SALE**

St. Hugh's Episcopal Church Annual patio sale is 9 a.m. to 3 p.m. at 280 E. Wheelwright in Allyn. Household items, art, books, CDs, DVDs, linens, collectibles, cards, tools, yard items, baked goods, homemade ice cream and more. Free parking and shuttle to waterfront for Allyn Days provided for patrons. Linda Niles, 253-884-2437 or sthughchurch.org

**JULY 15 & 16**

**SUMMER ARTS FESTIVAL**

The annual Gig Harbor Summer Arts Festival, one of the largest outdoor festivals in the region. peninsulaartleague.com

**JULY 23**

**SHELLFISH TESTING**

State of the Oyster Study volunteers invite you to join them looking for bacterial contamination on privately owned beaches. Collect July 23 or Aug. 20 only: six large oysters, 4+ inches shell length, or 24 clams. Tests: \$25 fecal coliform; \$30 vibrio parahaemolyticus. Contact Teri King, Washington Sea Grant, University of Washington, 360.432.3054, wsgcanal@uw.edu

**WEEKLY EVENTS**

**MONDAYS & FRIDAYS**

**PLAY TO LEARN**

Play to Learn, provided by Children's Museum of Tacoma, 10 to 11:30 a.m. at the KP Civic Center. This is a free drop-in program for preschoolers under 6 and their adult caregivers.

**MON, WED & FRI**

**SENIOR EXERCISE CLASS**

The S.A.I.L. class meets 10 to 11 a.m. at KP Community Services in Lakebay. Pre-register with Marilyn Perks, 884-4440.

**TUESDAYS**

**SENIOR TAI CHI**

Senior tai chi meets 9:30 to 10:30 a.m. at KP Community Services in Lakebay. 884-4440

**STORY TIMES**

Discover books, learn nursery rhymes, sing songs, play with blocks and do arts and crafts at the KC Library. Music/motion story time (0-2 years old with an adult) is 10 a.m. and preschool story time is 11 a.m. 548-3309

**TUESDAYS & THURSDAYS**

**SENIOR COMPUTER CLASS**

Computer class at 10 a.m. at the KP Community Services. Open forum directed by user questions and skills. 884-4440

**TUESDAYS & SATURDAYS**

**KP MUSEUM OPEN**

"Then and Now" exhibit with special focus on the Vaughn Library Hall. The museum, located at the KP Civic Center, contains artifacts, pictures and stories from the whole Key Peninsula. Free admission. 888-3246

**WEDNESDAYS**

**READY, SET, GO FOR PRESCHOOLERS**

The Children's Home Society of Washington sponsors a free cooperative preschool class for 3- and 4-year-olds at KP Civic Center. Parents or caretakers participate with the children, playing learning games, 10:30 to 11:30 a.m. 884-5433

**LAKEBAY WRITERS**

Workshop for people who love stories. Share yours. Hear others. 1 to 4 p.m. at the KC Library. Loren Aikins, 884-2785

**WATERMARK WRITERS WORKSHOP**

The Watermark Writers present a free writers workshop 5 to 8 p.m. in Vaughn. 778-6559

**WEDNESDAYS & FRIDAYS**

**SENIOR MEALS**

Nutritious meals for ages 60+ are served at noon at KP Community Services; a \$2 donation is requested. Guests (ages 50-59) of senior attendees are requested to donate \$2.50. 884-4440

**THURSDAYS**

**TOASTMASTERS**

The Toastmasters meet 8 to 9 a.m. at the KC Library. Have fun improving your speaking ability. The Toastmasters also meet at 7 p.m. on the second and fourth Thursdays at the Key Center fire station. 858-5761 or 548-3511

**SENIORS LUNCH**

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

**FRIDAYS**

**KNITTING GROUP**

"Not Your Mother's Fiber Station" meets 5:30 to 9:30 p.m. at the Key Center fire station. All knitters welcome.

**SATURDAYS**

**WRITERS GUILD**

Meets the first and third Saturday 10 a.m. to noon in the Community Offices at the KC Corral. 884-6455

**PUBLIC MEETINGS**

**July 3, McNeil Island meeting**, 6 p.m., Lakebay Marina. markscott@lakebaymarina.com  
**July 5, 12, 19, 26, KP Youth Council**, meets every Wednesday, 3 to 5:15 p.m., KC fire station; keypencouncil@gmail.com

**July 5 & 19, KP Lions**, 7 p.m., KC fire station; 853-2721

**July 10, KP Parks**, 7:30 p.m. at Volunteer Park office; public is encouraged to attend. 884-9240

**July 11 & 25 KP Fire Dept.**, 5 p.m., KC fire station; keypeninsulafire.org

**July 12, KP Community Council**, 7 p.m., KC fire station

**July 13, TWAA Board**, 7 p.m., VFW Room, KP Civic Center; info@twowaters.org

**July 13, KP Civic Center Assn. Board**, 7 p.m., Whitmore Room, KP Civic Center; 884-3456

**June 17, KP Democrats**, 7 p.m., Home fire station; johnpatkelly@aol.com

**July 17, KP Veterans**, 7 p.m., KP Lutheran Church; membership for veterans and military service members and families. 225-5130 or keypenveterans@outlook.com

**July 19, Longbranch Improvement Club**, 6:30 p.m. social, 7 p.m. meeting, licweb.org 884-6022

**July 19, KP Advisory Commission**, 6:30 p.m., VFW Room, KP Civic Center; co.pierce.wa.us for agenda; Toni Fairbanks, 253-798-7156

**July 20, KP Citizens Against Crime**, 7 p.m., KC fire station

**July 24, KP Farm Council**, 6:30 p.m., in the Community Offices at the KC Corral; c.wiley@mac.com

**July 27, Peninsula School District Board**, 6 p.m., district office

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



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A sampling of the artwork on display from the first Art Walk. *Courtesy Taylor Reed Rydell*

## Two Waters Arts Alliance Hosts Third Annual Art Walk August 2

SARA THOMPSON, KP NEWS

The third annual Art Walk, scheduled for Wednesday evening, Aug. 2, from 5 to 8 p.m. free of charge, is designed to showcase local artists and give the community a chance to see their work. Last year, more than 300 attendees viewed the show.

"It is just amazing how many artists live on the Key Peninsula," said Gail Kelly of Two Waters Arts Alliance. "We have incredible talent, from internationally recognized artists to those who are experimenting for the first time."

At least 25 artists are expected to show their work in venues at Key Center, including Blend, Sunnycrest, the Crandall Center at The Mustard Seed Project and Close to Home Espresso. A juried show will be on exhibit at the Key Center Library. Local musicians will perform at two of the venues.

Some of the work will be for sale, though, according to Kelly, "this is not about sales.

This is about our community seeing and appreciating the artist who live and work among us." Kelly, who is in charge of publicity for the walk, said this was the brainchild of the group that meets monthly at Blend Wine Shop two years ago. The sense of community and appreciation the art walks engendered was so great that it has become an annual event. "Each year is a bit different," she said. "We learn something and adjust as we go."

Gnosh Food Truck will be there this year. Taylor Shellfish will also provide tastings of local oysters. No-host wine and beer, along with light snacks, will be available at Blend and Sunnycrest.

Two Waters Arts Alliance, Bruce Titus, the Key Peninsula Business Association and the Key Peninsula News sponsor the event. Exhibitors are asked to pay a \$10 fee to support TWAA and its Art in Schools programs. Artists who wish to participate can email [info@twowaters.org](mailto:info@twowaters.org) or Margo Macdonald at [margomac53@comcast.net](mailto:margomac53@comcast.net).

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# Shearing Time at Kaukiki Farm



Elizabeth Resager shears one of Kaukiki's Oxford Down sheep.  
Below: Warwick Bryant herds sheep to the shearing shed.  
*Photos: Anna Brones*

SARA THOMPSON, KP NEWS

There is an ebb and flow to the year on Kaukiki Farm in Longbranch. There are times when the work slows a bit and when the flow speeds up and there is much to be done.

June increases that flow with sheep shearing at the farm where Janice and Warwick Bryant sustainably raise sheep and cattle.

Sheep shearer Elizabeth Resager deftly wrestles sheep weighing 150 to 300 pounds onto their haunches. She clips their hooves first and then shaves the animal from knee to neck in one long spiral as skillfully as a master chef might peel an apple. Sheep shearers are in short supply and she comes from Bainbridge Island for two days to remove the wool from the Kaukiki flock. She learned the trade 11 years ago when the person who came to shear her own sheep offered to show her how.

June also brings calving. The Bryants keep a small herd of beef cattle along with the sheep. Some yearlings are added

to the Kaukiki herd as breed stock and others will be butchered. Some lambs are also butchered on-site, some are shipped to Oregon, and others are sold to individuals who want to raise their own animals. Late June and July brings haying, followed by a slower time in August.

Then, by Labor Day, the ewes are pastured with the rams for about a month for breeding. Five months later, in late January or early February, the lambs are born, one or two per ewe, with a subsequent doubling of the flock.

Tending the animals dominates the winter and then in early April, it is time to tend the pastures. The sheep graze early on, providing a first natural mowing and fertilization. Then Warwick mows the heads of the grass, fertilizes and harrows. And suddenly it is June again and time to shear.

The Bryants bought the 140-acre farm in 2007. Janice grew up on a farm in Iowa where she raised rabbits and horses, and Warwick grew up on a sheep station in

New Zealand. Kaukiki was the name of the highest hill at the station. They loved the freedom they had as children to explore the world and wanted the same for their sons, Mac, 15, and Jackson, 13.

No matter what the season, days on the farm usually start at 4 in the morning.



Sleeping in means rising at 6 on weekends. Janice tends to early-morning chores and then by 5 is on the road to her job as a strategist in an incubator lab for the Navy. With an engineering background and a master's in public administration, she helps bring ideas from technology—from lasers

to robots to nanoparticles—to reality. She picks the boys up at school and is home by 5 p.m. Warwick, who owns Kiwi Fencing, works from home in the early morning before delivering them to school.

The farm is self-sustaining and Kaukiki hay feeds the cattle and sheep with just a little supplement of alfalfa to the ewes shortly before the lambs are born. Warwick also mows hay for much of the Key Peninsula. He fears that some of the skills required for farming are disappearing and that younger generations seem to value freedom above commitment to place. But the near future is clear: The Bryants will continue to farm Kaukiki and don't plan to leave once they retire from their day jobs.

"This feels like New Zealand," Warwick said, gesturing to the rolling hills between the barn and main house. "What is cool is that this is where the boys' friends want to be." For more information about Kaukiki Farm, including how to order beef or lamb, go to [www.kaukikifarm.com](http://www.kaukikifarm.com).

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## Depression and Bipolar Support Group Meets in Lakebay

ALICE KINERK, KP NEWS

The West of the Narrows Depression Bipolar Support Alliance (DBSA) chapter meets at the Key Peninsula Lutheran Church on the corner of Key Peninsula Highway and Lackey Road. Participants share their experiences and feelings as well as strategies for living successfully with mood disorders. The group will meet once a month from July through September.

Local facilitator Kimberly Wood said, "In my own experience, it feels like coming home."

The conversation often focuses on prescribed medications. "Group members want to know about medication experiences of others," Wood said. "What to expect or what to do if meds don't work?"

While important, a peer-led support group is not a substitute for a doctor's care. Those seeking medical advice are guided toward professionals. "We don't advocate any particular program or treatment," Wood said. "We offer information about treatment."

Though still fairly new, the group has had difficulty attracting people seeking mood disorder support in Lakebay, Wood said. She estimates the group has had just 15 total attendees from October through May. "The consensus is we're needed; the question is how do we attract people," she said.

According to the DBSA, in any given year, nearly 3 percent of American adults are affected by bipolar disorder, a mood disorder causing intense emotional highs and lows. Add those affected by depression, and the figure rises to nearly 10 percent. While only a third of those suffering from mood disorders seek treatment, support groups such as the one in Lakebay can help.

Stigma, whether actual or perceived, surrounding mood disorders can make it intimidating to join a support group. When one lives in a small, close-knit community such as the Key Peninsula, walking into a meeting for the first time can be even harder.

Wood experienced this herself when she tried to convince her adult daughter, Michelle, to go to a meeting. "She said she didn't want to. I said, 'Let's try it out; you'll be amazed how it feels to be among your peers.'" After her first couple of meetings, Michelle was tracking her mom down when it was time to go.

Wood gives similar advice to those on the fence about joining. "Come try it out at least three times and see if you feel at home," she said. "See if you don't get some-

thing out of it."

One Lakebay group participant, Robbie, said, "DBSA gave me a safe place where I could share my ups and downs, my highs and lows, my failures and successes with other people who really understood how it felt to live with depression and bipolar disorder. I really enjoyed meeting parents and other family members who were all trying to be the best supporters they could be for their loved one."

DBSA encourages all people suffering from mood disorders to get educated about their diagnosis in order to become an advocate for their own care. To this end, Wood provides a calendar for attendees to track their medication, foods and sleep to become knowledgeable about their emotional cycles. The calendar forms an important part of the meeting's conversation each month.

Confidentiality is a key component of the organization. Except for situations where a person's life is in danger, what is said in a meeting stays in the meeting. Attendees are not required to provide their contact information and DBSA member lists are never sold or made public. No one may publicly reveal information about who attended or what was said in a meeting.

While simply chatting about one's mood disorder experiences may seem inconsequential compared to medication or professional therapy, the impact of even a single meeting can be enormous, Wood said. She described the experience of local nursing students who join the Bremerton group each year as part of their coursework. While attending only to observe, more than one student has recognized personal experiences while listening to those of others, and "broken down and admitted depression," she said.

DBSA meetings take place the third Saturday of each month from 11:15 a.m. to 12:30 p.m. at the Key Peninsula Lutheran Church. For more information, contact Kimberly Wood at 753-4270 or [dbsalakebay@gmail.com](mailto:dbsalakebay@gmail.com).

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The Key Peninsula Historical Society Museum hosted third- and fourth-grade students from Vaughn Elementary in June to learn old-fashioned skills and games from the pioneer past. Students visited eight stations, including log rolling, drilling, butter making, quill writing and clothes washing. Wool carding, cording and spinning was also demonstrated and students twisted some into bracelets. "I didn't know they had to work so hard to get everything they needed," wrote one student in his thank-you note. *Courtesy Judy Mills*

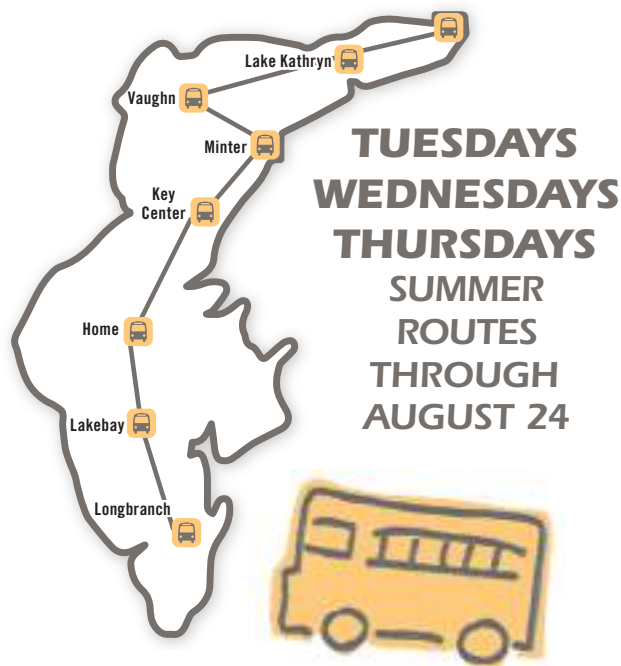


**Ages 4yrs - 6th Grade**  
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11:00	Food Market/Key Pen Hwy and Red Barn
11:03	Wright Bliss and Olson Dr
11:06	4 Corners, Drive Thru Feed, 76 Station
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11:22	Charboneau's 11612 SR 302
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3:32	Purdy Park & Ride, pick up Pierce Transit Route 100
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3:41	11615 SR302 @ Windermere Realty
3:46	Food Market, Key Center
3:47	Key Pen Hwy @84th St, Red Barn
3:49	Volunteer Park
3:54	Home Gas Station KP Hwy N
3:55	KPCS Senior Center & Food Bank
3:59	Palmer Lake Public Access 24th St, sunny side
4:01	Palmer Lake 21st St & 193rd Ave, park shelter
4:05	Whiteman Road @ Whiteman Cove Road
4:08	Rouse Road @174th Ave
4:09	Longbranch Improvement Club
4:13	Evergreen Elementary School
4:21	Volunteer Park
4:23	Key Pen Hwy @84th St, Red Barn
4:26	Wright Bliss and Olson Dr
4:29	4 Corners, 76 Station
4:32	SR302 & 150th Ave, Lake Holiday
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A partnership with the KP Community Council, Puget Sound Educational School District and the Peninsula School District.

# Have You Been Phished Lately? Ashes Supports KP Fire Department and Survivors

RODIKA TOLLEFSON, KP NEWS

For companies, data breaches—loss or theft of sensitive information—are becoming part of doing business. As of mid-June, more than 700 such breaches were reported this year, affecting more than 10.5 million records, according to the Identity Theft Resource Center.

Businesses are an increasingly attractive target for hackers, who trade stolen data on the black market for identity fraud and other illegal purposes. But individuals may also be unknowingly exposing themselves to online risks such as identity theft.

One of the most common attempts to steal personal information is through phishing—deceptive communications through email, social media or other electronic means used to get a person to click on a malicious attachment or website link.

Typically, these communications appear to come from legitimate sources, like a friend or a reputable company. They're often so cleverly executed that they deceive even the most experienced computer users.

“[Phishing] involves spoofing the identity of a person you may have a relationship with,” said Thad Dickson, a Key Peninsula resident and CEO of Xpio Health, a Gig Harbor company that provides security and compliance services to health care organizations. “A common one on the Key Peninsula is Microsoft IT help.”

That's where a computer becomes infected with malware (a malicious program) and brings up a blue window that looks similar to that of Microsoft's free antivirus Security Essentials. It tells the person the computer is infected with a virus and directs the user to call a fake tech-support number.

“They ask for a credit card number, put a tracking bot on your PC and charge you \$300 to \$500 for an ‘antivirus program,’” Dickson said.

The purpose of phishing scams varies from extracting money to stealing banking credentials or passwords.

“If you get an email from your ‘bank’ asking you to click and change the password, it's very likely a phishing attempt,” said Shannon Smith, the state's senior assistant attorney general and chief of the Consumer Protection Division.

Amazon.com or Costco card giveaways, UPS shipment tracking information, IRS refunds—the variations on the phishing emails are endless. Phishing can also

take the form of social media links, text messages on your mobile phone and even advertising links on legitimate websites.

“If something seems too good to be true, it always is,” Dickson said. “In computer land, just like on the street corner, a fundamental psychological premise a scammer uses is the vulnerability of their mark.”

## Passwords Another Top Risk

Weak and reused passwords are another way for cybercriminals to access other people's information. Because many people reuse their login credentials for multiple accounts, the cyberthieves sell the stolen password databases on the dark web, where other bad actors buy them to access other websites and services.

One recent example is Yahoo, which disclosed last year that as many as 1 billion accounts were compromised in a 2013 breach. That's on top of another breach affecting 500 million accounts that Yahoo disclosed just three months earlier. Those kinds of massive databases then end up in the wrong hands—a few years ago, a cybersecurity company found that one Russian gang alone had amassed more than 1.2 billion login records.

Dickson has mixed feelings about secure “password keepers,” but feels that the risk of reusing a password is greater than storing all passwords in a secure management system.

“Those companies are subject to being a (hacking) target but because they're in the business of encrypting and managing passwords, the hope is that they offer a relatively high bar for stewarding the data,” he said.

If a company offers two-factor authentication—such as texting a secure code you must enter in addition to your password—it's a good idea to enable it. This adds a layer of security since the chances are slim a hacker will have physical possession of your mobile phone.

Be vigilant in the physical world, too, Smith advises. For example, she encourages people to never give out their credit card information over the phone, even for a charitable donation, unless they initiated the call. And if you're not clear on why someone needs your Social Security number, don't hesitate to ask why.

“It's always OK to ask someone how they're safeguarding your data,” she said.

*Editor's note: This is part 2 in our series about cybersecurity and protecting your personal information.*

CAROLYN WILEY, KP NEWS

A small group has been making a big difference in the community for 60 years by providing funds for firefighting equipment not covered by other sources and by giving direct support to families who have lost their homes to fire.

That group is called Ashes.

Lisa Larson and her family recently lost everything in a house fire in Vaughn. No one was injured, but their home was a total loss. In the immediate aftermath, while the family was still reeling, Ashes stepped in and provided financial help. “It was a blessing...an unexpected blessing and very much appreciated,” she said.

Marguerite Bussard is a founding member of Ashes and has been president for 20 years. The group was incorporated under the name Lady of the Ashes Auxiliary in 1952 after the retired fire chief gave Bussard \$10 and asked her to organize a ladies' group.

The original group of 16 wives of Key Peninsula volunteer firefighters set about their mission of raising funds to provide firefighters with the tools they needed. They organized a successful rummage sale and were able to contribute \$700 to the ambulance fund.

Bussard grew up in a family who had a strong commitment to community service. Her husband, Pete Bussard, was the battalion chief at the Longbranch fire station; her brother, Lawrence Curl, was a first aid chief when there was only one ambulance in the district; and her mother

donated the land for Fire Station No. 49 in Longbranch.

“It was a big change when volunteers began receiving pay; they got \$2 for each drill,” Bussard said. “They met every week on Tuesday night and I always had cookies and coffee for them.”

Bussard said she is proud that after 60 years, the group is still active and contributing to the well-being of the community. DeeDee Kerkes, vice president, and Peggy Ensor, fundraising chair, are just two of the hard-working members who keep the group going. Thanks to their efforts, Ashes has been able to contribute to everything from vehicle purchases to replacement blades for the Jaws of Life, a special smoke alarm for a deaf resident and a portable battery-operated oxygen tank for another.

“Whenever something comes up or we need something that's not in the budget, I tell the guys to go ask Ashes if they can support it; that's what they're there for,” said Fire Chief Guy Allen.

*Ashes extends an invitation to the community to join its monthly meetings at the Key Center Fire Station at 10:30 a.m. on the second Tuesday of every month.*

*Ashes members are often seen selling homemade jams and pickles at local stores and events, but their main fundraising activity is the annual spaghetti dinner. If you missed the May 20 event, donations can be sent to: Lady of the Ashes Auxiliary c/o Key Peninsula Fire Department, 8911 Key Peninsula Hwy N, Lakebay, WA 98349.*



As part of its Community Connects series, at the July 11 Board of Fire Commissioners meeting there will be a demonstration at 5 p.m. featuring the KP Fire Department's two new water tenders. These vehicles replace a 1980 rig that had a pump failure due to significant damage sustained in 2015 and a 1986 rig past due for retirement. *Photo: Ted Olinger, KP News*

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Key Peninsula News .....	\$1,000
Key Peninsula Farm Council.....	\$1,500
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The antique red truck advertising It's All Good in Purdy. At least, it used to be red, according to the owner. Below: Dee Ann Thomas talks with a customer in her store. Photo: Don Tjossem, KP News

# 'It's All Good' in Purdy

DON TJOSSEM, KP NEWS

DeeAnn Thomas opened It's All Good in Purdy in December 2016 after a career spanning 18 years in shopping malls. Her 840-square-foot store is easy to spot; it's just behind the antique red truck with a sign on it near the roadside.

Most of the merchandise sells in a range from a few dollars up to about \$250. Thomas said her items are "priced to sell" since she doesn't like to dust them over and over.

The store specializes in what antique aficionados would call "smalls," or items that can be carried out of the store by a person and fit easily in a car. In many ways, it is an antiques and a collectibles store, and there are also many tools and yard art of interest.

Thomas left the mall-type antique shop

career to have a store of her own so that she could become better acquainted with her customers and structure her inventory to meet their needs. She has "want lists" of her customers' desires and is on the lookout for those items while she is searching for inventory at garage and estate sales.

The store has a broad spectrum of antiques and collectibles, ranging from new items made by local artists to various objects from the 19th and 20th centuries. They are all in very good condition and clean.

Given the area's maritime heritage, there is also a selection of fishing and boating items as well as glass, Native American items and many other surprises not normally found in antique shops. Items are grouped into interest areas, such as her "guy stuff" and glass area. There are even toys for the younger set.



*It's All Good is located at 14803 Purdy Drive NW in Gig Harbor. Store hours are 10:30 a.m. to 4:30 p.m., Wednesday through Saturday. For more information, go to the It's All Good Facebook page or call 253-303-2830.*

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On May 30, Minter Creek Elementary School became the last in the Peninsula School District to receive a new playground structure. It was paid for by a joint effort of the Peninsula School District and the Minter Creek PTA, which organized multiple fundraisers. "This project started with two students asking me for some new monkey bars," said Minter Principal Tyrone Robuck, Jr. The new playground features a climbing wall, twisty slides, a zip line and a walking bridge. The colors were selected and voted on by Minter students. The fifth-grade class was asked to compose rules for next year's incoming kindergarteners; the new rules include a prohibition on jumping off the bridge and a recommendation to refrain from licking the slides. Photo: Ed Johnson, KP News

## Microaggressions as a Roadblock to Education

NATALIE SVINTH, SENIOR MANAGING EDITOR, PENINSULA OUTLOOK

Discrimination in the classroom is often-times subtle and unintentional, making it difficult to address and to stop. Whether from a teacher or another student, discrimination can lead to a disparity in learning between white students and students of color, according to years of studies ranging from Johns Hopkins University to the Journal of the National Medical Association.

The term “microaggression” was coined in the late 1970s by Harvard professor Chester M. Pierce, who defined it as “a statement, action or incident regarded as an instance of indirect, subtle or unintentional discrimination against members of a marginalized group, such as a racial or ethnic minority.”

Microaggressions take many shapes in the classroom, but they all affect the rights of students to an equitable and safe learning environment.

### The Noncompliment

Microaggressive or covertly racist acts do not necessarily reflect malicious behavior; the aggressor often misconstrues them as compliments. Peninsula High School junior Makora Greene experienced this firsthand as a multiracial student who identifies as black, Native American, Mexican and Asian.

“[This teacher] touching my hair, that was something that I really got frustrated with, because it is just so rude,” Greene said. “Especially since she was like, ‘Oh, your hair’s so puffy, it looks so cool.’ It’s just creepy. I don’t think she’s doing it with ill intention, but it is just [about] boundaries.”

PHS Junior Chelsea Joefield described instances where compliments would be attempted, such as, “Oh my gosh, your skin is so smooth,” but would end with “for a black girl.”

“My skin is just smooth,” Joefield said. “Your sentence should have ended there.”

### Lower Expectations

One common example of microaggression in the classroom is the lowering of expectations by white teachers toward students of color. Multiple studies have found that teachers subconsciously believe minority students are not capable of doing challenging work, so in a self-fulfilling prophecy, they don’t push them.

Joefield recalls a teacher refusing to let her read “Harry Potter” in the third grade.

“I’m a big reader and always read above my reading level,” she said. “I remember

my teacher totally degraded me and thought that I could not read ‘Harry Potter’ in third grade.”

### All in a Name

Subtle racism can also take the form of a teacher’s disregard for students’ names. Whether it is confusing the names of students of color in the same class, lumping students together based on race (such as calling all Hispanic students a traditionally Mexican name) or not pronouncing a student’s name correctly, these examples all work to efface the individual and render the student invisible.

“I have had [this teacher] for a whole entire year by this point, but she continuously calls me Dora,” Greene said. “And I say, ‘That’s not my name,’ and she says, ‘Oh, I’m so sorry; it is easy to confuse you.’ Why? It was just a weird thing to me, calling someone something different when I was the only person in that class who is a person of color.”

### Tolerating Racism

Actions taken by teachers are not the only things that can alienate students of color. Sometimes it is the response, or lack of response, these teachers have to racism in their classrooms from other students.

PHS senior Tiana Thompson remembers a student giving a presentation to her English class about race and murder rates.

“His argument was since black people were No. 1 on that list, we should avoid them,” Thompson said. “And the teacher passed him and gave him an A.”

Greene described an incident in her history class where another student digitally manipulated a photo of the teacher holding a confederate flag. When the teacher saw it, he laughed and said he was going to print the picture and hang it in the classroom.

“I think one of the main things that was really upsetting to me was that it is a history class where you are supposed to be teaching something valuable that will educate students about that issue,” Greene said. “But instead, he was kind of just diminishing it and making it a joke. It diminishes the experiences of not just the people at the school, but as a whole.”

Some activities embedded in classroom curriculum intentionally single out students. One example is when a teacher calls on a student of color for his or her perspective when race comes up as a topic of discussion.

Right before Greene entered high school, an older student told her about his English class where they read “To Kill a Mockingbird,” a novel used to educate students on empathy and racial injustice. However, reading the novel was paired with a role-play activity that included the black students in the class having to sit in the back of the

room, an activity that physically singled out students.

“Going into it, I already had these worries about how I was going to be treated in the class,” Greene said. “And I feel like I shouldn’t have to be worried about things like that going into a classroom to learn. You don’t have to single out the actual black people and have them sit in the back of the classroom.”

### It’s Not Just About Race

Microaggressions are a common experience for anyone who does not conform to an institution’s dominant demographic. PHS junior Samm Moore experienced covert homophobia from her teacher when she saw that same-sex public displays of affection were held to a different standard than heterosexual displays in the same classroom.

“I thought it was kind of ridiculous because I was holding hands with my best friend,” Moore said. “To me, it was really stupid that [the teacher] was like, ‘That’s a distraction that you are holding hands with another girl.’ But the same teacher makes jokes about all the straight couples in class and that’s not distracting, or when [a student] would have his girlfriend in class, that wasn’t distracting because, you know, it was heterosexual.”

### Addressing the Microaggressor

It can be difficult to address microaggressive behaviors because, as the name implies, they are “micro.” When brought to the attention of the microaggressor, they are often ignored.

“You get told that you’re overreacting and that you’re dramatic,” Thompson said. “Teachers are in disbelief and denial when they hear a student bring up racism. They say, ‘Really? That’s really hard for me to believe; I can’t believe that’s happening at my school.’”

Although it may be easier to dismiss students and attribute their concerns to an overly sensitized generation, educators should try to reach as wide an audience of

students as possible by recognizing their own mistakes, according to PHS Principal Dave Goodwin.

“We can be insensitive and not maybe have the empathy we need to have,” Goodwin said. “I think it’s something we need to be really conscious of and be aware of all the time.”

### Solutions

Combating microaggressions in the classroom means addressing biases that lie within oneself by being more conscious of one’s actions, where they come from and how they may make another person feel by, in Greene’s words, “recognizing that those people of color are not an exhibit.”

A potential remedy to the profusion of microaggressions in predominantly white schools is to hire teachers who understand these issues, according to both Thompson and Greene.

“You need to hire somebody so the students feel like they’re not outnumbered, even by the teachers,” Thompson said. “I’ve never had one African-American teacher, and that’s really weird to me.”

Goodwin said that there should be specialized training in addition to the baseline sensitivity training all teachers undergo. He proposed the idea of a diversity council, where students discuss what they “feel we need to improve on and ways we could better educate students and staff about all the issues that make people feel uncomfortable.”

The end of microaggressions starts with acknowledgement, Thompson said.

“They are teachers and we find comfort, we find safety, in them, so they do need to have that training to understand how to deal with that racism and what’s going on in the schools,” she said. “Because it’s never going to end and we need to figure out how to make the students feel safer.”

Natalie SvintH graduated from PHS in June. To read her full article, go to [www.phsoutlook.com](http://www.phsoutlook.com).



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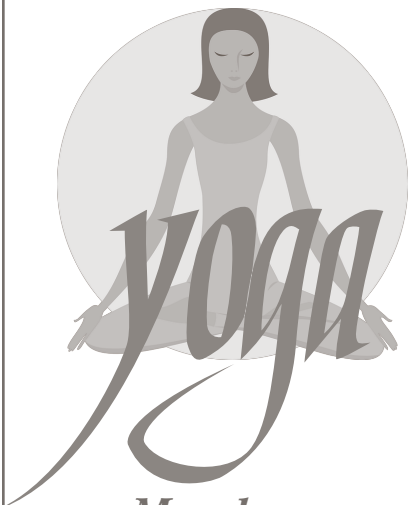
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Mark Knisely digs a trench for power cables for the new emergency generator at the Key Peninsula Civic Center, which will allow it to act as an emergency shelter for residents in the event of a disaster. *Photo: Ted Olinger, KP News*



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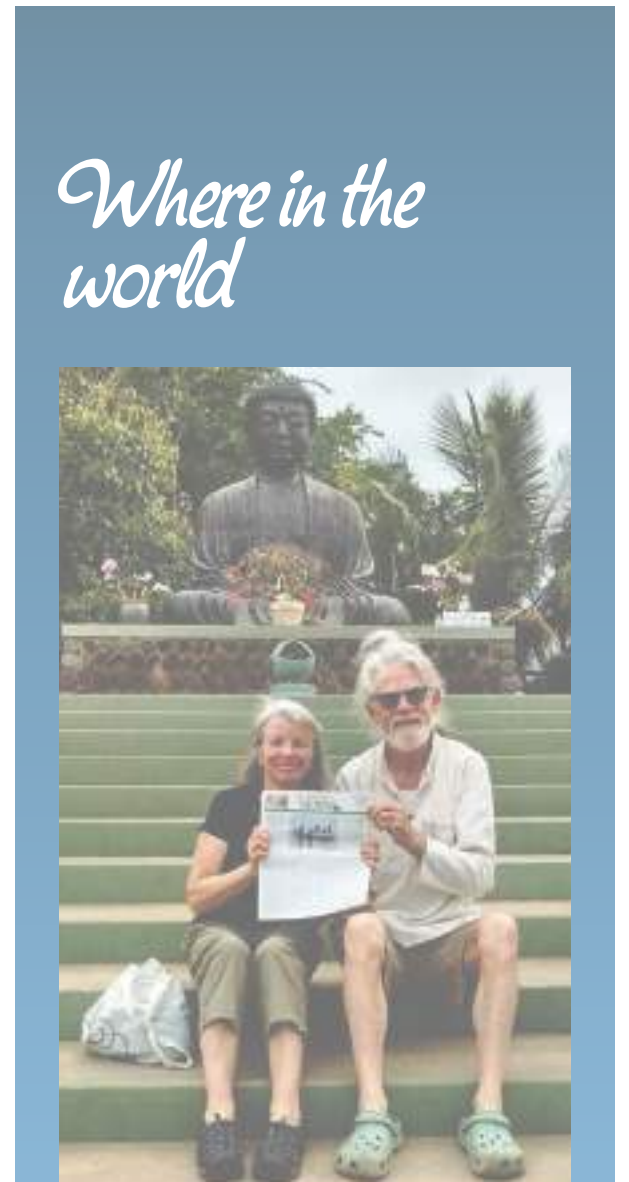
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**Left:** The Key Peninsula Veterans hosted its annual honor aisle at Vaughn Cemetery on Memorial Day with the largest display of flags west of the Mississippi River, according to Frank Grubaugh, past KP Veterans president. Over 330 flags were flown at the cemetery, which overlooks Vaughn Bay and Case Inlet. *Photo: Don Tjossem, KP News*



**Right:** A team of runners from the Pierce County Sheriffs Department carry the Special Olympics Torch, known as the "Flame of Hope," during a running-and-boating relay through Purdy, Gig Harbor and across the Tacoma Narrows Bridge June 1, delivering the torch to the 2017 Special Olympics Washington Spring Games at Pacific Lutheran University. *Photo: Don Tjossem, KP News*



**Left:** A resident bald eagle gazes across Henderson Bay from its accustomed perch atop the Purdy power tower. *Photo: Daniel Jackson*

**Middle:** Vaughn Postmaster DeeDee Emmett catches up on some spring-cleaning outside her office in early June. "I came out to put a new sticker on the box and realized it was filthy," she said. "And, it's a sunny day, so..." *Photo: Ted Olinger, KP News*

**Below:** Memorial Day ends with a patriotic sunset over Filucy Bay. *Photo: Richard Hildahl*

