

To Your Health

by
William F. Roes, M.D.

Year 2002 Is The 20th Year Of This Column !!!!

One of the outstanding discoveries of the 20th century was insulin for the treatment of diabetes, with the first dose given to a 16-year-old patient in 1922. One of the problems with insulin, a complex protein, is that it has always been given as a shot. There have been oral diabetic medications, but none of them actually replace insulin, and diabetics have been stuck (literally) with the needle. That may all change in the 21st century, as inhaled insulin becomes a reality.

Scientists have been working on ways to deliver insulin without injection since 1935, but until recently without much success. Most of the early attempts were inhaled through the nose, but the absorption of insulin was erratic and unpredictable, resulting in generally low levels of insulin in the blood. Over the last few years, researchers have come up with a variety of ways to put insulin in a form that could be inhaled into the lungs. The advantage is that the surface of the active lung exchange tissue (alveoli) is huge — roughly 100 square meters, the size of a tennis court. Through these alveoli, the insulin molecules readily pass into the bloodstream; the real trick is getting the insulin down the respiratory tract to the alveoli. Two companies have come up with separate procedures to accomplish this, and studies have demonstrated their safety and reliability equal to injectable insulin.

Insulin is classified by its duration of action, and inhaled insulin is best suited for the shorter acting type. Basically, a patient would still take a shot of long acting insulin in the morning and then inhale the short acting type before eating. The advantage of inhaled insulin is obvious — without the necessity to stick yourself, to carry around syringes or to refrigerate insulin, it has the ability to simplify care and improve compliance with regimens requiring frequent insulin doses. The disadvantage will be the cost; also people with lung disease will probably not be candidates for inhaled insulin. Although it's not readily available yet, having inhaled insulin as an option will improve the lives of thousands of diabetics.

2002 marks the beginning of my 20th year of writing this column (or its predecessor, "Health Center Happenings"). I'm always looking for topics to discuss, so if you have suggestions for topics, please contact me at 884-9221, or via the editors.

Also, best wishes for the New Year.

[And from the Editors: On behalf of the *KP News* and the Key Peninsula Community — Thank you, Dr. Roes, for all those many informative articles over the years, and for always getting your material in before the deadline !!]

Key Peninsula Citizen of the Year Nominations

by Hugh McMillan

"It is time for you - not your neighbor or 'George' - to nominate your choice for Key Peninsula Citizen of the Year," said Rhys Wood, co-chair of the 18th annual KP Lions Club - sponsored event.

Anyone living, working, or owning property on the Key Peninsula is eligible for this honor. To qualify, nominee(s) should have voluntarily contributed service, material, cash, etc. for the good of the Key Peninsula community. (Note: Lions Club members are not eligible.) These deeds could occur over years of service or one major activity. In the past, as many as 26 worthy individuals have been nominated in a single year. Each nominee will be the guest of the Lions at a banquet dinner in the KP Civic Center and receive a framed certificate commemorating the expression of respect.

"It costs nothing to nominate a worthy individual," said Wood.

Submit your nomination(s) to: KP Lions, Citizen of the Year, P.O. Box 63, Vaughn, WA 98394.

You MUST include name, telephone number, and, if possible, the address of your nominee(s) and why the person(s) are deserving of recognition.



SWAMPABILLY BLUES BAND MEETS CUPID AT UPCOMING CIVIC CENTER DANCE

Junkyard Jane, a well-known Tacoma-area band voted Washington's Best Band 2000 and a finalist in Memphis' International Blues Challenge, will headline the dance card at the Key Peninsula Civic Center's Valentine Dance on Saturday, February 9th. The event is a fund-raiser for the Civic Center.

The band, with quite a following on the Key Peninsula, will play its unique mix of blues, swamp gas, rockabilly, old engine parts, country music, motor oil, funk, folk and used kitty litter for our listening and dancing pleasure. John Allen Briscoe of Washington Blues Society's Bluesletter magazine called Junkyard Jane, "As entertaining and uninhibited as anything you will ever see on stage!"

The dance will feature a no-host bar and will take place in the newly painted KPCC gymnasium. Tickets are \$10 per person and may be purchased at Sunnycrest Nursery and Floral in Key Center. For more information, call Sunnycrest at 884-3937 or Kathy Bauer at 884-9172.

Winter Visuals — 2002 Coming February 2nd

The Gig Harbor-Key Peninsula Cultural Arts Commission (CAC) presents "Winter Visuals 2002" on Saturday, February 2nd, from noon to 5:00 PM, at the Key Peninsula Civic Center, 10710 South Vaughn Road, Vaughn. Each year, Winter Visuals hosts approximately 35 international and national award-winning artists. The artists will discuss and demonstrate personal art processes used when creating stained and blown glass, pottery, metal/wood/stone sculptures, watercolors, pastels, recycled materials made into art, photography, and much more. Children will be able to watch artists creating drawings, making jewelry, and will get to wrap their hands around the clay on the potting wheel.

The food concession will again be provided by the K P Seniors Society as a fund-raiser for their club. The floral decorations will be provided by Sunnycrest Nursery & Floral. Admission is by donation for adults. Children, students, nursing home residents and military residents are admitted free. "Please bring children and the elderly, it's a time for the community to play and learn together through the arts," said Shirley Tomasi, CAC Executive Director.

Another unique aspect of Winter Visuals 2002 is the joining of both visual and performing artists. Among the entertainers are Alex Fordyce, a young, talented, classical pianist; The Key Singers; The Peninsula Community Chorus and the Peninsula Youth Orchestra.

For further information, please contact Shirley Tomasi at 851-9462 or via e-mail at cac@harbormet.com.

For more details about the individual artists, check out CAC's Web-site: GHKP-CulturalArts.org.

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by Luella Coldeen Hudson

This new year may be coming in with some reservation for us all. We have a renewed desire for home and family. The feeling of the holidays gives us a respite from all that is around us and has reinforced this desire. I have a renewed appreciation for a tradition from my family. We always kept a holiday decoration in the china cabinet in my home growing up. My mother said it kept the spirit of the holidays alive year-round. I think we should all find a way in our own lives to keep the holidays alive this year.

We have had a wonderful out-pouring of caring from this community and were privileged again to be the connection between those who need and those who are willing to give so much love. We were able, through all of your help, to provide holiday gifts for approximately 400 children. The actual numbers and proper thank you's will be forthcoming in the next column. We would like to put out a special "Thank You" to our wonderful volunteers, Susan Ritchie, Voski Sprague, Marliese Van Cise, and Virginia Thompson, who have so graciously given their time in the organization and distribution of the gift donations. Thank you all again.

Other news from the Family Center -

We continue with our **Relatives Raising Children** group and invite anyone who is in this situation to join us on the second Monday of the month at 1:00pm. Please call Dennis Taylor at 884-5433 for details.

We have another new group at the Center, "**Parent Connections**" for mothers of children birth to five. This group will provide parent information and mutual support. Please come and join us on January 23rd. We will have door prizes, food and fun. Please call Luella Coldeen Hudson for details at 884-5433.

Little Buddies continues on Tuesday afternoons between 3:30 - 5:00pm with elementary children enjoying time with high school mentors. There are currently openings for elementary age girls. For more information, please call Edie Morgan at 884-5433.

Indoor Park will also be starting up again on January 3rd for preschool children and their parents in the Civic Center gym on Tuesdays and Thursdays from 9:30-11:30am.

The Children's Home Society Family Resource Center is located in the lower level of the KP Civic Center. Office hours are 9:00am-4:00pm Monday through Friday. Our phone number is 884-5433. We look forward to hearing from you.

Key Peninsula Business Association

by Nancy Lind

The mission statement of the Key Peninsula Business Association is: The KPBA was formed to promote the economic vitality of the KP area and help keep alive the sense of community for which the Peninsula is known. Our objectives include bringing together the resources of the KPBA community in order to create and maintain a vital business climate with an enhanced quality of life for our citizens and to pursue the interests of our members through working in partnership with local, regional and national organizations.

The KPBA meets twice a month. There is a breakfast business meeting at the Homeport Restaurant at 7:30 AM on the first Friday of each month and a luncheon meeting with a speaker at the Horseshoe Lake Golfcourse Grill at 12:00 PM on the third Friday. The officers of KPBA are Ed Taylor, President, June Williams, Vice President, Nancy Lind, Secretary, and Mary Keizur, Treasurer.

A few of the projects of the KPBA are the Christmas Tree at the KC Corral, funding of Santa's Sleigh Route ad in the KP News, participating as a member of the KP Fair Association, providing a scholarship to a graduating high school senior, cleaning up an Adopt-a-Road stretch in Home, sponsoring a Little League team, and an annual dinner.

Jan Wolcott, Pierce County Parks and Recreation Director, was the speaker at the noon meeting on Friday, December 21st. He said the first leg of the Cushman Powerline Trail (4 1/2 miles) was going to be built by Tallman Construction. That trail will go from Reed Road to the Park-n-Ride in Gig Harbor. He said that trails are very popular and that the county is developing a countywide system of trails. He also talked about the 3.5 million (dollars) for putting field turf and lights on three school fields which would add around 1,500 hours (per year) to the use of school facilities. He said that a coordinator has been hired, a satellite recreation program is being set up for the two peninsulas and that there will hopefully be more tax money available for more funding for parks but that will depend on what happens to a second go round of the Real Estate Excise Tax which is being challenged.

Home Town Meeting On Public Transit

The next Home Town Meeting is set for Thursday, January 17th at the Home Fire Station at 7:00 PM. The speaker will be Tim Payne from Pierce Transit, who will discuss what is coming up this spring in bus service on the Gig Harbor and Key Peninsulas as a result of initiatives that have severely curtailed funding. This is important stuff if you are an advocate of public transportation. Everyone is welcome, even if you're not a resident of Home.

HEAR AND THEIR ON OUR KEY PENINSULA

by Keith Stiles

Here we go into 2002 and at least, no one seems to be worried about "The End of The World" like just two years ago. At last report, that fellow down in Florida who still had 50,000 pounds of dried (and molding) food in his underground bomb shelter was still waiting for The Big Bang, somewhere I think I read that his wife had moved on to Los Angeles.

Events at our Fire District 16 should be interesting to watch in the coming months. The District has just finished up a record year with over 1600 calls of all types, with about 75% of them related to Medical Aid of one type or another. Ruth Bramhall, in closing out her 6-year career as a Fire District Commissioner said that "the public has been well-served this year by the District and particularly by the administrative team of Chief Gary Franz, Deputy Chief Eric Nelson and Administrative Officer Cathy Hale". The charge on the Commissioners, in addition to representing the interests of the voters and citizens of the Key Peninsula, will be to hold together the entire professional team that has been serving us so well. As might be expected, past-Commissioner Bramhall will not be leaving District work entirely, but will continue to work on the "Vital Signs" project as well as the Fire District's 50-year Anniversary, which comes up in 2002. [Ed. note, see page 8.]

As always, the December 21 meeting of the Key Peninsula Business Association was busy and interesting. The invited speaker was Jan Wolcott, Pierce County Parks and Recreation Director. He reported on plans to spend about 3.5 million dollars for improvement of athletic facilities at four schools on the Gig Harbor Peninsula and on the plans for the first leg of a walking trail from near the Narrows Bridge to the Gig Harbor Park and Ride. Eventually that Trail is expected to be completed to Purdy and then connect with Key Peninsula Trails. Someone expressed the idea that it was nice to see Pierce County money get across the Narrows Bridge, but it would be even nicer if it could go farther and come across the Purdy Bridge....Old Song, just new people singing it! Nothing really happening on the County-owned beach on the Purdy-Wauna Spit.

Nancy Lind reported that Pierce County is apparently moving on a new program to get rid of junk automobiles, abandoned here, there and everywhere. The "Big Plan" is that investigation and removal of abandoned autos will be taken over by the Pierce County Solid Waste Division, removing the job from the Sheriff's Department's responsibility. Probably won't bother the Sheriff much, you can be your own judge as to how well the work was getting done. Possible first real test for the folks from Solid Waste will come up at Glen Cove, a seemingly timeless story that has run on for years.

In other business news, Barbara Heard reported that Sound Credit in Key Center has gotten an official "go-ahead" for expansion of the Credit Union building out the back (toward the field) and that work might start in May and MIGHT be finished by September. Two drive-up lanes are planned and MAYBE safe deposit boxes. Walt's Deli, which opened just a few months ago, has closed for the winter at least; one hears that it may reopen in March sometime.

QUICK SHOTS IN SPOTS: A Friends of the Key Center Library Committee, headed by Dick Bates, got a recent preview of the new library statuary designed by John Jewell of Vaughn. It was pronounced "wonderful" and may well be in place by sometime in May of this year....Ray Hallowell of the Pierce County Environmental Health Department says that progress is being made in cutting down on pollution in Vaughn Bay; his Department is now doing some sampling in Filucy Bay and finding a few problems there. Rocky Bay is said to be in a much improved condition and may be certified for health by Washington State sometime soon....An event known as a "Livable Community Fair" will be held on February 9th at the Tacoma Narrows Airport and is expected to draw participation by a number of Key Peninsula groups. As described at this time, it sounds as if it will be very interesting.

A Happy (and Better) New Year to You!

My Life As a Dog

by Robert McCrossin, Bayside Animal Lodge, Ltd.

Some days I look at my dog, Rosie, and think how nice my life would be as a dog. Then I think:

If you can start the day without caffeine,
If you can get along without pep pills,
If you can always be cheerful, ignoring aches and pains,
If you can resist complaining and boring people with your troubles,
If you can eat the same food every day and be grateful for it,
If you can understand when your loved ones are too busy to give you any time,
If you can overlook it when those you love take it out on you when, through no fault of your own, something goes wrong,
If you can take criticism and blame without resentment,
If you can ignore a friend's limited education and never correct him or her,
If you can resist treating a rich friend better than a poor one,
If you can face the world without lies and deceit,
If you can conquer tension without medical help,
If you can relax without liquor,
If you can sleep without the aid of drugs,
If you can honestly say that deep in your heart you have no prejudice against creed, sex, color, religion, national origin, gender preference or politics,
Then you have almost reached the same level of development as your dog and cat."
(With apologies to Rudyard Kipling.)



Veterans' Voices

By Eileen Young

At the time of this writing we are at the "dog paddle stage of winter", trying to keep our heads above water! Hopefully, the year 2002 will bring some semblance of normalcy to the world and the weather. Meanwhile, HAPPY NEW YEAR.

Thank You's are in order at this time for all who helped cut, sew, decorate fill and deliver the 950 Christmas stockings to our hospitalized veterans, nursing home patients and retirement home folks. The Ladies Auxiliary headed this giant project and made sure everyone had a small token of our love where love is at a premium. Thanks to Buzz Simon for playing Santa and making sure everything was delivered on time.

Thanks to the Key Peninsula community, who again this year came through for our "Trees of Sharing", our veterans received a present from folks grateful for their sacrifices for our freedom. A million thanks to each and everyone who took the time to participate. To our delivery man, Wally Cornman, a special thank you.

If you would like to join this busy group, either the Post or the Auxiliary, the meetings are on the 2nd and 4th Mondays of each month, at 7 PM at the KP Civic Center or call Commander Bud, 884-4555, or President Roxy, 884-4407, for information. There is much to do in our community and our hospitals and many hands make light work.

Speaking of hands, put yours together and pray for our folks in this month's CARE CIRCLE: Jeff Broderson, Larry Bellona, Bob Beal, Marj Adams, Louie and Jean Aguilar, Irene Wooldridge, Darlene Brown and Jeanne Christoffersen, along with the Till family and the Sorsdahl family. To all of them and to those we do not know about, get well soon - WE CARE.

The Voice of Democracy chairman, Larry Belona, is pleased to announce that Sara Mountjoy is this year's first place winner with Esther Clark placing second. Congratulations to these winners and good luck in the future.

In our Junior Essay Contest which covers 3rd through 6th grades, chairwoman Katy Jo Patterson gives the winners list as follows:

- 3rd Grade: 1st - Benjamin Lawrence; 2nd - Adam Hill; 3rd - Samantha Smith
- 4th Grade: 1st - Joshua Bessex; 2nd - Kiefer Chalk; 3rd - Cody Sherewood
- 5th Grade: 1st - Juan Cartwright; 2nd - Travis King; 3rd - Erik Lund
- 6th Grade: 1st - Robert Robinson; 2nd - Stephanie Hahn; 3rd - Kyle Gootkin.

The Awards night will be held on January 28th at 7 PM at the Civic Center. Congratulations to the winners and thanks to all who entered.

Keep up the good work in 2002 and remember: If you're not criticised, you may not be doing much! See you next month.



LIVING AND LEARNING ON THE KEY PENINSULA

by Dale Skrivanich

The Museum Board hopes all of you had a great holiday. As 2002 gets started we would like to thank all of you who helped support the Museum in 2001. We look forward to seeing you at the Museum or at a Society even this year. We have many exciting projects going on this year and will need a lot of help.

The great "they" of the world say good things take time. A year ago our membership voted to look into the expansion of our current Museum space. After approval from the KPCC Board, the Museum Board started to measure and dream of what could be done. In August Jim Olson, of Olson, Sundberg, Kundig and Allen, a leading architectural firm in Seattle, stepped forward and offered the firm's assistance to help design the expansion project. Jim's family has had roots in the Longbranch area since 1910. Jim and his intern, Naomi, have measured and taken many pictures of the present Museum space. In November the expansion committee met with Jim and Naomi and gave them the list of dreams. Open or closed ceiling, a storage loft and maybe formal entrances were a few of the ideas. Jim and Naomi listened and took notes, notes and more notes. We are all looking forward to seeing the first rough draft.

We also need help with an on-going project that all museums have problems taking care of. Mainly, what to do with all our photographs? In the past few months, Virginia Seavy and Barb Hanna have spent hours transferring photographs and documents into acid free folders for storage. Another way we have been preserving our collection is by using a computer flatbed scanner. With this tool we have been able to scan over one hundred photographs of the Home area and preserve them on a CD ROM. So, as you can see, we have a project for everyone.

If you have any questions, or can help, please call Tim Kezele, President, at 884-4538 or Barb Hanna, Treasurer and Membership, at 884-4399.

REMEMBER — THE MUSEUM IS CLOSED UNTIL FEBRUARY 4TH.

Sen. Oke Honored For Service to Veterans

State Senator Bob Oke of the 26th District has been selected as Outstanding Legislator for Service to Veterans by the state Department of Veterans Affairs and the Governor's Veterans Affairs Advisory Committee.

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A View From Home

by Marty Marcus

So what has our country been doing to earn our ranking of 12th out of 13 industrialized nations in terms of health indicators? For one thing, 30 years of political assaults on health programs that make up the nation's safety net decimated traditional public health services often associated with the problems of the poor. The success of the public health system in reducing and even eradicating deadly diseases may have been a factor enabling politicians to argue that we didn't need it anymore.

A major campaign against federal funding for health-related anti-poverty programs resulted in the elimination of the entire U.S. Public Health Service Corps, which had provided doctors to rural hospitals and other underserved areas. PHS hospitals were actually closed, even if they were the only ones willing to accept poor patients. Federal health funds were given directly to the states with few strings attached. Some states took advantage of this and diverted health funds to highway construction.

One dramatic example of the effects of closing these PHS hospitals surfaced last October 21st. Some 3,500 postal workers were brought to D.C. General Hospital in our nation's capital to have their noses checked for anthrax spores. But D.C. General had been closed four months previously because Congress had cut off its funding. Somehow, the postal workers got their noses checked and were given appropriate medication. No other hospital in the area had the capacity to handle that influx of postal workers.

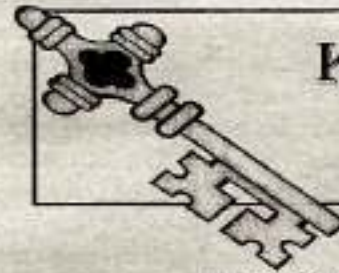
Yes, D.C. General was a money-losing facility, but it provided care for patients without insurance, jail inmates, crack-addicted babies, patients with AIDS whose insurance had run out, and other unfortunate individuals. Georgetown University Hospital, a private facility, was losing more money than D.C. General and was also subsidized with taxpayer funds, but Congress didn't cut off its funding. Georgetown is where the "fat cats" go when they need medical care.

The fact that childhood immunization rates for such common diseases as whooping cough and measles have dropped so low in many parts of our country means that bioterrorists could cause major problems without using exotic microbes. In 1993, only 44% of all American children were fully vaccinated. So, in Los Angeles in 1990, where fewer than half the children under 5 years of age had been vaccinated, an outbreak of

measles hospitalized 107,000 and 40 died, mostly poor, minority and uninsured children.

Over the last 10 years, while the U.S. population grew by 10%, the number of hospital beds dropped 110,000. Over a 5 year period, 370 emergency rooms have closed. Many E.R.'s are so swamped with patients that they close their doors to ambulances, and 2 to 3 hour waits in the E.R. are common. Study after study has shown that people without health insurance tend to delay seeking treatment until they're in a critical condition, and then they go to an E.R. The executive director of the American Public Health Association says, "There is no community in the U.S. where there is capacity to deal with 500 very sick people all at once."

Let's look next month at our local health care situation. Stay tuned.



KEY DATES 2001

BUSINESS / PROFESSIONAL GROUPS

KP Business Assoc.	1 st Friday - 7:30 AM	Home Port Rest.
	3 rd Friday - Noon	Horseshoe Lake Rest.
Fire Fighters Assoc.	4 th Wednesday - 7:00 PM	Key Center Fire Sta.

CIVIC ORGANIZATIONS

Ashes	1 st Thursday at 10:30 AM	Key Center Fire Station
Boy Scout Troop #220	Tuesday 6:00 PM - 8:00 PM	KPCC/Whitmore Rm.
Cootiettes	3 rd Thursday at 7:00 PM	KPCC/Whitmore Rm.
KPCCA Exec. Comm.	1 st Monday - 7:00 PM	Civic Center
KPCCA Board	2 nd Thursday - 7:00 PM	KPCC/Whitmore Rm.
KPCS Board	2 nd Monday - 10:00 AM	Comm. House - Home
KPHC Board	4 th Thursday - 7:30 PM	Health Center
KP Lions Club	1 st & 3 rd Wed. - 8:30 PM	KPCC/Whitmore Rm.
VFW & Auxiliary	2 nd & 4 th Mon. - 7:00 PM	CC/VFW Room/WM Rm.

COMMUNITY SERVICES

Adult Literacy Classes	Call for Appointment 851-6552	Gig Harbor
Angel Guild	4 th Monday - 10:00 AM	Brones Rm./KC Library
Children's Home Society Family Resource Center	Monday through Friday, 9:00 AM to 4:00 PM	Key Peninsula Civic Center, Lower Level - Call 884-5433
Food Bank	Tues. through Fri., 10:00 AM to 3:00 PM	Comm. House - Home
Hot Lunch for Seniors	on Wednesdays and Fridays at Noon	Community House - Home
Also food & clothing assistance.	For More information, call 884-4440.	
Immunizations (FREE)	Thursday, 10:00 AM to 4:00 PM at	Urgent Care, Gig Harbor.
IMPACT Key Peninsula	1 st Tuesday - 9:00 AM	Lakebay Community Church
The Key Peninsula Well Child Clinic	at the office of Dr. Roos every Tuesday at 9:00 AM.	
Key Center Library 884-2242	- Hours: Tuesday & Wednesday 11 AM - 8 PM, Thursday & Friday, 11 AM - 6 PM, Saturday, 11 AM - 5 PM.	
KP Baptist Bible Study	Wednesday - 7:00 PM - 8:30 PM	KP Civic Center
Overeaters Anonymous	Wednesday - 7:30 PM	St. Nicholas Church
There Is Hope 12-Step Christian Support Group	Thursdays at 7:00 PM at Lakebay Christian Assembly Church - 253-884-3859.	
WIC (Women, Infants & Children)	Every Tuesday 8:00 AM to 4:00 PM Civic Center, in the VFW Room. Call: 884-3835 on Tuesdays for an appointment.	

PUBLIC MEETINGS

KP Fire Commissioners	2 nd Wednesday - 7:00 PM	Key Center Fire Sta.
	2 nd Monday after 2 nd Wednesday at 4:00 PM	Key Center Fire Sta.
KP Parks & Rec.	2 nd Monday - 7:00 PM	Volunteer Park Annex

SELF-HELP GROUPS

Alcoholics Anonymous	- Wed. at 7:00 PM and Fri. at 8:00 PM	At the Key Peninsula Community Services in Home.
Alcoholics Anonymous	Thursday at 6:00 PM at Longbranch Community Church	
IMPACT Key Peninsula	- Help for victims of Domestic Violence Call 884-5086.	
Peninsula ALANON	- King of Grace Lutheran Church, Purdy - Tuesday 1:30 PM	Contact Norma at 884-2205 for more information.
T.O.P.S.	Tuesday Evening Weigh-in 6:15 PM - Meeting at 7:00 PM - Civic Center	
T.O.P.S.	Tuesdays at 9:00 AM at Fire Station, Home, WA	

SOCIAL & HOBBY GROUPS

Bayshore Garden Club	3 rd Friday of each month, for more information call Sylvia Retherford at 884-2487.	Longbranch Improvement
Key Center Duplicate Bridge Club	meets on Tuesday Evenings. If you play Bridge and are interested in playing Duplicate Bridge, please call 884-2863.	
KP Historical Society	1 st Thursday - 7:30 PM	KP Historical Museum
Museum Open Thursday and Saturday	from 1:00 PM to 4:00 PM.	
LB Improvement Club	3 rd Wednesday - 7:00 PM	Longbranch Improvement
Peninsula Neighbors	2 nd Tuesday - 10:00 AM	Longbranch Fire Station #4
Lakebay Fuchsia Society	1 st Thursday - 7:00 PM	Brones Rm./KC Library
Ruth Circle Meeting	3 rd Monday - 10:00 AM	Bible Study, lunch and Meeting at 12:00 Noon at the Longbranch Church.
Senior Society Luncheon	Thursdays - Noon, KPCC/Whitmore Room	
Vaughn Bay Garden Club	Call 884-5403 for more information.	
Key Singers	Tuesdays 7:00 - 9:00 PM	Longbranch Comm. Church
	Contact Jo Sturm - 884-1350	

Notice: If your organization is listed in our Key Notes 2001, please check to be sure the time and location are correct, so we can bring it up to date.

NOTE: IF YOU WOULD LIKE YOUR ORGANIZATION LISTED HERE, PLEASE MAIL THE INFORMATION BY THE 20TH OF EACH MONTH TO: KEY DATES, KEY PENINSULA NEWS, P.O. BOX 3, VAUGHN, WA 98304. OR FAX IT TO US AT: 884-4053.

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KEY PENINSULA NEWS

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1. THE KEY PENINSULA NEWS is a community newspaper, owned and published by the KEY PENINSULA CIVIC CENTER ASSOCIATION, a non-profit, 501-C3, corporation with main offices in Vaughn, Washington. The name, goodwill and any copyright assets that may exist pertaining to the NEWS are among the financial assets of the KEY PENINSULA CIVIC CENTER ASSOCIATION.
2. The primary purpose of the NEWS is to serve as communication between the KPCCA Board (and its activities) and the residents of the Key Peninsula, generally corresponding with the defined geographical area of Pierce County Fire District 16.
3. The secondary purpose of the NEWS is to serve as a communication means between the KPCCA member organizations and the residents of the same area.
4. The NEWS shall be entirely free of political bias, and shall advocate no particular religious point of view. Further, its service will be open to all local organizations and residents, subject to the availability of space and generally accepted good taste and legal considerations.

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

The opinions expressed herein are the opinions of the writers and do not necessarily reflect the views of the publishers or staff. All Letters to the Editor must be signed and include a daytime phone number for verification. No anonymous letters will be published. Submissions are used on a space available basis and may be edited if used. THE KEY PENINSULA NEWS reserves the right to edit letters for length and content and no religious or political material will be printed. Mail letters to: P.O. Box 3, Vaughn, WA 98394.

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T.O.P.S. NEWS

by Frankie Johnson

Time for a new beginning. We all start off with a clean slate. The first weigh-in of the year will establish what division you will be in for the year. There are no gainers fines and we all start the new year in Black Weight. This is a good time to join or rejoin. It is basically a forgiveness night as far as your weight goes.

December was an interesting month for us. We had some really great weeks when Jo Wickline made her goal weight and is now a KOPS. Then we had a couple of weeks of net gains, countered by weeks of net losses. Lots of nasty weather when no one really wanted to go out, but came anyway and faced the scale.

Our annual Christmas party was wonderful, as our group showed how to feast on low calorie food. A hit of the selections were the red and green stuffed peppers brought by Jack and Louise Harrison. Louise had the calories (185) and fat grams figured. Our gift exchange was so much fun as we opened and stole ornaments. Jena had arranged many door prizes and a good time was had by all.

November saw Barbara Bellinger again as our best, with a 6.00 pound loss. She has gone down steadily since she joined and will soon be at goal. Peggy Gablehouse was #2 with a 3.75 loss and did make her goal. Jo lost 3.25 and also has reached her goal. We are very, very proud of these members for their diligence in pursuing their goals. As a group we lost 40.25 pounds in November.

January will start us off to a new fantastic year for striving to reach that next goal of weight loss. Programs are already in the making to help all of our members to get on and stay on track. We extend an invitation to all of you out there with a weight issue. Men, women and children over 7 years of age are encouraged to come and reap the benefits of group help. It has been in the news lately how our children and teens are really getting into the over-weight syndrome. We are here for you to offer our support with incentive games and good ideas on meal planning plus prizes for exercising. We try to have something to appeal to each member.

We meet every Tuesday evening at the Civic Center in the VFW room in the building next to the Historical Society. Starting at 6:00 PM, with a private weigh-in, and ending at 8:00 PM promptly. You are welcome to call 884-4102 for more information.

Help With Your Resolutions

by Mary Nelson

Are losing weight and better health on your resolution list again this year? Are you redefining what you want out of life? Maybe illnesses or the troubled times have caused you to change some of your priorities.

If you are one who feels that better health and more care for your body is higher on your priority list, you might like to try getting some help. This is just what your local T.O.P.S. chapter is for. We help you back up those resolutions with positive actions. Your local Morning TOPS chapter meets at the Home Fire Station, Tuesdays, from 9 to 10:30 AM. T.O.P.S. (Take Off Pounds Sensibly) is a support group for people who want to lose weight. We have a suggested diet program, but encourage you to follow whatever plan your doctor recommends. With programs and contests, songs and speakers, you are surrounded with friends and fun. You will go to get encouragement, and your presence there will be an encouragement to others. Men and women from 9 to 90+ years are welcome.

When you come, be sure to talk to our best losers. There is quite a list since there hasn't been a report for several months. Best loser for September was **Ruth Matthews** and **Rick Crandall** came in second. October's best loser was **Betty Mayer** with **Anna Johnstone** up there in second place. November saw **Shelly Rajkovich** in first place and **Kristen Johnstone** in second. Hats off to these hardworking weight losers. Keep up the good work, one and all.

If you have any questions about T.O.P.S., please call **Ruth** at 884-9606 or **Dottie** at 884-1721. Or just stop by on Tuesday and ask a TOPS loser!!!



TAX TIPS

By
Marv & Myrtle
Keizer, CTP

It looks like we are about to begin another Income Tax Season. Have you kept all of your records in one spot so that you can bring them in to your tax preparer as early as possible? By getting your tax return done early, if you have a refund, you can get it back faster - even faster if you E-File. You can even file the E-File method with tax due and you can defer payment until April 15th.

We have been disappointed in response to "Money Matters" so all I am going to say is for you to go to our website www.moneymattersnetwork.com/?345101 and see for yourself. Then call us at 884-3566. We are knowledgeable in tax matters and get your tax information together as soon as possible.

New To This Area?

We cover all of the Pierce County area and others as well. We feature monthly Luncheons at local sites, Socials, Lunch Bunch, Book Discussions, Bridge and other Games as well as Outings and Sightseeing Trips out of town. COME!! Meet new friends, learn about the area and enjoy good company. We meet on the second Thursday of each month. The next meeting will be January 10th, with a social at 11:30 AM and lunch at Noon. Call Barbara at 253-752-1009 for further information.

Scouts To Help Recycle Christmas Trees

Boy Scout Troop 220 will be picking up Christmas trees for recycling from throughout the Key Peninsula on Saturday, January 5th. Trees must free of flock, tinsel and ornaments and in the resident's driveway beside the road by 9:00 AM that day. Please call 884-3133 before January 5th and leave your name, phone number and address if you wish to arrange for tree removal. The Troop is suggesting a donation of \$5.00 per tree for the service.

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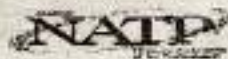
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IN THE LIBRARY

THE GLOBAL EXPLORER'S FORUM is a gathering of local people who are interested in exchanging ideas and sharing experiences of world-wide adventure travels. We will be gathering once a month at the Key Center Library to enjoy presentations by local explorers about their international journeys. The focus for these presentations is not your typical tourist trip. Instead these adventures involve taking risks, living within local and native cultures and experiencing the natural world. The first presentation will be on **Saturday, January 26 at 7:00 PM**. It will be a slide show by Simon Priest examining a 5,000 mile bicycle tour around the mountainous country of New Zealand that involved hiking, caving, paddling and being welcomed into a Maori Marae (native village). Simon has written a couple of bicycle guide books and has made a dozen trips to New Zealand.

ENERGY EFFICIENCY AND ENERGY INDEPENDENCE: LESSONS FROM 20 YEARS OF LIVING OFF THE GRID, Saturday, February 2 at 1:00 PM. Getting tired of high utility bills? Wishing you could cut the cord and make your own electricity? Want to reduce your utility bill? This presentation by Ian Woofenden will include off grid living, energy efficiency and renewable energy. Ian Woofenden is the Associate Editor for *Home Power* magazine (which is available at the Key Center Library). Ian and his large family have been living off the grid for 20 years with wind and solar electric systems. In addition to his job as primary text editor with *Home Power*, he coordinates renewable energy workshops in the San Juan Islands for Solar Energy International. The presentation will include information on how to reduce your utility bill and the environmental impacts of your on-grid home. Lessons from off grid living can help on-grid homes become much more efficient. A brief overview of solar-electric, wind-electric and microhydro-electric systems will be included. Renewable energy hardware will be shown and literature will be available.

These free programs are sponsored by the Friends of the Key Center Library. To become a member of the Friends and to receive a seasonal newsletter of upcoming events, mail \$3.00 to Friends of The Key Center Library, 8905 KPN, Lakebay, WA 98349.

FAMILY STORYTIMES will be held January 30th through March 20th each Wednesday at 2:00 PM. Registration will begin January 2nd. Register at the library or by telephoning 884-2242. Family Storytimes feature picture book stories, songs, fingerplays and movement games. Programs are geared to preschool children, but all ages are welcome.

Happy New Year!

STORM WARNING?

-SO WHAT!

Like it or not, storm season usually means power outages. This year, be prepared for winter with back-up protection systems from Peninsula Light.

Surge Suppressors - \$26-\$228

At the very least, every home needs surge suppressors to protect sensitive electronic equipment like your computer, VCR, fridge, dishwasher, even your furnace. You can install a surge protector at the point of use - the appliance itself. Or protect your entire home with a whole-house unit installed at the service entrance. We sell all types.



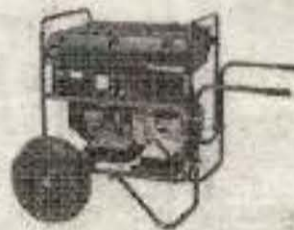
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YESTERDAY'S TEENAGERS!
 Key-Peninsula Senior Society
 by Jim Nolan @ 851-4847

So — we come to the end of the Holiday Season and find it is hard to put away the lights and decorations and the cards from friends and relatives until next December. And don't forget to check return addresses so that 11 months from now, we don't address some of our cards to wrong, outdated locations or family members born, died, married, divorced or moved. Just a friendly tip.

We KP Seniors are trusting that all enjoyed the hustle, bustle and cheer of the past half-month, as did we all.

Looking back a bit, our last meeting of 2001 was also our Christmas luncheon, on December 20th at the Civic Center in Vaughn, as usual. And what a joyful, food-filled time it was! Turkey provided anonymously by a member and ham provided by Shirley Roper-Witt and her son, Jerry. Dressing, gravy, potatoes, salads galore, and —well, just about every good tasting Christmas food you can think of ... right up to the pie.

After dinner for members and guests we held the official drawing for the two crocheted table-cloths for which many of you purchased chances. It was a happy occasion for the two winners: Marie Storset of Carney Lake Road won the round table-cloth, and the square one went to Mary Svava of Vaughan Square. Congratulations, winners, and thanks to Virginia Adkisson who 'CROW-SHAYED' both tablecloths for the raffle.

—We'd like to start off the year 2002 with a bang, and add several new members to the KEY PENINSULA SENIOR SOCIETY — so here's a BIG, sincere invitation to any who'd like to join us on Thursdays. There's NO COST (pretty rare these days) and we have a pot-luck luncheon every Thursday noon at the Civic Center in Vaughn. We laugh, occasionally shout, and enjoy each other's company. After our pot-luck, we play cards — pinochle, rummy and bridge — and are open to other game ideas if you have some. We'd like very much to see you on Thursdays and get acquainted. Singles and couples are welcome. Next meeting is January 3rd.

—We try to take a SENIOR SURVEY once a month so folks will know that we're aware of issues in the world around us, and there seem to be many. In December our opinion-sampling of members was on the subject of the U.S. prosecutions of persons accused of crimes against the United States as a result of the Sept. 11th World Trade Center & Pentagon attacks or the subsequent War On Terrorism in Afghanistan. How and where should such persons be tried?? In Military Tribunals, where familiar rights of the accused are non-existent, or in courts operating under rules we all know about — such as right to counsel, presumption of innocence, right to call witnesses in one's defense, right to a speedy trial and others under the U.S. system of justice. Well, opinions were strong on both sides of the issue, with the results of some 21 persons voting:

Try them in Military Tribunals: 13

Try them in courts under the U.S. system: 8

Something to think about, eh????


Any other ideas for other subjects on which to take a SENIOR SURVEY? Let us know at 851-4847.

—Christmas cards brought us this information about CLARA KURZ, one of our earliest members and presidents. She had been living in Sumner but has moved to Puyallup at this address, if any of her Peninsula friends would like to write or visit: Clara Kurz, Valley West Apts, 511 10th Ave. SE, Puyallup, WA, 98372-3875.

—HAPPY NEW YEAR everyone !!! Cheers from the Seniors.

[Editors' Note: Jim promises us two jokes next month, since he didn't give us our chuckle this time.]

Lower Back & Leg Pains
 by Dr. Robert B. Campbell, D.C.



Let's start the New Year off right!

An estimated half million people will be disabled this year by spinal defects and injuries which cause low back and leg pain. Chiropractic research indicates that most low back and associated leg pains are caused by truly mechanical defects of the mobility and alignment of one or more segments of the lower spine. In order for the spine to function as a flexible posture support and provide a protective channel for the spinal cord and nerves, each spinal segment or vertebra must be in precise alignment with adjacent segments. Also, a critical range of movement of each segment must be maintained by the supporting muscles and ligaments.

The delicate balance and precision movement of a spinal segment may be destroyed by a fall, accident, back strain or by chronic posture decay. The result of a structurally altered spine (weak back) is chronic recurring back pain. Normal strain on a structurally weak back or a severe strain on a normal back may be sufficient to actually displace a vertebra.

When a vertebra is forced beyond its critical range of movement it partly closes the adjacent opening through which the spinal nerves exit the spinal cord to supply energy to all parts of the body. The spinal nerves which supply energy to the legs pass through the tiny openings between adjacent vertebrae of the lower spine. When one of these vertebrae is displaced the nerves which supply the legs may be compressed or irritated. The result is pain which extends down the leg.

Experience has shown that acute and chronic back pain responds extremely well to the specialized care offered by the chiropractic profession.

For more information, call 884-2144.

Metropolitan Trio To Perform January 24th

Peninsula United Music Association welcomes the return of the Metropolitan Trio, formerly known as El Trio Grande, to a concert at Agnus Dei Lutheran Church, 10511 Peacock Hill Avenue NW, in Gig Harbor, at 7:30 PM, on Thursday, January 24th.

The Trio consists of violinist Tom Dziekonski, cellist Virginia Dziekonski, and pianist Lisa Bergman. They specialize in performing their own original or out-of-print music. For the upcoming concert the music will focus on traditional Polish tunes, and will also feature a Haydn trio and "Cafe Music" by Paul Schoenfield.

Tickets are priced at \$10 for adults and \$5 for students, and may be obtained in advance at Mostly Books in Gig Harbor or at the door. For further information please phone 853-5239.

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ANGEL NOTES

by Frankie Johnson

We are opening our new year with a Grand Opening on January 9th. All new merchandise, same old good prices! We were closed during the holidays to do a deep cleaning of the shoppe and for well needed painting and other projects. We strive constantly to make your shopping in our store a pleasant event. We do hear comments from our customers that we are the cleanest place, with the best stuff and best prices. It is our endeavor to continue with the same high quality you have come to expect from the Angel Guild. Remember, all we can offer is what it donated. So your good, clean cast-offs are what we appreciate.

A special thanks to Jarvis Krumbein for getting a great porch light on the donation porch. And to whoever put the roof shingles on the steps, we do appreciate the added safety. Thank you.

In December we held our annual potluck luncheon at the Civic Center in the Whitmore Room. Nel Blanchard and her crew hosted, decorated and supervised a fun gift exchange and door prizes. We owe them a big debt of gratitude and thanks for such a lovely day. We started with the pledge to our nation's flag presented by the VFW District #4 Color Guard Team and representatives from VFW Post 4990. Rhys Wood gave a prayer for the day. Commander Bud Natucci and Jerry Davis from District #4 gave their thoughts about the Angels and the good works they underwrite. Thank all of you gentlemen who came to honor us. Then Barbara Bramhall accompanied by Verda Lawrence on piano led us in singing God Bless America. It set a very high tone for our event.

If you have a need for a project, now is the time to get your request to us in writing. Remember, we only can give through an organization or institution. For personal help, go to the Community House in Home and you can get a voucher to shop in our shoppe. Also, help is available through the Children's Home Society at the Civic Center. Angel Guild has an ongoing supportive relationship with these outlets.

Be watching for a new ad in this edition of the Key Peninsula News for specials in the store !!!

FIRE DEPARTMENT NEWS

Have you gotten your Vital-Vitals Yet???

by Ruth Bramhall

This is not your Vital signs — Blood Pressure, Respiration or Heart Rate. This is the address of your home.

For some time now, the Key Peninsula Fire Fighter Association has been taking orders and installing reflective signs on the Peninsula. As you drive around, especially at night, you may see these red reflective signs designating the address. As the population out here has grown and new roads have gone in it has become increasingly difficult for the Fire Department, the Police, and even the Peninsula Light Company, to find you. If there is an emergency it is "vital" that they can reach you as quickly as possible. I know that some of you have nice signs — on the house, on a tree, high or maybe low — but, as you know, it is faster to locate signs that are consistent. Same size, approximately in the same location, and most importantly, reflective, so that you are easier to find.

These life-saving signs are easy to obtain. Stop by the Fire Department in Key Center to obtain an order form. The cost is \$12.50 per sign. After you have turned in your request, the KP Fire Fighter Association will assemble it, with numbers on both sides, and they will then come out and install it at the driveway to your residence. If you have any questions, please call 884-2222 between 8:30 AM and 4:30 PM weekdays.

This is a good time of the year to make a New Year's resolution to get signed up for your Vital Sign. A Vital Sign would also make a good present for a relative, friend or neighbor or anyone else you know who needs one but could use some help buying one.

Note: The coming year 2002 is the 50th anniversary of your local Fire Department. We are collecting old pictures and stories of memories. If you have something to contribute, please contact us.

Happy New Year 2002!

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		1 HAPPY NEW YEAR	2 Yoga 7:30-9:00am Lions 6:30-10:00pm Bible 6:30-8:30pm AWANA 6:30-8:30pm	3 Seniors 10:00-4:00pm Karate 7:00-9:00pm Yoga 7:30-9:00pm	4 Skate night 6:30-9:00pm	5 CHS - Jump Program 5:00-10:00pm
6 Key Peninsula Baptist Church 8:30am-1:00pm	7 Yoga 10:30am-Noon CHS 1:00-2:30pm Brownies 3:30-4:30pm Karate 7:00-9:00pm EXECUTIVE BOARD MEETING 7pm	8 CHS 9:00am-Noon WIC 8:00-4:00pm TOPS 6:00-8:00pm Scouts 6:30-8:30pm Yoga 7:30-9:00pm	9 Yoga 7:30-9:00am Bible 6:30-8:30pm AWANA 6:30-8:30pm	10 Seniors 10:00-4:00pm Karate 7:00-9:00pm Yoga 7:30-9:00pm KPPCA Board Meeting 7pm-9pm	11 Skate night 6:30-9:00pm	12
13 Key Peninsula Baptist Church 8:30am-1:00pm	14 Yoga 10:30am-Noon CHS 1:00-2:30 Brownies 3:30-4:30pm Karate 7:00-9:00pm VFW 7:00-9:00pm VFW Aux. 7:00-9:00pm	15 CHS 9:00am-Noon CHS 3:00-5:30pm WIC 8:00-4:00pm TOPS 6:00-8:00pm Scouts 6:30-8:30pm Yoga 7:30-9:00pm	16 Yoga 7:30-9:00am Lions 6:30-10:00pm Bible 6:30-8:30pm AWANA 6:30-8:30pm	17 Seniors 10:00-4:00pm Karate 7:00-9:00pm Yoga 7:30-9:00pm	18 Skate night 6:30-9:00pm	19
20 Key Peninsula Baptist Church 8:30am-1:00pm	21 Yoga 10:30am-Noon Brownies 3:30-4:30pm Karate 7:00-9:00pm	22 CHS 9:00am-Noon CHS 1:00-5:30pm WIC 8:00-4:00pm TOPS 6:00-8:00pm Scouts 6:30-8:30pm Yoga 7:30-9:00pm	23 Yoga 7:30-9:00am Bible 6:30-8:30pm AWANA 6:30-8:30pm	24 Seniors 10:00-4:00pm Karate 7:00-9:00pm Yoga 7:30-9:00pm	25 Skate night 6:30-9:00pm	26
27 Key Peninsula Baptist Church 8:30am-1:00pm	28 Yoga 10:30am-Noon Brownies 3:30-4:30pm Karate 7:00-9:00pm VFW 7:00-9:00pm VFW Aux 7:00-9:00pm	29 CHS 9:00am-Noon CHS 1:00-5:30pm WIC 8:00-4:00pm TOPS 6:00-8:00pm Scouts 6:30-8:30pm Yoga 7:30-9:00pm	30 Yoga 7:30-9:00am Lions 6:30-10:00pm Bible 6:30-8:30pm AWANA 6:30-8:30pm	31 Seniors 10:00-4:00pm Karate 7:00-9:00pm Yoga 7:30-9:00pm	JANUARY 2002	

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KEY PENINSULA PARKS & RECREATION DISTRICT

by Nancy Lind
Volunteer Park

Volunteer Park is pretty quiet this time of year. It's time for the grass to rest, for repairs to go on, for the organizers of field activity to take a breather and for the commissioners to sit back for a while, assess the past year and determine where we are and what needs to be done next.

Field Lights: The Eagle Scout project is stalled until the field dries out. Heavy trucks are a no-no.

Concession Stand: The Board is still looking for another concessionaire to run the stand. If anyone is interested, please contact Marilyn Tagert at 857-3660.

Soccer practice is about the only activity in the park. The groundskeeper still has work to do to get ready for spring.

Rocky Creek Conservation Area

Martin Luther King Service Day will be on Saturday, January 19th at 10:00 AM. We will be cleaning up on top at the spot we call Big Rock Knoll, making trail, putting up some barriers, planting trees and doing whatever else we can think of. The Earth Service Corps kids from Peninsula High School will be working on Jason's Trail, a trail named for an Americorps worker who worked for the YMCA and organized students to do this trail 4 years ago. He is an exceptional young man who was so enthusiastic about RCCA, but he needed to go back to college, and we will miss him. Everyone is welcome to come and work. Lunch will be provided.

The park is looking good; the creek is wide and fast, and chum salmon have been spotted in the creek. Four whole big salmon were spotted up on the road under the pole line, rotting away, and who knows how they got there. They sure didn't walk. When dogs eat this mess it can kill them. So, if you see this sort of thing it would be good to collect the fish somehow and put them back into the creek for nutrification of the stream. Also, there have been several gutted deer carcasses dumped, but we left them where they were when we were cleaning up garbage. However, there is a strong possibility that the deer are attracting cougars in the Lake Holiday area. It's not easy picking up a rotting deer carcass and hauling it to the side where the county picks up our collected garbage. So, people out there, don't use the local wooded areas for your dirty work.

Call Nancy Lind at 884-3347 if you are interested in participating in RCCA activities and/or for more information.

Duplicate Bridge, Anyone? [No, not another Narrows Bridge.]

The Key Center Duplicate Bridge Club meets on Tuesday evenings. If you play Bridge and are interested in playing Duplicate Bridge, please call 884-2663.

This is an open letter to all the citizens who call KEY PENINSULA their 'home'.

What 2 things do these 3 people have in common: Jack D. Jake Bujacich, '81-'86; Paul Cyr, '87-'94; Karen Biskey, '95-'02? Answer, all 3 were elected to the Pierce County Council, District 7. All 3 called GIG HARBOR 'home'.

My name is Larry Wingard. I am a candidate for the PCC, D7. I live in LAKEBAY on the KEY PENINSULA.

I believe the time to have a KEY PENINSULA resident elected to the PCC, D7 is this year. Do you agree? If you do, we can make it happen. How? I am campaigning very hard. I started in August, 2001. I put together 15 thousand campaign booklets to get my message out. And you? I can't win without your vote. Your vote is a show of support for our KEY PENINSULA neighbors, all of us.

How do I reach out to my neighbors & persuade each of you to vote for me? Here goes, I'll try my best.

Should you vote in both the primary and general elections? Yes or No? ____ I always have. Both elections are equal in importance, both elections elect the winner of the office. Seven voters out of 10 traditionally do not vote in the primary election. How very sad, indeed. Could you & I reverse this dismal statistic? Yes or No? ____ I believe so, yes indeed, we can!

Have I convinced you that your vote is the most important vote in the entire voting process? Yes or No? ____ Three YESSSES says YES I have!

Please read my campaign booklet. If you would like extra copies for your family, friends & neighbors to help get my message out, just ask me. Your help would be very much appreciated & welcome. Together, you & I can & will be victorious in both the primary and general elections of 2002.

Thanks for your vote & support. Sincerely, Larry Wingard, candidate, Pierce County Council, District 7, Rep. P.O. Box 503, Lakebay, WA 98349-0503. 253-884-4544.

Larry

This is a Paid Political Advertisement



THE LAW COLUMN

by Michael Misner

I have an old high school friend, who, when he gets nervous, starts sucking air into his mouth while at the same time whispering "EeeBee, EeeBee, EeeBee." I have never known what he meant when he did that, but I do know one thing for certain when it is happening: old Dean is feeling pretty anxious about something. Eventually we converted his sound to a part of speech, a direct object, where it answers the question as to why a snafu has occurred, for example, "Boy, talk about a bad case of the eebbs."

Most of the time, it's no more consequential than him having to putt downhill, on a slick green, with a stimp meter of about 30, to a hole that's two time zones and a couple of Zip Codes away from where his ball sits.

Recently, I found myself doing the old EeeBee, EeeBee, EeeBee, air-suck when I was listening to Attorney-General John Ashcroft talk about military tribunals for handling the trials of suspected terrorists. Mr. Ashcroft was correct in saying that the details of the plan have yet to be finalized and he urged all of us to wait until the final document was drafted before people start piling on with their objections. On this point, I agree with him 100%. No need to tear something apart before it even exists.

With that caveat in mind, why was I anxious and starting to mutter like old Dean? For starters, his plan would mean giving up on using our existing federal criminal courts before a single case has even been filed in them. That's a mistake since federal criminal cases are tried by the hundreds every day and the system works. Just ask Manuel Noriega who was tried and convicted in a relatively short period of time and is currently serving a 40 year term for drug running and money laundering.

I have heard that we should be spared a legal circus like the O. J. Simpson case in the trial of these defendants. I agree, but will take it one step further. We should have been spared the O. J. Simpson circus during the O. J. Simpson case. My criticism of that trial rests squarely on the shoulders of Judge Ito. The circus-like atmosphere could have been avoided on the first day of trial and here's how.

Judge Ito should have called all the attorneys into his chambers. He should have told them that there would be no cameras in his court and that there would be no press conferences by the attorneys or their witnesses. He should have concluded this meeting by saying that if either of these rules were broken, the offenders would find themselves sitting in the cell next to Mr. Simpson for being in contempt of court.

That is exactly what the judge did in the Susan Smith case. You may remember that Ms. Smith killed her two young boys by driving her car into a lake and drowning them. In that case, the trial was over in a short time, Ms. Smith was found guilty and she is now serving a life sentence. There wasn't a peep from any attorney or witness until the verdict was read despite huge media interest in the proceedings.

It is never good to fix things that aren't broken. The fact that we're thinking about the use of military tribunals instead of federal courts is cause for all of us to do some serious thinking.

That may explain the reason why I am sure that I heard someone behind me going "EeeBee, EeeBee, EeeBee" the other day while I was getting a loaf of bread at Walt's.

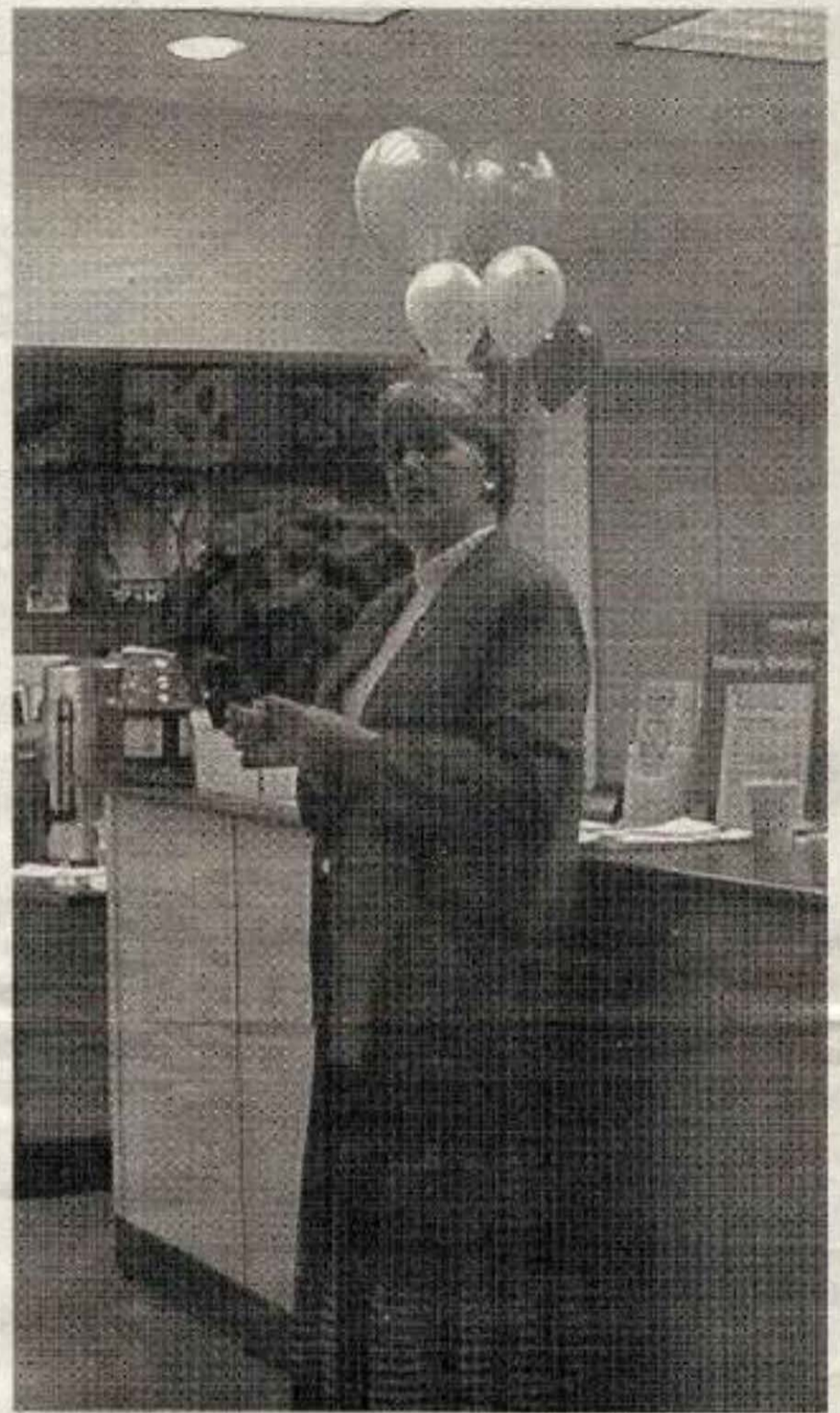
KPCC ASSOCIATION 2002 CALENDAR OF EVENTS

WINTER VISUALS	February 2 nd
JUNKYARD JANE DANCE	February 9 th
BOY SCOUTS BLUE & GOLD	February 19 th
FIREFIGHTERS BALL	March th
BOY SCOUTS PINWOOD DERBY	March th
CITIZEN OF THE YEAR BANQUET	March 16 th
TOPS RUMMAGE SALE	April
ANNUAL EASTER EGG HUNT	April
ORTHOPEDIC GUILD & FUCHSIA SOCIETY	April 28 th
HARBOR HEIGHTS SCHOOL AUCTION	May 4 th
JAZZ IN JUNE	June 1 st
KPCCA FIREWORKS DEMO	June th
FIREWORKS BOOTH SALES	June 29 th
HALLOWEEN HARVEST CARNIVAL	October 31 ST
HOLIDAY ART & CRAFT FAIR	November
VFW THANKSGIVING DINNER	November 21 ST
SALATINO'S CHRISTMAS DINNER	December 25 TH

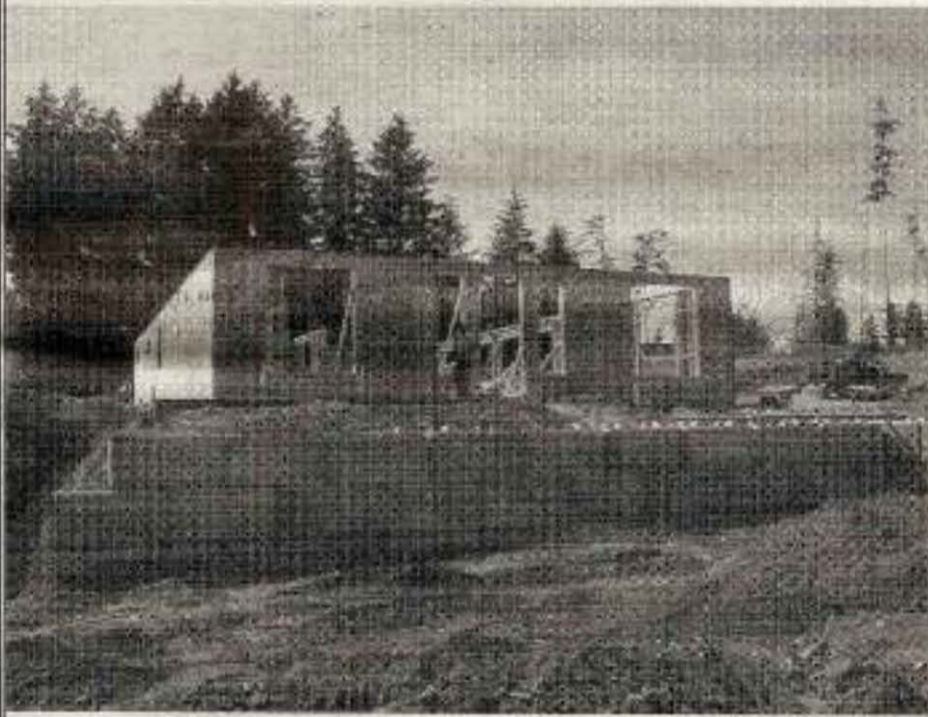
The New Vaughn Post Office In Key Center



Old Vaughn Post Office in Vaughn, WA.



Postmaster Joanne Clark Celebrates Grand Opening of new Post Office.



New Vaughn Post Office under construction.

Photos by Ann Waldo



Full exterior view of new Vaughn Post Office in Key Center.



Group discussing history.

Another View

by Liz Kassler



KGI report

So, How's The Water?

In November, 2001, the Key Peninsula-Gig Harbor-Islands (KGI) Watershed Council attempted to answer that question when they presented their first *State of the Watershed Report*. What the Council found was a mix of conclusions. Bacteria levels in Rocky Bay and Burley Lagoon have decreased enough to allow commercial shellfish harvesting again. However, high fecal coliform bacteria levels in Filucy Bay have caused the Washington State Department of Health to close the bay for shellfish harvesting. (Fecal coliform bacteria can come from failing septic systems, waste from farm animals, pets and boats that don't properly hold and pump their sewage.) Bacteria are also a problem on the Gig Harbor Peninsula with most streams violating state standards.

But the picture for salmon is looking better. Salmon and cutthroat trout are found in many more local streams than expected. Also, the construction of a bridge on Wright-Bliss Road has opened up seven miles of additional habitat on the East Fork of Rocky Creek. Habitat conditions for salmon are fairly good since few people have removed the trees in the ravines in most of the area's streams. However, instream conditions are not as good because soil erosion is clogging the clean gravels salmon need to spawn. Also, food sources need to be considered. Samples taken of the bug populations in local streams in the year 2000 were generally ranked as Fair to Poor, indicating that sediment may be impacting the habitat for these important insects.

The good news is that the KGI Watershed Council and many local agencies are working with local residents to reduce the amount of both fecal coliform bacteria and sediment that are reaching our streams and bays. The *Report* also includes information about agency activities and a summary of the Council's accomplishments. The *Report* is available on the Internet at www.co.pierce.wa.us/swm. If you would like more information about the *Report*, the KGI Council, or wish to learn more about what you can do for clean water, please contact Barbara Ann Smolko at 253-798-6156.

Martin Luther King's Birthday To Be Observed January 21st

As our nation observes the birthday of Martin Luther King, Jr. on January 21st, it might be worthwhile to reflect upon some of his ideas. Here is a quote from one of his sermons as it appears in *Strength to Love*, a collection of his sermons, published by Fortress Press.

"Returning hate for hate multiplies hate, adding deeper darkness to a night already devoid of stars. Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate; only love can do that. Hate multiplies hate, violence multiplies violence, and toughness multiplies toughness in a descending spiral of destruction.....The chain reaction of evil—hate begetting hate, wars producing more wars—must be broken, or we shall be plunged into the dark abyss of annihilation."

Another Bicentennial

January 1, 2002, marks the 200th anniversary of a letter written by Thomas Jefferson. On that date he sent a letter to the Baptist Association of Connecticut, and in that letter he described the First Amendment to the Constitution as "building a wall of separation between church and state."

Obituary

James O. Bramhall



Sept. 5, 1922 - Dec. 22, 2001

Born in Yakima, WA to parents, James R. and Lailah Bramhall; Died in Tacoma, WA.

Survived by wife of 54 years, Ruth H. Bramhall; aunt, Agnes Hasfjord; sister, Kathryn Byassee; brother, William (Opal) Bramhall; brothers-in-law, Robert and Edward Hornung and numerous nieces and nephews.

Served in the Army Air Force in WWII. Retired from American Lake Veteran's Hospital. Had a small farm on Mineral Creek.

Remembrances may be made to Mary Bridge Children's Hospital or Multicare Education Fund, Pierce County Fire Department 16-2 at Key Center.

A graveside service was held on Wednesday, December 26, at Mt. View Memorial Park, Tacoma.

A Memorial Service will be held at 1:00 PM on January 5th, 2002, at the Key Peninsula Sportsmen's Club, 3503 Jackson Lake Road, Lakebay, WA.

Healthy People, Healthy Communities

Alcohol Misuse & Responsible Choices

By Steve Montgomery

Alcohol is mankind's number one recreational drug of choice, both for young people and adults. As hard-working, tax-paying, productive citizens, it may be difficult for many of us to think that we're using a *drug* when we have a beer after working in the garden, a cocktail before dinner, or when we meet friends for a drink. After all, *drugs* are what we're constantly warning our children about.

When used in moderation, alcohol has few serious consequences. In fact, many studies have shown that alcohol reduces coronary heart disease when *used in moderation* — a maximum of one or two drinks per day for adult men and one drink per day for adult women.

While people of all age groups feel the consequence of alcohol misuse, the problem is even greater in young people. *Almost all* U.S. high-school seniors have tried alcohol, many drink with some regularity, and a substantial number either drink frequently or in quantity (known as binge drinking). Binge drinking is defined as consuming five or more drinks in a row at one sitting for men and four or more in a row for women. Alcohol can have a major impact on a student's ability to succeed academically. In addition, there is research which indicates that a person's ability to think critically can be impaired for up to thirty days following the consumption of alcohol.

People are more health-conscious today than they have ever been. We're more aware of what we eat, how we exercise and even the air we breathe. The proportion of Americans who use tobacco is at its lowest point in decades — and still falling. We're turning away from unhealthy lifestyles en masse. Isn't it about time that we apply the same proactive self-responsibility to make an informed decision regarding the consumption of alcohol?

After taking an objective look at the evidence, some may decide, as 40% of adult Americans have now done, not to use alcohol at all. That's fine for them. Some may come to the decision to continue to use alcohol, but only in a responsible manner that will minimize harm to themselves and others. That's fine, too. Whatever you decide, you'll have made a conscious personal choice.

Steve Montgomery is a Prevention Specialist with the Tacoma-Pierce County Health Department. You may contact him at 253-798-3573 or smontgomery@tpchd.org.

Annual Tree Lighting at KC Corral



Chuck West with microphone assists the Key Singers.



The Home Town Band prepares to warm up the audience.

Despite a freezing wind and eventually hard, cold rain, the annual tree lighting at the KC Corral in Key Center took place on schedule. Organizer Chuck West opened the ceremonies and Rhys Wood led a pledge of allegiance. The shivering crowd was then entertained by Dr. Roes' Home Town Band, with frozen fingers on cold instruments. The Key Singers had their turn at holiday songs, followed by some slightly off key sing-a-longs. As it got darker, and colder, the lighting of the beautiful tree announced Santa and Mrs. Claus, all decked out in a redecorated sleigh. The kids had a great, if slippery, time getting on and off the sleigh to confide their Christmas wishes. Parents and photographers, also with frozen fingers, tried to get cameras to cooperate for that special shot.

Our thanks to the KPBA and Fire Department staff for helping to keep up this tradition. We'll look forward to next year and hope the weather is a little more cooperative.



Happy New Year

School Board Recognition Month

January, 2002, has been proclaimed School Board Recognition Month in the State of Washington, a declaration that coincides with a nationwide effort to honor and underscore the important role of elected school board members in public education and student achievement.

The governor's proclamation notes that school directors "play a crucial role in promoting student learning and achievement by creating a vision, setting goals and establishing clear standards for student performance in each school district."

ANOTHER VIEW by Liz Kassler

CARDS

TOYS



Puyallup Home & Garden Show

January 4th and 5th,
10-8

January 6th, 10-6
Indoors at the
Fairgrounds

The reason we have two
ears is so criticism can
go in one ear and out
the other.



Questions & Answers Financial Focus

Submitted by Connie R. Rose

New IRA Rules Can Help You - And Your Beneficiaries

It's a good time to own an IRA. Why? Because now you can put more money in and you won't have to take as much out.

Let's look at both sides of the IRA equation, beginning with "put more in".

Starting in 2002, you can contribute up to \$3,000 per year to either your traditional or Roth IRA. This figure will gradually rise to \$5,000 in 2008, after which the ceiling will be indexed for inflation.

The ability to put away more money in your IRA provides you with some significant tax advantages. By contributing to a traditional IRA, your earnings will grow tax-deferred and you may lower your annual taxable income. While you can't make tax-deductible contributions to a Roth IRA, your earnings will grow tax-free, provided you meet certain conditions.

These higher contribution limits can help

you build your retirement savings. However, at some point, you'll need to start taking money out of your IRA. You can make penalty-free withdrawals as early as 59 1/2, but, once you do, you'll be taxed at your ordinary income tax rate (assuming you took the withdrawals from a traditional IRA). So, if you don't really need the money, you could incur unnecessary taxes by making these IRA withdrawals, and you may opt to delay them.

You will have to start taking mandatory minimum IRA withdrawals on April 1 of the year after you turn 70 1/2. And now, thanks to some recently enacted IRS rules, the definition of "minimum" has changed, allowing you to take smaller annual distributions.

Under the old guidelines, you had to follow some complicated formulas to calculate minimum withdrawals. And if you picked the wrong method, you could have ended up taking out larger sums than you wanted and facing an inflated tax bill.

But the new withdrawal rules are less complex. And, more importantly, they allow you to reduce your taxes and preserve

a larger percentage of your IRA for your heirs.

The new guidelines employ the following calculation methods:

Joint life expectancy

If your spouse is more than 10 years younger than you are, you can select a joint life expectancy calculation. Spreading out the life expectancy in this way can result in smaller minimum distributions.

Uniform table:

If you don't qualify for the joint life expectancy calculation, you'll use a uniform table that assumes your beneficiary is 10 years younger than you are. This results in a smaller minimum distribution for married couples who are just a few years apart in age and who name each other as beneficiaries.

Here's another favorable change: Under the new IRS guidelines, beneficiaries who inherit IRAs can take withdrawals based on their life expectancies, which could mean lower taxes along the way. Under the old rules, your children or other beneficiaries generally had to withdraw all the IRA money in a short time period - which could have left them with huge tax bills.

See your tax adviser before you begin taking IRA distributions. Although the rules may have changed in your favor, you still need to make the right moves.

Project Help Defrays Winter Heating Costs or Needy Neighbors

Peninsula Light Company is encouraging Peninsula residents to 'give the gift of warmth' to local families who need help paying their heating bills this winter. By making a donation to *Project Help*, Penlight members contribute to a fund that provides financial assistance to those in need. *Project Help* is a partnership between Key Peninsula Community Services and Penlight. Contributions are tax deductible and go entirely to the fund - no administrative costs are subtracted. "Penlight matches every donation dollar for dollar," says Karen Brandt, Penlight's Customer Services Manager. "So a contribution goes even further."

"With the recent rate increases brought on by this year's power crisis, contributions are more important than ever," continues Karen. "We hope our members will give generously to help warm the hearts - and the homes - of those in need." To contribute to *Project Help*, send your check to Project Help, Peninsula Light Co., P.O. Box 78, Gig Harbor, WA 98335.

On the other hand, if you need help paying your winter heating bills, or just want more information on *Project Help* or any other Penlight products or services, please call the Customer Service Department at 857-1510.

In business for nearly 77 years, Penlight is one of Washington's oldest non-profit, mutual power companies, and is the second largest electric cooperative in the state, providing service to 26,000 members over 891 miles of line.

What's Next for America?

Outlook 2002

Join *Newsweek* columnist George Will and Lord Abbett Director of Equities Bob Morris along with Edward Jones Managing Partner John Bachmann and Chief Market Strategist Alan Skralinka as they discuss the state of our nation, economy and financial markets.

- What are the lasting effects of terrorism?
- Time-tested strategies on how to help build wealth - starting now!
- Why be bullish: Our perspective on attractive stocks, bonds and more.

This live broadcast is free, but seating is limited. To reserve your seat or for more information, please call or stop by today.

Tuesday, Jan. 8, 2002
Time: 3:00 PM
Place: 5775 Soundview Dr.
Ste 203-C, Gig Harbor

Connie R. Rose
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Gig Harbor, WA 98335
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10:30 a.m.

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9:15 a.m.

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Wednesday 6:30 p.m.

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Sometimes a magician."

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Lakeway, WA
98349

The Garden In JANUARY 2002

by Sylvia Retherford
(253) 884-2487



January is a good time to prune shrubs, grape vines and orchard trees. In pruning grapes if new vines are desired, save a bundle of two foot long pieces of vine bearing at least three buds. Bury them, mark the spot and dig them in April to plant as cuttings. Most will form roots and presto! new vines.

If draining wet spots, preparing a raised bed, adding manure, sand or compost or terracing is in mind, now is the time! Terracing is easy and fun using locally available cottage or vineyard stones in pink or gray. They make neat curved or straight-walls one block high and up. If you thought playing with blocks when you were a child was fun, try terracing. Back fill (compost or soil) is easily available.

In our area we often have crocuses and snow drops (*Galanthus*) late in the month. The winter jasmine shrubs (*Jasminum nudiflorum*) are still bright yellow. They grow so easily from cuttings, every garden should have one. Primroses may bloom all winter, although a freeze can discourage them briefly.

Winter blooming *Bergenia* (*B. crassiflora*) is a perennial native to the Himalayas and the mountains of China. It has thick root stalks and large glossy green leaves. Buds are showing now and their bright pink flower clusters look well with the winter *Hellebores*, often lasting until April.

In the house, geraniums of many different colors and varieties bloom dependably on a south facing window sill, while the African violets like a less sunny sill.

My mother, Laila Edmonds, moved with her family to Home when she was six years old in 1896. One of her jokes when I was young was "Spring comes to me on the day after New Years." It did not always work, but many a year I helped her plant peas on that day. There was a good crop to go along with the new potatoes by April.

Letters to the Editor

Editor:

In every issue you make the statement "The Key Peninsula News reserves the right to edit letters for length and content and no religious or political material will be printed", yet you make the comments that sparked the letters to the editor last issue.

In Key Peninsula December edition you make the statement "The only notable news on our local front is the election of a new Fire District Commissioner who, as a new face on the board, will have much to say as to weather [sic] our vital Fire and Medical Service continues to move ahead or starts down the road to a shameful period of conflict and possibly costly litigation."

I realize Mr. Stiles didn't support Mr. Stout in the last election but the fact is nearly 60% did and in any election that is a landslide victory and a victory such as that over an incumbent is demand for change, the type of change Mr. Stiles opposes.

Those of us who supported Mr. Stout and voted for him know him to be a supporter of our Fire Department and not the kind of person Mr. Stiles infers he is. I think you owe him an apology and maybe even congratulations on his victory.

Sincerely, Allen A. Yanity, Lakebay

[Editors' Note: As we see it, the primary purpose of the KPNews is to inform local people regarding activities, events and situations they may be interested in and concerned about. As editors, with regard to contributed articles, we do not censor our columnists. We do reserve the right to modify their material for clarity, emphasis, etc. We respect individual points of view. We understand "political" to mean related to up-coming elections. We do not make endorsements regarding elections, and we do not publish letters about up-coming elections. We do publish signed letters regarding citizens' opinions to the extent that space is available. Political statements may be printed as pre-paid political ads.]

Bayshore Garden Club

The January 18th meeting will be held at the Longbranch Improvement Club beginning with lunch at 12 noon. Hostesses are Erma Dunn and Rose Malmgren. After the business meeting, Sylvia Retherford will speak on *Iris*s. Junior Club members, Yvonne Breithaupt and Caitlin Daugherty, will present their designs. Sylvia R. will also talk about *Conservation*. All are welcome. For information, call 884-2487.



**Happy
New Year**

New Alcoholics Anonymous Group

A Long Branch of Sobriety
AA Open Meeting
Thursday - 6 PM

Longbranch Community Church
16518 - 46th Street, KPS

Come join us at... Congregation Beth El



We are a Messianic congregation - a fellowship of believers who recognize Yeshua (Jesus) as the Messiah. We are committed to restoring the Hebrew roots of our faith in the God of Abraham, Isaac, and Jacob.

Sabbath (Saturday) Services
10am - Sabbath School
11:15am - Worship Service

We meet at:
Port Orchard Church of the Nazarene
4647 Sidney Rd. SW

For driving instructions, or other information such as Davidic Dance Classes and Bible Studies we offer during the week, visit us online at:
www.congregationbethel.org



*So you're now thirty-four,
A teen-ager no more.
At home on floor four
With an office decor.*

*In Seattle today,
In Paris tomorrow,
You fly away—
A cup of French wine to borrow?*

*It's great when you're here,
You're missed when away.
So we send you this cheer:
"Have a happy birthday!!"*

More Peninsula Light Company Workshops Coming in 2002

Nine workshops are already scheduled and more will be added as the year goes on. All workshops are held on Wednesday nights at Penlight Headquarters from 6:30 PM to 8:30 PM unless otherwise noted.

Here's what's on the schedule so far.

January 30: Green Power Purchase Program. What is Green Power and how can you participate in its development? Jonathan White, Penlite Marketing Coordinator.

February 20: Septic Sense, Scents, and Cents. How to maintain your septic system. Jim Hoyle & Vergia Seabrook, Tacoma-Pierce County Health Department.

March 6: Overhead to Underground Conversion Program. Information about past, current, and future projects. Shannon Rauch, Penlite Project Engineer.

March 20: Planning a Waterwise Garden and Lawn. Practical applications for planning an efficient landscape. Anna Thurston, Landscape Architect and Master Gardener.

HAPPY NEW YEAR



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KEY PENINSULA BAPTIST CHURCH Meeting Sunday mornings at Key Peninsula Civic Center in Vaughn. Bible Study 9:30 AM, Worship Service 11:00 AM, Wednesday AWANAS 6:45 PM. Pastor James Roise - Phone 884-9994.

DEADLINE for the KP News classifieds ads is the 20th of each month, call 884-4699 to place your ad.

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Taking Care of Yourself -- Being in Balance

by Maria Bokor, MPT

I visited the Community Center in Home last month, during one of the Senior luncheons. My colleague, Dan, and I offered a free balance screening test to help people find out how they rate compared to others in their age group. Balance is actually a really big concern for many of us in the healthcare field. Poor balance contributes to falls, and falls may contribute to broken bones which put a poor soul into a hospital, a nursing home or some other faraway place for awhile.

Women over the age of 55 have an increased risk of osteoporosis (reduced bone mass), making fractures more likely from falls or bumps, or osteopenia (decreased calcification or density of bone due to inadequate osteoid synthesis). This is why doctors often encourage women to use estrogen supplements, and we are all encouraged to have adequate calcium in our diets.

Beyond nutrition, though, research has shown that weight-bearing, such as occurs while walking, can have a beneficial effect on retaining bone mass. But walking requires balance, strength and endurance. Walking outdoors involves patches of ice, rocks and all manner of other obstacles which impede our smooth journey through the delights of Mother Nature.

This brings us back to the question of balance. If you feel your balance is "off", there may be a number of reasons. Our inner ear has a labyrinth of canals, called the vestibular system, which help us know which end is up (literally). If this system is destroyed by ear infections, brain injury, stroke, or other health problems, we are not lost, however. Our bodies are marvelously designed to have two back-up systems — vision and proprioception. Vision is probably straightforward enough as a concept. Try closing your eyes while you are standing (close to a counter or other solid object, please). If you start to sway immediately, your vestibular system may not be working up to 100%. Proprioception is a more important concept — it relates to particular types of nerves in our joints, such as the knee joint or the ankle joint, which "feed" information to the cerebellum (the part of the brain at the back of the head). This is why an ankle sprain or knee replacement can "throw off" our sense of balance.

Physical therapists are trained to work with people to improve their balance. Often therapy can be quite tiring, not so much because of physical demands, but because we are trying to "retrain" the brain to pick up balance cues in new ways to compensate for areas which may be damaged.

I am particularly interested in balance, both as a physical therapist and as a student/teacher of T'ai Chi and Qigong. T'ai Chi is an excellent way to work on standing balance because of the many slow weight shifts and smooth rotation of the trunk over the hips while moving. MVP Therapy (located next to the library in Key Center) will be offering T'ai Chi/Qigong classes again on Wednesdays at 9:15 AM, starting January 9th. If we have enough interest, we will offer an additional class at noon on Mondays. Please call 884-0841 for more information.

Wishing all of you a wonderful 2002, with "good balance" to all !!!

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