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THE VOICE OF THE KEY PENINSULA

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New Pierce County Budget Means Change for KP

MATTHEW DEAN, KP NEWS

The Pierce County Council unanimously approved its 2017 budget Nov. 29, including money for more local law enforcement and crime prevention efforts and for Key Peninsula parks. The council later rejected a proposed sales tax increase within the budget to fund new mental health care.

According to the county charter, it is the council's responsibility to adopt a budget each year by Dec. 1. This year's budget totals just over \$907 million, a 3.1 percent increase from 2016. In a statement describing its work, the council wrote that the 2017 budget "enables the county to provide priority services while also being fiscally sustainable."

The budget includes funding for five additional sheriff's deputies, including one for the now vacant Peninsula Detachment to serve as a community-policing officer who will address "a lot of nuisance and problem-solving cases," according to Councilmember Derek Young (D-7th).

There is also funding for a KP crime watch program called Safe Streets that will include a so-called "crime prevention mobilizer" position within the community.

Other criminal justice highlights include new positions and electronic resources for the county court system and allocations for cleanup of illegally dumped waste.

Local parks received a boost with an additional \$100,000 going to the Peninsula Metropolitan Park and Key Peninsula Metropolitan Park districts for capital projects.

The budget also proposed a new sales tax increase of 0.1 percent to fund behavioral health care in Pierce County, similar to taxes adopted by surrounding counties to fund mental health and addiction treatment. The council unexpectedly rejected the tax by one vote on Dec. 13.

Young and the council's other Democrats, Connie Ladenburg (D-4th) and Rick Talbert (D-5th), co-sponsored the tax proposal, which would have raised \$10 million in 2017. Council Chairman

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Adobe stock photo

Gender Issues Enter PSD Curriculum and Campus Life

LISA BRYAN, KP NEWS

Last summer, the Office of the Superintendent of Public Instruction announced new learning standards for health and physical education scheduled for adoption by Washington K-12 schools statewide in autumn of 2017, incorporating age-appropriate awareness of gender issues beginning as early as kindergarten.

Kathy Weymiller, director of community outreach for the Peninsula School District, said she told concerned parents last fall, "Yes, there are new standards and the way that looks in kindergarten is we are not going to encourage gender-specific play; we are not going to interfere in their choices. If a little boy wants to play in the kitchen, we're going to defend his right to play in the kitchen. If a girl wants to play with a truck, we're going to defend her right to play with a truck. That's basically it."

"Teaching about such topics as self-identity is not the same as promoting those topics," said Ken Turner, program supervisor of health and physical education for

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The bud business is back on the Key Peninsula.

Photo: Ted Olinger, KP News

Retail Marijuana Comes to the KP

SARA THOMPSON, KP NEWS

Sweet Jane opened its doors Dec. 1 at the Harvest Time market/gas station on State Route 302 in Wauna. The store currently sells recreational marijuana, but will also offer medicinal products as soon as they are made available by the state.

Owner Jennifer Strom has been pleased with the reception. "People were keeping their eyes on the building, and we have done better than I expected in the early weeks," she said.

In 2014, the Washington State Liquor and Cannabis Board held a lottery to determine who could obtain a retail marijuana sales license. Strom, who has a background in marketing, entered the lottery and won a license to operate a business in unincorporated Pierce County. She planned to open a store in Fife, but a moratorium on marijuana sales was imposed and she moved her location to Puyallup, where it opened in January 2016. Strom had to close that store in July because of zoning issues and began looking for an appropriately zoned site. She was pleased to find the Key Peninsula location.

"I'm from the area," Strom said. "I used to live in Lakebay, and now I am in Gig Harbor."

Sweet Jane has eight employees. Some transferred from the Puyallup store and some are local residents. If business grows, Strom hopes to expand the staff.

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GENDER FROM PAGE 1

intervention services to LGBTQ youth.

The PSD school board developed its own policies and procedures in accordance with state law, adopting a district-wide policy on transgender students in September 2015, about the same time as the transgender-bathroom-use subject lit up news outlets and social media across the country.

PSD has an Equity and Diversity Committee that includes transgender students and their parents to help staff better understand what it's like to be a transgender student.

"What I like about our transgender policy is, it respects and protects all students," Weymiller said. "Just find out what people are worried about and then address that worry. You can deal with respect and kindness by addressing what people are afraid of. Parents are most often worried that their child may see something or hear something that their child is not developmentally ready for."

"Parents always have the right to opt out of all or part of sexual health education for their own children and the adoption of these new learning standards don't change parents' rights to opt out," Turner said.

The American Academy of Pediatrics, the National PTA and other national organizations support programs to provide students with information about gender identity and sexual orientation.

"Spending my days surrounded by 8-year-olds has taught me that kids tend to accept cultural changes much faster than adults," said Alice Kinerk, a third-grade teacher at Minter Creek Elementary (and a KP News staff writer currently on sabbatical). "My students would be surprised at first by a transgender peer, but I have a feeling that as long as the kid liked Goldfish crackers and Minecraft, they would be welcomed with open arms."

In the weeks following the recent presidential election, the Southern Poverty Law Center reported a nationwide spike in hate speech and incidents of harassment targeting minority populations of African Americans, Latinos, Asians, Muslims, Jews, women and girls, immigrants and the LGBTQ community. While many incidents occurred in public spaces like workplace and retail environments, the settings most commonly cited were within the halls of schools. PSD has been no exception.

PSD has policies in place to protect students from harassment and bullying, and

seeks instead to create a healthy environment that both values diversity and provides learning opportunities with respect for all Peninsula students, regardless of religion, ethnicity, sexual orientation, gender identity or gender expression, according to Weymiller.

"What's really at stake here is the well-being of our transgender students who are already so at risk out in the big world," she said. "We strive to do everything we can to create a safe environment where these students can be in school and just be learners. Our transgender students are super respectful; they just want to be themselves."

"The root of all bias is basically from not having enough information, especially on transgender issues because it's all still sort of taboo," said a Peninsula High School student in the LGBTQ community who preferred to remain anonymous. "People don't want to talk about it because they don't want to offend anybody. When communicating with transgender people, it's all about intent; if you make a mistake and say something inappropriate, it's important to apologize and go from there. We are all human, right?"

BUDGET FROM PAGE 1

Douglas Richardson (R-6th) voted for the measure, but it required a supermajority of five votes of the seven-member council to pass and no other Republican supported it.

Young took to Facebook to describe his disappointment. "Despite months of work and overwhelming community support, not to mention the obvious need for suffering families, we failed to reach the supermajority required by county charter," he wrote. "The need won't go away. Pierce County will continue to have one of the worst behavioral health systems in the country until the council takes action."

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MARIJUANA FROM PAGE 1

Sweet Jane is endorsed for medical marijuana, which comes with several requirements: The staff must complete a training program, the store must carry products that have been identified as medical grade by the Washington State Department of Health, and they must issue medical use recognition cards and enter patients and providers in a database administered by the DOH.

Strom has worked to meet all those requirements. Having medical marijuana available to those who need it has been a priority. The store can issue medical cards, allowing cardholders to purchase products without paying sales tax, purchase up to three times the current legal limit for recreational users, purchase high-THC-infused products, grow more than four marijuana plants in their residence, and have full protection from arrest, prosecution and legal penalties under state law.

Initiative 502, which passed in 2012, led to a law that requires licenses for all sellers, distributors and producers of marijuana and allows anyone over 21 years old to possess 1 ounce for recreational use. The state allows licensed growers to cultivate marijuana, but does not permit personal growing in one's home except for medical use.

Federal law continues to treat marijuana like every other controlled substance, such as cocaine and heroin. It is classified as a Schedule I drug, meaning the federal government views cannabis as highly addictive and having no medical value. In 2013, however, the U.S. Department of Justice issued a memorandum stating that as long as those states seeking to legalize marijuana were able to address certain priorities (limiting access to children, keeping gangs and organized crime out of the industry and minimizing the externalities on other states), then the federal government would exercise its prosecutorial discretion to permit those state-level experiments to proceed. It is not clear how the DOJ, under the Trump administration, will proceed.

Strom said that the state has not made medical marijuana products available yet, but as soon as they are, Sweet Jane will stock them.

One zoning requirement for marijuana retail stores is that they must be at least 1,000 feet from schools, parks and libraries. Strom said that the Gateway Park expansion just west of her location may bring the park boundary to less than 1,000 feet from the store, but the application for the store's license was approved before the park expansion occurred. Strom has been reassured that her store can remain open when the park expands.



Andrew Michaelson, new owner of Jerry's Drive-Thru Feed, waits on customer Kelly Hahn.

Photo: Karen Lovett, KP News

New Management, Same Name at Jerry's Drive-Thru Feed

IRENE TORRES, KP NEWS

Andrew Michaelson, 42, retired from the U.S. Marines in 2014 after 22 years. He served as an infantry unit leader with two tours in Iraq and two in Afghanistan. He grew up on the Key Peninsula and returned home with no intention of becoming a business owner.

But then he was hired by Jerry Davis at Drive-Thru Feed in December 2015. He started by loading feed, and then working in the office and doing sales. "Now I'm doing everything," he said. "A good employee gives as much as he can."

"Andrew is about the same age I was when I started this business as a swap meet 20 years ago, 18 years as a feed store," Davis said. "He has been doing a fine job. I was actually going to close up until he started talking about taking it over. Now the manager of the store is running the feed store."

"Jerry plans to enjoy his retirement," Michaelson said. "He's doing a good job already. I like him living here (at the store), providing mentorship to me and security for the property."

A change of business name entails a new license and a new seller's certificate, now registered with the state as Jerry's Drive-Thru Feed.

"I like the personalization of the name," Michaelson said. "The business concept that Jerry developed, I couldn't have designed a better model. The first day I worked here, I made up my mind to own it someday. Organization of time is the biggest learning curve."

Michaelson is in no hurry to make changes, but has been working on ideas for bulk purchasing, online ordering, streamlined preordering and an improved loyalty program (building on the popular "Follow Me to Drive-Thru Feed" bumper sticker campaign).

Drive-Thru Feed is located on the corner of State Route 302 and Wright-Bliss Road in Vaughn. Michaelson's goal is to keep prices as low as possible, including supplying feed for livestock and farm animals, hay, propane and wood stove pellets. He offers a delivery service within a 15-mile radius of the store for \$25 (one-ton minimum, two-ton maximum).

Davis had already adjusted prices in anticipation of the minimum wage increase to \$11 per hour this January. "There is one full-time employee, two part-time and me," Michaelson said. "I didn't realize I'd be so busy."

For more information, go to Jerrysdrive-thrufeed.com or call 884-3386.



The local purveyor of East Coast cuisine closed up Dec. 9. KP News photo

Wicked Good Eats Out of Business

IRENE TORRES, KP NEWS

Wicked Good Eats closed its doors for the last time Dec. 9, five months to the day it opened.

"Small businesses rely on local community support," said owner Patrick Key. "We really appreciate the regular customers who were loyal. We were the third or fourth small business that didn't make it in that location." The roadside restaurant was located near 118th Street on State Route 302, between Wauna and Key Center.

"It is cost-prohibitive and the business climate in Washington made it hard for us," Key said. "It was a learning experience and a bonding experience for my family, my son-in-law and daughters."

Key's wife, Michele, had serious medical issues that she continues to fight. Trying to keep the restaurant open "was causing additional stress that we didn't need," Key said. He returned in late summer from a deployment with the U.S. Navy, where he has served for 23 years.

His daughter, Danyale Morado, posted on Facebook: "Despite our best efforts to expand our customer base, we are no longer able to support the business financially. We are...needing to spend more time together as we continue the fight against Shelly's lymphoma. We want to thank those customers who went out of their way to support us. You have no idea how much we have enjoyed getting to know you and how much we enjoyed seeing you come through our doors."

"If you care about small businesses, stay away from franchises," Key said. "The experience of interacting with members of your community is what you're paying for (in a locally owned establishment). You can't expect discounts like franchises can offer."

St. Anthony Hospital Plans to Expand

CAROLYN WILEY, KP NEWS

In June 2016, CHI Franciscan Health initiated a certificate of need request with the Washington State Department of Health for permission to build the unfinished fifth floor at St. Anthony. They received approval for the \$15.6 million expansion project Nov. 30.

John Elswick, division director of planning, design and construction who manages current CHI Franciscan projects, including the St. Anthony expansion, said the bids will go out in January and selection of a contractor and subcontractors should be confirmed in early February.

Construction should start in April, pending approvals from DOH Construction Review Services and the Gig Harbor Building Department. Projected completion of the St. Anthony expansion is early 2018.

In the six years since it opened in 2009, St. Anthony Hospital has experienced a continuous high-occupancy rate. Currently, an emergency room patient at St. Anthony will spend about 312 minutes in ER before being admitted. This is about 45 minutes longer than the average wait time in hospitals across the state. Patients are frequently transferred to St. Joseph or other Tacoma hospitals because no beds are available.

Despite restrictions imposed by the limited number of beds and high demand, the care and treatment of patients at St. Anthony have earned favorable reviews.

In December 2016, the medical industry's National Research Corporation named two CHI Franciscan hospitals—St. Anthony and Harrison Medical Center in Bremerton—2016/2017 Consumer Choice Award winners. The award is given to quality hospitals across the United States based upon health care consumer survey results.

David Shultz, market president for the Peninsula region of CHI Franciscan facilities, stated, "We expect to see a 3 percent growth in the Gig Harbor population in the coming years, especially in the elderly population, which makes the need for excellent health care services even greater."

Completion of the fifth floor will add 25,000 square feet of space and increase patient capacity by 40 percent. Thirty-two beds will be added, bringing the total number of beds for patient care to 112. Shultz said the new space will be classified as medical/surgical, and that they may open the new area in two 16-bed stages to maintain a staffing ratio of one nurse to five patients as more staff is hired.

Transportation Summit Looks for Solutions on the KP

SARA THOMPSON, KP NEWS

On Nov. 17, more than 50 people met at Key Peninsula Community Services in Home to discuss transportation needs on the KP. The transportation summit was sponsored by the Key Peninsula Community Council, the Key Peninsula Partnership for a Healthy Community and the Pierce County Coordinated Transportation Coalition (PCCTC). It was a culmination of more than a year of collaboration and represented the beginning of next steps to help solve the problem of transportation on the KP, said participants Amanda Walston and Maureen Reilly.

The summit opened with introductions, a description of the PCCTC, a list of existing programs and background about Pierce Transit. Walston and Reilly work on transportation issues at The Mustard Seed Project and are part of the PCCTC and KP partnership transportation committee, and provided background at the meeting about the joint effort.

The mission of the PCCTC is to develop and coordinate transportation services for people with limited transportation options in Pierce County, they said. A year ago, the PCCTC identified three focus areas: closing transportation gaps (geographic and demographic), closing awareness gaps (concentrating on policy makers and medical/social service programs about the need) and connecting the system (making it easier to connect as well as increasing awareness of users about what is available).

PCCTC decided to focus on the geographic areas of Bonney Lake/Sumner and the Key Peninsula. In preparation for the summit, the partnership surveyed the community. Nearly 200 people responded. Results from that survey revealed that most people drive themselves or get rides from friends and family, but 28 percent used community and public transportation. Thirty-seven percent were not always able to get where they needed to go, and 46 percent had missed an essential appointment, work or other activity because of a transportation challenge.

The summit participants broke up into small discussion groups to examine individual issues.

When the groups then came together to share their findings, a few themes emerged. One important conclusion was

that truly versatile/accessible transportation is expensive (like calling Uber); lower cost transportation requires more organization. Also, although there are some community options in place on the Key Peninsula, more are needed and there are some opportunities that might be made available fairly quickly.

First, the group suggested that the School Bus Connects service might expand its route to go south of Evergreen Elementary School, so that the south end of the peninsula has better access.

Second, there is one Uber driver now on the Key Peninsula. Participants were interested in expanding such a transportation network company, developing a larger base of drivers and to have a call center for scheduling and finding drivers instead of depending on a smartphone app, or to serve those without a smartphone.

Finally, Pierce Transit has two programs that could serve Key Peninsula residents: vanpool and vanshipare. Many felt that residents could take advantage of those programs if they knew more about them.

Vanpool is a group of five to 15 people sharing the ride to work in a van. Pierce Transit has a fleet that includes 12- and 15-passenger vehicles and a limited number of minivans. These vans are assigned to approved groups and driven by volunteers making the same commute. Every vanpool group has a primary driver, backup driver and bookkeeper. Pierce Transit owns, maintains, manages, insures and licenses the fleet.

Vanshipare is a service that bridges the gap for commuters who take the bus or train most of the way to work. It covers fuel, insurance, vehicle maintenance and reserved parking at a commuter station.

There is more information on vanpool and vanshipare on the Pierce Transit website at www.piercetransit.org/getting-around/.

Walston and Reilly said the partnership transportation committee hopes to continue the work from the summit by providing a summary of findings on the partnership website at kphealthycommunity.org and via Facebook at www.facebook.com/KPPHC. The partnership hopes to encourage all interested residents to participate in planning, and to screen an edited version of a film recording of the summit in the near future.

Those who want to participate can email director@kphealthycommunity.org.

KP Residents Deliver Supplies to Standing Rock

IRENE TORRES, KP NEWS

Chad Oliveira couldn't stand it any longer. He had been hearing about the plight of the water protectors of the Standing Rock Reservation since October.

"It was bothering me," he said. "I didn't see a lot about it except on social media. Weeks went by. After the election, I decided I had to go see for myself."

The Standing Rock protests, also called the Dakota Access Pipeline protests, began in spring 2016 to stop construction of an oil pipeline from western North Dakota to southern Illinois, crossing beneath the Missouri and Mississippi rivers, as well as under part of Lake Oahe near the Standing Rock Indian Reservation, which straddles North Dakota and South Dakota. The people of Standing Rock, often called Sioux, are members of the Dakota and Lakota nations.

Many in the Standing Rock tribe consider the pipeline and its intended crossing of the Missouri River a threat to their water and to ancient burial grounds. In April, tribe members established a protest camp near the path of the pipeline, attracting thousands of people. In late October, armed soldiers and police with riot gear and military equipment cleared an encampment that was directly in the pipeline's path. Police use of water cannons on protesters in below-freezing temperatures drew national media attention.

Oliveira, a 42-year-old self-described hippie, posted his plans to travel to Standing Rock on Facebook in November and was surprised by the outpouring of local support. "The response was pretty incredible, some from people I didn't know," he said.

He drove to Puyallup, Milton, Covington and Auburn to pick up donations of money, food, blankets, hand warmers, warm clothing, flashlights, gloves, hats, propane and firewood. In Spokane, he picked up Dawn Dearmin, who was on his swim team in fifth grade, to make the



A December view of the Standing Rock protest camp. "There was a long line of flags from other tribes and nations," said Chad Oliveira. *Photo: Chad Oliveira*

trip with him and deliver donations from her side of the state.

They spent a night in Bozeman, Montana, before dropping down into Wyoming to avoid roadblocks in South Dakota. With his pickup and canopy fully loaded, Oliveira underestimated his mileage and ran out of gas before crossing the state line. A trooper delayed the trip for three hours to make sure there was no driver impairment after Oliveira mentioned he is approved to use medical marijuana in Washington.

Oliveira and Dearmin arrived at the reservation about 10 a.m. Dec. 4. "On Flag Row, there was a line of cars with people from all over: Arizona, California, New Mexico," he said. "We stopped at the area where the veterans were gathered. Some of the people had been there for five and a half months. We gave our supplies to the Elders. I gave my heater to a water protector."

He estimated there were between 7,000 and 10,000 people at the protest, served by at least five mess tents, some army tents and some wood structures. "It was really uplifting to go in and see people working together, genuinely helping each other," he said.

The day of their arrival, the U.S. Army Corps of Engineers denied an easement for construction of the pipeline to continue under the Missouri River. Oliveira said

there was confusion in the camp after the announcement.

"None of them believed it," he said. "They aren't leaving."

It was already windy and cold when Oliveira and Dearmin arrived and a blizzard was on the way. "We stayed less than 24 hours," he said. "We didn't want to use any of their resources."

More support from the Key Peninsula came from Jeffrey Jay and Liz Franklin, who traveled to Standing Rock earlier in the fall. "We made a journey to show solidarity with those on the front line at a time Sioux Indians said they needed this," Franklin said.

"We need to pay attention," Oliveira said. "It's happening in our country. These are our citizens. They are being hurt."



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Chad Beaver
HOPE THIS HELPS



Teen Depression Is Real

Most of us get up every morning wanting to live life to the fullest; we give it all we've got and have expectations of how far we can go. The steps between require experience and insight to understand and acquire the skills needed to navigate our path.

But for some of us, just getting out of bed may feel impossible; we may feel worthless or incapable or alone. A young person may not even know what he or she is feeling at all.

The first step to communicating with someone in this situation, especially a young person, is to acknowledge that what they are doing now is the best they can do. It seems counterintuitive, since we often get frustrated with kids who are not living up to their full potential. But the key to depression is understanding that the gap between what we are currently doing and our full potential is filled with guilt, anger and anxiety.

As we have developed more and more advances in technology, our quality of life has improved and we have developed a sense of entitlement that is often a strong barrier to reaching our full potential. Teens in particular are highly susceptible to this, as they usually have little experience with basic survival. They are often able to see a clear picture of what they want and can Google step-by-step directions on how to get it.

In reality, however, we quickly find that many of the basic truths in life cannot be found online. Truisms such as Murphy's law, for example—what can go wrong, will go wrong—must be experienced firsthand to truly know the frustration and trauma that come from even the most mundane tasks.

Parents, when talking to your children about life, remember their experience so far is the equivalent of going to Ikea: They see the finished products and floor models. They might read the instructions and think how simple it is to put something together, but until they get it home and realize what torture that can be, they don't know Ikea (I mean life).

As kids grow and become more engaged in trying to put their own piece of furniture (life) together, they learn more and more

about the underlying frustrations and can get stuck trying to figure out certain steps along the way. They often push parents away instead of accepting help because, to them, it can mean they are a failure. They may feel they are letting you down, or they may simply not have the capacity to verbally ask for help. Because they are a part of the life you are building, they also have limited insight into the time you spent building that life and may not believe you can understand their issues.

When children need help, they will sometimes exhibit extreme behavior, such as self-harm. This is like a carpenter who gets mad and hits himself with a hammer. It is not a suicidal gesture and parents often take it as a threat or "attention-seeking" tactic and dismiss it.

Ask yourself, if you saw someone hit himself with a hammer, would you ignore him?

If a child is at this point, he isn't asking for help—he is screaming for it. Treat it that way. It is an emergency, just like the carpenter. Be attentive to their actions and help them along their path or find someone who will. Understand they are doing the best they can and, even though it's not their full potential, it is what they can do now. It may save their life.

Chad Beaver is a licensed mental health professional in Key Center.

Meredith Browand
KEY ISSUES



Just Say Know

The 2016 general election is over. The votes were cast, counted and certified. It might seem that our job as citizens has come to an end. We researched candidates and issues, decided how to vote and sent in our ballot to be counted. We've done our part, right?

Wrong. The role of an engaged and active citizen doesn't end with casting a ballot. That is just the beginning.

November's victors are already setting priorities, forming alliances and planning the work that will be done at all levels of government. Now is the time that citizens should be doing the same.

What issues should be our priority? Where will we disrupt? What will we do

to make sure our voices are heard? All elected officials who represent us, from local representatives to those in Washington D.C., have an obligation and duty to listen to their constituents. Now is the time to speak up and become involved.

Start by educating yourself. It's impossible to have an opinion if you're unaware of what is happening. Identify local and national news sources that are providing unbiased and accurate reporting. If you learn something that makes you stop and think, do more investigating. Effective activism relies upon understanding and the ability to connect issues of concern with well-informed opinions and possible solutions.

If learning is the first step, engaging is the second. Calling your representatives is likely the easiest and most convenient way to get involved. Reading local news outlets, following your representatives on social media and connecting with other concerned citizens are all ideal ways of knowing what issues and potential pieces of legislation are being discussed. When you contact your representative, you simply need to identify yourself, register your opinion and call on your voice to be heard. You will typically talk to a staffer who tallies each call and reports back to the representative.

If you're up for more advocacy work than calling your representative, I urge you to connect with others who share your concern for a particular issue. Citizens are organizing, speaking out and gathering together to ensure their voices are heard. There are already eight rallies scheduled to be held on the steps of the state Capitol in January alone. Perhaps one of these groups is rallying around an issue you care about. A short drive to join a larger group may spark a future of activism for you.

I do more than offer these words as a challenge for others. I write of my own experience. I have two young children in the public school system and my activism now extends to working to ensure that all Washington children have access to a well-funded and high-quality education.

As I became aware of the controversy and concerns regarding public school funding, I knew I needed to learn more. I understood very little about the McCleary decision from the state Supreme Court, how Washington schools are funded and the challenge of passing both levies and bonds in local school districts. I connected with

others in the movement, spoke directly to my elected officials and rallied with teachers and parents to raise awareness for improved funding for public schools. On Jan. 16, my family will be traveling to Olympia to join thousands of others from across the state to rally for full and equitable education funding.

Now is the time for each of us to stand up and speak out. How will you ensure your voice is heard? What will you do to make sure the work of an informed citizenry continues well after Election Day?

Meredith Browand is a mother and activist living in Purdy.

Shelley Koyen
OVER THE EDGE



Homeless Close to Home

You see them standing on the corners, holding a sign that says, "Will work for food." Sometimes you help, offering a little change, a \$5 bill, some coffee or a business card. You imagine the worst possibilities. Is it drugs? Mental illness? Are they just lazy?

The truth is worse.

I should know. In eight months, I went from making \$45,000 a year to budgeting \$420 a month. When we lost our home, some dear friends offered to let us stay in their camper until things got better. But things haven't gotten better.

No, I'm not an addict, mentally ill, lazy or irresponsible. I just got very sick, and therefore my daughter and I and our two dogs and cat have had our lives ripped apart.

When I became ill, I received help from the state Department of Social and Health Services (DSHS) and then went on Supplemental Security Income (SSI) and Social Security Disability Insurance (SSDI). DSHS provides cash, food and medical assistance. SSI is strictly need-based, according to income and assets, and is funded by general taxes, not the Social Security trust fund. SSDI recipients are only eligible if they have worked long enough and paid enough tax into the trust fund to be considered "insured."

The average monthly income for someone like me is \$840. The average cost of a one-bedroom apartment in the Gig Harbor area is \$1,100 a month. There are only two

places that accommodate low-income earners and they have a two-year waiting list. I have lived most of my life and raised two children here. Now, just as my youngest is about to graduate from high school, we are being forced out of the community because there is no affordable housing.

I know some of you will say, "My taxes pay for social services and that should be enough." And you're right; your taxes do pay for many people who receive these benefits. My taxes did too.

But let me break this down for you: When I got approved for SSI and SSDI, I was receiving \$420 a month through Temporary Assistance for Needy Families (TANF), a federally funded program run by states that provides limited cash assistance to parents and their children. I also received \$320 from the Supplemental Nutrition Assistance Program (SNAP), which most people still call food stamps, though now it's a restricted debit card. When my application for Social Security was approved, the grant to support my child (no, I don't get child support) was reduced and most of my SNAP benefit was taken away. DSHS counts everything you have as income. My Social Security, the value of my insurance policy, the value of my car and the value of the food I get each month are all included. It was too much, so they deducted the surplus value from our food supply.

I never thought I'd be on the other side of misfortune. Most of my friends have no idea we are homeless. I check in on Facebook, liking posts and sharing photos, trying to keep up the pretense of my former life. They have no idea I stand in line at food banks, or that local churches have sent us blessings and prayers and some financial assistance for Christmas. I worry that my life will become something I never imagined. The struggle against illness can mean the end of you, but with love and support, you can persevere. I think of those who lack these resources and my heart aches.

One thing you can do right now is donate to your food bank, and I don't mean the cans from the back of your cupboards. Fresh fruit and vegetables, meat, milk and milk substitutes, as well as cheese and bread, are always needed. Things like toilet paper, deodorant, soap, shampoos, diapers and tampons are not provided by SNAP.

There is a large need for this help in our community. I should know; I've stood in line to gratefully receive it.

Shelby Koyen lives in a camping trailer on a friend's Key Peninsula property.

Jeff Minch
THE KP CANNABIST



The First Timer

As an advocate for the responsible and ethical growth of the cannabis industry here in Washington, not to mention being a very curious person, you would think that I would have been one of the first people checking out the new retail stores. Actually, it was quite the opposite.

There was only one store that I really knew about and that's only because I drove by it regularly. It looked seedy and, like many people, I had a preconceived notion that I would be walking into a group of stereotypical Cheech and Chong stoner salespeople.

I still haven't brought myself to visit that store.

It wasn't until I stopped by one of my favorite tap rooms that a nearby storefront caught my attention. It looked pleasant, professional and approachable. When I walked in, I was overcome by the sensation of entering a forbidden zone. It was a very odd feeling to see all this product that was once taboo, now out in the open.

This ended up being one of the best retail shopping experiences of my life. I embraced being a neophyte, told the staff this was my first time in, and asked for the tour. I have visited several stores since, not always to shop, but to see whether I would recommend it and to encourage involvement in the Cannabis Alliance.

I know quite a few of you want to check out a retail marijuana shop and there are some uncertainties that prevent you from going. The thing to realize is that you are not alone. It is understandable to feel this way, especially if the world of cannabis is new to you. With that, I hope the following tips help you feel more comfortable with your first visit, whether you are looking for something specific or you just want to check it out.

The first thing to do is go online and visit Leafly (www.leafly.com). This website is full of great information about different shops in the region. Each shop is unique, so keep in mind what is important to you and what your needs are. This site will also help you learn about the medical and recreational qualities of the different cannabis strains.

Be prepared to show your identification when you enter. This might happen when you walk in the door and/or again when

CONTINUED PAGE 8



CIVIC CENTER

CORNER



Crab Feed!

FEATURING FRESH-CAUGHT PACIFIC COAST DUNGENESS CRAB

4 to 7 pm Saturday Jan. 28



ADULTS \$30

CHILDREN 6-12 \$15

UNDER 6 FREE

Tickets online at

<http://2017crabfeed.bpt.me>

In person at Sunnycrest Nursery, Blend Wine Shop or the Civic Center office.

Our popular Crab Feed is a family-friendly feast to benefit the KPCCA.

Join your friends and neighbors for the food, the fun and a very delicious way to support your civic center.

Upcoming Events at the Civic Center

Yoga every Monday & Wednesday 8:30 to 9:30 in the morning

Skate Night every Friday night 6-9 pm while school is in session

Mardi Gras Masquerade February 25

Key Peninsula Civic Center, 17010 S. Vaughn Road 253/884-3456 www.kpciviccenter.org The Key Peninsula Civic Center Association, through its facility and the efforts of its members, fosters and promotes the civic, social, cultural and general well-being of the Key Peninsula community. The Key Peninsula Civic Center is a 501(c)(3) nonprofit organization.

CANNABIST FROM PAGE 7

you buy. Be prepared to pay with cash. Until the federal laws are changed, cash is the only method of payment.

Don't feel pressured into making a purchase or even staying in the store. You want to feel good about being there and you want to feel good about your purchase. A good store with good budtenders (salespeople) will not pressure you into anything you don't want to buy or want to do.

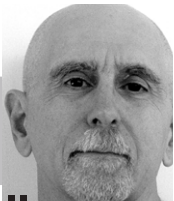
Ask questions. This is what a qualified budtender lives for. He or she wants to help educate you on the good things cannabis has to offer. Even if you decide not to purchase anything, they are still happy to assist you and make sure you are comfortable and have enjoyed your experience.

You don't need a medical card for medical marijuana. There's some confusion about this, but all you need to do is ask for a medical consult for any inquiries regarding the medicinal use of marijuana. Most stores I've visited have someone on hand who is certified by the Washington State Department of Health to answer these types of questions.

Most important: Relax and have fun. If you walk into a store and don't get a good vibe, turn around and walk out. Otherwise, stay and take in what this world has to offer. It might not be for you, but you might know someone who can benefit from it. Either way, there is no sense in denying yourself a great learning opportunity about this new industry.

Jeff Minch lives near Minter Creek.

Joseph Pentheroudakis
ON THE WING



Our Humble Gulls

Sunsets at Herron Island's South Beach never fail to deliver unforgettable light shows. A sky that won't quit and colors that go from blinding gold to pale orange to pink and violet and finally to a soft purple as the sun dips behind Harstine Island and calls it a day. Magic.

The light show, however, wasn't the only reason I found myself at South Beach one evening in early June. A couple of nights earlier, I sat on a log at around the same time, watching a pair of gulls perched on a long, arching cedar limb turned driftwood, wondering if that might be a regular spot for them. So I sat—and waited.

I wasn't disappointed. I heard their familiar cry and what I assume was the same pair came in for a perfect landing on the barnacle-encrusted driftwood, flap-

ping their wings to steady themselves. They would cast sidelong glances at each other from time to time, or move closer and then step away only to move closer again. Courtship time. Then, just before it got dark, they flew off to their roosting place for the night.

Gulls are smart, social, ubiquitous birds, accustomed to the presence of humans, so they are great birds to watch. There are at least 28 species in North America, two of which, the western gull and the glaucous-winged gull, nest and breed in the Pacific Northwest. The glaucous-winged can be found anywhere on the outer coast and Puget Sound, including coastal cities and towns where they often nest on flat roofs. Western gulls are typically seen on the coast and rocky islands offshore.

Both are large birds with white heads and underparts in breeding plumage. The mantles (backs) of glaucous-winged are gray and their wingtips are darker gray, while westerns have dark gray mantles and black wingtips. The eyes of the glaucous-winged are dark brown, while those of westerns are typically dark yellow. The bills of both are yellow with a spot of red on the lower mandible.

Large gulls like the glaucous-winged and the western take four years to reach maturity; smaller gulls can take as little as two years. One example is Bonaparte's gull, which is fairly common in Western Washington from September to April.

Immature glaucous-winged are grayish-brown and streaked; immature westerns are streaked and dark brown. Both birds progressively molt out of that pattern and into their adult colors in the fall as they approach maturity.

Much of the joy of birding comes from taking the time to look and listen. Gulls may be tricky to identify, and they keep their nesting and roosting sites to themselves, but their lives invite observation. Whether perched in a row on a railing in a mixed flock of adults and immature birds, soaring or gliding in the updraft created by moving ships, swimming or floating on driftwood in open water, circling in large flocks over landfills, picnic areas or parking lots, or dropping shellfish on rocks to crack them open, their lives are an almost open book that's worth a read.

I returned to South Beach last month to enjoy a spectacular winter sunset. As I sat still on my familiar log, a pair of gulls landed on the barnacle-encrusted cedar limb. They flapped their wings a bit, and then stood facing out toward the setting sun.

Joseph Pentheroudakis is an artist and avid birder. He lives on Herron Island.

Frank Slater
A VIEW FROM HERE



Good Wood for Good Heat

I was at Lulu's Homeport one recent morning when a local woodcutter walked through the door and proudly announced, "I sold over 100 cords of wood this year." Another local at a back table answered, "Buddy, you haven't ever sold a cord of wood in your life."

That got me to thinking. There are probably many newcomers out here on the Key Peninsula looking for wood right now who don't even know how much wood is in a cord. Answer: Depends on who's selling the cord.

A cord is supposed to be a stack of wood 4 feet high, 4 feet wide and 8 feet long, or 128 cubic feet. A rick is a stack of 16-inch-long logs that's 4 feet high and 8 feet long. Three ricks make a cord.

But most of the wood for sale around here is not so neatly arranged.

To estimate the volume of wood in a stack, multiply the average length of the pieces in feet (16 inches equals 1.3 feet) by the average length and height of the stack in feet and divide by 128 cubic feet to get the number of cords. For example, 1.3 times 8 times 4 divided by 128 equals 0.33: one-third of a cord, or one rick.

A load of wood thrown into the back of a truck or dumped on the ground looks much larger than the same amount of wood stacked in a pile. A rick of dry wood is a full load for a medium-sized pickup truck.

Most people who use wood for heat have a dry, well-ventilated woodshed and replenish their supply in the spring so it can season over the summer. One good design is a three-sided woodshed with the open side facing away from the prevailing wind. Last year's wood is stacked on one side and this year's wood on the other so it can dry while the older wood is used up.

Green wood will burn but is harder to kindle, produces less heat, more smoke and particulate matter and requires more attention to your chimney. Green alder tends to form creosote and may stain your wall or stove. With dry wood and a hot fire, a chimney cleaned in the fall should be OK until the following fall. If your stove is not drawing well, check to see whether your chimney is clear. If it is partially blocked with soot, it needs to be cleaned or you risk having a chimney fire. The smoke from such a fire can make a house uninhabitable

even if the fire doesn't spread.

Green wood is wood that has been cut recently and is normally heavier than a comparable piece of seasoned or dry wood. The bark will look like it might on a live tree and the cambium—the layer between the wood and bark—will still be moist. Well-seasoned wood sometimes has checks in the end where the cells have pulled apart as it dries.

Pierce County requires all new stoves to be EPA certified to meet requirements for efficient combustion to reduce particulate matter emissions. This primarily means that a stove is built well enough to reach a high chamber temperature. Burn bans during temperature inversions can be a problem, but if the stove is your only source of heat, you can apply for an exemption from burn bans, with certain conditions.

A bundle of pine firewood is available at Key Center Food Market for \$5.79 plus tax. It is clean, dry, convenient, kindles easily and makes a nice blaze, but produces little heat and costs over \$420 a cord. From what I've seen, the average cost of a cord of firewood cut, split, dried and delivered on the KP is \$200 for fir and \$240 for heavier and hotter burning madrona.

But, again, that depends on who's selling the cord.

For more information, search for wood stoves at www.ecy.wa.gov.

Frank Slater is a Korean War veteran and retired math teacher who lives in Vaughn.

Carolyn Wiley
DEVIL'S HEAD DIARY



Second Chances

I grew up deep in the heart of Texas, in a family with an entrenched church-going tradition—not a meandering Methodist among us until I came along. There at the buckle of the Bible Belt, the implied promise of strolling through the golden gates into luxurious, everlasting life was not a particularly fertile ground for a questioner. But, I had a question. It began as an itch that became an idea that kept creeping into the realm of consciousness: If one fell short in this life, wouldn't it be nice to get a second chance?

Mine was not a background sympathetic to reincarnation, but recycling was the only thing that made sense to me.

So, after more than three quarters of a century muddling through a mundane,

predictable life, it dawned on me that if recycling was in my future, I probably should plan ahead instead of continuing my willy-nilly romp through the present. It was high time for me to start planning for my future FUTURE. (Yes, that is the all caps FUTURE!)

I began my quest by identifying those qualities that inspire admiration and that I find most appealing in others. It seemed important to document this analytical exercise to help me build a plan of action and set a goal.

I admire and am fascinated by the transcendents. These people flourish anywhere and are undeterred by hostile conditions or the hostile actions of others. They show up in new and unlikely places and become successfully established not because they have connections or pedigree, but because they are strong and adaptable.

I value, maybe even envy, the freedom-seekers who are not confined by externally imposed boundaries. These are the ones who ignore oppressive expectations. They assume the freedom to drift, freedom to try new avenues, freedom to choose new fields of endeavor and growth.

I honor the generous heart of the modest benefactor who does not boast or seek reward. How kind it is for them to leave bright gifts along the road of life, bringing cheer to sad hearts and marking the way with traces of beauty.

I hold those who share knowledge in the highest esteem. They are the silent teachers whose greatest trait is patience with the student, whether quick or dull. If the first attempt at mastery fails, they return again and again and yet again to give the learner of life another chance to get it right.

I respect the perseverance of those who “keep on, keeping on,” and are unafraid to start anew. Adversity does not squelch their drive, and if uprooted or displaced, they are rejuvenated by the challenge.

The concept of recycling leads me to believe that I am destined to be a special entity in another time and in another place. Recycling—or reincarnation, if you prefer—holds the promise of a second chance. In that future FUTURE I will be ready for that second chance; a chance to be everything I want to be.

I reviewed my list of traits and qualities and realized that, if my wish is to be fulfilled, the entity that embodies all of these qualities is obvious.

In my future FUTURE, I want to be a weed.

Carolyn Wiley lives in Longbranch.

Letters to the Editor

A New Year's Wish

Dear Neighbors: 2016 was a year we will all remember and one that we hope will lead to a better and more peaceful world. While some are pessimistic, we remain optimistic because of the people we know.

Marcia is involved with so many things that affect our community, including being an elected school board director, senior center board member and master gardener president.

Jeff's passion for international issues manifested as trips to Cuba as a member of the Tacoma Sister City (Cienfuegos) group and to Guatemala with the Gig Harbor Rotary Club and president of the Olson Foundation to inspect previously funded and potential future projects to assist people, not to do for them.

The average person living in the Third World who wants a better life for themselves has three choices: become a refugee, a revolutionary or a person who participates in the development and improvement of their community.

The choice for us is clear: Develop their community and improve the future for their family and children!

Most of us are very aware that there are many causes across the country and around the globe worth supporting. But there are also important causes in our own community that need your support.

At the dawn of this new year—and era—all of us should become aware of the needs around us and offer or continue with what support we can, whether it is financial or through friendship, to improve the lives of our local families and children, our nation and our world. This is the best way to preserve and develop society and our own community; in fact, it is the only way.

Jeff and Marcia Harris / Wanna

Letters to the Editor Opinions expressed are those of the writers and do not necessarily reflect the views of the publishers or staff. 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 news@keypennews.com.

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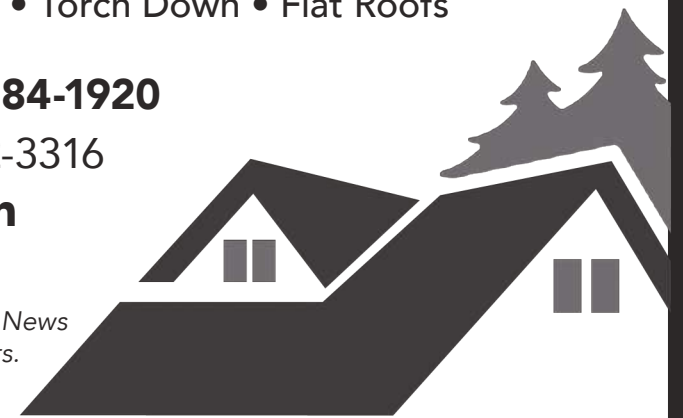
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Key Peninsula Civic Center



Happy New Year to all.

We deeply appreciate the community and your support of the civic center throughout the year. We'd like to give special thanks to the individuals and businesses who contributed to our funding drive in May, our numerous fundraisers throughout the year, and those who just contributed without being asked. Your generosity is much appreciated and literally helps keep the doors open.

Minimum hours in 2016	
Skate Night	1,650
KPCCA Board	1,300
KP community	650
4-H Cat Tales	150
KPCCA affiliates	125
Boy Scouts	100

The civic center gratefully received over 4,100 hours of volunteer time in 2016. We especially would like to recognize our Skate Night youth volunteers, the KPCCA board, the Key Peninsula community, 4-H Cat Tales, KPCCA affiliates and the Boy Scouts.

To show appreciation for our community and tireless volunteers, the Key Peninsula Civic Center Association (KPCCA) hosted a concert last month with Wickline performing a holiday program.

Thank you, thank you, thank you.

Key Peninsula Civic Center, 17010 S. Vaughn Road 253/884-3456 www.kpciviccenter.org The Key Peninsula Civic Center Association, through its facility and the efforts of its members, fosters and promotes the civic, social, cultural and general well-being of the Key Peninsula community. The Key Peninsula Civic Center is a 501(c)(3) nonprofit organization.



What will you do with the money you save?

Proper septic use and maintenance will help preserve your investment and avoid the cost and hassle of a septic failure. Get your septic system inspected and help protect our water quality.

Good news! If you own a pressure distribution or gravity septic system in the Key Peninsula you could get:

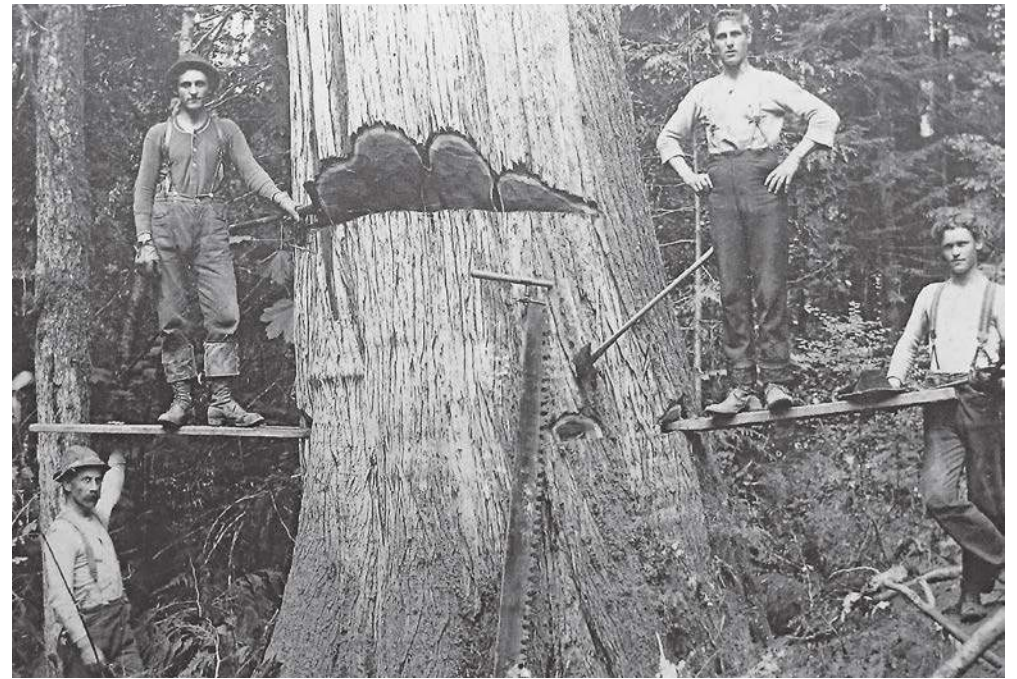
- \$125 off your inspection.
- \$200 off your tank pumping.
- \$125 off your riser installation.

Routine inspections are required for septic systems, so this is a great opportunity!

To take advantage of these savings:

- Log on to www.tpchd.org/incentive
- Email at EHsepticstystems@tpchd.org with "Incentive Program" in the subject line, or
- Call (253) 798-4788

Savings are available for a limited time. Log on today!



Cutting down a cedar tree on the Key Peninsula, circa 1920. Settlers William and his son Harry Creviston on right. *Courtesy KP Historical Society*

Logging Laws on the Key Peninsula

This is the first of a three-part series on logging on the Key Peninsula. This article provides an overview of permitting requirements and an example of what happens when the rules are ignored. The second article will cover the practice of clear-cutting, and the final article will discuss alternative forestry practices.

SARA THOMPSON, KP NEWS

When white settlers first came to the Key Peninsula in the mid-1800s, the density of the forest and massive size of the trees was dazzling, according to R.T. Arledge in his book, "Early Days of the Key Peninsula." He wrote that the cedars were so big, they sometimes served as dwellings for the newcomers. Indians had seasonal villages, but there is no evidence of permanent settlements on the peninsula.

Logging operations first started in the 1860s. Initially limited to the shoreline, logging depended on high tides to transport the fir and cedar, and loggers were fed and housed on floating camps. In the 1880s, families came to the Key Peninsula with plans to farm. After arriving and cutting timber for their homes, many realized that the trees had significant value. Skid roads were built to transport logs using horses and oxen, and some of those roads are still in use. The economic crash of 1891-93 led to a slump in the market value of timber, and many loggers turned to farming or moved on to other operations in the Northwest, though

some remained to work for themselves.

Logging on state and private land was first regulated in 1974, when the Forest Practices Act was adopted. That law was designed to protect Washington's public resources and maintain a viable forest products industry, according to the Department of Natural Resources.

A state permit to log is required if the landowner has no plan to convert the property to other use. Stumps are left in place and it is assumed the forest will grow back.

"Ninety-nine percent of logging permits on the Key Peninsula are from the state, and requirements are not as restrictive as they are with the county," said Adonais Clark of Pierce County Planning and Land Services (PALS). "They are exempt from the 50-foot buffer along KP Highway and State Route-302, public notice is not required, and logging in forested wetlands is allowed."

There is a six-year moratorium on development of land when it is logged with a state permit.

A county permit must be obtained if land is to be logged and cleared for development, if stumps are to be removed or if trees removed are more than 150 feet away from an existing building.

A county permit requires a 50-foot buffer along KP Highway and SR-302, as well as public notice, except for construction of a single-family residence or clearing for pasture. Because it is assumed that the forest will be gone forever, county rules focus on protecting wetlands and streams due



A cold deck of Key Pen Douglas fir destined for export. *Photo: Lisa Bryan, KP News*

to permanent ongoing impacts associated with development, such as noise, light and water pollution. Logging in wetlands is not allowed. When illegal activity occurs, an official response is activated.

The following case illustrates both the power and the limits of that response.

In May 2014, neighbors became concerned about activity on a parcel of land in the Longbranch area. It appeared that people had moved onto the property, were living in RVs or trailers, and had begun to cut down trees.

The first action was a call to Pierce County Responds. Established in 2002, this code-enforcement agency serves as a clearinghouse for complaints. The Solid Waste Division of Public Works and Utilities oversees the program and coordinates with PALS, the Sheriff's Department, the Tacoma-Pierce County Health Department and the Pierce County Prosecutor's Office.

Steve Metcalf, representative for the health department, reviewed the action that followed the complaint.

The land was purchased through an owner-financed agreement and when the complaint was lodged, the health depart-

ment, Solid Waste Division and PALS were alerted. In June 2014, the county confirmed that people were living on the site illegally, that they had dumped solid waste, and that raw sewage was flowing onto the property from their RV.

The health department issued a notice of violation to the owner. In December 2014, when the owner did not respond, notification was sent that legal action would be taken, with cleanup at the owner's expense. When officials inspected the property in February 2015, the property had been largely cleaned and the RV was gone. Ownership reverted to the original owner in March and the health department deemed the cleanup complete. No further legal action was taken and the case was closed in November 2015.

But the story does not end there. In addition to the concerns about solid waste and raw sewage, logging and wetlands violations had occurred. In August 2014, PALS was called to investigate illegal clearing in the wetland on the property. Mary Van Haren, a PALS enforcement biologist, reviewed the steps her department takes. "Enforcement is reactive, not proactive. We respond to

complaints," she said.

Once a complaint is received, the owner is informed of the violation and what must be done to come into compliance. The owner has 60 days to take action. If nothing is done, enforcement follows.

First, a record of noncompliance is placed on the title for the property. If there is such a notice, banks won't lend money to finance buying it, so unless the buyer pays cash or the owner finances the sale, the property cannot be sold. There are also civil penalties. Fines begin to accrue, starting with a fine of \$1,000, then an additional \$4,000 and finally an additional \$10,000 if no action is taken. If these are not paid, the fines are sent to collections.

In this case, the owner never responded to the notices, both posted and mailed between August 2014 and early March 2015. The original owner resumed control of the property in mid-March and met with PALS staff. Although much work was done to clean the parcel, PALS required additional work to mitigate the clearing done in the wetlands. That work was never completed, and a notice

of noncompliance was placed on the title.

Over the course of eight months, after an owner-financed sale, the buyers violated multiple regulations and refused to repair the damage they had done. When the owner finally regained control of the land, he was held responsible for the damages and a record of noncompliance mars the title. As Van Haren noted, if a violator chooses to ignore the authorities, the ultimate consequences and final repair may come only when the owner tries to sell the land.

Legally permitted logging, primarily clear-cutting, is the most visible logging practice on the Key Peninsula and raises many issues. Some worry about the view, others about the environmental impact. Loggers describe timber as a crop, ripe and ready to harvest. The next article will review those issues and the economics of logging.

To report a suspected violation, call Pierce County Responds at 253-798-4636, or report online at www.pierce-countyresponds.org.

ALL MONTH**TECH HELP**

Meet with a librarian, on a day of your choosing, to receive personal help. Register for an appointment online at getsmart.pcls.us or call 548-3309.

JAN. 2**SNOWFLAKE MAKING**

All ages (children under 6 with an adult) celebrate winter with a variety of snowflake crafts 3:30 to 4:30 p.m. at the Key Center Library. Registration required: 50 maximum. Register four at a time. piercecounitylibrary.org/calendar or 548-3309

JAN. 2, 9 & 30**QUILTERS MEET**

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

JAN. 2, 9, 16, 23 & 30**BLOODMOBILE**

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

JAN. 3 & 20**SENIOR SHOPPING**

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

JAN. 5, 12, 19 & 26**CAT TALES**

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

JAN. 6, 13, 20 & 27**SKATE NIGHT**

Skate Night at the KP Civic Center 7 to 9 p.m. Admission is \$5. 884-3456

JAN. 7 & 21**SUPPORT GROUP**

The Lakebay Depression and Bi-Polar Support Group meets 11:30 a.m. to 12:45 p.m. at Key Peninsula Lutheran Church, 4213 Lackey Road KPN. Contact Kimberly at 253-753-4270 or DBSALakebay@gmail.com.

JAN. 9**PRAYER MEETING**

Grace Church holds a prayer meeting at 6 p.m. 884-4854

JAN. 10 & 24**CROCHET OR KNIT**

The Loving Hearts group meets 1 to 3 p.m. at WayPoint Church. lovingheartsonkp@gmail.com or call Virginia at 884-9619

JAN. 11**ASHES MEET**

The Ashes support group for Fire District 16 meets 10:30 a.m. at the fire station in Key Center. 884-3771

GARDEN CLUB MEETS

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

KP COUNCIL

The KP Council meeting is 7 p.m. at the KC fire station.

JAN. 14**MEHNDI MADNESS**

The Second Saturday event for all ages is the timeless art of henna painting at the KC Library at 2 p.m. Discover the fascinating body art of Mehndi. Decorate yourself with a beautiful, natural and temporary tattoo. Children under 6 must be with an adult. Register at piercecounitylibrary.org/calendar. 548-3309

JAN. 21**ALZHEIMER'S SUPPORT**

The Alzheimer's Association family caregiver support group meets 10:30 a.m. to noon on the third Saturday of each month at The Mustard Seed Project at the Crandall House (formerly the Roadhouse restaurant). This group provides a consistent, caring place for people to learn, share, and gain emotional support from others who are also on the unique journey of providing support to person with memory loss. Contact Ray Steiner, 820-2213.

ASTROLOGY

Older teens and adults may discover how astrology can enhance their lives with KP resident Anne Marie Hahn at 2 p.m. at the KC Library. 548-3309

JAN. 23**LEGO FUN**

Kids 8 to 18 build and program a robot using Lego Mindstorm kits 4 to 5:30 p.m. at the KC Library. Maximum of 25 allowed. Registration required. Register 4 at a time: piercecounitylibrary.org/calendar. 548-3309

JAN. 24**PET NEUTER PROGRAM**

The Northwest Spay and Neuter Center animal shuttle is at the KP Civic Center 7 to 7:30 a.m. to pick up dogs and cats. Animals will be returned to the civic center at 9 a.m. the next day. Appointments are required. Call 253-627-7729 ext. 217, or email shuttle@nwspayneuter.org for questions or to schedule an appointment. The Northwest Spay and Neuter Center offers affordable spay and neuter services for cats and dogs including special programs for feral cats and pit bull dogs. nwspayneuter.org

JAN. 26**BOOK DISCUSSION**

Friends of the Key Center Library host a book discussion about "The Daughter of Time" by Josephine Tey at 11 a.m. at the library. Ask for a copy of the book at the desk. 548-3309

OFF THE KEY**JAN. 2****SNOWFLAKE CRAFTING**

All ages (children under 6 with an adult) celebrate winter with a variety of snowflake crafts 10:30 to 11:30 a.m. at Gig Harbor Library. Registration required. 548-3305

JAN. 3, 10, 17, 24 & 31**TOBACCO SUPPORT GROUP**

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

JAN. 4**DEMOCRATS MEET**

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

JAN. 5 & 19**CHESS CLUB**

Children in grades K-8 learn how to play chess for 20 minutes, followed by 40 minutes of play at Gig Harbor Library from 6 to 7 p.m. 548-3305

JAN. 14**CONCERT AND POTLUCK**

The Olalla Community Club presents a concert featuring Farm Strong Bluegrass Country with Rick Meade. A potluck starts at 6 p.m. and the concert is at 7 p.m. Potluck host is Nolan, 253-857-5650. Cost is \$15-\$20. Olallahouse.org

JAN. 19**POET EVENT**

Longbranch poet and photographer Dale Goodvin will be reading and signing copies of his book, "Kansas Whispers and Midnight Blues," as part of the free Tacoma Art Walk at 7 p.m. at the Metro Coffee Shop and Gallery on the UWT campus at 1901 Jefferson Avenue. The monthly art walk includes free admission to the Tacoma Art Museum, Glass Museum and History Museum from 5 p.m. to 8 p.m.

JAN. 20 TO 22 & 27 TO 30**PLAY PRESENTED**

Paradise Theatre presents "Wait Until Dark" on weekends at 3114 Judson Street in Gig Harbor. Times are 7:30 to 9:30 p.m. on Fridays and Saturdays and 2 to 4 p.m. on Sundays. Paradisetheatre.org or 851-7529

JAN. 20 TO FEB. 28**PIERCE COUNTY TEEN WRITING AND ART CONTEST**

Pierce County Library System invites students in grades 7 to 12 to show their creative talents in Our Own Expressions Teen Writing and Art Contest. Teens may enter the contest, individually or as a team, in one or all four categories: poetry, short story, photography and drawing. The library system will publish all winning contest entries and award cash prizes. KPMS 7th-grader Bobbi Worden won first prize last year for her photo. Entry is free and forms will be available starting Jan. 20 at any Pierce County Library or at expressions.pcls.us.

FEB. 4**EARLY LEARNING JAMBOREE AND KINDERGARTEN FAIR**

Provides families an opportunity to learn about preschools, daycares, kindergarten programs and enrichment experiences available in the Gig Harbor area, from 10:30 a.m. to 12:30 p.m. at the YMCA in Gig Harbor. Attendees may join or use the YMCA facilities for free that day. Games, crafts and activities for children provided by participating schools and vendors. Contact: Kim Boynton at 253-219-0299 or kim@peninsulaelc.org.

Submit your calendar items to connierenz@hotmail.com before the 15th

COMMUNITY CALENDAR

WEEKLYEVENTS

MONDAYS

PLAY TO LEARN

Play to Learn, provided by the Children's Museum of Tacoma, from 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.

MONDAYS, WEDNESDAYS, FRIDAYS

SENIOR EXERCISE

The S.A.I.L. senior exercise class meets 10 to 11 a.m. at KP Community Services in Lakebay. Participants must 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

Every Tuesday, 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 at 10 a.m. and Preschool Science Story time (2-5 years old) is at 11 a.m. 548-3309

TUESDAYS & THURSDAYS

PRESCHOOL PLAY TIME

The Children's Home Society and KP Family Resource Center offers a preschool/toddler indoor park program 9:30 to 11:30 a.m. in the civic center gym. Caregivers must stay with child. Drop-ins are welcome; stay as long as you wish. A \$1/child donation is suggested. Tami, 884-5433

WEDNESDAYS

WRITERS MEET

Lakebay Writers is a workshop for people who love stories. Share yours; hear others', 1 to 4 p.m. at the KC Library. Loren Aikins, 884-2785

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. 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

STORY TIME

Families with young children enjoy winter stories 1:30 to 2 p.m. at the KC Library. 548-3309

SATURDAYS

WRITERS GUILD

The Writers Guild meets the first and third Saturdays from 10 a.m. to noon at the KC Library. 884-6455

PUBLIC MEETINGS

Jan. 2, McNeil Island meeting, 6 p.m., Lakebay Marina. Discussion about turning McNeil Island into a park. markscott@lakebaymarina.com

Jan. 3, Artists' Blend, 4 to 6 p.m., Blend Wine Shop, for all artists; kathybauer100@gmail.com

Jan. 4 & 18, KP Lions, 7 p.m., KC fire station; 853-2721

Jan. 4 & 18, KP Veterans, 7 p.m., KP Lutheran Church; membership for veterans and military service members and families over 16 yrs. 509-8656 or keypenveterans@outlook.com

Jan. 9, KP Parks, 7:30 p.m. at Volunteer Park office; public is encouraged to attend. 884-9240

Jan. 10 & 24, KP Fire Dept. commissioners meeting, 5 p.m., KC fire station; keypeninsulafire.org

Jan. 11, KP Community Council, 7 p.m., KC fire station

What do you like? For the next couple of months, we'll be asking you what you'd like to read in your KP News. Fill in this form, clip and mail to KPN, PO Box 3, Vaughn WA 98394 or email news@keypennews.com

More Same Less

Local, regional politics

Schools and education

Nonprofits like Red Barn

Local personalities

Changes in the community

Local history

Clubs, churches, groups

Columnist points of view

Photos

Regional news

I'd like more:

Jan. 12, Peninsula School District Board, 6 p.m., district office and Jan. 26 at Gig Harbor High School Library

Jan. 12, KP Civic Center Assn. Board, 7 p.m., Whitmore Room, KP Civic Center; 884-3456

Jan. 12, TWAA Board, 7 p.m., VFW Room, KP Civic Center; kathybauer100@gmail.com

Jan. 16, KP Democrats, 7 p.m., Home fire station; johnpatkelly@aol.com

Jan. 18, Longbranch Improvement Club, 6:30 p.m. social, 7 p.m. meeting, LIC; 884-6022

Jan. 18, KP Advisory Commission 6:30 p.m., VFW Room, KP Civic Center; Toni Fairbanks, 253-798-7156

Jan. 19, KP Citizens Against Crime, 7 p.m., KC fire station

Jan. 23, KP Farm Council, 6:30 p.m., Home fire station; c.wiley@mac.com

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



Angel Guild Thrift Shop

Open 10-4
Tuesday to Saturday in the
Key Center Corral 253 884-9333

Donations: Mon-Sat, 9:30 to 3:30
P.O. Box 703, Vaughn WA 98394

The historic Purdy Spit Bridge has been in service since 1938. *Photo: Beth Porter*



The Purdy Bridge: Gateway to the Key Peninsula



Stay Clear!

**A downed power line may not be a dead line.
It could cause serious injury or death.**

If someone is injured by contact with a power line, call 911 and keep others away until help arrives.

If a power line falls across or near your vehicle while you are in it, stay inside until help arrives. If you must exit, jump clear so that no part of your body is touching the car when you land. **KEEP BOTH FEET TOGETHER**, and shuffle or hop at least 30 feet away from the vehicle.

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**Mondays
& Wednesdays**
8:30 to 9:30 am
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Bring your mat, blanket or towel

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Four classes for \$40
Cash or check, please*

Have a fun family night
with elementary and
middle school kids



Fridays
6 to 9 pm
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Games & Dancing*

Kids \$5 / Parents free

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snacks and drinks served by
the Kitchen.*

Key Peninsula Civic Center, 17010 S. Vaughn Road 253/884-3456 www.kpciviccenter.org The Key Peninsula Civic Center Association, through its facility and the efforts of its members, fosters and promotes the civic, social, cultural and general well-being of the Key Peninsula community. The Key Peninsula Civic Center is a 501(c)(3) nonprofit organization.

FRANK SLATER, KP NEWS

In 1884, Horace Knapp bought 19 acres from Isaac Hawks on the east side of Burley Lagoon for \$23.75 and turned it into a town site to encourage settlement. Joseph Purdy, a Tacoma grocer, told Knapp he would pay for a school if they named the town after him.

By 1886, a mill had been built that supplied timber to Cleveland (now called Bremerton) and Purdy was known as a rough, brawling mill town.

The Knapps were often called upon to ferry people across the channel dividing their property and the spit. In 1892, the county authorized a drawbridge. The center span swung on a pivot to permit tugs to pick up log rafts at the Wilson Logging Co. Tugs blew one long and two short whistles near Dead Man's Island (Cutts Island) on their way up Henderson Bay. Knapp or one of his sons would open the bridge to let them through.

Henderson Bay faces the prevailing southwest wind. Wave action along the shore washes gravel toward Purdy. About the time the first bridge was built, settlers borrowed fill from the hillside at the Springfield (Wauna) end of the spit to make it an all-weather route. Before that, the spit flooded when high tides and winter storms coincided. They set posts to hold driftwood and brush and the occasional shipwreck to stop erosion, an

ongoing process, as cracks in the road and traffic cones still bear witness.

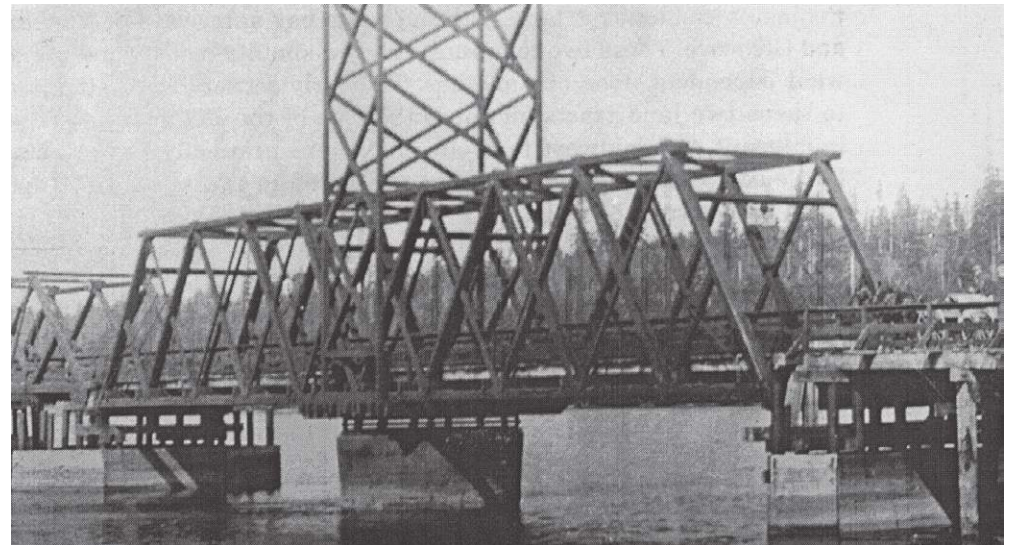
A tall wooden bridge was constructed in 1905, but collapsed when the tide swept some of the pilings away. The county rebuilt it.

In 1920, the county replaced the third high wooden bridge with an ungainly steel swing-span barged in from Puyallup. Citizen complaints about its appearance led to a lawsuit demanding certain aesthetic changes when it came time to build yet another replacement.

The current bridge was built in 1938 and was the first in the United States to use reinforced concrete box girders. Considered an engineering landmark with a unique design for its era, it was placed on the National Register of Historic Places in 1982.

The lagoon has been used as an oyster farm since the early 1900s. "Purdy Oyster Co. was owned by Mr. Yamashita," remembered local man Fran Pinchbeck recently. "In 1957 or 1959, three young men drowned in the channel. A younger Yamashita and two Anderson brothers. I would have been with them, but the previous afternoon I quit to go commercial fishing with the crew on the Shenandoah (a fishing trawler now being restored at the Harbor History Museum).

"The accident occurred after dark, when the crew was heading back to shore. The channel was rough and windy. The small



The 1920 bridge was so ugly it inspired a lawsuit. Photo courtesy KP Historical Society

barge flipped, dumping all four men into the water. Richard Morgan, who was in my class, lit on the bottom of the channel and his boots filled with water. Richard said he just started to walk while underwater, not knowing where he was going, and soon he felt something on his head—the wake of the water. Richard just kept walking and soon was on shore."

Increased traffic has led to public complaints about the Purdy intersection and calls to replace the state-owned bridge with something bigger despite its historical significance.

Annie Bell, of the Peninsula School

District transportation office, said the PSD works closely with the fire and police departments to keep an eye on traffic on the bridge and the Wauna curves. The school district has over 20 buses and most of the routes are on the Key Peninsula. State traffic monitors adjust the light at Purdy to favor the buses, she said. They do their best to clear the intersection before the evening commute gets heavy.

Bob Janes, raised in the Purdy area, said there have been rumors about a new bridge to be built across the upper Burley Lagoon and connecting with State Route 302 since the current bridge was completed.

The Mustard Seed Project

Building an Elder-Friendly Key Peninsula

Our January Third Thursday Community Forum

2017 Update on The Mustard Seed Project

Questions about our current services & programs?

Wondering about our Senior Housing Project?

Looking for inspirational volunteer opportunities?

Please join us!



Thursday, January 19, 2017 ♦ 10 a.m.

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A descendant of KP pioneers is still improving his homestead. *Photo: Ted Olinger, KP News*

Washroom to Dream House

COLLEEN SLATER, KP NEWS

The house next to the Vaughn post office on Olson Drive in Key Center has attracted attention in recent years as the owner has expanded the building several times.

Elmer Olson of Sunnycrest Farm (now owned by his daughter, Joyce Niemann) built a huckleberry shed near the site in 1929, and later created a car park next door and behind it. The shed where the Olsons bought, cleaned and shipped off huckleberries later became a small restaurant called the Huckleberry Café. A few years ago, it was transformed into the current El Sombrero restaurant.

Meanwhile, a building about 18 by 24 feet was built to provide laundry, showers and bathrooms for the visitors to the car park that morphed into an RV park.

Olson's daughter and son-in-law, Phyllis and Harry Anker, operated the RV Park. Before it became a café, Harry turned the huckleberry shed into a gun shop and had a gun range behind it.

Forward to 1984 when sons Donald and David Anker returned to the Key Peninsula.

They asked their mom if they could make the old washhouse into a cabin.

"Might as well," Phyllis told them. "It's falling apart."

The brothers created a bedroom and bathroom, kitchen and small living area.

When David met Janet, his current wife, he wanted to add on a second bedroom, but Don said they decided to move elsewhere soon after.

Don began improving and adding as he could over the years. It wasn't until after retiring in 2009 that he could finally spend more time on creating his dream home.

The living area was expanded and a large kitchen and dining area were added; all well defined but open, airy spaces.

When he wanted to add an adjacent garage, Don learned he couldn't because there was a window in that wall, though it's a single pane that doesn't open.

His solution was to build a covered breezeway big enough for a car connecting to a one-car garage with storage space.

Don will add a patio and eventually a swimming pool. "When I get enough money," he said.

For now, Don has a historic, beautiful and comfortable home he continues to improve.

COME SWIM WITH US!

Easterseals Washington Camp Stand By Me NEW Community Swim Program

Starting for the month of February: Water fitness class MWF 12:30-1:30 pm
Starting in the month of March: Preschool swim lessons MW 2-2:30 and 2:30-3pm
Parent child swim time TTH 11:00am-12:00pm
Coming in February - Water Safety Instructor Training course

Call 253.884.2722 or visit www.easterseals.com/washington/communityswim



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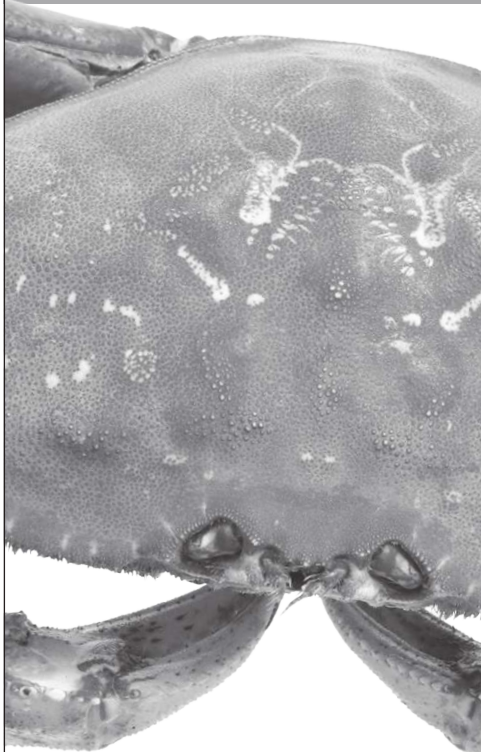
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LAISSEZ LES BONS TEMPS ROULER

2017 Mardi Gras Masquerade



SAVE THE DATE
Saturday
February 25

Key Peninsula Civic Center, 17010 S. Vaughn Road 253/884-3456 www.kpciviccenter.org The Key Peninsula Civic Center Association, through its facility and the efforts of its members, fosters and promotes the civic, social, cultural and general well-being of the Key Peninsula community. The Key Peninsula Civic Center is a 501(c)(3) nonprofit organization.



Key Pen Parks

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January 2017

What's coming up in 2017?

April 1 - Poker Pedal	May 21 - Mom & Me Tea	October 21 All Hallows Eve Celebration
April 8 Pet Easter Treat Hunt	July 4 Community Hot Dog Social	December 2 Breakfast with Santa
April 22 Parks Appreciation Day	Fridays in August Cinema Under the Stars	And much more!

Thank you to all volunteers who made the 6th annual **Breakfast with Santa** with Key Pen Parks and the Key Center Fire Station a festive event for all who attended!

**Thank you
volunteers!**

Andrea Bachaud; Jeff, Sara and Kaitlin Barnaby; Garrett Crompton; Carrie Duram; Drake Erickson; Haylie Gallacher; Nathaniel Griffin; Jerry and Marilyn Hartley; Jade Hoskins; Sami Jensen; Bill and Claudia Jones; Olivia Lynch; Tanner McKinney; John Mohn; Anne Nesbit; Linda Niles; Barbara and Ned Noel; Tracey, Jane and Robert and Oliviera; Enrique Orellone; Jeramiah and Lila Saucier (the Clauses); Dave Vezzani; Hal Wolverton; and Bobbi Worden.

SEASONAL MAINTENANCE POSITION - Performs the routine maintenance of park buildings, facilities, athletic fields and grounds. Work is performed during a 40-hour work week for six months. Position description and application is on our website or stop by the park office during open hours.

OBITUARY

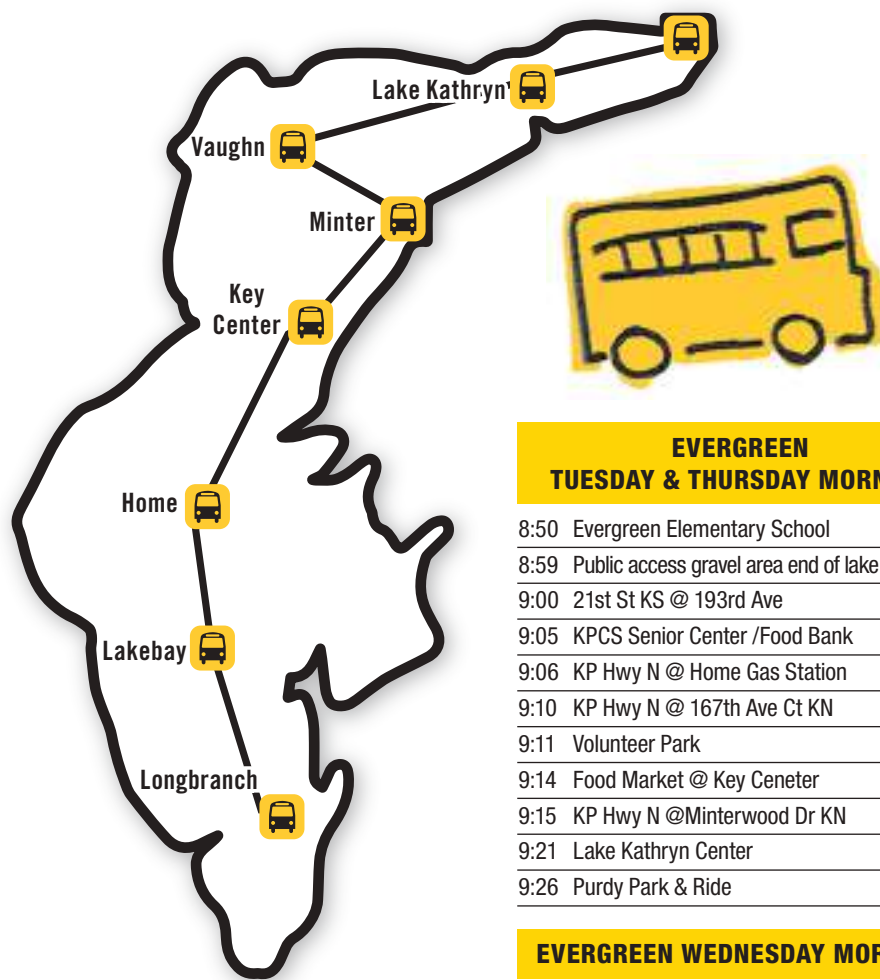


Zachary Goddard unexpectedly died Nov. 19. He was 20 years old. Goddard was born Aug. 5, 1996 in Tacoma but grew up on the Key Peninsula. He graduated from Peninsula High School in 2015, where he was a standout athlete. Goddard was the state-ranked No. 2 wrestler in both his junior and senior years. He was also named to the annual all-area football team as a defensive back in 2015 and was its most productive tackler, with 81 tackles. He attended his freshman year of college at Montana Tech and was a sophomore at Columbia Basin Community College. Goddard is survived by his father Richard, siblings Mitch and Lindsey Pelletier, his grandmother Myrna, Aunt Deena Goddard Viehmann and Uncle Tom Viehmann and their children, cousins Jaime and Shaun. Zach always put others before himself and all who knew him will forever feel his absence.

AN INNOVATIVE TRANSPORTATION PROJECT ON OFF-DUTY SCHOOL BUSES

KP SCHOOL BUS CONNECTS

FREE Community Transportation for All Ages Under age 12 accompanied by an adult



School buses aren't just for kids anymore.

KP Bus Connects Key Center, Lake Kathryn, Volunteer Park, KPCS/Food Bank, local stops, Peninsula High School and Purdy Park & Ride

Call 253-884-BUSS

A partnership with the KP Community Council, Puget Sound Educational School District, Peninsula School District and the Gary E. Milgard Foundation.

See complete 2016/17 school year schedule at kp.council.org

VAUGHN WEDNESDAY MORNING

- 9:50 Vaughn Elementary School
- 9:56 Hall Rd KPN @ S. Vaughn Rd KN
- 9:57 Wright Bliss Rd @ 104th St Ct KN
- 9:59 Union 76 @ Four Corners
- 10:02 Lake Holiday bus shed
- 10:03 SR302 @ 140th Ave KN
- 10:05 Charbonneau Construction
- 10:08 Lake Kathryn Center
- 10:26 Purdy Park & Ride

TUESDAY & THURSDAY MIDDAY

- 10:47 Peninsula High School
- 10:49 Purdy Park & Ride
- 10:54 Lake Kathryn Center
- 11:03 11615 SR302 @ Windermere Realty
- 11:05 SR302 @ 140th Lake of the Woods
- 11:06 Lake Holiday bus shed
- 11:09 Union 76 @ Four Corners
- 11:11 Wright Bliss Rd @ 104th Ave KN
- 11:12 Olson Dr & Wright Bliss Rd KN
- 11:14 Food Market @ Key Center
- 11:17 Volunteer Park
- 11:21 KP Hwy @ 167th Ave Ct KN
- 11:24 KP Hwy @ Home Gas Station
- 11:27 KPCS Senior Center /Food Bank
- 11:33 Public Access Gravel Area
- 11:34 21st St KS & 193rd Ave KS
- 11:40 Evergreen Elementary School

TUESDAY, WEDNESDAY & THURSDAY AFTERNOON

- 4:43 Peninsula High School
- 4:45 Purdy Park & Ride
- 4:51 Lake Kathryn Center
- 4:54 11615 SR 302 Windmere Realty
- 4:58 Lake Holiday bus barn
- 5:00 Union 76 @ Four Corners
- 5:02 Wright Bliss Rd @ 104th St Ct KN
- 5:03 Wright Bliss Rd @ Hall Road N
- 5:05 Food Market @ Key Center
- 5:06 Red Barn, KP Hwy @ 84th St KN
- 5:10 KP Hwy @ 167th Ave Ct
- 5:14 Home Gas Station, KP Hwy
- 5:14 KPCS Senior Center/Food Bank
- 5:19 Public Access Gravel Area
- 5:20 21st Ave KS @ 193rd Ave KS
- 5:24 KP Hwy @ 17th St Ct KS
- 5:36 Red Barn, KP Hwy @ 84th St KN

EVERGREEN TUESDAY & THURSDAY MORNING

- 8:50 Evergreen Elementary School
- 8:59 Public access gravel area end of lake
- 9:00 21st St KS @ 193rd Ave
- 9:05 KPCS Senior Center /Food Bank
- 9:06 KP Hwy N @ Home Gas Station
- 9:10 KP Hwy N @ 167th Ave Ct KN
- 9:11 Volunteer Park
- 9:14 Food Market @ Key Center
- 9:15 KP Hwy N @Minterwood Dr KN
- 9:21 Lake Kathryn Center
- 9:26 Purdy Park & Ride

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- 9:02 Lake Holiday bus shed
- 9:03 SR302 @ 140th Ave KN
- 9:05 Charbonneau Construction
- 9:08 Lake Kathryn Center
- 9:26 Purdy Park & Ride



LEARN TO GET AHEAD IN A JUST-GETTING-BY WORLD.

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- Learn from others
- Become financially secure

Held at the Key Peninsula Lutheran Church; dates to be determined. Free family meals and childcare provided. For more information, call Rebekah at 253-474-0519 or email rstahl@stvdptacoma.org.

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Alexander Lopiccolo teaches a sensory and motion therapy workshop for occupational therapists at the University of Puget Sound. *Photo: Alexander Lopiccolo*

Movement as Therapy: King of Swings Comes to the KP

TED OLINGER, KP NEWS

Alexander Lopiccolo, 30, of Wauna, is an occupational therapist who helps children with a range of behavioral, social and physical challenges. His patients may be autistic or have attention deficit disorder or be hyperactive, but he focuses on treating one element they often have in common: sensory processing disorder.

Recognizing and treating SPD is a recent but growing part of occupational therapy. “It’s on the rise, kind of like autism,” Lopiccolo said. “Every child with autism has a form of SPD, but not everyone with SPD is on the autism spectrum.”

Lopiccolo sees 30 or more children, ages 3 to 15, each week at Harbor Children’s Therapy in Gig Harbor. Many have been referred by their pediatrician because of a behavioral issue. “A lot of kids look neurotypical,

but we see flaws in their sensory processing,” he said. “Hyperactive arousal state or hyporeactive, low muscle tone, poor coordination, poor posture. Most of the time, they’re having a lot of sensory issues.”

SPD is a condition that affects a person’s ability to process and respond to stimuli, whether it’s physical, tactile, visual, auditory or olfactory. A person with SPD can have trouble understanding the relative position of the parts of their own body or how it relates to objects around them, and what level of strength is needed to perform simple tasks. They can develop phobias or act out in seemingly unpredictable ways.

“In hyperactive kids, where we see hyperarousal and impulsivity, they need intensity to help modulate their responses,” Lopiccolo said. “By getting intense input through crashing, through flinging, by doing heavy

work, you help modulate (their) central nervous system.”

Lopiccolo creates environments that let children do just that—crashing, flinging and “heavy work”—in safe but challenging indoor sensory gyms with an array of obstacles, swings and hammocks. There are also soft, hanging tents or tunnels for children who are hypersensitive to stimuli.

“The central nervous system is the bottom of the pyramid and, as therapists, we treat from the bottom up,” Lopiccolo said. “Behavioral and academics are at the top of the pyramid. What we want to see as parents is treatment for the behavior, but when you treat the central nervous system, you see the best academic/behavioral/social interactive responses.”

Lopiccolo not only employs these techniques at his full-time job, he teaches them to other therapists in a workshop called King of Swings: Hands-on Sensory Motor Workshop. He also builds customized multi-sensory gyms in private homes for parents to use with their children. His family just moved to the KP from Colorado six months ago and he has already installed six gyms in the area with Stan Riddle, a local contractor.

A typical home sensory gym includes strong ceiling hooks to suspend four-point, multilayered Lycra hammocks, a low plank to glide on and a trapeze or soft tents. The system is simple, but allows for a variety of objects that can be easily installed, removed or adjusted, and includes lots of padding for the floor.

“I teach them exercises in the gym that they can use as therapeutic interventions at home,” Lopiccolo said. “It looks like it’s just great exercise, but really we’re building new neural pathways.”

Children and parents learn to navigate increasingly challenging obstacles or take time out to relax in a covered hammock free from distraction, or just “get the wiggles out.” But there’s more to it than that: “You’re forcing your brain to work at a higher level,” Lopiccolo said. “If you’re able to do a more complex activity, the lower motor process of activities of daily living are easier to master.”

Karen Jones of Allyn installed a gym for her 4-year-old son, Austin.

“He was diagnosed with autism and we were referred to occupational therapy,” she said. “We found out what he craves is motion.”

Jones started the therapy when Austin was 3 years old. “He was not redirectable and had a lot of tantrums,” she said. “Now, he doesn’t get into trouble so much because he’s able to control his emotions more.

“He goes on swings and sensory hammocks that feed his different senses,” she said. “He plays with different things for touching, strengthening muscles. The more he uses it, the better he feels.”

Austin will be reevaluated for autism in another six months or so. “You know, the diagnosis is what it is,” Jones said. “There’s been a huge improvement in his behavior.”

For more information, go to Lopiccolo’s website at SensoryDigest.com.

Treating Women for Post-traumatic Stress Disorder

LISA BRYAN, KP NEWS

Once considered a problem limited to active duty male military service members and veterans, post-traumatic stress disorder is regularly diagnosed in female service members and veterans who most often suffer the condition because of sexual assault while serving in the military.

Dr. Linda Lindman has worked extensively with male and female PTSD patients for the Veterans Health Administration and currently works as a clinical psychologist at a community-based outpatient clinic for the VA in Kennewick, Washington. "Anybody can have post-traumatic stress," she said. "The military does not have any kind of exclusivity in regards to PTSD."

While PTSD manifests itself differently in men and women, the treatment is largely the same despite the type of trauma experienced. "You really have to talk about what happened," said Lindman. "There are new treatments being tested, but we try to use empirically based treatment methods we know to be effective. Right now, prolonged exposure therapy is our best method."

Men with PTSD often abuse drugs or alcohol and tend to have problems with anger, whereas women tend to avoid any reminder of the triggering incident, become depressed and anxious and numb themselves emotionally, according to Lindman.

"Women are also more likely to blame themselves than men are, and that's very typical in a sexual assault type situation," Lindman said. "Women tend to assume the blame primarily because they are blamed."

About 10 percent of women in the U.S. develop PTSD after experiencing a traumatic event while 4 percent of men do.

"In the military, most often women simply shut their mouths," Lindman said. "It kills your career. That secrecy only exacerbates the situation because they don't get the mental health support they need."

Suffering sexual trauma during military service is hardly confined to women. "Many of my most touching cases have been men who have been raped by men," Lindman

said. "There are adults who are bullied and this is often the form that bullying takes in those situations."

According to the Department of Defense News, psychologist and researcher Dr. Jim Hopper delivered sobering statistics to leaders gathered at the Army's Sexual Harassment and Assault Response Program Summit in Virginia in early 2015. "Most people who sexually assault adult men are heterosexuals," he said. "Those same heterosexual men who are assaulting men are often the same men assaulting women."

The DOD currently estimates that 13 percent of victimized military men report their assault, compared to 40 percent of victimized women.

The VA estimates 1 in 4 women and 1 in 100 men experienced some form of sexual harassment or assault in the military, though this data applies only to veterans who have chosen to seek VA health care and cannot be used to make an estimate of the actual rates of sexual assault and harassment in the military.

Lindman said that not everyone exposed to trauma develops PTSD. "We don't even really know what makes a person susceptible," she said. "We know that women who are sexually assaulted are often assaulted more than once in their lives." A PTSD response is more likely if victims are injured or have a severe reaction to the event. "With PTSD patients, we often find they had childhood experiences of trauma, so we know it really begins in childhood and was aggravated due to military experience," Lindman said.

According to a Brown University study on survivors of child abuse in 2015, it can be difficult for nonveterans of either sex to seek treatment for PTSD because of self-blame and the perceived stigma of suffering from a condition they haven't "earned."

The study concluded not only that people are suffering but also that they may be much less productive during their struggle. Those who are not treated may develop other medical problems and require public expenditures if they become jobless or homeless.

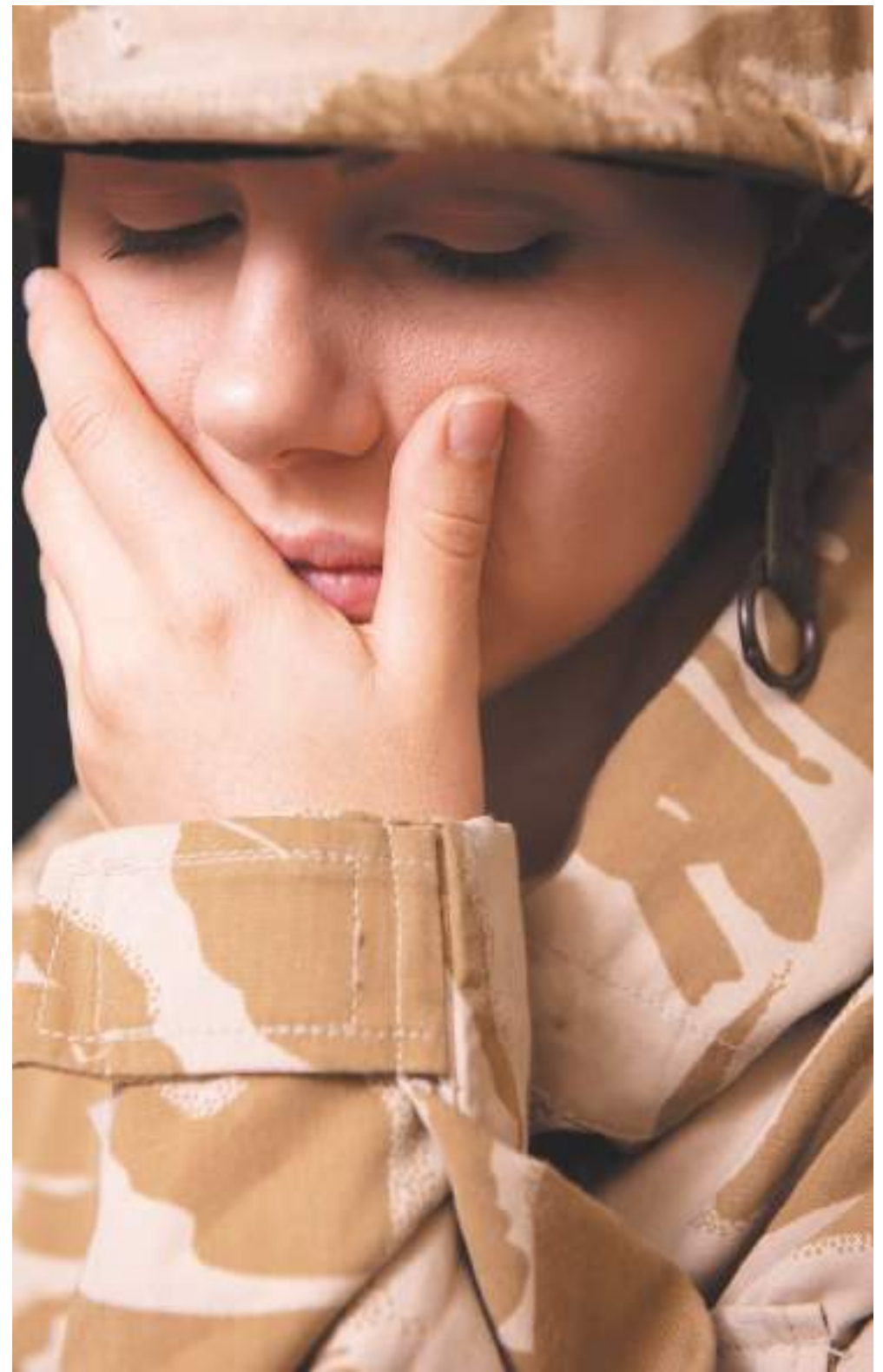


Photo: Adobe Stock

Jacqueline Furrey of Lakebay, a retired counselor with a master's degree in social work from the University of Washington, had a career devoted to helping others cope with physical trauma and is a survivor herself. "That's an important thing for people with post-traumatic stress to know: You can be the person you want to be regardless," she said. "There are ways to deal with PTSD and I am living proof. People that are in isolation don't get those messages from outside."

The DOD has recently established a hotline for those affected by sexual assault, with 24-hour confidential and anonymous support available at 877-995-5247. For information, go to www.safehelpline.org. The Tacoma Vet Center offers free, confidential counseling to all veterans. Call 565-7038 or go to www.va.gov. For nonveterans seeking help for possible PTSD symptoms, a local counselor or group can be found through the clearinghouse website www.psychologytoday.com. For immediate help, call the Pierce County crisis line at 800-576-7764.

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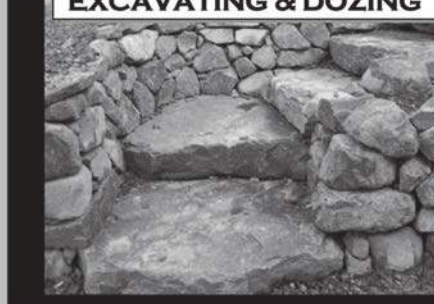
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Santa and Mrs. Claus paid a visit to the annual tree lighting at the Key Center Corral Dec. 4, courtesy of the Key Peninsula Fire Department. *Photo: Elf Johnson, KP News*



Jeremiah Saucier and his wife, Lila, standing in for the Clauses, entertain the Schisler family during breakfast with Santa at the Key Center fire station Dec. 3. *Photo: Ed Johnson, KP News*



On Nov. 18, Dale Christensen from Christensen Construction and Ryan Barringer from Silver Bow Farm started clearing land for the future Mustard Seed Project senior housing site opposite the former Roadhouse restaurant in Key Center. The next day, Lynn Christensen led about 30 landscaping volunteers from Harbor Christian Center and a few from TMSP. The Christensens secured a large dump truck load of donated mulch from Peninsula Topsoil in Belfair. The Mustard Seed Project is very grateful for everyone's efforts. *Photo: Robyn Readwin, TMSP*

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November went out with a bang with a nearly double rainbow over Penrose State Park. *Photo: Richard Miller*

Elbow-to-elbow fishing at Minter Creek in December —everybody seemed to be catching fish. *Photo: Ed Johnson, KP News*



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Corrinne Valentine (right) with daughter, Oceanna, on their visit last summer to a full-size replica of Stonehenge built in Maryhill, Washington, in 1918.

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