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THE AWARD-WINNING VOICE OF THE KEY PENINSULA

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Key Medical Center Plans for New Owner

Dr. Roes isn't going anywhere, but after nearly 30 years he is handing over the reins.

TED OLINGER, KP NEWS

The doctor's office on the hill above Key Center, where generations of Key Peninsula families have received medical care, is about to have new management.

Dr. William Roes opened Key Medical Center in 1993. Community Health Care, a 501(c)(3) nonprofit medical provider based in Tacoma, is preparing to buy the practice and take charge.

"We are on target to purchase the clinic and be ready to go by Jan. 1," said Corey Hatfield, the CHC assistant medical director. "That's still kind of up in the air a little bit. We're going to be doing some improvements."

The new name will be Community Health Care Key Medical Clinic.

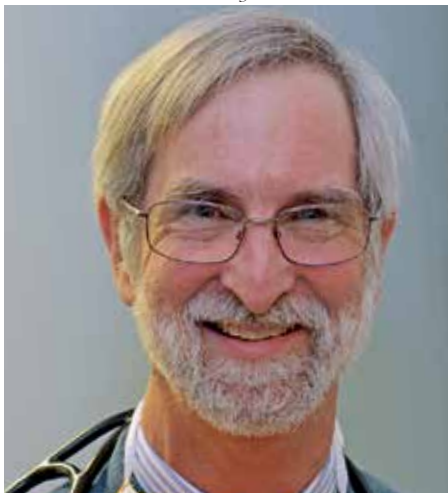
The current employees will all be invited to apply for the same jobs at the new clinic. "We're anticipating that the staff that is there will be the existing staff when we take it over," Hatfield said. "Our intention is to continue along the same lines of the good work that Dr. Roes and Dean (Shriner) have been doing all this time, and to partner up with the other folks that are out there."

William Roes, M.D., and Dean Shriner, A.R.N.P., F.N.P. have been familiar fixtures on the KP for more than 40 years.

"Dean has been here since 1978," Roes said. "I came in '79 as a resident in training

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Dr. Roes at work. *Lisa Bryan, KP News*



Looking SW toward Rocky Bay and Case Inlet. *Anthony Gibbons*

Rocky Creek Preserve Expands by 150 Acres

The land trust adds to its portfolio of protection.

MATTHEW DEAN, KP NEWS

The Great Peninsula Conservancy has acquired 150 acres of land in the Rocky Creek area for long-term protection and conservation, one of the largest acquisitions in its history.

The new acreage will expand the existing 34-acre Rocky Creek Preserve downstream and around the adjacent estuary.

GPC plans to develop a system of walking trails on the property to aid monitoring and make the property accessible for recreation. Public access will likely be possible by the summer of 2022. The property will mostly be left as-is, although some non-native forest sections will be cleared and replaced, according to GPC Executive Director Nathan Daniel.

"It's good for us to go in there and do some selective harvesting of the timber," he said. "The money that we'll receive off that will go right back into the property to buy new, different species that are native to this area. You can really do a lot to improve the quality of the habitat by using good forest management techniques."

After the trail system is complete, GPC also intends to run tours and nature walks

through the property, with a focus on giving underserved populations a chance to experience nature.

The 150 acres were purchased from an out-of-state property owner for \$900,000. GPC began negotiating and securing funding about three years ago.

The conservancy received roughly half the funding from Pierce County Conservation Futures, a program that offers grants to groups doing conservation work within the bounds of the county.

According to Daniel, the taxpayer-funded financial incentives encouraged GPC to prioritize acquisitions inside Pierce County. The remaining balance was supplied by the state Recreation and Conservation Board and private donors Max and Janet Laudeman.

The Rocky Creek area was a priority for GPC because of the creek's importance as a salmon habitat, and the chance to put a large amount of ecologically significant shoreline into conservancy.

"Steelhead trout and chinook have been recorded in Rocky Creek by the Washington Department of Fish and Wildlife. That just makes it all the more important. There's very few individuals of those species left, and so in order to protect them, we really have to protect their habitat," Daniel said.

"STEELHEAD TROUT AND CHINOOK HAVE BEEN RECORDED IN ROCKY CREEK BY THE WASHINGTON DEPARTMENT OF FISH AND WILDLIFE. THAT JUST MAKES IT ALL THE MORE IMPORTANT."

The larger contiguous space supports wildlife in a different way than smaller parcels. Daniel noted the tendency of unwanted

species to occupy "edge" spaces such as property boundaries and cleared areas near roads and power lines.

"You have a lot more edge on a smaller parcel as compared to interior space. From a management perspective, it's really nice to have a healthy, mature forest that's shaded and has a lot of diversity in the interior," he said.

Once initial restoration and trail construction is complete, GPC intends to allow the property to develop naturally. GPC members will visit periodically to make

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BE KIND. BE PATIENT. BE SAFE.

Here's What I Think About That

LISA BRYAN,
EXECUTIVE EDITOR

The 2020 election was a mixed bag for Key Peninsula voters of all persuasions. We all got something but none of us got everything we wanted.

Nationwide, over 80 million eligible voters cast their votes for Joseph R. Biden Jr. to become the 46th President of the United States and Kamala D. Harris to become the first woman elected Vice President in the nation's history, in this 100-year anniversary of women's suffrage.

Had the decision been left to us, out of 6,956 ballots from the KP, Donald J. Trump and Michael R. Pence would have won a second term by a slim margin of 62 votes.

The incumbent presidential ticket did not fare as well in the rest of Pierce County, earning only 42.61% of votes to Biden's 53.76%. Statewide, Washington voters pushed the Biden-Harris win to 57.97% with only 38.77% going to Trump-Pence.

If votes from the Key Peninsula alone decided Washington's gubernatorial race, newcomer Loren Culp would become governor of Washington state. KP voters chose Culp across all six voting precincts, capturing 54% of our votes.

The majority in Pierce County voted otherwise, which helped give Gov. Jay Inslee a rare third term. Inslee won the county vote with a modest victory of 51.68% over Culp, who received 47.95%, with write-ins splitting the remains. Statewide results widened the spread and Inslee was reelected by well over half a million votes, ending with 56.56% of the state vote to Culp's 43.12%.

In the Sixth Congressional District, which has not sent a Republican to Congress since the election of Thor C. Tollefson in 1963, Rep. Derek Kilmer (D) won re-election against challenger Elizabeth Kreiselmaier (R). In Pierce County, Kilmer won over 65% of votes to his opponent's 34.43%. But in the KP precincts, the race looked much different, with Kilmer taking only 50.86% to Kreiselmaier's 48.96%.

In a locally tight race for Washington State Superintendent of Public Instruction, voters from the KP and Pierce County preferred challenger Maia Espinoza (R) over incumbent Chris Reykdal

(D) by about 1.5%. A stronger showing statewide for Reykdal resulted in his reelection by nearly 10 points. Espinoza won on the KP by 104 votes out of 6,064 cast.

Referendum 90 asked voters to approve or reject Senate Bill 5395, requiring school districts to adopt or develop age-appropriate comprehensive sexual health education in K-12 public

schools. Of the 6,849 votes cast in KP precincts, we rejected the referendum by 52.16%. Pierce County voters approved the referendum by 52.85%, which grew to a 57.82% approval rate statewide. (See "Ref. 90 To Repeal Sex Education on Nov. Ballot," KP News, Oct. 2020.)

In a clean sweep across all six precincts, KP voters helped deliver decisive wins for local Republican incumbents. Pierce County Executive Bruce Dammeier won a second term. In the 26th Legislative District, State Rep. Michelle Caldier and Rep. Jesse Young will both return to Olympia to serve another two-year term in the House of Representatives.

Final election results were certified by counties in Washington Nov. 24. Washington Secretary of State Kim Wyman (R), who also won re-election, will certify the state's 2020 election results Dec. 3. The results are due before the Dec. 14 meeting of the Electoral College. Any challenges to the vote must be resolved by Dec. 8.

More money was spent on this election than any prior, with conservative estimates upwards of \$14 billion.

But the ultimate cost is the erosion of civility, in my opinion, nurturing contempt and disrespect even between friends.

And don't kid yourself. We need those relationships, including those that challenge us to move beyond the idea that agreement on every issue is a requirement for friendship to exist and thrive.

There is light at the end of the pandemic tunnel in the form of safe and effective vaccination against the ravages of COVID-19, but we're not there yet. Public health experts warn the potential for continued surges in viral spread is expected to worsen in the weeks ahead, after our succumbing to

temptation and spending Thanksgiving gatherings and the coming holidays indoors with people we love.

It helps to know we are not alone. I am intimately familiar with the descent into seasonal depression, no matter how hard I try to capture a piece of the joyful spirit the holidays appear to give everyone else.

The very best gift you can deliver people this season is a simple

phone call or card. Trust me here, few things feel as good as hearing or reading the words "You matter. You make a difference in my life and here's how..."

Thank you, each and every one of you who support the work of the Key Peninsula News. Your emails, words of encouragement and critical feedback give us all the strength to carry on in the worst of times.

The coming holidays will be very different for everyone. Be kind. Be patient. Be safe. Be together in spirit. Celebrate people this year with words that make a difference.



Goodness, Gracious.

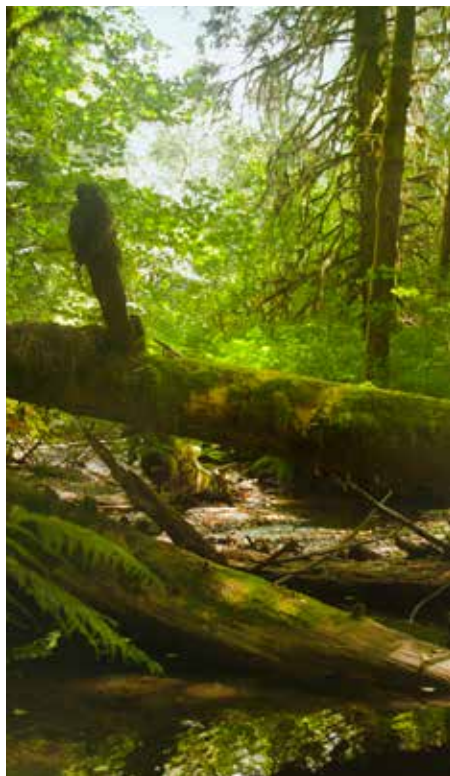
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Every dollar helps make it better.

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It's not too late to add your name to the growing contributor list of friends and neighbors.



Great Peninsula Conservancy

ROCKY CREEK FROM PAGE 1

observations and ensure the property is not being damaged or abused by trespassers. The lack of barriers and observable property lines means GPC will depend on neighbors and the public to help keep the property pristine and undisturbed. “We’ve spoken with the neighbors in the Rocky Creek area, and we’ve had really good responses. They’re really good people, and I think they’re happy to know the land’s going to be protected,” Daniel said.

Norm McLoughlin of Vaughn told KP News he applauds GPC for purchasing the upstream properties. He has lived on Rocky Bay for 40 years and knows it well.

“When I first arrived, I was amazed at the number of salmon jumping in the bay — it seemed like one every few minutes,” he said. “We could almost get them to jump into our rowboat.”

Decades later, McLoughlin volunteered as a stream monitor for the Pierce County Conservation District testing the east fork of Rocky Creek and Winter Creek.

“Over the years the runs have diminished significantly even though in 2002 there were over 2,000 chum recorded moving upstream,” he said. “The state and the conservancy are wise to take the opportunity to help restore the salmon runs in Rocky Creek.”

GPC is a private land trust that manages properties in Pierce, Kitsap and Mason counties. Acquisitions and conservation easements are funded through member donations and state and local grants. Other GPC-managed properties on the peninsula include Filucy Bay Preserve, Taylor Bay Park and Devil’s Head Wildlife Refuge. ■

CLINIC FROM PAGE 1

from Tacoma Family Medicine.”

In 1981, Roes and Shriner started working together at the KP Community Health Center, a nonprofit that evolved from a volunteer clinic started at the Longbranch Community Church in 1974. Roes began a three-year commitment there under the National Health Service Corp. to pay for his medical school tuition in exchange for working in an underserved community.

“When I completed that, I worked another three years as an employee of the health center, and they sold me the practice,” Roes said. “Dean and I were here; we were going to take care of the community. That was just sort of the mindset we had.”

Roes built a new facility on the hill above Key Center and moved the practice there in 1993.

“I’ve been up here in this building for nearly 30 years trying to attract a partner,” he said. “There isn’t an appetite for risk in young physicians and part of that is because they come out with such a debt load.”

The practice serves about 3,500 patients, the most they can afford according to Roes. “I’ll be 70 in December,” he said. “I love

what I do and I want to keep doing it for a while, but I need to have a plan.

“We’ve been talking with the community clinics and much of what

they do is what we do with a focus on serving low income,” he said. “The federal government supports them, especially for Medicaid. For us, that’s the lowest paying; for them, it’s a great deal.”

Community Health Care is a recognized Federally Qualified Health Center that receives funds from the Health Resources and Services Administration to provide primary care services in underserved areas. It has been in business for 51 years and served 49,000 patients in 2019 at its five clinics in the greater Tacoma area. Key Center would be the sixth.

Russ Sondker, the CHC marketing and development manager, estimated there are about 5,000 Medicaid patients on the KP. He said that adding two or more providers to the new clinic could provide care for an additional 1,000 patients. “One thing we try to do is reduce barriers to care and one of our strategies is to provide as many services as possible at our clinic site for that.”

“As it stands, there’s going to be Dr. Roes,

Dean Shriner, and then we’re adding a pediatrician one day a week to start with,” Hatfield said. “We’re looking at having a family practice with OB, a behavioral health consultant, and we’re doing renovations to set up a small pharmacy on site.”

“Eventually we’re going to want to add dental care, although that’s a nut that we haven’t really cracked yet,” Sondker said. “But one thing about Community Health Care, if you are on Medicaid, you can come to any of our clinics if you’re willing to drive across the (Narrows) bridge and get the care you need. And since we provide for uninsured on a sliding scale based on income and family size, that goes for all services, including dental.”

Hatfield also said CHC is “more than willing” to partner with The Mustard Seed Project in caring for residents of its assisted living campus, which is slated to begin construction just up the road from the clinic by mid-2021.

“Our goal is to be a resource so people don’t have to hurt every day,” Sondker said. “Our job is to provide care to the community, not to limit it to a certain patient population or a certain insurance population.

You need care, just come and get it.”

“Because we’re a full-spectrum family practice we get to see everything from birth to geriatric,” Hatfield

said. “I’m a physician’s assistant myself and I’ve been here for 19 years, and one of the draws is I get to see a great deal of different types of individuals... We work very hard trying to take care of all their social needs too, in conjunction with a lot of other entities in Pierce County. Being part of the community itself and the services we provide not only for adults, but for children, those with HIV, those with hepatitis, those folks that are homeless and maybe have some drug addiction problems or something like that, we provide services for those folks as well. For me, it’s fulfilling.”

Roes intends to stay on the job for at least another year, “and perhaps significantly longer than that,” he said.

“I want to serve these people better. I want to offer more services. I’d like to spend a little more time at the beach. I’d like to do a little writing. A little traveling. I don’t see myself retiring from medicine.” ■

Lakebay Marina Sale Resurrected

The latest chapter in the ongoing drama of Lakebay Marina brings new life to the dream of preserving shared history and boating opportunities for generations.

LISA BRYAN, KP NEWS

The Recreational Boaters Association of Washington and its nonprofit Marine Park Conservancy announced Nov. 7 that the original purchase and sale agreement with Lakebay Marina owner Mark Scott has been extended at the previously agreed price of \$1.24 million, plus \$25,000 in cash and \$25,000 deposited into escrow. The new deadline for closing is Sept. 30, 2021.

Scott reached out to MPC President Bob Wise in the early morning hours of Election Day, Nov. 3, offering a one-year extension under terms the organization offered in September before the original deal expired.

With the extension in place, RBAW immediately reached out to the Washington State Recreation and Conservation Office and the Department of Natural Resources.

“We had been working feverishly with those two agencies on a ‘Boating Facilities Program’ grant application that was to have been submitted by DNR,” said Doug Levy, the state lobbyist for RBAW and MPC. “That effort is now back on track and DNR will be the official applicant for BFP funding.”

DNR, RBAW and MPC made a presentation Nov. 17 to a technical evaluation committee for boating facilities. Levy said they received good advice and pointers for the application as they move to finalize it for January.

If successful, the grant would provide funding for the acquisition cost in addition to planning for the improvements, phasing and permitting of the site over the next few years. The terms of the application stipulate that RBAW and MPC would deed their ownership of Lakebay Marina to DNR and work with them on the planning effort, but Levy said the most logical owner may be Washington State Parks.

“As crushed as we felt at the end of September is as elated as we feel here in mid-November,” Levy said. “Talk about a wonderful, rich, maritime history — I don’t know how you find anything more treasured than Lakebay and that’s what drew us to it.

“With a little bit of help and funding, to be able to save it and give it to the public as something that belongs to them forevermore — that’s really, really appealing to us.”

Scott did not respond to a request for comment. ■



Veteran PSD bus drivers Louise Wick (left) and Dee Hendrix await kindergartners and first-graders from Evergreen. *Lisa Bryan, KP News*

PSD School Opening Plans Continue on a Rocky Course

Balancing the benefits of in-person teaching and the risk of spreading infections makes decisions difficult.

SARA THOMPSON, KP NEWS

If there is one certainty about deciding how or if to open schools to students in the midst of a pandemic, it is this: Nothing is certain. The experience of the Peninsula School District has been no exception. “Things are so fluid and so dynamic. We have never done this before and neither has anyone else. We are trying to be nimble,” said Assistant Superintendent Dan Gregory.

Within one week in October, as COVID-19 infection rates rose, so did confusion. Plans to cancel K-1 in-person classes were announced and then reversed; plans to expand in-person classes for second graders were put on hold. After a few days of dueling press releases, PSD and the Tacoma-Pierce County Health Department

announced that PSD will participate in a pilot program designed to use coronavirus testing as a tool to allow safe reopening.

PSD opened its doors to kindergartners and first graders Sept. 28 — the only district in Pierce County other than Eatonville to do so. COVID-19 infection rates were below the state-defined moderate level of 25 to 75 new cases per 100,000 averaged over two weeks. There were no outbreaks associated with the in-person classes.

Then, as had been predicted by public health professionals across the nation, the infection rate rose in October and November — at press time it was over 200 and rising in Pierce County and was

above 200 in Kitsap County. Eatonville resumed distance learning and other districts, including White River in Pierce County and South and Central Kitsap, delayed plans to welcome students back to the buildings.

At the PSD board meeting Oct. 22, Superintendent Art Jarvis and board members debated the merits of guidance from TPCHD on returning to virtual classes. Gregory said the thought of sending K-1 students home, given the success of the experience for both teachers and students, was especially painful. Jarvis noted that the department’s decision was based on trying to keep people safe, but board members

“THINGS ARE SO FLUID AND SO DYNAMIC. WE HAVE NEVER DONE THIS BEFORE AND NEITHER HAS ANYONE ELSE. WE ARE TRYING TO BE NIMBLE.”

took a more strident tone. Vice President David Olson said, “I honestly don’t think (TPCHD

Director Anthony Chen) cares. It’s his way or the highway.” Board President Deborah Krishnadasan gave out Chen’s phone number and encouraged parents to lobby him directly. Chen used his authority in August to require all schools to open using distance learning based on the TPCHD assessment that opening to in-person learning posed a public health threat. But he explicitly informed school leaders later that final decisions about opening classrooms were for them to make.

In a public statement, TPCHD said, “We continue to closely watch the case rate and other metrics to determine our school recommendations. The school districts and

private schools will make the final decision. They do not need a waiver, variance or written permission.”

TPCHD announced a pilot coronavirus testing program Oct. 28 to allow smaller rural school districts to continue their reopening plans. The \$7.8 million pilot is funded by a Pierce County grant from federal CARES Act

funding. Testing will not replace masks, distancing and hand washing, which have proven to be critical in infection control.

“We hope this project will help keep students and staff safer when schools make the decision to reopen — and reduce the overall spread of COVID-19 in our communities. Rural areas can face greater challenges in accessing testing but are well suited for this pilot,” Chen said.

Much is yet to be determined about the pilot — who gets tested, how often, which tests are used and where they are done — and the pilots will be tailored to each district. Dale Phelps, TPCHD COVID-19 communications supervisor, said they hope it will be operational this calendar year. Gregory said that PSD has created a stakeholders task force with parents, certificated and non-certificated staff, and principals and is serving as a conduit to ensure that the stakeholders and the TPCHD understand each other’s goals and concerns.

“Our primary goal is to provide the best learning experience while keeping students and staff safe,” Gregory said. “Although liability must always be considered as deci-

sions are made, it does not drive decisions.”

At least 100 school superintendents across the state, representing 40 percent of the districts, asked Gov. Jay Inslee to sign an executive order protecting them from COVID-related lawsuits. PSD is not

a part of that group.

At press time one person at Purdy Elementary tested positive (because of privacy issues

“OUR PRIMARY GOAL IS TO PROVIDE THE BEST LEARNING EXPERIENCE WHILE KEEPING STUDENTS AND STAFF SAFE.”

Gregory could not disclose whether it was a staff member or a student). It was determined that the infection source was not at Purdy and there were no further cases at the school. He reported a similar outcome with cases earlier identified at Peninsula High School. PSD has added a dashboard with an infection report to its website.

There is growing evidence that children 10 and under are less vulnerable to serious COVID-19 infections and are less likely to spread disease to others. A study from the Washington State Department of Health indicated that schools opening in regions with moderate infection rates and following guidelines that include masks, social distancing and hand washing can do so safely.

At a recent news conference Lacy Fehrenbach, Washington State deputy secretary of health for COVID-19 response, said that infection rates for school staff reflect the rates in the community, but that they are lower for children. The state continues to evaluate data, including looking at thresholds that will inform future recommendations. ■

We all love our Key Peninsula News.



Producing the KP News takes more than money. It takes talent, perseverance, generosity and time. The writers, photographers, editors, production artists, sales and office people all love what we are doing.

It's not what you might expect from a little rural newspaper.

But we're hearing that it's not only expected, it's encouraged.

We've seen comments from readers like Dawn Rickey: *"Congrats on all the awards! Very much deserved. Thank you so much for providing us with the best newspaper."*

And Susan Schwartz says: *"Thanks! Keep up the good work."*

Or *"Truly, KP News is our favorite newspaper—we read every page and always look forward to finding*

it in our mailbox. The wonderful coverage of local personalities and accomplishments, the human interest articles, along with local history coverage are just the Best," from Virginia Seely.

There's still time to add to the applause and accolades.

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Dan Whitmarsh

WRITING BY FAITH



A Christmas Memory

It's the early 1990s and we've gathered for dinner at Grandma's house. Adults are talking in the kitchen while the teenagers lounge in the back room, debating whether there's a Walkman amongst the presents under the tree. Somewhere, there's a record player spinning carols by Andy Williams.

The Gulf War is over, Communism is dead, and the American economy is booming. The future looks bright. Mostly, I'm looking forward to a home-cooked meal after months of bad college food.

My grandfather, a lifelong Republican, said grace and we dug in. I piled my plate with Mom's green bean casserole, ham, and yams without marshmallows (because that's a travesty). My uncle, who we suspected was a Democrat, opened the sparkling cider and passed it around.

My parents, who leaned conservative, told us about the Christmas Eve service at church. I, who was slowly moving left thanks to a university education, shared the details of my upcoming band tour.

In short, we dined, we laughed, we told stories, we gave gifts, and then, late that evening, as another Christmas faded into history, we drove home in the warm glow of familial love.

Will we ever experience moments like that again? When the danger of pandemic fades, will we gather with family and friends from across political, religious and social divides? As people grow ever-more segregated over not just political beliefs but the nature of truth itself, will we be able to share happy moments with those who believe, live and vote differently?

At the heart of it, the Christmas story is about Jesus leaving the comfort of home for a foreign land. God became human and made his dwelling here, far away from the trappings of power and glory. His mission of reconciliation was carried out by humbly crossing the great divide between heaven and Earth.

Angels declared his birth to be "good news of great joy for all people." Not just a select few, not any particular tribe, but all people, everywhere. This is the glory: Everyone is invited to the table.

Mary's Magnificat — a canticle found in Luke 1, also known as the Song of Mary — describes just what this table looks like. The hungry are fed and the humble are lifted up, while those clinging to riches

and power are left outside in the cold. This is further glory: Those who know their need will be filled, while those who, out of fear and desperation cling to false gods of security, are invited to let go of the charade and finally find true peace.

In these dark days, I long for the comfort of a warm holiday dinner with family and friends. I look forward to rich conversations with people from across the full spectrum of life. I pray we can all do our part by staying engaged, listening with humility, repenting the quest for unhealthy power, and yes, even wearing masks so we're all still here when this is over.

On behalf of the Church on the KP, I wish you a Christmas filled with joy, laughter, love and peace and, if you're so lucky, a plate of yams, preferably without marshmallows.

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

Carolyn Wiley

DEVIL'S HEAD DIARY



Pandemic Distractions

As I entered the early stages of restless boredom, our modern conveniences conspired to provide distraction. Minor amusements were provided by the DIY restoration of the coffee grinder, a favorite chainsaw, the TV remote, a sewing machine and other malfunctioning amenities.

When Googled info was inadequate, time was devoted to helpline contact. Each required a series of calls and robotic options, none of which addressed my needs, followed by pseudo-soothing music. For me "hold" became an exemplification of the socially distant state of mind. The result, once human contact was made, was pleasant, helpful, brief, and worth the wait.

In mid-August I entered into more meaningful and lasting acquaintances. My husband David was off on a "can't-live-another-day-without" Costco run, only to find he was driving a car with no brakes. He was able to roll back down our half-mile gravel road without damaging the car, the house or himself. I called for a tow truck and we bid the car safe travels to the dealership.

The problem was identified in short order and we were informed that parts had to be ordered.

And that was the seed that allowed my friendship with Brett to grow. We chatted weekly as he reported on the continuing search for parts. The dealership even offered to pay for them and the labor — provided they could be found.

I lodged a complaint with the parent

company. Its lack of support was damaging the image of the local dealer, as well as its own. For good measure I cited statutes requiring manufacturers to have parts available for 10 years after production and the car in question had a few years to go.

And that is how I met Valerie, the voice from the big corporate office in the sky. She called weekly for another five weeks to say the parts were on order and would be available ASAP.

After 10 weeks the parts were located. The repairs took less than a day. The car came home.

Meanwhile, friendship blossomed on another front.

Days after the brake failure, David walked into the kitchen and discovered the tell-tale puddle that alerted us to the death of the freezer.

Armed with sketches and measurements of our cabinetry layout, off we went to the big box store to search for the right-sized fridge. We discovered, much to our surprise, that modern refrigerators have outgrown our kitchen. After several stops we found one that would fit the space, and it would be available at the end of December — four months and several holidays away. At the fourth big box, an identical one was located that could be delivered before Thanksgiving.

A helpful employee then remembered that a same-make fridge had been returned to the warehouse. She took off with measurements in hand, and reported that "Yes it was there and it can be delivered within a week."

It arrived the following Sunday afternoon. Unfortunately, the measurements she verified were only for the box, not the hinges and convex doors. Still, the ever so pleasant young men who delivered and installed it took on the task and would not be stayed "from completion of their appointed rounds."

They hauled out the old and installed the new. Just one teensy problem, it stuck out about 12 inches, and although we didn't have to turn sideways to walk between the fridge and island, access to cabinets was blocked, and the doors could only be opened from the side.

The fridge we had originally selected was ordered and delivery scheduled. Although it would not be available until November, we could use the new silver monster during the eight-week interim.

Delivery day arrived. David moved all the vehicles that might interfere with truck turnaround, I moved all the goodies from the monster fridge. The new installation went smoothly, but when we went to retrieve cars, mine was dead.

Another chance to bond with a stranger! The spiffy automated roadside assis-

tance app assigned a tow truck driver from Olympia — only 12 miles away (if you are a bird) — and GPS led the driver to a spot about 4 miles off target. It took several chats to redirect him to the long gravel road leading to our newly refrigerated rural home.

We had just seen the tow truck off and I was thinking how nice it would be to renew my contact with Brett when the phone rang. It was an automated caller telling me that our new refrigerator would be delivered the next day and I should call the store if there was a problem.

I perceived a problem.

Getting past the automation and into a new cycle of hold music and finally a non-robot voice used up a good chunk of time: It was too late to stop delivery. If we were not at home the new fridge would be left on the porch.

Luckily, the delivery guys had no better luck finding us than the tow truck driver and delivery of a third new fridge was stayed.

If COVID-19 confinement has you feeling lonely and bored and your options for making new friends are limited, your stuff is too new.

Award-winning humorist Carolyn Wiley lives in Longbranch.

Lynn Larson

STEPPING BACK



A Hatful of Gold – The Medicine Creek Treaty

Runners spread throughout southern Puget Sound, inviting headmen from the villages on the Nisqually and Puyallup Rivers, the Key Peninsula and the southern inlets, during this rainy season 166 years ago.

The territorial governor, Isaac I. Stevens, assisted by George Gibbs, a lawyer and ethnologist, and Michael Simmons, the first American settler on Puget Sound and appointed Indian Agent, was under pressure from Congress to open up the lands of the Northwest to non-Indian settlement. But first he needed to make treaties with the present inhabitants.

Gibbs knew the highest political authority for Puget Sound Indians was the village headman, and that it was not possible to treat with every village headman. He solved the problem by lumping all villages on a river drainage into "tribes," and designed all of the treaties on Puget Sound to be negotiated between these tribes and the federal government.

The first was the Medicine Creek Treaty. Native people were encouraged by the name of the creek, suggesting "power." Six hundred Native people gathered at

the Medicine Creek Treaty grounds near the Nisqually River between Dec. 24 and 26, 1854, lured by curiosity about what the “Great White Father,” as Gov. Stevens referred to the president in Washington, D.C., had to tell them, and by the promise of gifts. Some of those who came grumbled that it was “salmon time,” and they should be fishing. Others, like the S’Hotlemamish of Henderson Bay, did not come at all.

The treaty was first translated from English into Chinook, the trade language of a few hundred words, then into Lushootseed, the Native language of southern Puget Sound, a tedious process not conducive to understanding a complex document. Stevens was absent for part of the negotiations, allegedly drunk. Thus, many who were at the treaty grounds had varying degrees of understanding about what they were to give up and what that cost would be.

The children and grandchildren of those who attended the Medicine Creek Treaty conclave handed down their understanding. There was agreement that the trade-off of hundreds of thousands of acres of land was the right to fish, hunt and gather, and live with their families on small reservations of uncertain location. The final treaty bestowed additional power to the Americans, later described by an American official as “forced agreements which the stronger power can violate or reject at pleasure.”

Non-Indian recollection of the treaty negotiations is that the treaty was explained, each Indian placed an X at the end of the document, and presents were distributed. Years later, one Native man remembered receiving two fish hooks and one knife; a woman who went to the treaty grounds with her father treasured the piece of calico fabric she received to make a dress. One old man had a very large hat, which he expected to be filled with gold as payment for the surrender of their land and homes.

Leschi, the Nisqually subchief whose title was assigned to him by Stevens, and other upriver prairie headmen refused to sign and left the treaty grounds since their needs for grazing lands were ignored. It is safe to say that most of the Native people departed the treaty grounds not knowing this was the beginning of the loss of their village identities.

What followed were the Treaty Wars of Puget Sound, a series of skirmishes between the “hostiles” upriver and prairie groups and their Yakama relatives, and the U.S. Army and territorial volunteers.

Native people not involved in the war were confined to internment camps on North Bay, Nisqually, Fox Island, Gig

Harbor and Vashon Island where Stevens believed they could be controlled and discouraged from joining the hostiles. The promises of feeding such large numbers of Indians were neglected and many starved. They recalled to their descendants the hardship of being fed rations consisting of molasses, and being forbidden to visit their traditional fishing places.

The Minter Bay people and those from the Wollochet Bay village were kept on Fox Island while others refused to go to the camps. Many melted into the woods behind their villages when soldiers came to escort them to the camps and some took refuge in safe places such as Filucy Bay. Although the Treaty Wars of Puget Sound were over by March 1856, many of those held on Squaxin Island were there for as long as two years, where many died.

Stevens acceded to the demands of what would become the Puyallup and Nisqually Tribes at the Fox Island Council in August 1856, granting them new reservations. Though the fighting was over and a treaty signed, there were still many Native people who had no intention of moving to reservations. The S’Hotlemamish of Henderson Bay followed the American surveyors assigned to survey the land around Henderson Bay, pulling up the “magic” stakes.

Most, though, found they had no choice but to move to the reservations once settlers began claiming their village sites and all of the improvements — the longhouses and potato patches — with no compensation to the former Indian occupants. Native people went to reservations where they had relatives and soon people were called Nisqually or Puyallup or Squaxin Island regardless of their village homes. Members of families might live on each of those reservations but — mothers and fathers, brothers and sisters — would all be defined by a different tribal identity.

Four of the 13 articles in the Medicine Creek Treaty that were specific guarantees to the Indigenous people were consistently violated: the rights of taking fish, pasturing animals on unclaimed lands, and hunting and gathering, were all restricted; the annuities due them were only occasionally paid; physicians and farmers were only sporadically provided; and promised compensation for removal was not paid in full, if at all.

Regardless of the broken promises, from the Native point of view, the treaties remain living things that will not die as long as the rivers flow, the sun sets and the moon rises.

Lynn Larson is an archaeologist and anthropologist who lives on Filucy Bay.

Meredith Browand KEY ISSUES



Patriotic Participation

Since its release on Disney+ July 3, I’ve been watching and listening to “Hamilton: The Musical” on a regular basis while anxiously awaiting the day when live theater is again a reality so I can see it in person. I was undoubtedly late to the Hamilton party but I quickly fell in love with the storytelling, the cast, the music, and the connection I felt between the show and the 2020 election already swirling around me.

As the musical teaches us, once Alexander Hamilton arrives in New York City he joins up with the collection of colonial revolutionaries plotting to challenge King George and form their own country. In the musical version, Hamilton and his friends sing “The Story of Tonight,” perfectly capturing the anticipation and confidence of the moment just before an action is taken.

“The Story of Tonight” isn’t all that different from the ways ordinary citizens took action during the 2020 election season. Sure, we weren’t sitting in a tavern in New York City plotting over pints of Sam Adams, but we were plotting the best way to get involved during a global pandemic.

Volunteers worked online to register new voters coast to coast, engaged citizens wrote millions of postcards and letters to voters encouraging them to turn out, and people burned up the phone lines contacting voters for their preferred candidates. Canvassing was put on hold for the most part but many of us found no-contact literature drops to be a valuable way to spend election energy. Masked sign wavers stood on street corners as Election Day drew nearer to turn out every last vote for their party.

My 20-month-old daughter has a favorite song from Hamilton and while we listen to it on repeat via YouTube, I’ve heard reflections of both our fledgling country in the late 1700s and the 2020 election. “In The Room Where It Happens” tells the story of Hamilton, Jefferson and Madison deciding where the U.S. capital will be located. But it is also an anthem to Americans to be part of the decision-making process.

As citizens, our most sacred duty is to vote. It’s also the best way to ensure our voices are heard when decisions are made. This year 84.14% of registered voters in Washington cast ballots. Each voter took the time to be part of the democratic process. Every election, whether for the President

of the United States or your town’s mayor, is important. Every single election demands that voters show up and participate in order to be heard.

“Hamilton: The Musical” ends with Eliza Hamilton singing about her husband’s legacy in the song “Who Lives, Who Dies, Who Tells Your Story.” She reassures listeners that someone will persist in doing the work and telling the truth long after a political warrior’s time is up. The same thing holds true for this election season. History will tell the story of Americans who turned out in a raging pandemic to cast their ballots for candidates and issues they believed in. The truth will be told that more ballots were cast this year than ever before in our nation’s history. Each vote is a reminder that patriotic participation is the only way to ensure we keep moving forward as a country.

Meredith Browand is a mother and an activist who lives in Purdy.

Letters to the Editor

THANKS TO KP NEWS

I’d like to thank KP News for a very interesting edition (Nov. 2020).

The article “Let Us Now Praise Famous Men” is so well written, I could not stop reading even though I had no prior knowledge of nor interest in James Agee. I also learned the provenance of the title — earlier audiences presumably had a much higher familiarity with the Bible.

The second piece, “When Silver Salmon Return,” was super interesting for me. The miracle that is the salmon’s biology and then the reminder of the long lasting impact of the Boldt Decision. Great storytelling.

Congratulations on the great work.

Jim Brennan, Lakebay

PRAISE FOR KP FIRE DEPT.

I want to express my gratitude for the aid crew stationed at the Longbranch fire station.

My husband had an early morning medical emergency recently. For the very first time in my life, I dialed 911 and the operator walked me through everything I needed to do until the fire department arrived — so very quickly. They were calm, caring and kind to us both, a credit to their profession and the KP fire department. He was transported to St. Anthony Hospital where he was tested, treated and sent home that same day with instructions for follow-up with doctors and medication.

When I moved to the Key Peninsula, I

CONTINUED PAGE 8

LETTERS FROM PAGE 7

moved because of the beauty of this place, the quiet and the solace. Yes, I was escaping the city, the crowds and the concrete and I was marrying the Irishman who won my heart. But isolation means independence with limited resources for emergencies, especially medical help. Almost 40 years later, the KP has changed and grown. I have neighbors now, wonderful kind friends. We have many shops filling our immediate needs, local doctors and even a hospital not too far away. We rarely lose power anymore. And our fire department is amazing.

Jayne McCourt, Lakebay

THANKS TO KEY PEN PARKS

The Norma and Tweed Meyer family wish to thank Key Pen Parks Executive Director Tracey Perkosky and her efficient staff for their quick action in logging out the huge evergreen tree on their property in the 360 Trails park off State Route 302 in September. The tall tree hovered across the border over our home, completely dead and a danger for coming winter winds prevailing in our direction.

The professional logger skillfully downed the tree, a warm and satisfying experience for everyone concerned and a huge sigh of relief for us.

Norma Meyer, Gig Harbor

In October, Angel Guild awarded \$7,100 to

Vaughn Elementary School

\$1,100

Children's Home Society

\$6,000

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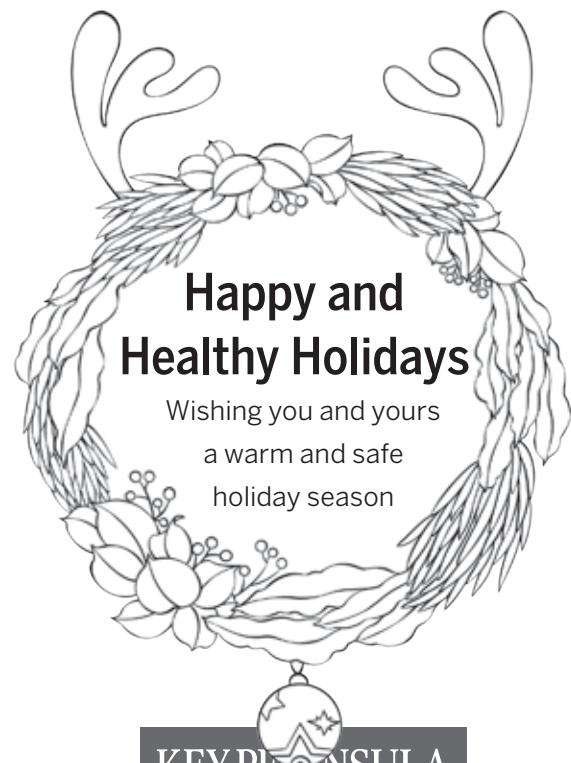
48 hours before you need a ride, call 2-1-1 and schedule free transportation to essential destinations such as medical appointments, grocery shopping or employment.

For Pierce County residents unable to access transportation due to COVID-19. Rides are offered from 7am to 7pm, through Dec. 30. Rides must be scheduled at least 2 days in advance. Riders under age 18 must be with an adult.



Pierce County

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Listening Like Deer

CHRIS RURIK, KP NEWS

I sit in a stand of trees, screened by filbert leaves, on the edge of a field in the woods. The earth is damp and the air stirs restlessly. It's that time of year when buck black-tailed deer, normally nocturnal, move recklessly, their necks swollen and their antlers crusted with the bark of saplings. I have come to watch them.

To get here I crept through sword ferns on a back route, pausing whenever I brushed something. Deer feel comfortable in this field — no roads border it — and often feed in broad daylight. But for all my care, the field was empty when I arrived. It is empty still. And it is taking me longer than I expected to shrink into place against the rotting log in the blind, to convince my legs to stop shifting and let me pay attention. Everywhere around me the forest whispers with a lean energy.

Is there anything so strange to us as stillness? As the hours pass, it's like I'm rubbed raw. Though I have a good view of the field, it's the sounds that get me. Rustling across the way. Creaks. Moans. Sighs. The sudden staccato call of a Pacific wren on my left. This is no momentary pause on a hike to admire a view. The world no longer acts as a backdrop to my exploits. The world acts.

And I cannot see the sources of the

sounds. Hence the rawness. My imagination is the grit that scours me; it goes to work on every breeze, priming me for something big. At one point, the wren appears on a patch of moss a few feet away, small as a shrew. It nearly hops onto my boot.

Acoustic ecologist Gordon Hempton has said, "Silence is not the absence of something but the presence of everything."

Earlier this spring, at the height of the COVID-19 lockdown, it was common to read that birds seemed to be singing more loudly than usual. Researchers in the Bay Area took the opportunity to study sparrows. They first determined that vehicle traffic noise had dropped to 1950s levels. Then they found that the sparrows were in fact singing more quietly in response, and that their songs were more complex.

To me the most startling part of the paper is in its title, which calls the COVID-19 lockdown a "silent spring." I wonder what Rachel Carson would think. To her, silence meant a spring where birds are no longer alive to sing. Today silence apparently means enough of a reduction in car noise that we can actually hear the birds. What are my own standards of silence, that I feel so humbled by normal forest noises?

The wren pays me no mind and soon is gone. "That they are there!" exclaimed George Oppen in a poem he called "Psalm."

He was speaking of deer, but in the simple words of his poem — small teeth, dangling roots, scattered earth — he might be speaking of any life in the woods. Oppen liked to claim that he wasn't like most poets — he did not want to rush over the subjects of his poems so that he might comment on them. He cared about the subjects themselves, the literal things and their presence. "Psalm" ends with the lines: "The small nouns / Crying faith / In this in which the wild deer / Startle, and stare out."

In my state of readiness, questions mount. What do the many calls of robins mean? What signals am I missing? In this forest dozens of deer are leading rich, full lives. Several are probably within 100 yards of me now. Must I content myself with the random encounters when we startle each other and stare out?

From just beyond a thicket to my right comes the sound of bushes being pushed apart. Leaves stir as if with strides. At last. But I catch a movement above. It is a giant maple leaf falling through layers of branches.

By dusk it has happened several more times. Fall maple leaves sound precisely — to my ears — like animals moving through the underbrush. It feels raw to sit in stillness not because anything supernatural or eerie awaits us, but because in our own silence

MISSION FOR KIDS

Use sounds to learn about the world around you. Go to a place away from a road, set a timer for three minutes, and close your eyes. Listen to everything around you. What noises do you hear? When the timer goes off, open your eyes and make two lists of the sounds you heard: one for sounds you know and one for sounds you don't know.

How would a deer use these sounds? How can you learn what is making the sounds you don't know? Try this experiment again at different times of day and see how much your lists change. And don't forget to email your results and questions to Chris at nature@keypennews.org

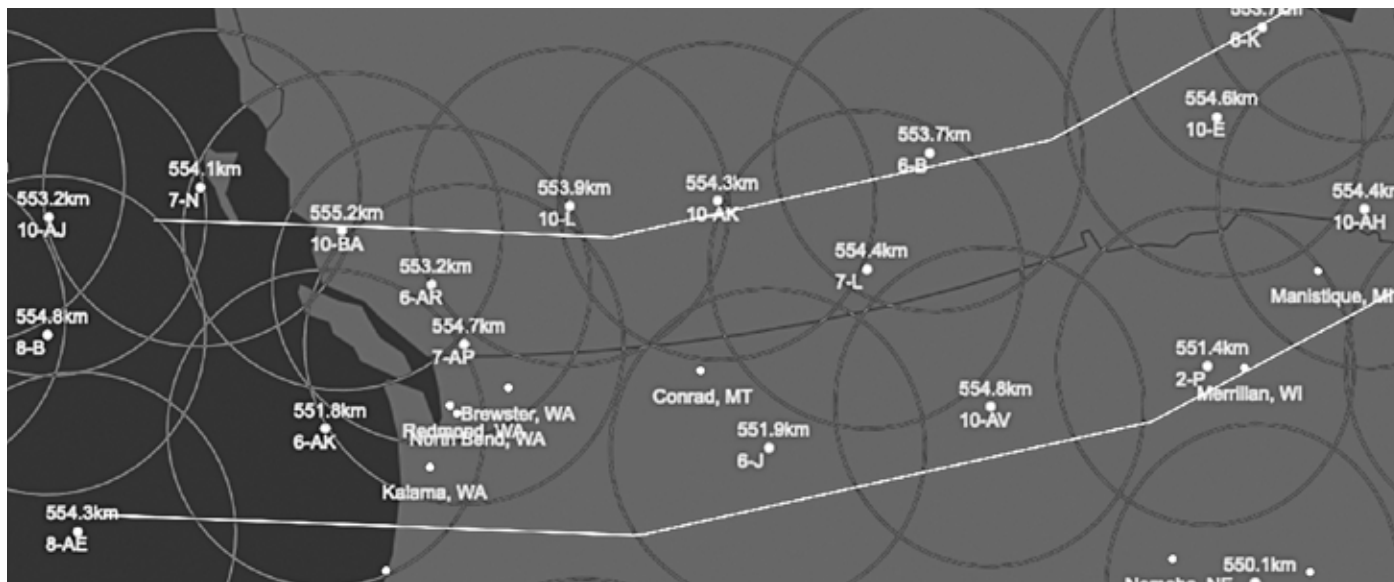
Into the
WILD
EXPLORING WITH THE
KP NATURE GUIDE

we must confront how little we understand of all that is real around us.

As the light fades the deer enter the field silently, a few steps at a time, their ears swiveling. They begin to feed. A buck emerges and puts his head low. The does don't pay him much attention. Sometimes their heads go up in unison at noises I would not have given a second thought. Other noises, surprising to me, they ignore.

I came here to watch deer. Instead, I am attempting to perceive the forest like them. Deer can rotate their ears independently, allowing them to pinpoint the direction and distance of noises in a nearly complete sphere around them. But it's not any physical ability that gives them such an advantage over me in the forest soundscape. It's the fact that this is their constant environment. They know from experience which sounds matter and which don't. Scientists call it sensory gating, comparing it with our own ability, in a crowded room, to filter out most of the conversation yet hear our name when it is mentioned.

In stillness I find the faith of which Oppen wrote, faith that wrens and deer are out here with pathways sufficient unto them. And it is stillness, too, that is my best tool as a naturalist when I go beyond faith to seek a knowledge of the deer's world. In my own silence I begin to hear. ■



Overlapping circles show array of satellites providing low-orbit coverage over a swath of northwestern states. *Starlink*

Internet From Above Offers New Hope for High-Speed Rural Broadband

CALEB GALBREATH, KP NEWS

SpaceX announced plans in 2015 to create a satellite internet service, Starlink, and with limited beta testing now in progress, that reality might not be far away.

The goal of Starlink is to provide low-cost satellite internet access to even the most remote places on Earth at speeds previously only available in urban areas. SpaceX CEO Elon Musk has boasted the service will be capable of providing internet speeds of 50 to 150mbps (megabits per second) with a latency of only 20 to 40ms (milliseconds). SpaceX expects latency to decrease as more satellites come online.

Latency is the delay between a user's action and a web application's response to that action, often referred to in networking terms as the total round trip time it takes for a data packet to travel. High latency is especially detrimental to online activities such as video conferencing, streaming media and online gaming.

Mark Cockerill, a Key Peninsula Community Council director who chairs its broadband project committee, is cautiously optimistic about what Starlink could do for Key Peninsula residents.

"It's probably too early to tell, but this could be a game changer for some residents," Cockerill said. "Of course, cost is still going to be a hurdle."

Starlink's aptly named beta test, "Better Than Nothing Beta," costs participants \$500 for the equipment plus \$99 per month. That's still considerably less expensive than getting a landline to remote properties, Cockerill said, and prices are likely to go down once the service is fully public.

Starlink isn't the first satellite internet provider. Some Key Peninsula residents might be familiar with its competitors,

HughesNet or Viasat. While Viasat offers plans with speeds from 12 to 100mbps, HughesNet offers 25mbps for all of its plans. Both of these services have average latencies of approximately 600 to 700ms.

By comparison, latency for a cable modem can often be 5 to 40ms; 10 to 70ms for a DSL modem; 100 to 220ms for a dial-up modem; and 200 to 600ms for a cellular link. Data travels at approximately 120,000 miles per second through a network, or 120 miles per millisecond. The longer the route, the greater the latency.

There are several reasons for the disparity between Starlink and existing satellite internet services, but the big one is proximity. Traditional internet satellites are stationed in high Earth orbit (HEO), which is roughly 22,200 miles from the Earth's surface. In contrast, Starlink satellites are being positioned in low Earth orbit (LEO), only 340 miles from Earth's surface.

Satellites at HEO are able to service a larger area, which has traditionally made them the more economical option. To provide effective service from LEO requires many more satellites. However, SpaceX has put an enormous effort into developing smaller, less expensive satellites as well as cheaper methods of transportation to provide the massive satellite constellation required for this endeavor.

After successful prototype tests, SpaceX began launching their V1.0 satellites in November 2019. There are currently over 800 Starlink satellites in orbit, but Musk said this is only the beginning.

SpaceX expects to launch 1,440 satellites by 2022, with plans to launch up to 12,000 in the next nine years. Musk said that as a fully-realized global network, Starlink

could eventually include roughly 42,000 satellites. This has some experts concerned about overcrowding Earth's orbit, which could make future space operations exponentially more difficult.

Here, on the ground, there are other practical concerns over Starlink's effectiveness. Like all satellite internet services, customers will need a clear line of sight to the sky to make a stable connection to host satellites. Cockerill said this will likely be a challenge for KP residents in more heavily wooded areas. Bad weather can also affect a satellite connection.

"Starlink isn't going to be a silver bullet for the KP," Cockerill said. "Not everyone will be able to afford it, or be in the right spot to use it."

Cockerill is exploring ways to make Starlink more accessible for KP residents. One idea he's advocating to KPCC is to procure a couple of Starlink satellite dishes to loan residents to test the service. This could allow people to decide if Starlink will be a good fit for them before investing in the equipment themselves.

Peninsula School District already loans several hundred wi-fi hotspots to families with internet access challenges. PSD Executive Director of Digital Learning Kris Hagel said the district would like to be able to provide Starlink to families without internet access or cell coverage.

"The challenge of bridging the digital divide in the KP will have to be multifaceted," Cockerill said. He's still collecting data from a broadband survey distributed in early November and hopes the results will help leverage support from cable companies and Pierce County. ■

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KP Students Win First Place in Teen Writing and Art Contests

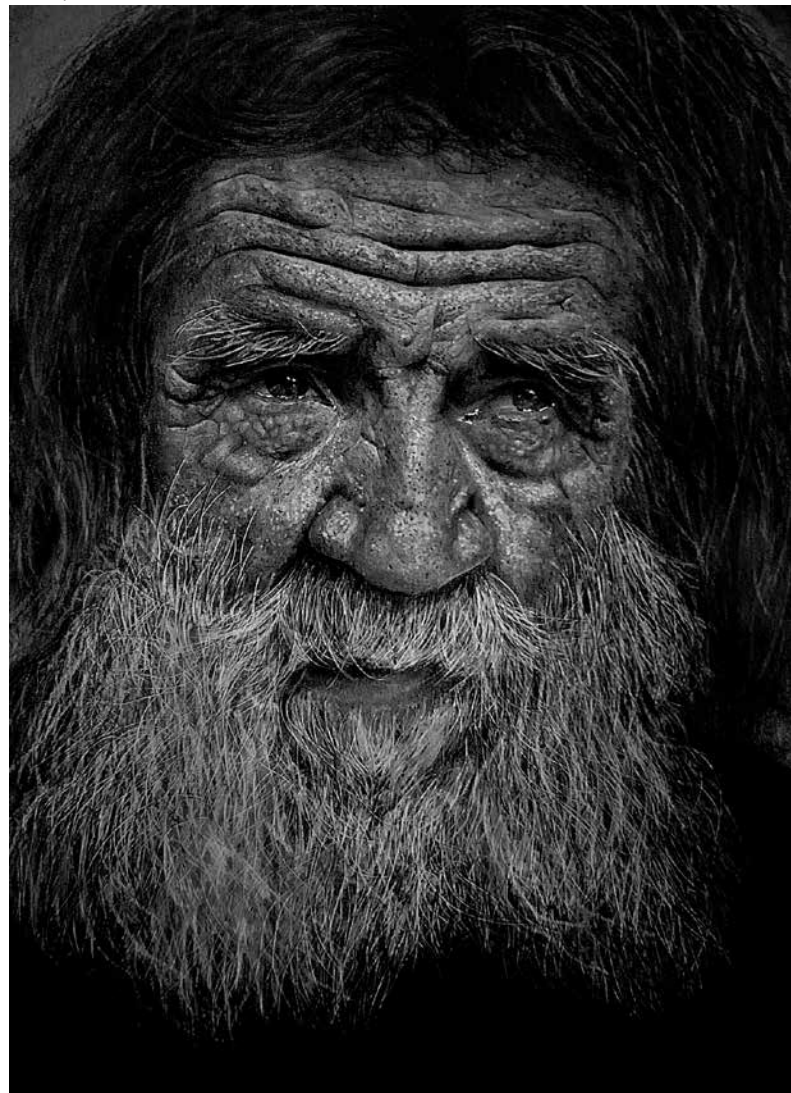
Young local artists brings home the gold, again.

KRISA BRUEMMER, KP NEWS

Local students Angelina Cruz and Kyleigh Helland each won first place in the Pierce County Library System's 24th annual Our Own Expressions Teen Writing & Art Contest, which celebrates the creative visions and voices of Pierce County youth and awards winners cash prizes and publication.

Over 800 photography, drawing, poetry and short story entries were submitted for the contest in spring 2020 by students in grades seven through 12.

First-place drawing, Timeless, by Angelina Cruz, PHS senior



ANGELINA CRUZ – DRAWING

Peninsula High School senior Angelina Cruz, 17, won first place in drawing for the second year in a row with her piece titled “Timeless.” Cruz learned about the contest from a teacher during her sophomore year, and in 2019 she took first in the ninth and 10th grade division for her drawing of American boxing legend Muhammad Ali.

“I was trying to do a lot of things I’d never done before,” Cruz said. “I’d never drawn beards or facial hair so I wasn’t completely confident with those techniques yet,” Cruz said. “It’s hard to get a very clean, white line. I etched into the paper, like, engraved into the paper, a bunch of tiny, small white lines, like white hairs. Then I drew over them with pencil and it left the white lines.”

Cruz said that “Timeless” took her around 60 hours to complete. She found the image that inspired her winning drawing on a Pinterest board of reference pictures online.

“There was so much expression behind his eyes and I kept going back to the piece and it really stuck with me, so I decided that was what I wanted to capture.”

When Cruz first started drawing portraits in eighth grade, she would sometimes spend a whole day drawing just eyes, or just noses. And for years, she has devoted time to analyzing

pictures of faces, reading art books, and watching YouTube videos with tips and techniques from artists she admires, such as Mark Crilley and Dan Beardshaw.

“At home at my desk, I just put on music and draw,” she said. “I get the most joy from drawing portraits. It’s a very satisfying feeling when I’m finished.

“My stuff wasn’t amazing when I first started. I don’t think anyone’s is. It’s definitely a matter of sticking with it, even when you’re not completely proud, or you don’t feel completely confident, you just keep going,” Cruz said. “With my art, I want to try to keep on challenging myself and pushing myself. My biggest dream would be to be recognized by artists I’ve looked up to for so long now.”

KYLEIGH HELLAND – POETRY

When freshman Kyleigh Helland, 14, was an eighth grader at Key Peninsula Middle School, she was required to enter a competition as part of her Advanced English and Language Arts class. She selected the Our Own Expressions contest and her poem, “Anxiety,” won first place in poetry for grades seven and eight.

“It was kind of surprising to see that my poem won. I was really excited,” Helland

said. “My inspiration was my own personal struggles with anxiety and some of the ways I’ve watched my family and friends struggle with anxiety. My mom was also a big inspiration because me and her both struggle from chronic anxiety, so just being able to write something that we can both read and relate to was really important for me.”

Helland went through multiple drafts of her poem, changing words, editing and cutting lines to meet the competition guidelines.

“It was really hard to find words that could describe the feeling,” she said. “Everyone’s panic attacks are

ANXIETY

BY KYLEIGH HELLAND

Shaking, quaking, trembling, your lungs refuse to work. These thick black waves of dread are ever present, they lurk and out from under you, your feet they jerk.

It spreads lies like a disease, causing doubt and fright but it always wins, no matter how hard you fight and it will sneak up and extinguish your light

though you say you’re fine, and pretend you’re okay as your mind decays they only see a fake display of a smile, not the true one of utter dismay

the other people say you’ll be alright, but how much longer will you have to fight how long, for the freedom, for light

you believe these lies you’re fed up until the day you’re dead and even then it still lingers, the dread

and you’re trapped in a dark endless hole you’ll never find the key, the loophole and you won’t find it until it’s full

and its name, is anxiety

different. And everyone has a completely unique experience with their anxiety. So I was just trying to find a way to make everyone relate to it even though everyone is unique in the way they have their anxiety and the way that it presents itself.

“The first stanza was really powerful for me. It was one of my favorites, just talking about the dread you’re feeling in anxiety attacks and how it does feel like you’re drowning and you can’t get out and there’s no way to swim to shore,” Helland said. “I wanted to have people connect to that, and maybe learn a bit of awareness about how people really feel when they’re going through panic attacks because it is scary and it does feel like you’re dying.”

Helland started writing poetry in seventh grade and she is currently working on a novel, a short story, and multiple poems and songs. She enjoys listening to music while she writes, typically selecting a playlist on Spotify that relates to specific emotions.

“I use that as inspiration for the words that are flowing from my mind,” she said. “Adults downplay our emotions a lot of the time, telling us we’re not anxious, we’re just worried. But it’s not healthy to constantly be told that

your emotions aren’t valid. Anxiety is a very valid issue people struggle with and it’s not just worry — it changes your life. It gets really hard to do a lot of things when you’re anxious. It’s really hard for teens struggling with it, especially,

to find the help they need.”

Helland’s advice for aspiring young poets and anyone who struggles with anxiety: “Find something that you’re passionate about and use that to cope. Find your inspiration and don’t worry about other people’s opinions. Write about what you feel strongly about.”

To view all winning entries, go to expressions.pcls.us ■



Richard Miller, KP News

Sara Thompson: Doctor, Leader, Writer

Dr. Thompson spent 30 years as a family physician, but retirement to the Key Peninsula in 2012 launched a new walk in life, or two, or three.

CALEB GALBREATH, KP NEWS

For some, retirement is all about rest and relaxation. Others struggle with their identity after leaving a lifelong career. For Sara Thompson, it's the freedom to pour herself into her passions.

Thompson was born in Seattle, the oldest of four children, in 1950. Her father worked in the aerospace industry and the family moved around occasionally to follow his work. After a few brief years in Virginia and Alabama, they returned to Seattle where Thompson graduated from Franklin High School in 1968.

Thompson's younger sister Cappy Thompson, now an accomplished artist, said Sara was a tough act to follow.

"She's brilliant, always has been," Cappy said. "And she's so passionate about everything she does."

Thompson gravitated to the sciences, but her natural curiosity and an interest in storytelling led her to write for Franklin High's school newspaper. She never saw journalism as a career though and when she arrived at Oberlin College, decided to pursue a degree in biology on a pre-med program.

After graduating from Oberlin, Thompson wanted a break from school and took a lab technician job. It was stable

work, but unfulfilling.

"I used to play with the idea of opening my own little sandwich and soup café," Thompson said.

She even signed up for an experimental college course on opening a business and took a waitressing job. Her dreams of a cozy café faded soon after.

Around the same time, in the early 1970s, her parents built a house in Lakebay and moved to the Key Peninsula.

"I came to visit them shortly after they'd moved and I remember my mom asking if I had considered going to grad school," Thompson said. "I told her 'no,' but I was thinking about it after that."

Thompson's colleagues at her lab job encouraged her to consider medical school.

She began volunteering at a local clinic on Capitol Hill and studied for the MCATs.

She attended medical school at the University of Washington and earned her Doctor of Medicine in 1979. Not long after completing a residency program in California, she returned to Washington and began what would be a 30-year career in family medi-

cine with Group Health.

"She went into family medicine because she's really interested in helping people," Cappy said. "She reminds me of our dad in that way; he had a lot of energy to do good in the world."

Thompson met her husband, Richard Gelinas, through a singles ad in 1983 — long before the world of online dating.

"For me it was love at first sight pretty much," Thompson said. "I think I told my mom he was 'the one' a week after our first date."

He was handsome, smart, and would keep her on her toes. Thompson said he's always been completely supportive of her volunteer work, which has been a driving force throughout her life.

She was very active in Franklin High's PTA when her own children were in school and still helps run the Franklin High Alumni Association.

Her drive only intensified since retiring in 2012 and relocating to the Key Peninsula.

Thompson's mother was an active volunteer with The Mustard Seed Project, a nonprofit supporting independent living

for seniors on the KP. At a birthday party for Thompson's mother, TMSP founder Edie Morgan took the opportunity to recruit Thompson to the board of directors.

"From the very beginning she brought so much focus, intelligence and heart to the table," Morgan said. "It was clear we'd found someone of great value to our work."

When Thompson eventually became board president, Morgan said, a world of possibilities opened to them, and TMSP's long-sought goal of creating an affordable assisted living campus is now close to becoming a reality. Morgan said this wouldn't have been possible without Thompson.

"The assisted living project was more challenging than we ever expected," Morgan said. "But she dove right in. She was the exact right person for this."

Eric Blegen joined TMSP two years ago as executive director and has been amazed by Thompson's diligence.

"She's curious, organized and thorough about everything she does," Blegen said. "There's no challenge too big for her."

Meanwhile, Thompson had enjoyed reading the KP News over the years when she came to visit her mother. She fantasized about someday writing for a local paper, like she had all those years ago.

In July 2014, she attended a meeting at

IN HER CAREER AS A FAMILY DOCTOR, THOMPSON HAD YEARS OF EXPERIENCE CONNECTING WITH PATIENTS AND LEARNING THEIR PERSONAL STORIES TO BETTER SERVE THEM.

the Lakebay Marina about the future of McNeil Island following the 2011 closure of the state prison there. Having not seen any reporters present, she thought to write a report and send it to KP News for consideration. It was published in the September 2014 edition and Thompson has been a volunteer contributor ever since.

Now she's KP News' most prolific reporter and won 2020 Feature Writer of the Year, one of three top state honors awarded by the Washington Newspaper Publishers Association.

"(Thompson) clearly had deep, personal conversations with her subjects and delightfully shows the profound meaning behind their personalities and struggles," wrote one WNPA judge of her work.

In her career as a family doctor, Thompson had years of experience connecting with patients and learning their personal stories to better serve them. KP News Executive Editor Lisa Bryan said Thompson's unrelenting interest in humanity makes her an effective journalist.

"Spend any amount of time around her and you'll notice how many sentences start with 'I wonder why' or 'how is it that' — she's always in pursuit of the truth of things," Bryan said. "Sara enjoyed her career as a physician, but as a journalist I know she feels she discovered her most authentic self. She loves writing and doing this work."

Thompson joined the KP News publishing board three years ago and is now president. The board has no editorial role, but oversees the paper's business plan. "We've had a lot of success in recent years; publishing higher quality material translated into attracting more talent and more community support, and we have broadened our reach," Bryan said. "Sara's writing and leadership has had a considerable role in that." ■

Tree Therapy

It's not your imagination. Time spent in the forest is actually good for you.

SARA THOMPSON, KP NEWS

This year has not been easy. A pandemic. Unprecedented partisan divisions. And now a holiday season, already fraught for many, made more complicated by COVID-related restrictions. Not to mention that the Pacific Northwest is deep in the dark days of winter. None of this bodes well for mental health.

In fact, a recent survey by the National Center for Health Statistics, in partnership with the Census Bureau, indicated that 40% of adults had symptoms of anxiety



or depressive disorders compared to 11% a year ago. Nonprofit Mental Health America said the number of people seeking help for anxiety and depression nearly doubled in the last year. MHA also said current mental health services can't meet the need.

The Key Peninsula has an often-unrecognized mental health resource. It won't solve all problems, but it can help. It is free. It is best utilized in solitude.

It is the trees.

Human history has long acknowledged the importance of trees and nature. Siddhartha Gautama sat beneath a fig tree 2,500 years ago and found enlightenment, becoming the Buddha. In 1836, Ralph Waldo Emerson wrote, "In the woods, we return to reason and faith. There I feel that nothing can befall me in life — no disgrace, no calamity (leaving me my eyes), which nature cannot repair."

There is evidence for the healing power of trees. Studies over several decades have shown time spent in nature boosts immune system functioning, lowers blood pressure, reduces stress, improves mood, increases the ability to focus, accelerates recovery from surgery or illness, increases energy levels and improves sleep. A 2001 Chicago study showed that apartments surrounded by greenery had 48% less property crime and 56% less violent crime than apartment buildings with no green space.

Some of the benefits may be due to phytoncides, natural chemicals released by trees that have been shown to improve immune function. Walks in the woods

decrease stress hormone levels. Researchers compared mood improvement in people who walked in the city with those who walked in nature. Nature walkers fared better.

In Japan, since the 1980s, doctors have written prescriptions for forest bathing, but shinrin-yoku, as it's called, is more than a walk in the woods. It involves a several-day guided retreat where patients immerse themselves in the forest, taking in the color and light or dark, the smells, the temperature, the sounds and even the feel and taste of the forest.

The Association of Nature and Forest Therapy, established in 2012, offers a six-month certification program and has trained more than 800 guides worldwide.

It turns out, though, that the benefits of being in nature don't require a guide or three days in the forest. Dr. John Medina, a developmental molecular biologist and author of *Brain Rules*, said in a recent interview that even looking at a picture of a tree can have benefit, but walking outside for at least 10 minutes helps lock it in. The benefits, though, are additive — the more time you spend in nature the better.

Dr. Qing Li, a Chinese physician living in Japan, wrote a book about the topic, "Forest Bathing — How Trees Can Help You Find Health and Happiness." He said, "You can forest-bathe anywhere in the

world — wherever there are trees; in hot weather or in cold; in rain, sunshine or snow. You don't even need a forest. Once you have learned how to do it, you can do shinrin-yoku anywhere — in a nearby park or in your garden. Look for a place where there are trees, and off you go!"

His specific advice is to engage all the senses. Hearing — listen to the sounds of nature around you. Slow down, focus on your breath, close your eyes and listen in all directions for the sounds of water, wind, and birds. Sight — observe the colors, the nature of filtered and dappled light, the natural patterns or fractals from branches, petals and waves. Smell — inhale the smell of trees, especially from aromatic conifers, of the flowers and of the Earth. Taste — notice the freshness as you take deep breaths. Feel — touch a tree trunk or the surrounding moss. The sixth sense, state of mind — simply be mindful and savor each moment in nature.

On the Key Peninsula the opportunities are endless. It might be a driveway, a quiet country road, the trails at Penrose State Park, Maple Hollow Park, Key Central Forest, the trails behind the Longbranch Improvement Club, or even a back yard. It is easy to start, and it's fine to start in small doses, gradually building on forest immersion five minutes at a time. ■

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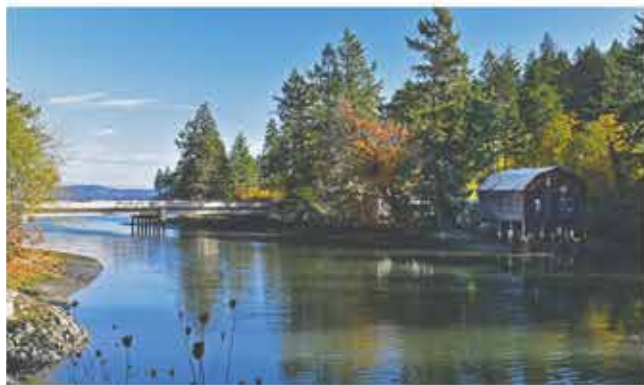


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Lisa Bryan, KP News

KP Bischoff Food Bank Forced to Move

The nonprofit must be out by year's end. Without temporary housing, suspension of services may be unavoidable and unthinkable for some in the worst of times.

LISA BRYAN, KP NEWS

Key Peninsula Bischoff Food Bank must vacate its current location at 1916 Key Peninsula Highway NW, having outlasted its welcome on the rental property it has called home since June 2013 based on a verbal agreement with the late Jim Solberg to pay \$800 a month in rent.

Solberg died March 28, 2016. His heirs now want a final settlement of the estate.

In a complaint filed by them Nov. 5 in Pierce County Superior Court, they allege the food bank was notified in writing March 3, 2019, that its month-to-month tenancy was terminated and that failure to vacate and surrender the property on or before April 30 would result in judicial proceedings.

"We've known it was coming but they won't negotiate with us," said Kimberly Miller, vice president of KP Bischoff Food Bank. "We wanted to purchase the property and offered them \$97,000 but there was no communication except, 'No, we won't accept your offer and we're not willing to negotiate further.' We heard nothing after that."

The tax assessed value of the 3.8-acre parcel in 2020 was \$129,100. The food bank kept paying rent, but the checks were returned. Miller said she was under the impression that the court was not hearing any eviction cases due to COVID-19 until after Dec. 31 for residential and nonprofit

tenants, until they were served.

After appearing in Superior Court Nov. 20 via Zoom, Miller said she was able to negotiate a nonjudicial compromise with the owners' counsel and the case was continued to Dec. 4. The agreement includes surrender of the property by Dec. 31 to avoid eviction.

"There is never a good time for us to temporarily terminate service, but right now — we're looking at the pandemic, huge job losses, possible food shortages, middle of winter — it's a horrible time," Bischoff board member Gail Torgerson said.

Miller said the food bank is currently in negotiations with a potential partner organization that would allow them to lease an acre or two to build on or bring in a mobile home or construction trailers. "If we were able to do that, I know people will come out of the woodwork to help us. There is no doubt in my mind," she said.

Ben Paganelli, executive director of the KP Partnership for a Healthy Community, said his organization is trying to help connect and coordinate resources.

"Kimberly and her team have an overwhelming passion that is really phenomenal and goes a long way to get things done against some really tough odds," he said. "But to the best of my knowledge, a proforma, a budget, a capital project plan is not complete. Unless something like that is prepared it's hard to get money from public sources."

Paganelli said it's not easy to move

"KIMBERLY HAS A WAY OF GETTING THINGS DONE. SHE KEEPS FEEDING PEOPLE."



KP Bischoff board members TOP: Carol Larson, MID: Steve Gulbran BOTTOM: Gail Torgerson *Lisa Bryan, KP News*

an operation like that on a budget that focuses primarily on feeding people and not having overhead. “But, Kimberly has a way of getting things done. She keeps feeding people.”

“Very shortly we’re not going to be here,” board member Shane Hansen said. “We’re really not sure where we can be. We’ve got some options we’re looking at, but all of those options require money.”

“We are not going anywhere,” Miller said. “Yes, we have to move. We’re working diligently toward a partnership and hoping to have more information at the food bank and on our Facebook page in mid-December.” ■

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Rendering of Main Entry TCF Architects

District Prepares for Major KPMS Overhaul

Money from the Capital Projects Bond is going further than anticipated.

MATTHEW DEAN, KP NEWS

Peninsula School District is in the final stage of planning for a modernization of Key Peninsula Middle School.

The current plans at KPMS would expand the building by eight classrooms. A new administrative section would be constructed, and the current admin area would be converted into classroom space. An additional four classrooms would be built on the east wing of the building. Depending on final design and bidding, the gym may also be expanded.

The new space will help the district handle increased enrollment and provide more space for special education programs. "It's just keeping up with the growth of the district," said Patrick Gillespie, PSD's director of facilities and capital projects. "We've had some of the highest enrollment rates at the elementary schools over the past few years. When that bubble hits the middle schools, this will help. We'll have the classrooms available."

Several elements of the project, including the gym expansion, are being designated as alternates. Their construction will depend on what kind of bids the district receives for the project. "We have a budget, and we need to stick to that budget," Gillespie said. "If there's enough dollars, we'll take those alternates."

Construction will also include updates for the school's infrastructure, including water, septic, lighting and fire protection. Replacing the systems will create a better experience for building occupants and eliminate mounting maintenance costs associated with aging equipment.

Combining the projects saves time and money. "Basically, when you look at all the little components that need to be replaced, it adds up to a large dollar amount. By pooling them into a bigger project, it allows us to do more," Gillespie said.

KPMS modernization was not originally planned to be this extensive. Several unexpected cost reductions in other capital projects freed up resources to fully refresh

KPMS. Budget space was created when PSD purchased the Boys and Girls Club in Gig Harbor to serve as the base of a new elementary school. School replacement projects also moved through planning phases faster than expected, allowing the district to outrun some inflation costs. Expanding the scope of work at KPMS qualified the project for the state School Construction Assistance Program, which pays for a percentage of major projects.

Part of the construction will also include a facelift for the building's exterior. Several design choices were presented at a school board study session, including options for bolder colors and textured siding to improve KPMS's front-facing appearance.

"KPMS and Kopachuck were built in the '80s. There's a general perception that nobody likes the look of those buildings. They're not warm. They're not inviting," Gillespie said. "It will be great for both communities to get a building that they can drive up to and feel welcome."

The KPMS project is currently in the planning phase. PSD hopes to go to bid in the spring and begin construction no later than summer of 2021. Timelines are uncertain, but Gillespie anticipated one and a half to two years before completion.

The district is currently planning with the assumption that kids will be back in school before then, which means that work will need to proceed in phases.

"It's a little complicated," Gillespie said. "We might need to shut down some classrooms and move some kids around, maybe create some temporary classrooms to accommodate that, and work on a wing. When that wing's done, work on another wing, and so on."

Updates at KPMS are part of PSD's Capital Projects Bond approved by voters in 2019. Kopachuck Middle School is receiving many of the same add-ons and renovations. Artondale and Evergreen Elementary are both being replaced with new buildings, and the district is constructing two new elementary schools to handle increased enrollment. ■

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Dewer Rodman loading brush into his truck : Photo courtesy Key Peninsula Historical Museum



Indigo Clark (left) and Ella Marchio at All-State in Yakima. *Emilie Marchio*

Local Students Qualify for All-Nationals Choir

Two rising stars raise the bar.

KRISA BRUEMMER, KP NEWS

Two members of Peninsula High School's junior class, Indigo Clark and Issabella Marchio, qualified for the All-Nationals Mixed Choir, part of the National Association for Music Education's All-National Honors Ensembles (ANHE) program. They are the first PHS students to be accepted.

Prior to auditioning and qualifying for All-Nationals, Clark and Marchio sang with the All-State Choir in Yakima in February with 12 other PHS students who qualified.

The 2020 ANHE was originally scheduled to take place in Orlando, Fla., in early November, but due to COVID-19 restrictions, the program will happen virtually from Jan. 7 to 9, 2021.

"It's kind of a serious thing to get into All-Nationals for choir, so I was really excited for that. I'm still excited for the opportunity even though it's going to be online, but I am a little bummed," Marchio said. "I had so much fun with All-State. I was so looking forward to (All-Nationals) because it would've been such a really cool experience with so many other people that feel the same way about music."

"I feel like the honor part of it still is there," Clark said. "But it's also the fact that it was a really nice resort in Florida and I was really looking forward to it. So I was pretty sad about that."

Clark and Marchio have both been passionate about singing since elementary school. Marchio's love of music was

sparked by her teacher Lisa Mills at Vaughn Elementary, where she sang fearlessly in every single talent show. At the same time, Clark, who says she faked her early musical confidence, was inspired by Evergreen Elementary teacher Terry Hammon who started a choir festival.

The two girls met and began singing together at Key Peninsula Middle School in sixth grade under choir director Staci Webb, where they challenged each other in what they now describe as friendly competition, rather than rivalry.

"Me and Indigo, we always got the solos," Marchio said.

"It was between her and I in middle school, all the time. If I didn't get it, Ella got it. If Ella didn't get it, I got it," Clark said. "I think it's really cool because in middle school we were the two kids, and now in high school we're both in All-Nationals."

Clark and Marchio credit their PHS choir director, Alison Ellis, who was recently nominated for a Grammy, for some of their success.

"We've both been in the choir for three years now and she's always been super supportive and encouraging. She's the reason why we all auditioned for All-State," Marchio said. "She's always on top of education and learning about music too."

"You get a genuine sense that she actually cares about you," Clark said. "It's

wonderful. Being in her class was my favorite class, every day."

The Academy of Recording Arts and Sciences began honoring music educators in 2014. The winning teacher receives a \$10,000 honorarium and a trip to the Grammy Awards ceremony in Los Angeles in early 2021. Ten semifinalists will be announced later this year.

With school taking place virtually, choir practice now happens over Zoom while students repeat and do singing exercises on mute.

"It's definitely not the same and it will never be the same online," Marchio said. "I don't know how it would work even if we go back to school and it's low numbers, because having a concert we're all together on the stage, and all the people in the audience."

"I really want to be in a group setting like that again because it brings me so much joy, and it hurts that it might not be for a while that we get to do that," Clark said. "It's absolutely magical when you finally have a song down and you're singing it with people and you're doing a run through, and you can feel it, almost, in your body, and you're like, 'Oh my gosh! This is so cool.' You have to be in-person for that."

Marchio, who sings in an indie rock band in addition to choir, dreams of a future in Broadway musicals.

"I think about that daily, like, what is something I can do today that will help me get to my ultimate goal of being on Broadway," she said. "I've been

singing for a very long time because music is so important to me and it's always brought me so much joy. Music in general and finding myself through singing, it's impacted me so much and it's helped me grow a lot as a person too."

In addition to singing and schoolwork, Clark draws a comic that she publishes monthly, and she has started running as an antidote to quarantine fatigue. Marchio is taking a dance class for something fun to do in her free time.

"For me, a big aspect of school is the social part, so not getting to fully have that has been super exhausting in a way," Marchio said. "I mean, I love talking to my family but it's not the same."

"It's all these weird little things I miss, like eating ramen with people, just sitting there sipping your ramen broth like, 'How was your day?'" Clark said. "And after concerts when you get to hug people and take photos together, I miss that. I miss literally just standing next to someone and singing." ■

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The Chinook Jargon Pocket Dictionary

DAN CLOUSE

When you look up a word in the dictionary, do you end up spending half an hour looking up 20 other words? Psychologists have a clinical term for this. You could look it up.

If you forage for words in dictionaries, here's a little vade mecum you should have while you endure a long telephone hold with smarmy "Your call is very important to us" white lies and Kenny G looping.

It's just six pages long and printed small enough to fit in your pocket. The little dictionary's 32-word title is almost bigger than the book. I'll shorten it to the Chinook Jargon Pocket Dictionary.

Nard Jones, a longtime editor at the Seattle Post-Intelligencer, overheard phone conversations among Seattle old-timers in the 1950s like this: "Kloshe, Arctic Club, twelve o'clock. Alki, tillikum." Translated into everyday Clavipeninsular English, "Fine. Arctic Club, 12 o'clock. Later, pal." The old fellow was confirming a lunch date in Chinook Jargon.

By the time Jones wrote "The Lost Language of Seattle" in the 1970s, the old Gold Rush boys were gone and with them nostalgia for the Chinook Jargon they used in those days of yore in the Yukon.

The elderly ex-prospectors were some of the last to keep alive the trade language that had been used up and down the Pacific Coast by French-speaking voyagers, English-speaking traders, and Native Americans throughout the 1800s. During the Gold Rush of the 1890s there were 100,000 gold hunters and indigenous peoples speaking it.

Chinook Jargon is technically a pidgin. Professors of linguistics use the term pidgin to refer to a grammatically simplified, blended language used by people who need to communicate but do not share a common language. There have been hundreds of now extinct pidgins spoken by European traders and their buyers and sellers in Asia, Africa and the Americas. Mobilian pidgin, for example, was used for 300 years among hundreds of tribes and

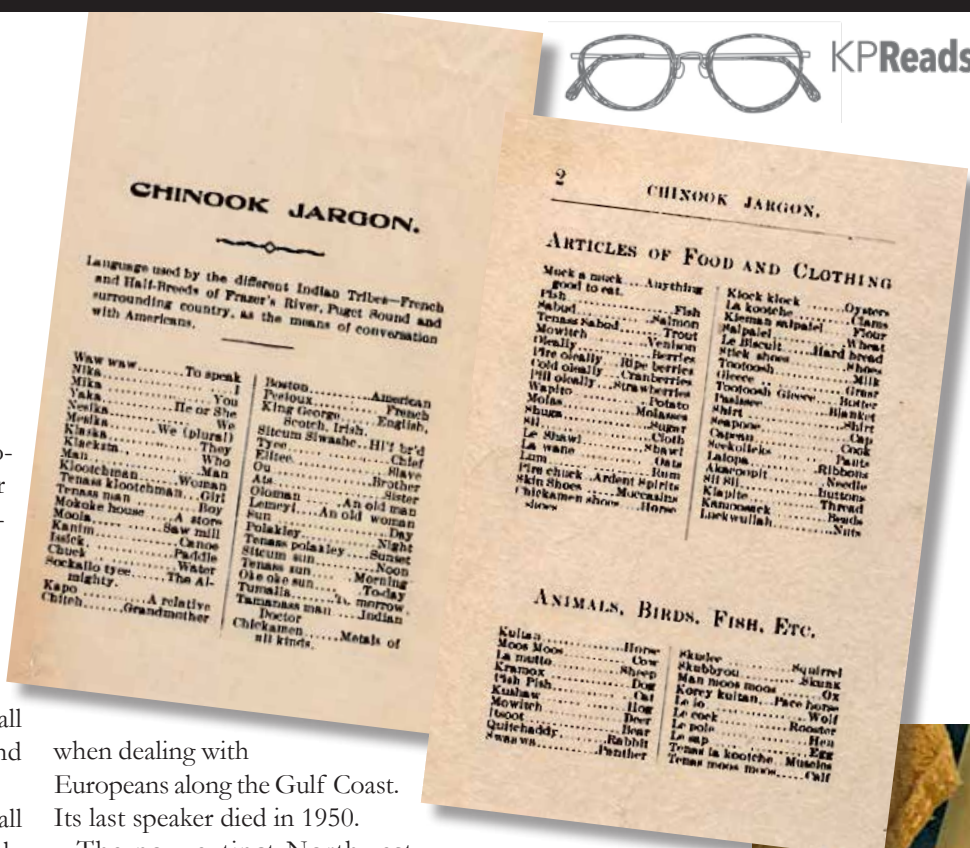
when dealing with Europeans along the Gulf Coast. Its last speaker died in 1950.

The now extinct Northwest trade language was developed to solve the business problem faced by Hudson Bay Company traders, who spoke French and English, and by indigenous traders of mutually unintelligible Native American languages.

When the Wilkes Expedition explored the South Sound in the spring and early summer of 1841 and built a base just south of present-day Steilacoom, American explorers learned the local lingua franca from their guides and food suppliers among the Nisqually and the Squaxin. The expedition's philologist, 20-year-old polyglot genius and Harvard dropout, Horatio Hale, mastered what his informants called "Chinook Wawa" in an afternoon. His tour de force report on the dozens of languages he studied on the expedition was published in 1846 with a long chapter on Chinook Jargon. While Capt. Wilkes was mapping the South Sound and naming geographical features and waterways after expedition members, he honored young Hale with nearby Hale Passage.

The Chinook Jargon Pocket Dictionary was printed for prospectors heading for the Yukon. Surviving copies are occasionally listed for sale in auctions, and collectors bid hundreds of dollars for them. The rest of us access the book online where the scanned copy from the University of Alberta library is well known to all the usual search engines.

When you peruse the little dictionary in an idle moment, you'll discover you've been using Chinook Jargon all along. A self-im-

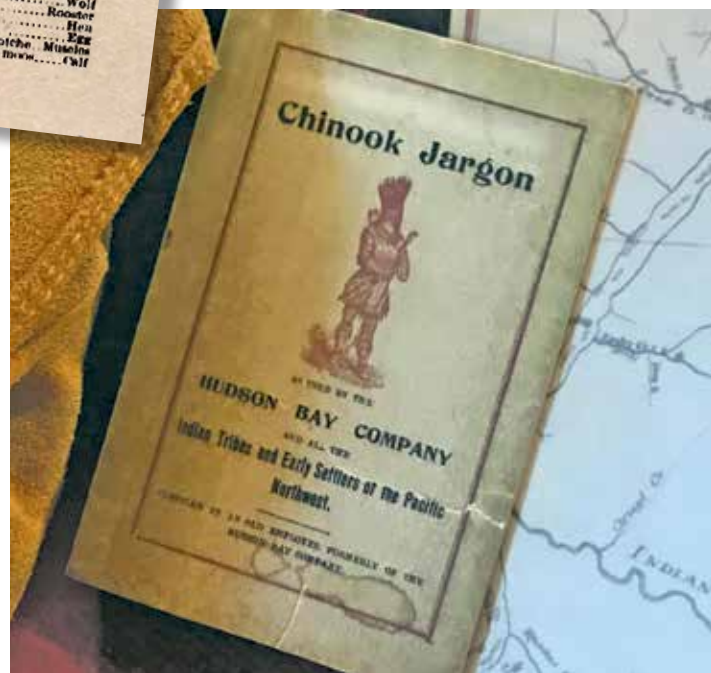


Chinook Jargon is not just rich in toponyms, but also in eponyms. A Boston is an American, and a King George is Canadian or English. The adjective pelton means "crazy" and refers to poor Archibald Pelton, a trader who was well known for succumbing to insanity at old Fort Vancouver in the 1840s.

The beginning of the Our Father translated by the Methodist missionary Myron Eels, one of the great authorities on Chinook Jargon:

Nesika Papa klaksta mitlite kopa saghalie, kloshe mike nem kopa konoway kah. Kloshe spose mika chaco delate tye kopa konoway tillikums.

Our Father who lives in heaven, good is your name everywhere. Good if you become true chief over all people.



Dan Clouse

portant person is a "high muckety-muck" and a good-for-nothing is a "cultus." A sturdy structure is "skookum, right?" I remember affectionately my father-in-law George Lund using all three expressions.

You'll discover nearby place names based on words in the little dictionary. Just for a start: Alki "sooner or later," Hyak "swift," Kopachuck "waterfront," Olalla "berries," Skookumchuck "strong waters," Tukwila "hazelnut," and Tumwater "booming water."

The venerable watering hole in Gig Harbor called the Hi-Iu-Hee-Hee is pure Chinook Jargon: hiyu is "plenty" and heehee is "fun." The state ferries Tillikum "friend" and Kaleetan "arrow" are still in service, while the Klahowya "hello," Kalakala "bird" and Illahee "land" are long gone.

High school girls in Western Washington invite boys to Tolo dances — or at least they did before COVID-19. Tolo is the jargon word for "success," but I'll let you explore that word story on your own.

Long before Seafair, Seattle's annual civic festival was The Golden Potlatch. The word potlatch is pure Chinook Jargon.

Borrowed from the Nootka verb for "give," potlatch became the word for the widespread Native American ceremony of gift-giving and ritual feasting.

When turn-of-the-century idealists in Europe hoped a new international language would bring peace to people separated by their languages, Horatio Hale, at the end of his life, called Chinook Jargon a worthy precursor of Volapük and Esperanto.

One hundred and thirty years later and once again there are tribes of people in America who do not share a common language.

Maybe it's time to work out a new pidgin like Chinook Jargon to talk to each other.

Kopet wawa. Mamook kwollan. Literally, "Stop words. Do ear."

Be quiet and listen. Now that's an aspirational motto for 2020. ■



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'Damn the Pandemic! Full Brie Ahead!'

LORI ZEIGLER & BARBARA VAN BOGART

While 2020 will not be a year known for extraordinary holiday parties, there is every reason to step out of our comfort zones and try extraordinary new recipes. With all of us spending more time at home, the holiday season is a perfect opportunity to reach for foods and techniques that, while tried and true, might be new to us.

Such is the case with appetizers. This recipe combines an easy fruit compote with that classic French cheese, Brie, wrapped in puff pastry and baked until golden brown, something the two of us have pursued, separately, and conquered together.

Barb's search for eternal baked goodness led her to this luscious and delicate pastry, a combination of layers and flakiness usually associated with laminated doughs, and a good foundation recipe to master. While laminated dough takes up to 24 hours to prepare, this pastry recipe takes about 10 minutes with a rest time of 30 minutes in the refrigerator to let the ingredients meld.

Before moving to Longbranch, Lori and her husband David lived in a much warmer climate and had a sizable fruit orchard, including a few fig trees. As there are only so many fresh figs one can eat, she needed to figure out a way to preserve and find other uses for them.

She was inspired by a recipe using peaches and caramelized onions to make a spread to accompany soft cheese. As it turned out, figs were a wonderful substitute for the peaches. However, since there wasn't a formal recipe for this spread, she had to wing it.

Fruit and caramelized onions were a match made in heaven, bringing home a bit of summer during the winter months.

In Longbranch, figs gave way to cherry,

pear and apple trees. Combining one or more of these with caramelized onions and fresh herbs from the garden was a great way to utilize them.

Lori's Fruit & Caramelized Onion Spread

Gather whatever fruit you have on hand. Peel, core or pit as necessary, then cut into small pieces. Sauté in butter until the fruit breaks down. Add sugar to taste.

Meanwhile, in a separate pan, caramelize a similar or lesser amount of white or yellow onions (not sweets) in butter with a little sea salt.

Combine the fruit and onions and add a few fresh sprigs of thyme.

The combination of sweet and savory is absolutely delicious. Storing it in small jars in your freezer should make it last the winter and it can be pulled out to serve with cheese, on flatbreads or with pork or poultry. It can also be a lovely gift for friends and neighbors, or combined with baked Brie as an unforgettable appetizer.

BVB's Brie in Easy Puff Pastry

FOR THE PUFF PASTRY

- 2 cups unbleached all-purpose flour such as King Arthur, Bob's Red Mill or Stone Buhr
- ½ teaspoon salt
- ½ teaspoon baking powder
- 1 cup cold, unsalted butter, cut into chunks
- ½ cup sour cream

FOR THE BAKED BRIE

- One quarter of above dough recipe
- One 4-inch wheel of Brie, double or triple cream
- ⅓ cup of Lori's compote, or apricot, strawberry or raspberry preserves
- Egg wash (one large egg beaten with one tablespoon water)

FOR THE PASTRY: In a large bowl or stand mixer fitted with a paddle, whisk together flour, salt and baking powder. With the mixer running at lowest speed, add the butter chunks and mix in until crumbly, with most of the butter chunks in small pieces.

Add sour cream and mix until distributed, with the dough loosely holding together. The dough won't and shouldn't be smooth.

Turn the shaggy mixture onto a floured work surface or pastry cloth, knead it a bit and shape into a rough log. Roll out to form an 8x10 inch rectangle. Starting with the shorter end, fold the dough into thirds, like a business letter.

Turn the dough over, rotate it 90 degrees, and roll to 8x10 once more. Give the dough another fold, tap it gently with your rolling pin to seal it together. Wrap and refrigerate for at least 30 minutes before using.

ASSEMBLY: Preheat oven to 425. Cut one quarter of the pastry from the finished recipe (as noted above) and freeze the remainder for another time. Roll the pastry on a lightly floured surface to a 13-inch square, about ¼ inch thick.

Place the wheel of cheese in the center. Spread the compote or preserves on top of the cheese. Fold the four corners of the pastry up and over the cheese to meet in the center. Pinch the seams lightly together to seal.

Place on a parchment-lined baking sheet and brush with egg wash. Bake for 25 to 28 minutes until the pastry is a deep golden brown. Remove from the oven and let sit for 15 minutes before transferring to a platter. Serve with warm crackers to grateful diners. ■

A LITTLE TASTE OF HERON'S KEY

This recipe is brought to you by Heron's Key's own, Chef Jason.

Standing Rib Roast



(Makes 12 10oz. servings)

INGREDIENTS

- 8 lb. 4oz. prime rib
- 3 & 2/3 tbsp yellow mustard
- 1 & 2/3 tbsp kosher salt
- 1 & 7/8 tsp ground black pepper
- 1 tbsp thyme
- 2 & 7/8 tsp steak seasoning

DIRECTIONS

Start by ensuring the rib roast is at room temperature. Cover roast with a very thin layer of yellow mustard so the salt, pepper and herbs will adhere. Coat all sides with salt, pepper, thyme and steak seasoning. Preheat oven to 275°. Utilizing a reverse searing method, place the roast on a grate, bone side down, in a roasting pan. Roast in oven until internal temperature reaches 100° (approx. 14-15 minutes per pound) then convection bake at 500° until a crust has formed (approx. 12-15 minutes). Insert handheld thermometer in the top/center of roast. Once the internal temperature reaches 125° and holding, transfer the roast to a carving board, cover it loosely with foil and let rest for 20-30 minutes.



The best wine to pair with this delicious dish? Follow us on Facebook to find out what Chef Jason recommends!

HERON'S KEY
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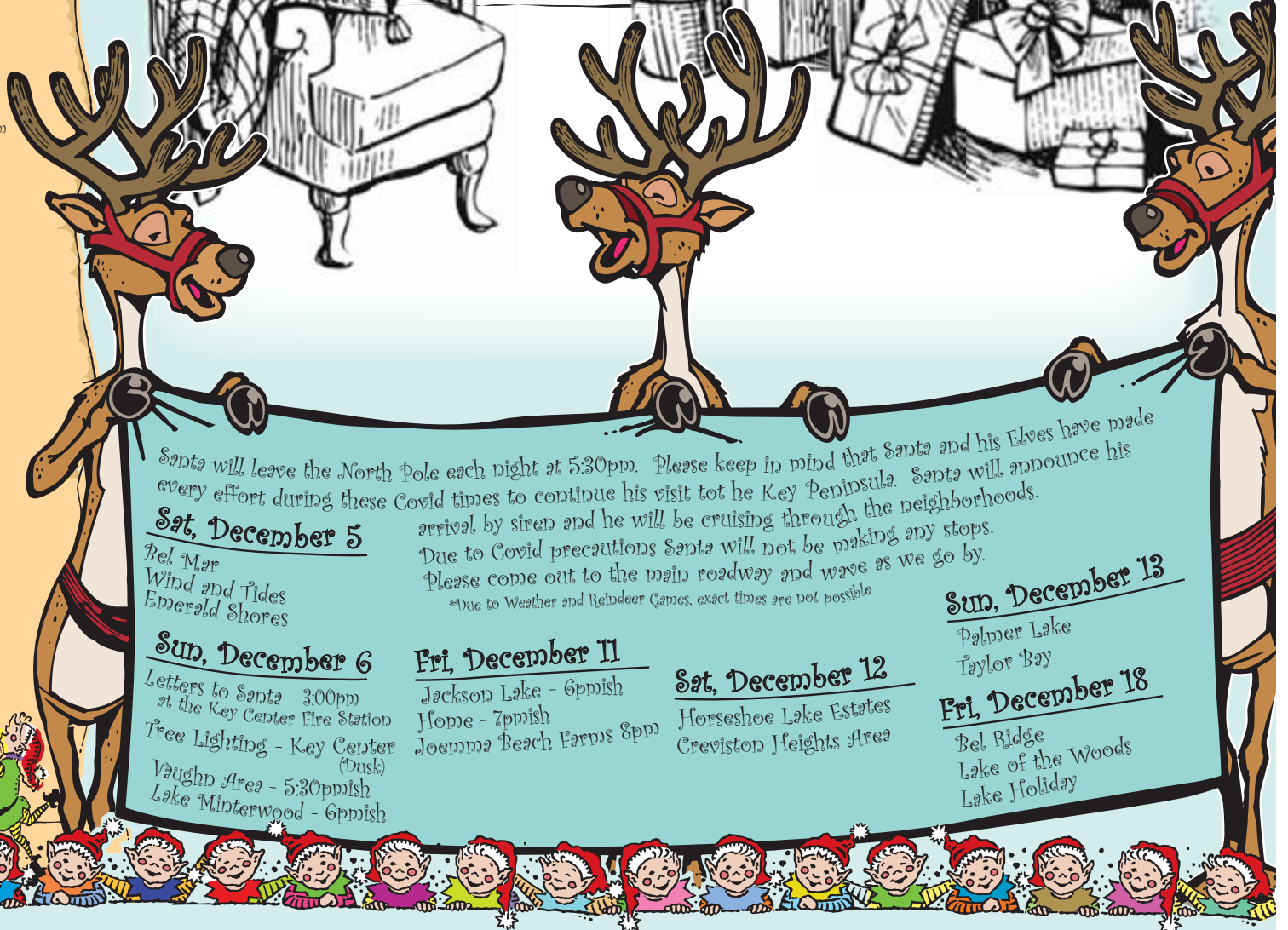
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**Due to Weather and Reindeer Games, exact times are not possible*

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Wind and Tides
Emerald Shores

Sun, December 6
Letters to Santa - 3:00pm
at the Key Center Fire Station
Tree Lighting - Key Center (Dusk)
Vaughn Area - 5:30pmish
Lake Minterwood - 6pmish

Fri, December 11
Jackson Lake - 6pmish
Home - 7pmish
Joemma Beach Farms 8pm

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Sun, December 13
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Fri, December 18
Bel Ridge
Lake of the Woods
Lake Holiday





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TOP LEFT Hiding from the bucks. *Tina McKail* **TOP RIGHT** Northern flicker. *Ed Johnson, KP News* **MID LEFT** Wyatt McKail watches stormy skies at Taylor Bay Park. *Tina McKail* **MID RIGHT** Things are looking up. *Dan Clouse* **BOTTOM LEFT** Lakebay sunset. *Tonia Houle* **BOTTOM RIGHT** Holiday decorations in Key Center courtesy of KP Rotary, Bayshore Garden Club, Red Barn Youth Center and friends. *Kathy Lyons*