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Seahawk Cole Muilenburg (11) and teammates celebrate the win. *Tina McKail, KP News*

Peninsula Seahawks Win Fish Bowl 44 — 7th Straight Victory for 23 Out of 44

It was hard to top last year's nail-biter, but Peninsula and Gig Harbor delivered.

TED OLINGER, KP NEWS

The Peninsula High School Seahawks beat the Gig Harbor Tides 39-30 at the 44th Annual Fish Bowl September 16 at Roy Anderson Field, notching their seventh consecutive win and 23rd overall since the first hometown rivalry tournament was played in 1979.

The game last year was one for the record books, when the Seahawks came back from 28-0 at the half to win 35-28 in overtime. It was the first public game played after the Covid pandemic delayed the 2020-21 season for months, and the rain and darkness were no match for 5,000 teenaged fans roaring their defiance, decked out in school colors and a thousand yards of Mardi Gras beads.

But this year the weather was clear, the crowd was rowdier, and the game was



QB Payton Knowles gets a lift. *Tina McKail, KP News*



Peninsula pride. *Tina McKail, KP News*

a grinding slugfest between two closely matched teams led by Fish Bowl veterans: Tides QB Will Landram and Seahawk QB Payton Knowles, a former Gig Harbor QB who transferred to Peninsula as a junior and played cornerback last year.

Peninsula came to the game with a

Soggy Spring and Low Pollination Lead to Low Fall Fruit

Damp weather and absent pollinators affected many backyard orchards on the KP this year.

CHRIS RURIK, KP NEWS

The fruit harvest will be low in home orchards across the Key Peninsula this year. Many trees, particularly apples, pears and plums, are barren of fruit, leaving homeowners scratching their heads.

Jim Watts, owner of Watts Solitary Bees, said 2021 was the best production year in company history but this spring delivered the opposite and 2022 will go down as the worst.

"It was terrible," Watts said. We lost a lot of production from British Columbia south to Eugene, Oregon. Bainbridge Island was a complete disaster for us production-wise and yet in Longbranch, it was by far our best ever," he said. "It's just a strange year."

Alan Lowe, president of the Peninsula Fruit Club, could sense this spring that there would be problems. He put out mason bee boxes around March 1, just before the earliest fruit trees begin to flower, and watched for the next two months as week after week of cold, damp weather kept the pollinators at bay.

By May 15, when most of the trees were done blooming, only a handful of the tubes that serve as mason bee nests had been filled. "Fifty-five degrees is a tipping point," said Lowe, above which pollinators become active. This spring? "It wasn't happening."

Not only does the temperature need to be right, it must also be maintained for several days, long enough to dry out the flowers and circulate pollen. Wind also hampers the proceedings of springtime.

"Unusual, but has happened before," said apple guru Steve Butler of Butler's Farm in Gig Harbor, The phenomenon stretches from Portland to Vancouver, BC, largely on the west side of the Cascades, though even in eastern Washington the apple crop is down 12%.

That said, there were stretches of suffi-

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ENDLESS DISTRACTION

Here's What I Think About That

LISA BRYAN,
EXECUTIVE EDITOR

It has been over a decade now, but I was a latecomer to join the smartphone scene. Nobody was going to turn me into one of those hapless fools that spend every waking moment staring at the little screen in their hand day and night.

By the time I purchased my first cell phone, smart phones were already available. The old coin-operated pay phones and phone booths were nearly extinct.

Fumbling with the absurdity of text messaging from a flip phone convinced me it was little more than a passing phase amongst teenagers and parents who not so secretly want to appear as hip and cool as their kids.

It was impossible for me to grasp how anyone could consider texting "progress."

Um, wouldn't a quick phone call be easier than pressing corresponding numerals on a keypad to tediously churn out letters to spell "On my way home"?

My son had advice, "Keep it simple, Mom. Forget about punctuation. People will know what you mean without it. It's easy."

A world without punctuation? Perish the thought. People have a hard enough time deciphering the possible meaning and tone of emails. It is all too easy to misinterpret messages and then run with it.

I mentally mocked the people dumbly staring at their phones at crosswalks. I laughed over the notion that teenage girls were reportedly so obsessed with their phones that going without them, however briefly, caused real anxiety.

I kept my flip phone until I was the only person I knew who had one. Once I made the switch to an iPhone, I was sucked in bigger than life.

What was at first a wonderful convenience turned into a necessity and quickly became something I could not live without.

My family complained about how distracted I had become. "I just need to look up this one thing. I just need to wrap up this text exchange. I just need to ..." It was endless.

I recognized and yet pushed aside any misgivings at how dependent I had become. I no longer needed to remember a n y t h i n g because I could just look it up. Some people

confess they never have any idea where they are because their phones tell them when to merge and where to turn.

I used my phone for everything. It stored all my passwords, recorded my notes, held important health information and managed a full calendar to get me where I needed to be on time. It woke me up in the morning with an alarm and even nudged me to call it a night and go to sleep.

It gave me an impressive camera that fit in my pocket. It made me available 24/7 to anyone who wanted to reach me. Some people silence their phones before bed, but not me. If someone calls after 10 p.m. it must be very important. I want to be available for those middle of the night emergencies when I am needed.

How many times had I thought

to myself, "Heaven forbid anything happens to my phone, I'd be entirely lost without it."

You know what happened next. It was in my lap in the car pinging away with text messages I refused to look at while driving. We made a quick stop and as I got out of the car for a minute, the phone must have slipped outside on the pavement.

Twenty minutes down the road and it seemed odd that all the pinging stopped. That's when it hit me.

In full on panic mode, I raced back to parking spot. The phone was gone. The shopkeeper said nobody had turned it in. To my dismay, I found that its internalized tracking devices had been turned off by whoever grabbed it.

It's been a few days and I have yet to replace it. I instinctively reach for it all the time.

My phone worked less for me than I did for it. Constant digital connection was eating away at my real life and making me feel a little crazy.

Don't get me wrong, I have every intention of replacing it. Someone even suggested a flip phone to truly

reclaim my life. It's a growing trend, particularly amongst young adults. They're onto

something.

As human beings we need to be connected but we also need down time, away from all the distractions vying for our attention. The pandemic showed me how important face-to-face contact and conversations are in real time.

That's where I want to be. Here and now. ■



"KEEP IT SIMPLE, MOM. FORGET ABOUT PUNCTUATION. PEOPLE WILL KNOW WHAT YOU MEAN WITHOUT IT. IT'S EASY."

"HEAVEN FORBID ANYTHING HAPPENS TO MY PHONE, I'D BE ENTIRELY LOST WITHOUT IT."

FISH BOWL FROM PAGE 1

1-1 record to Gig Harbor's 2-0 in the 3A South Sound Conference. Some pundits gave Gig Harbor the edge after they shut out opponents in the two weeks prior, not allowing a single point.

The Tides started with a vaguely soft kick, perhaps hoping to recover the ball themselves, but the Seahawks got it to the 45. A couple of short, strong runs and a personal foul against the Tides gave the Seahawks a new set of downs, setting up two more passes and a handoff to running back Conner Burton, who ran in the first touchdown followed by the extra point two minutes into the game.

Gig Harbor returned the kick from the 1 to the 37, then fell back to the 20 when Landram was sacked on his first play. But then he shot a short screen pass to running back Blaze Herbert, who caught it with one hand and ran almost to the 50. The Seahawks defense kept up the pressure, forcing the Tides to scramble for just a few yards at a time and a 25-yard field goal. Score 7-3 Peninsula at the end of the first quarter.

The Tides proceeded to punish the Seahawks in the second quarter, pushing them back play after play and capitalizing on Seahawk penalties until the half. On third down and 28, Knowles fumbled during a sack; the ball was recovered by Tides Nic Fortney, and Gig Harbor started on Peninsula's 43. After two carries by Herbert, they were at the 31. After a quick screen pass, Herbert brought them to the 14, and then to the 7. Three plays later, Landram wheeled out of a swarm of defenders to connect with wide receiver Christian Parrish in the endzone. With the point after touchdown, the score was 10-7 Gig Harbor.

The Seahawks rapidly pushed their way downfield all the way to the 1 on third down, then lost 10 after getting caught offsides. Isaac Smith (WR/CB) rolled like a freight train through three tackles for a 12-yard TD, followed by the PAT. After getting the ball back from Gig Harbor on downs, Seahawk senior Frankie Cross launched a 31-yard field goal with 6 seconds left in the quarter. Score 17-10 Peninsula at the half.

Gig Harbor ended up punting out of their endzone at the start of the third quarter. Knowles connected from the 50 with wide receiver Dane Meddaugh for a 44-yard completion. Smith ran it in on the next play. After the PAT, score 24-10.

Duking it out yard by yard, Landram answered with a 2-yard pass to Ben Stephens (QB/WR) for a TD followed



Tides running back Blaze Herbert (22) meets the green wall. *Tina McKail, KP News*



Fans energize Fish Bowl like no other game in the season. *Tina McKail, KP News*

by the PAT. Score 24-17.

After nearly throwing an interception into the endzone, Knowles ran a short quarterback keeper for the TD. The snap for the PAT went wild but Seahawk kicker Brady Laybourn grabbed it and ran to convert for 2. Score 32-17.

Less than a minute later, following two passes and a run, Landram blasted from the 21-yard line to Gavin Nash in the endzone. Score 32-24.

After getting the ball back, and with

three minutes left in the game, Landram overthrew from the 21 to Nash in the endzone, just brushing his fingertips. On the next play he connected with a quick throw to Herbert, who did his best impression of a sidewinder snake zigzagging for an incredible run to score. The Tides went for 2, but Landram was smothered by every Seahawk on the field. Score 32-30.

The Seahawks recovered the next kick on their 51. Two plays and two penal-

THE GAME WAS A GRINDING SLUGFEST BETWEEN TWO CLOSELY MATCHED TEAMS LED BY FISH BOWL VETERANS.

ties later (including one controversial unsportsmanlike conduct on Gig Harbor that led to a flag, downgraded to a warning, to protesting Gig Harbor Coach Darrin Reeves), the Seahawks gained enough field advantage to allow Knowles to hand off to running back Lamondo Williams, who blew through two tackles for a 33-yard touchdown. With the PAT, final score 39-30 Peninsula.

The annual Fish Bowl, christened in 1979 by then teacher Marc Ross, was traditionally preceded by a community salmon bake. Now the community instead gorges on food trucks and tailgates, and donates food to a local charity, with the three district high schools competing to collect the most. This year's beneficiary was Key Peninsula's Food Backpacks 4 Kids.

According to Michelle Carter Johnson, communications director for FB4K, the 2022 Food Bowl results were: Peninsula with 20,306 items, Gig Harbor with 12,000, and Henderson Bay High School with 6,505, for a record-breaking total of 38,811. ■

Making the World a Better Place One Lemonade at a Time

CAROLYN WILEY, KP NEWS

Zoie Ewald of Gig Harbor began raising money for Food Backpacks 4 Kids at a very early age.

The idea arose after the 6-year-old presented her Christmas wish list to her parents, Tony and Erin Ewald. The list was fine, but her mother suggested that maybe it was time to consider sharing with others. Zoie sorted through a variety of ways she could give back to the community and after some consideration decided that the best way would be through Food Backpacks 4 Kids (FB4K).

She explained her reasoning, “When I am participating in sports or in school and I’m hungry, it is harder to concentrate on school or sports instead of thinking about being hungry. And Food Backpacks 4 Kids provides food and snacks for kids so they can focus on school or sports instead of being hungry.”

When asked about the colorful lemonade stand standing at the end of their driveway, Zoie and her dad described making the stand as a dad and daughter project. Zoie summarized the effort, saying “I helped build it. We built it from scratch, no plans. He did all the cutting and screwing because I was only six. But I did most of the painting.”

When her mom chimed in with a remark about how much she had grown since that first year, Zoie held up fingers to demonstrate, “I only have that much room before I hit the top. When I started I could barely see over the counter.”

Zoie’s lemonade stand usually earns between \$500 and \$700 a year, and she has donated a little over \$4,500.00 to FB4K since she started. “During Covid I just gave them cash, but one

year we bought granola bars and crockpots to give out,” she said.

When asked how much she had raised for FB4K this summer, Zoie said without hesitation, “\$1,001.79. I’ve had this number memorized for a while.

“Any kid can do it,” she said. “I brought other kids over. Two of them were sisters who said they wanted to do a lemonade stand or help out with food backpacks.

“Noticing that I am so tall, one of them looked over the stand and said, ‘We could use this.’”

But Zoie is not yet ready to give it up. “A lot of people from our road stop by, and people come from all over the community when my mom puts it on Facebook. A lot of people just stop by just to give a donation.”

Michelle Johnson, director of communication at FB4K, said Zoie is impressive because of her enthusiasm and the empathy she has for other kids.

Since the COVID-19 school lunch program ended, families have to requalify for the free and reduced lunch and are turning to FB4K to meet interim needs. FB4K is currently serving over 400 families.

Johnson and Zoie are both looking forward to the day when Zoie can drive and volunteer on site at FB4K in Key Center.

“I plan to continue with lemonade, but in the fall and winter I am considering having hot chocolate and hot cider, but the stand looks so summery,” Zoie said. Both parents suggested adding a few skeletons and cobwebs to make the stand look suitable for fall festivities.

FB4K is located at 9127 124th Avenue Court NW in Key Center. For more information go to foodbackpacks4kids.org.



Mixmaster and civic leader Zoie Ewald, 11, at her post. *Zoie Ewald*

FRUIT FROM PAGE 1

ciently good weather for pollination this spring. Different varieties of fruit trees bloom during slightly different windows, which explains why a fair number of Key Peninsula trees are as laden with apples or plums as ever. Plus, our area is loaded with microclimates, Lowe said. On a spring morning you can drive a few hundred yards up a hill and go from 50-degree fog to 58-degree sun, which is all the difference in the world when it comes to pollinators. Homes near Puget Sound warm in spring faster than inland.

“There’s so many factors that come into play,” said Lowe. “Maybe the native bees have been killed off by backyard folks spraying the previous summer for yellow jackets.”

He added that pollination problems are



often exacerbated by the home fruit grower’s hands-off approach. “We seem to have the strange idea that all you have to do is plant these things.” A particular issue is the region’s widespread sandy soil, which dries out quickly and is seldom watered as

much as the trees could use — not to mention the grass surrounding most backyard trees, which captures the lion’s share of the water before the trees’ roots can get it — meaning the trees come into late summer in survival mode rather than ready

“There’s so many factors that come into play. Maybe the native bees have been killed off by backyard folks spraying the previous summer for yellow jackets.”

Tina McKail, KP News

to pump out big, juicy fruit.

Last year’s extreme heat wave likely also had an impact. In most fruit trees, the fruit comes on two-year-old wood, meaning the sun-scalding and stunted growth of last summer are the basis of this year’s fruit crop.

“Everything is like a set of dominoes lined up,” Lowe said. “Everything is cascading. It’s not a fresh start every year.”

This year he noticed strong vegetative growth on local trees, with many adding three feet of new growth this summer. He is worried that homeowners will see such long new branches without any apples and conclude that their tree has grown unruly and prune back all the new growth, thus sabotaging the foundation for next year’s fruit crop.

As for this year, cider might be a more precious commodity than ever. ■

A Letter from Nature: KP Visitors Rescue a Winged KP Resident

Taking notice of the little things can bring peace to the bigger things.

TINA MCKAIL, KP NEWS

I was meeting my husband and sons at Joemma State Park for a boat day. Waiting for them to swing by on the water to pick me up, I sat on the dock watching the purple martin fledglings flutter around. I figured I would just snap a few boring photos of the little birds while waiting, knowing I would most likely delete them later because I wouldn't be satisfied.

I watched a couple and their daughter come onto the docks. The woman had a little bird perched on her finger as she walked from the paved parking lot, across the pier, and then down to the floating docks.

I tried not to gawk but the animal lover in me wants to "ooh" and "aah" at every four-legged and feathered being in sight.

The woman noticed my jaw drop followed by a huge smile. I couldn't believe she was out here, walking nonetheless with a wild bird on her finger neither tethered nor caged. The bird was free to take flight in the salt air — but it didn't.

I walked over to talk with her, but she didn't speak English well. Her husband helped interpret our conversation. Her name was Tranh. She, her husband and their daughter had visited the park during a record-breaking heat wave the week prior. One of the purple martins had fallen out of its bird house while they were there. The floating dock was very hot, and the bird couldn't fly yet. The family didn't want to leave the bird there, as it would surely die in the heat.

Tranh decided to take the bird home until it could fly.

They cared for this bird and fed it like his parents would — with insects. A few days later the bird was flying around the house. They decided to return the fledgling to the very place they found him, all the way back to the dock at Joemma Beach. They certainly could have released the little bird near Seattle, where they lived, but didn't. They brought this beautiful, healthy, purple martin back to its home.

Tranh coaxed it to fly, but it just kept looking back at her. Multiple attempts were made to get this little one in the air.

There were dozens of martins flying all around, chatter everywhere. The bird just looked up at all of them but seemed uncertain. It looked back at Tranh, and I thought for sure it would fly now. But it didn't.



Visitors from Seattle, Tranh, right, and her family rescued and returned a purple martin to its KP home. *All photos by Tina McKail, KP News*



Finally, after what seemed like an hour, but realistically only about 10 minutes, Tranh gave the little bird a gentle scratch and it took flight. I stopped shooting photos at that point just to enjoy the moment. This little bird wasn't initially welcomed back into its colony; it had to fend off a few aggressors initially. They eventually worked everything out and the rescued bird actually went inside what was possibly its previous nesting house. At that moment, all was well.

Meanwhile, my boys showed up, grumbling because mom was talking, mom



was birdwatching, and mom was delaying their boating. They may never appreciate this story but I hope you do. I hope that you enjoy these pictures as much as I did taking them. I hope you can feel the pure love that was shown to one tiny little bird and that one human made a difference.

Just when my faith in humanity was

dwindling, I met Tranh and her martin.

Some may call it human kindness; others may claim divine intervention. Regardless, I sure hope to see him return next spring.

Tina McKail is a photographer on the KP News staff. She lives in Vaughn. ■

Krisa Bruemmer IRREVERENT MOM



Back to Work

“You haven’t made one playdate for me all summer,” Violet, now 7, said one evening in early August while holding up school pictures of two of her best friends. “I’m forgetting what Reagan’s voice sounds like, Mom. I’m forgetting what her face looks like!”

Violet held the wallet-sized photo inches from my face and stuck out her bottom lip. We call that “a boo-boo lip,” something I hadn’t seen on her in as long as I could remember.

“How’d you forget what Reagan looks like when you’re looking at her picture?” I asked, forever the child my mom used to call “Sass Mouth,” even as a full-grown mother myself.

I do owe her a playdate. I should know by now not to promise something when I’m not 100% sure I can follow through. I always tell myself I won’t do it again, that I’ll say something noncommittal like, “We’ll try our best,” but I tend to get overexcited and it can be hard to backtrack on plans when I’ve told Violet, “I can hardly wait!”

Sometimes there just isn’t time to do all the things we want to do for our children, let alone ourselves. We get sick, overtired or overscheduled and every now and then can’t manage to live up to expectations, our children’s or our own, let alone our partners, our bosses, teachers and the PTA, not to mention grandparents, friends and everyone else in the world who may be counting on us to do all we can.

Then just when you think things might be slowing down, maybe even improving drastically or at the very least getting a little easier to manage, the power goes out, the hot water heater explodes, a bat flies in the window, and the dryer breaks. The dog eats mushrooms. Bad houseguests come to town. A heatwave hits. The sky fills with smoke. Dad gets Covid and the truck breaks down.

That’s all just part of life. But knowing Murphy’s Law is to blame doesn’t make things any easier in the face of an unfulfilled promise, when a green-eyed girl with four dimples and a trembling boo-boo lip begins to tear up because school is starting in eight days and there has been no playdate.

I’ve spent most of my time with Violet

for seven years. Before the pandemic hit, back when she had round cheeks, baby teeth and toddler speech, we went to Play-to-Learn at the KP Civic Center, swimming at Camp Easterseals and preschool at the co-op. I was usually the last parent to leave preschool in the morning, the first one to return.

To Violet, my personality is “Mom.” Besides a few different shades of hair dye, I haven’t changed much in her seven years on this earth. I’ve always been right there within reach, within calling distance.

My guess is Violet’s never really had to miss me because I’ve never been gone.

Then I went and got a job.

I hadn’t planned on returning to work yet when I submitted the application back in May, but I had been feeling tired of my status as a mediocre-at-best housewife for quite some time. And sometimes opportunities arise that you just can’t pass up.

When I received the invitation to interview, I panicked. Violet would be home all summer without me if I got hired. Her dad works from home so it wasn’t an impossible plan, but his job is tough and he likes to run on his lunch break.

Who would make sure Violet didn’t OD on TV and junk food? How would the dishes get done? The laundry? Who would arrange and monitor all the playdates, park outings and summertime adventures I’d promised? Who would take over trying to predict and prevent everything that could possibly go wrong all day long?

I was half dreading the call, debating whether I should turn down the offer if it came through. Then it did: start date June 1. Listening to the voicemail from HR, I jumped up and down and felt butterflies in a way I hadn’t in a long while. The voice in my head that had been whispering, “This is the perfect job for you,” began to scream and shout and I knew there was no way I wasn’t taking it.

On May 27 I tested positive for Covid. Murphy’s Law. So, I started work June 16.

To my surprise and relief, summer went smoothly. Grandma helped and Violet’s dad ran in the mornings instead of at lunch. It was fine. I’d worried for nothing.

Then in mid-August, Violet said, “It’s almost time for school, so you’re almost done with your job.”

“What do you mean?”

“Your job will be done after summer,” she said, smiling. “Then you can stay home with me.”

I explained that, no, my new job wasn’t ending and I might even work there forever. Violet was not impressed. She was, however, impressively self-aware when it came to expressing her emotions on the matter: “I’m feeling angry at your job for taking you away from me.”

When school started, there had been no playdate with Reagan and I was in the doghouse. Then Murphy’s Law struck again.

A few days before Violet’s first roller skating birthday party, already delayed by two years because of the pandemic, her dad tested positive for Covid.

Violet cried when I told her we needed to reschedule. Then Reagan’s mom offered to drop off her present to soften the blow, which softened a blow for me too.

On the day that was supposed to be Violet’s party, Grandma brought over a cake and the girls got their playdate in our backyard. That night at bedtime, Violet smiled at me, let out a long sigh and said, “Thank you for my playdate, Mom. I’m having the best birthday ever!”

Krisa Bruemmer is an award-winning writer. She lives in Vaughn.

Joseph Pentheroudakis ON THE WING



Kryptonite

I have always been cursed with a loud, persistent and frankly irritating self-critical voice. Nothing makes that demon happier than to perch on my shoulder and point out what it considers to be fatal character faults and imperfections, bad writing or a failed drawing and, you know, might as well give it up, since of course the only acceptable option in life is to be perfect at everything and not only that, also better at it than everyone else. Because, well, demon.

It’s been with me as far I can remember, gnawing and picking at me, unforgiving and never satisfied. Problematic nature? Failed nurture? Who knows, and assigning blame doesn’t help; it’s not like I can go back and demand reparations. Understanding the source of a problem can help resolve it but I tried that approach, and it didn’t work.

And yet here I am, lo these many decades later, still bravely carrying on and doing, as they say, my thing; the demon’s voice hasn’t stopped me. Not

that it’s completely gone away — it can still show up, shrill as ever, trying to stab me with one claw and spraying a mist of self-doubt with the other, hoping to see me drop to my knees and beg for mercy. The truth is that I don’t have a clue what it wants from me, or what would silence it, since the bar it sets keeps going up, higher than whatever it is I’ve sweated over and maybe finished. Its seeming goal is not to make me do a better job at whatever it is I’ve undertaken; rather, it wants to torture me, slow me down, trip me up, anything to prove its point, that I’m obviously a failure and seriously why do I even bother.

So, the voice is still there, yammering away. But with the help of some very special kryptonite, I’ve managed to disable the demon, acknowledge it (it is part of me, after all), roll my eyes and move on. That seems to work most of the time.

At first I had hoped that the slowly accumulating evidence to the contrary would put to rest the demon’s claim that I was a failure. Nope. Not only did the creature prefer to dwell on my numerous and inevitable flameouts instead of those times when things went swimmingly, it also tried to sabotage the latter by cranking it up a level and injecting a generous helping of the dreaded Impostor Syndrome. Obviously, if I was good at something, that didn’t count since I was clearly faking it. Meta before meta was a thing. Sneaky demon, and seriously twisted.

No, the kryptonite came from an unexpected source, at least to me.

I started running.

Sports of any form, team or individual, were not on the menu in my family when I was growing up in Greece. My mother did like to go on long swims, and of course we all worried about her when she did, that’s how unusual that was. The rest of us preferred the sedentary lifestyle. In school I studiously avoided playing on the soccer team, and while I later tried track and field, those sports and I never clicked.

Then in the mid-1970s, in graduate school in Chicago, I, like the rest of my generation, discovered running.

It wasn’t just the rush of endorphins, a high that got so many of us hooked. It was that the demon didn’t quite know what to make of that strange activity, so it went meta again. I was out having fun when I should be working, I was jeopardizing my future, on and on, shrill and loud, but even though it did scare me now and then, 20 minutes into the run

the voice was reduced to a faint murmur, followed by silence. I ran when it was hot and muggy, I ran when the temperatures had dropped to single digits and the sidewalks were covered in frozen snow, Vaseline on my balaclava-covered face. I wasn't particularly fast, but the demon never used that to humiliate me. It didn't have a clue.

"Go for a run," my partner at the time suggested when I was fighting the voice — and I would, and my head would clear.

It's been almost 50 years since I went on my first run. These days I bike and kayak instead, beautiful and often challenging workouts that I love and that can double as lumps of kryptonite when there's a risk of the voices getting ideas.

And yes, I did go out on a long bike ride today.

Joseph Pentheroudakis is an artist, historian and avid birder who writes from Heron Island.



A Tribute to Teachers

I was raised by public school educators. My mom taught elementary school and my dad spent the majority of his career in secondary and district level administration. I saw firsthand the work, dedication and compassion that being a teacher required. I also taught for nine years myself before my children were born and count that time as the hardest work of my lifetime. But now, just 13

years since I left teaching, teachers face incredible challenges that did not exist when my parents and I were still in the profession.

In a 2022 Merrimack College Teacher Survey, only 12% of teachers said they're "very satisfied" with their jobs, citing a constantly growing workload, understaffing, lack of resources and support, student disengagement, and being put at the center of political and cultural debates that have splintered the nation. More than half of teachers surveyed indicated they would advise their younger self against pursuing a career in education.

It is important to note that this was a national survey, but our local schools aren't immune to the challenges reflected in the results.

Teachers and administrators in the Peninsula School District have spent the last two-and-a-half years responding to and recovering from the necessary changes forced by the pandemic. They pivoted, adapted, accommodated and were flexible in their work to best meet the needs of their students. PSD teachers have found creative ways to make resources go further and bridge gaps in student learning and behavior. They've worked together to best serve the needs of their students and the greater community, and we are all better off for it.

Teachers and staff in our district have also been at the epicenter of political culture wars.

Fringe groups in the community have blamed them for "teaching Critical Race Theory" (not ever part of the curriculum), challenged the implementation of a state law requiring comprehensive sex education (which the district has

already been teaching for years), and questioned the resources, curriculum and standards used in their classrooms. School board meetings have become a breeding ground for anger and hostility, social media posts and comments place spurious blame on teachers, and the challenge of teaching amid spreading controversies grows.

It is no wonder so many teachers are dissatisfied.

I have three children who started in three different PSD schools this fall. I have again witnessed firsthand the enthusiasm, dedication and care they have experienced as a new school year launched. It's also made clear to me what our teachers and school staff need in order to be satisfied in their work and thrive amongst challenges.

Our teachers need parents as collaborators, not combatants.

Every parent has the right to be in communication with their child's teacher as concerns arise, but they don't have the right to be hateful and cast aspersions.

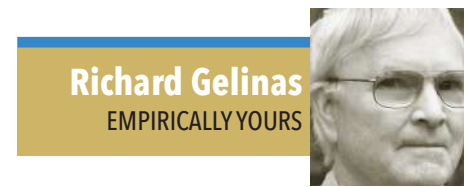
Our teachers need freedom to teach, not fear of retaliation. Teachers are highly trained professionals and by limiting their ability to access resources, engage in flexible instruction and rely on their experience, our students will suffer.

Our teachers need our trust, not a takeover. Attending school board meetings angry about assumptions and issues manifested or manufactured on social media isn't helpful to teachers or our students. Blaming teachers for things that aren't even happening in their classrooms is dangerous.

We're only a few weeks into the new school year but I have confidence this will be my kids' best year yet. And when questions or concerns emerge, I'll

remember that their teachers are engaged in the hardest work of their lifetimes.

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



RNA Vaccines Are Just the Start

Pfizer-BioNTech and Moderna Therapeutics developed wonderfully effective vaccines against the SARS-CoV-2 virus in 2020 based on RNA therapy. The Food and Drug Administration just approved new versions of these vaccines that are effective against the highly infectious omicron variants of the original virus.

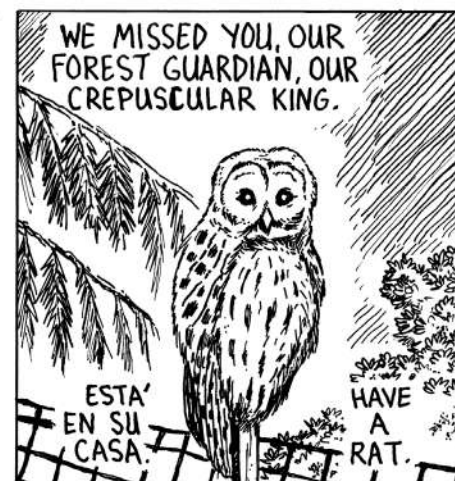
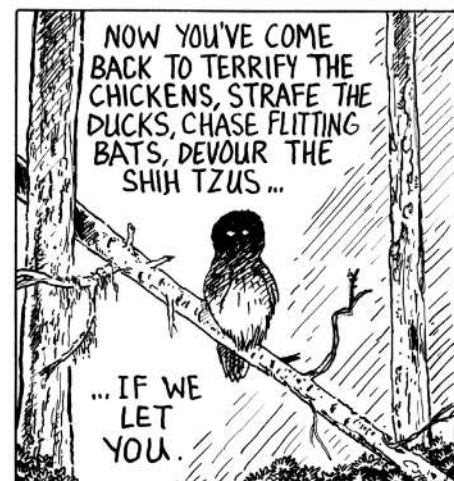
How do these companies do this so quickly?

RNA therapy refers to the delivery of a messenger RNA molecule (mRNA), the instructions for making a medically useful protein, to a cell. RNA vaccines contain neither DNA nor any virus particles. RNA therapy is like the "Mission Impossible" letters: The instructions are given and then the message self-destructs. The vaccine delivers the message to the cytoplasm of the cell, where proteins are made, not the nucleus of the cell where DNA resides. Like most messages, the RNA does not last long. After the instructional RNA makes some protein, the RNA itself is recycled inside the cell.

For delivery, the RNA is enveloped in a fatty droplet called a lipid nanoparticle

CONTINUED PAGE 8

José Alaniz WE LIVE HERE: ARCHIE'S BACK



VIEWS FROM PAGE 7

that protects the RNA and is readily taken up by cells throughout the body, including key immune system cells. The development of lipid nanoparticles that can both protect and carry the RNA cargo took many years to perfect, just like the chemistry of the therapeutic RNA itself.

Here's how the vaccine works. After injection, the nanoparticles for an anti-COVID-19 vaccine instruct the cells to make the virus spike protein. The immune system then responds to that spike protein to produce the antibodies. Since the spike is the part of the virus that enables the virus to enter a human cell, an antibody against the spike blocks the virus from entering and tags it for destruction. For children and adults with normal, healthy immune systems, presentation of this snippet of the virus teaches our immune systems to recognize and destroy the virus for months to years. We can get a booster if our immunity wanes.

In case a nasty SARS-2 variant like omicron emerges, Pfizer and Moderna both made new vaccines and got them approved within months. This process is fast because only the RNA instruction is modified. Everything else (nanoparticles, manufacturing, scale-up, testing and FDA review) stay the same. Vaccines directed against the omicron variants are already available. Amazing and unprecedented, really.

Are you among those who just don't like needles? Peter Hotez, an infectious disease expert and director of the Texas Children's Hospital Center for Vaccine Development (among other things), said that "Since May 2021 an estimated 200,000 unvaccinated Americans have died because they refused COVID-19 vaccines." Moderna is now working on vaccine delivery by nasal sprays or even pills.

Companies like Pfizer and Moderna now appreciate the many advantages of RNA therapy compared to traditional vaccines. First, the RNA approach leads the recipient's immune system to make antigens and elicit immune responses with exceptional biological fidelity and specificity. They also know that cocktails of different vaccines are feasible, so that one dose can treat several virus pathogens. Moderna is testing an all-in-one vaccine to treat COVID-19, seasonal flu, and respiratory syncytial virus, a common cause of respiratory tract infections that can be serious in infants or immunocom-

promised people. In the pipeline as well are vaccines for latent viruses such as Epstein-Barr and cytomegalovirus, and even the human immunodeficiency virus that causes AIDS.

Moderna and BioNTech are also developing RNA therapies for inherited diseases, where the gene is missing or can't produce a needed protein. Recent research shows that an RNA for a full-length protein, not just a snippet, can be manufactured and delivered by nanoparticles to the appropriate target organ. So, mRNA treatments will soon begin clinical trials for phenylketonuria, a metabolic disorder that requires sufferers to restrict their diets for their entire lives. Already in clinical trials are RNA therapies for glycogen-storage diseases which enlarge the liver and kidneys and stunt children's growth, and propionic and methylmalonic acidemias, two illnesses where the body cannot properly break down proteins and fats.

Anticancer RNA therapies in the form of vaccines are coming. These target proteins on the surface of a tumor that may be overexpressed, or proteins that have notorious mutations that tend to be tumor-specific. The hope is that these therapies may finally nudge a patient's own immune system to attack a tumor by ignoring the "cloak of invisibility" that tumors exploit as they grow larger.

Vaccines produced by RNA therapy are limited only by the immune system's own ability to fight the pathogen. Once the correct protein target from a pathogen is understood, designing the RNA cargo for a vaccine becomes simple.

Pharmaceutical uses of RNA are in their infancy. There may be few limits to the applications of RNA therapy for human health.

Richard Gelinas, Ph.D., whose early work earned a Nobel prize, is a senior research scientist at the Institute for Systems Biology. He lives in Lakebay.

Nick Swinhart
GUEST COLUMN



From the Fire Chief

By the time our citizens read this, I will have been the "new" fire chief of Key Peninsula Fire District 16 for five months. I have enjoyed getting to know

the community and our staff as they continue to provide unwavering medical, fire and rescue services to the residents of the KP.

I have worked in this rewarding profession for nearly 34 years. Growing up in Montesano in Grays Harbor, I got my first taste of what the job entails as a volunteer. That led to paramedic school at Tacoma Community College and a 17-year career as a firefighter/paramedic in Aberdeen. Eventually discovering that I wanted to have a chance to shape and lead my own fire department, I embarked on a management track that took me to the Midwest and Clark County, Washington, and now the KP where I am about to celebrate my 14th year as a fire chief. It is wonderful to be back in the Puget Sound region in an area where I essentially grew up.

The KP fire department is comprised of 33 full-time firefighters, as well as a complement of highly trained volunteer firefighters, serving the needs of some 18,000 citizens on the KP and Herron Island. With 18 of our staff cross-trained as firefighter/paramedics — our crews answer calls for medical emergencies and transport, as well as fire, auto accidents and water rescue. We deploy paramedic units out of stations 44 in Wauna and 49 in Longbranch, and a fire engine out of 47 in Home. A fire engine is also stored at the Herron Island Community Center, but we transport firefighters to the island to utilize it. Stations 44, 47 and 49 are staffed 24/7. Station 46 in Key Center is the location of our administrative offices and volunteer units. Volunteers also respond out of station 45 on Wright-Bliss Road at Four Corners.

My first few months were very busy interviewing staff members to understand what concerns and ideas they had to share. These interviews will be used to formulate our path forward as the first step in developing a strategic plan for the district.

Perhaps one of the biggest topics of community conversation has been the district's acquisition of the restaurant property (former O'Callahan's) in Key Center. This was done in conjunction with the goal of our capital facilities plan to have a property for a new fire station and training facility. Commissioners temporarily suspended repairs to the building early last summer but ultimately entered into an agreement to allow the tenant to complete work needed to open a new restaurant. In the short term, this will allow the district to collect lease revenue from the building while we continue to

discuss the district's growth and what that would look like.

We continue to monitor challenges with our 2022 budget while we prepare our 2023 budget. The department is funded through two property taxes: our fire levy and our emergency medical services levy. With so little commercial development on the KP, we rely almost exclusively on residential property taxes to staff and equip our firefighters. This is a challenge faced by all rural fire districts in Washington.

We were initially forecasting a \$200,000 budget shortfall by the end of 2022. This was due to multiple factors, including unexpected repairs and legal costs, as well as increased overtime. By taking proactive steps to decrease spending and overtime, I am pleased to note we are now projected to finish 2022 with a positive balance of \$187,000. This is still too close for my comfort level, so we will continue our budget freeze through the end of this year.

We also want to focus on how we can improve our volunteer firefighter program. These programs are struggling nationwide as demographics change. Most volunteers now are looking for career jobs, and with the training and guidance we provide they usually get them quickly. The downside to this is very few of our volunteers stay with us for more than two or three years. It's a challenge recruiting and replacing them so often and recent budget pressures have prevented us from running a new volunteer academy in over two years.

Finally, we want to improve our relationships and communications. This guest column is one such method to do that, as well as speaking with the many community groups I have met over the past few months. My tenure as your fire chief will be one of open lines of communication and transparency. I want everyone on the KP to feel comfortable understanding how their fire department works and how it spends their tax dollars. I am always available to take questions or address concerns from members of the community. Give me a call, send an email or simply stop by our fire station in Key Center.

If you would like to be active in helping guide the department's future, please consider joining our Citizen Advisory Panel. You can find information on how to join on our website at www.keypeninsulafire.org.

Thank you for the honor of leading your Key Peninsula Fire District.

Nick Swinhart is KPFD fire chief.

Letters to the Editor

CAMPAIGN SIGNS FROM THE AUGUST PRIMARY

I am disappointed by many of our local political candidates. They want our votes but don't care enough about us to remove the visual pollution their campaign signs create along our roads. I have taken note of the worst offenders and will remember it come the next election.

*Richard Schwartz,
Longbranch*

ELECT ELIZABETH KREISELMAIER

Two years ago, Republican Elizabeth Kreiselmaier, Ph.D., burst onto the political scene as a first-time candidate challenging Democratic incumbent Rep. Derek Kilmer for U.S. Congress in the 6th congressional district. She advanced through the primary and captured 40.5% of the vote in the general election with nearly 178,000 votes, the highest number in modern history for a Republican candidate in this district, winning two, and almost three, of the six counties outright.

Urged by others to build on that progress and run again in 2022, she started her campaign a year earlier to create a longer runway for building relationships, raising money and getting early endorsements. That strategy has paid off in a big way, as she has already set an early fundraising record this cycle and received unprecedented early endorsements from the Washington State Republican Party and all six county Republican parties in her district, as well as numerous other conservative organizations. She also enjoys a broad base of support among current and former legislators, community leaders, military and law enforcement leaders, and business owners.

I have personally observed Elizabeth's impressive work ethic on the campaign trail, and she is a very mobile, energetic and eloquent candidate, which has earned her the nickname "Ener-gizer Bunny." A typical Saturday has her speaking at three different events in three different counties, and she typically works from morning to night, six days a week, with a singular focus, vision, goal and passion.

With a doctorate from the University of Oregon, a successful 20-year career in program evaluation and research,

grants administration, and extensive service to her community, Elizabeth has a proven gift for sizing up problems, communicating effectively, and engaging productively to get things done right and to get the right things done.

In stark contrast, four-term incumbent Rep. Derek Kilmer's voting record is a clear, unambiguous and well-documented rubber stamp for the Democratic Party. Since 2013, only three Kilmer-authored bills have become law, thus earning Elizabeth's nickname for him: "Do-Nothing Derek."

I strongly and proudly endorse and recommend Elizabeth Kreiselmaier for Congress.

*Bruce Cook,
Lakebay*

NO TO JESSE YOUNG

I was raised to respect others regardless of status, rank or seniority. I have always valued that in others. I have mostly been blessed with incredible bosses who have valued their staff.

Fox 13, Seattle, reported the Washington State House directed that Rep. Jesse Young (R-26th) have "very limited direct contact" with his staff after he demonstrated a "pattern of hostile and intimidating behavior," calling staff "stupid" and telling them to "Shut the f*** up."

Having your peers determine you abuse your own staff is pretty condemning. I fear we've all had "that boss." Knowing how he treats his subordinates, Jesse Young is decidedly not "our voice of reason."

*Mark Michel,
Lakebay*

EVERYDAY HEROES

I would like to commend Key Peninsula Fire Dept. for their help, above and beyond the call of duty. They work hard and risk their lives and still find time to assist on the Key.

My mom came out to live with me in 2004. She kept falling and "the boys," as she called them, came up to help here. Frannie was a character and they always made her laugh.

The apple did not fall far from the tree, as they say, and soon I was calling to be lifted from the floor myself. First it was the front door landing caving in, and then the back porch.

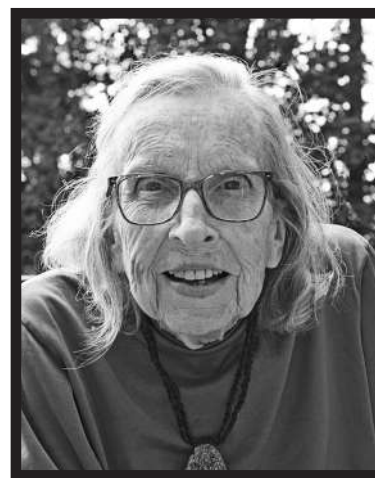
Firefighter Robert Fisher is the man of the hour when he volunteered to

repair the wooden back porch. He arrived at 11 a.m. and stayed till late afternoon. He helped with the roof, backyard porch and lumber replacement and cleanup the next day, with the assistance of his fellow firefighters.

Men and women of KPPD are blessed and fearless fighters. I am one of the many senior citizens who appreciates what they do.

*Carolyn Abbot,
Gig Harbor*

OBITUARY



Mary G. Mazur

Mary G. Mazur died peacefully in her Longbranch home May 7 surrounded by family at the age of 90. Mary and her husband Bob moved from the Chicago area to the Key Peninsula in 1996. Working with a local architect under Mary's direction, they built their Frank Lloyd Wright-inspired dream house at Whiskey Beach.

Bob retired from his career as a research chemist after developing aspartame, marketed under the brand "NutraSweet," before the move to Longbranch. Mary continued her career as a well-known historian of modern China — including the translation into Chinese of her book on the important intellectual, Wu Han, and a best article award in China Quarterly. The couple were active members of the Longbranch Improvement Club, where Mary served as an officer on the board as well as directing the club's dinner theater program.

Mary was born in Detroit in 1931, spent her early childhood in East Chatham, New York, and then moved with her mother to Glenwood, Minnesota, at the age of 8 where she came down with and recovered from polio. After graduating with a degree in zoology from Carleton College, she went to the Chicago area for a lab technician position at the same company as Bob. They married in 1954, several months after they met through a ride-share posting for work. Mary became a full-time homemaker and gave birth to Steven in 1955. Their next two children were lost to infant illness. Dan was born in 1961 and Amy in 1962.

Mary returned to school in the early 1970s and developed a passion for Chinese culture and language. She successfully applied to the top Chinese history doctoral program in the country at the University of Chicago. En route to her degree, earned in 1992 at the age of 61, she learned to speak and read Mandarin and spent over a year in China doing her dissertation research. Ageist hiring practices limited her to several one-year university teaching positions, despite her dream to be a full-time professor.

A memorial open-house will be held at the family home to celebrate Mary's life October 1 from noon to 4. All are welcome. Contact amygmazur@gmail.com

In Memory of Christie Lyon

The life of Christie Lyon was celebrated Sept. 24 at the Key Peninsula Civic Center. Christie was a volunteer lieutenant with Key Peninsula Fire Department in the 1990s and it was here that she met the love of her life, Tracy Lyon.

She was an ardent supporter of the KP and even though she and Gig Harbor Division Chief Lyon made their home in Gig Harbor, her heart and good energy still found its way back to the Key Peninsula. She was one of the founders of the Secret Santa project, which brings gifts to KP families in need.

She was a constant champion for her husband and son Brett. Her love of dock diving and her Labradors were a source of pride and adventure that brought her joy. The only thing that could have topped her favorite pastime was time spent with her grandkids.

Christie was a tenacious woman with a beautiful spirit. She will be missed.

Pierce County Council Member Derek Young Retires from Politics for Unknown Future

After spending more than half of his life in political office, Young reflects on his experience and contemplates his future.

SARA THOMPSON, KP NEWS

Pierce County Councilmember and Chair Derek Young (D-7th, Gig Harbor) will leave the political stage when he completes his final term and his successor takes the oath of office in January next year. Young has represented the district, encompassing the Key Peninsula, Gig Harbor and parts of north and west Tacoma, since 2015.

“This will be my 25th year either running for or (serving) in office in local government,” Young said. “I don’t know exactly what comes next. I don’t want to say a definitive ‘No,’ but I have no plans for a higher office. I’ve had the job that was the most important thing I could be doing.

“We accomplished several major initiatives that I set out to do — environmental, behavioral health system, major investments in housing and homelessness,” he said. “There is a lot of implementation that will happen after me. Local government is like a relay race, so they will come to fruition over the next few years, but we had to get started.”

Young was born in Indiana in 1976 and moved to Gig Harbor with his family when he was 8 years old. He graduated from Gig Harbor High School in 1994, and he attributes his interest in politics and policy to his debate experience there. “I never had a grand career plan,” he said. “But extemporaneous speech training required having good background knowledge about a topic, and the Lincoln-Douglas style of debate was about values and philosophy.”

He attended the University of Washington but returned to Gig Harbor before getting his degree. “Life got in the way,” he said. “Once I returned home and started working, there was really no opportunity to go back and finish. And then, once I was doing what I wanted to do, I didn’t need a piece of paper for credentials.” He advises young people to get that degree. “I tell them I chose the harder path.”

As a young environmentalist, Young was frustrated by the pattern of development he saw in Gig Harbor. At 21 he ran for a position on the Gig Harbor City Council to make a point, not expecting to win. He served for 16 years.

During that time, particularly because of his involvement with transportation and land use issues, he concluded that decisions at the county level had a tremendous impact on local communities. “Counties are the tip of the spear,” he said. “We do public health, human services, economic development.”

He decided to run for a position on



Derek Young has been a fixture in local politics for 25 years. *Tina McKail, KP News*

the Pierce County Council in 2014 and beat incumbent Republican Stan Fleming following a hand recount. Four years later he was re-elected with nearly 59% of the vote. For the last two years he has served as council chair.

His two terms, Young said, were very different. “I tried to lay the groundwork for a lot of stuff the first term. Broadband work started the first year when I got study money to prove it was a problem. The second term was about getting some things done after the groundwork was laid. And then the pandemic hit, affecting every part of the system.”

The transition from Republican to Democratic control of the council in 2020 helped to move some initiatives forward, Young said, but the council had shifted to a more collaborative approach by then, when Doug Richardson (R-6th, Parkland) became chair. Young attributes the shift to the fact that he and Richardson, who had served on the Lakewood City Council and as mayor, both came to the council from local government rather than the state legislature.

Most of Young’s interactions with County Executive Bruce Dammeier have been on boards, including South Sound 911 and the Puget Sound Regional Council, where they often see eye-to-eye representing county interests. “We don’t always agree. He has vetoed a few bills I have sponsored and

even that is OK,” Young said.

“I appreciated Chair Young’s eight years of service to the people of District 7 and the entire county,” Dammeier told KP News in a statement. “Public service is always challenging, but especially so in the last few years. I wish him well in his next endeavor.”

Laurie Jinkins (D-27th LD, Tacoma), speaker of the House since 2020, said one of the things she has loved about Young is that he is a policy wonk. “He is deeply knowledgeable, and then adds a political context,” she said. “It leads to good relationships and solutions. He was actually a better policy wonk than candidate.”

Young also served as chair of the Tacoma-Pierce County Board of Health for the last two years.

“When he advocates, he tends to be inclusive,” said Dr. Anthony Chen, TPCHD director of health. “He has been outspoken about issues for rural communities, like broadband, but he also understands issues for other districts. He throws the umbrella broader. I admire him for looking at all issues and thinking about their impact on everyone.”

Chen said Young was a major force behind the Pierce County Opioid Task force, ensured that federal COVID-19 relief funding flowed to TPCHD, helped get staff from the TPCHD to the office in Key Center, and incorporated his experience from other

organizations to improve health policy and outcomes locally. “I could go on for a very long time,” Chen said.

U.S. Representative Derek Kilmer (D-6th CD) first met Young when he was a state legislator and Young was on the Gig Harbor City Council. He called Young a partner from day one.

“He has developed real expertise in a number of issues,” Kilmer said. “Whether you are talking about environmental priorities, infrastructure investment, the unique challenges facing counties as they address everything from housing affordability to the importance of public safety — he knows his stuff,” Kilmer said. “Derek is not just someone who is respected locally. He is respected statewide and even nationally as a county leader.”

Young said he’s begun to hear about work opportunities. “It is a matter of what would be interesting to me, and a place where I could do some good. It is possible that I can continue with work that builds on what I have done and could partner with people I have worked with for years.”

But, he said, that work will be outside Pierce County and perhaps even beyond the Pacific Northwest. “There is an outside chance I might go to D.C., but I melt if it is above 85 degrees. This is home and I am passionate about it. It would be weird to leave.” ■



Tina McKail, KP News

NATURALIST'S NOTEBOOK

Into the
WILD
EXPLORING WITH THE
KP NATURE GUIDE

Tracking the Lost Conifer, Western White Pine

CHRIS RURIK, KP NEWS

“What pines? Where are these pines?” asked my birding friend after I mentioned I’d been getting to know western white pine, the forgotten conifer of our Key Peninsula forest.

“Show me one.”

I could not. There were none to be found in the forest where we walked.

So, I tried to describe a white pine’s elegance, its supple limbs and vibrant silver-green needles like a horsehair brush to the touch, its negative spaces layered into the sky like a linocut. Such elegance. I’m not sure she believed me. Nor would I have before I discovered a vein of white pines near my home. They are nothing like our bristly shore pine.

The discovery began in the moss of an old pasture along a wetland. I stepped on a strange long pinecone. Slightly curved, its scales were tipped with white resin. I held it. Like the rest of the tree, a white pine’s cones are gentle to the touch. Soon I found its source, the one standing dead tree in the pasture, with bark studded with loads of crystallized sap. A few cones still clung to its barren crown.

That wouldn’t do. I pressed into the forest. Soon I found a few smaller pines aglow with health, growing in deep shade of Douglas fir. Strange. My investigations continued over several months and finally, over a rise and just past the twisted wreck of a logging truck, along the next wetland west — white pine likes moisture — I found a large one. Very large. I had not known. White pine was once the equal of any other species on the peninsula. This one is three

feet through the trunk. Moss climbs it 30 feet high. I cannot guess its height. It is a monument.

A white pine is a joy to be around. A joy, too, for the woodworker, for its wood is extraordinarily soft and light for its strength. It does not warp or twist. It can be carved straight through the grain.

Few people now know this, but white pine built America from matchsticks to mansions. Eastern white pine, a close cousin to our species, was the heart and soul of 300 years of American lumbering. The towering trees grew in snowy areas, along rivers, where they could be cut and hauled by manual labor.

Like tea, white pine fomented revolution. The British Navy sent timber cruisers into the colonies to put blazes on the biggest trees to claim them as masts for its ships. The settlers, who had little but forest with which to attempt to make a living, rankled then revolted.

Logging, milling, slashing, burning, attempting farms, moving on — such was the north woods formula for much of American history. Settlers could be just as reckless as timber barons. Fires burned. Cuts were not replanted. Soil, abused, was lost.

After two-and-a-half centuries and seven-plus generations, the loss of what had once seemed limitless inspired timber cruisers to look far to the west — all the way in Michigan — where they found, as Annie Proulx described in the novel “Barkskins,” “huge trees four and five feet in diameter, the tiered branches resembling great green pagodas a hundred and fifty feet tall.” A white pine bonanza again. Flawless virgin timber.

Again, the story repeated. American culture and wisdom was by then so ingrained with the plunder of old growth rather than the cultivation of landscapes and their generational cycles that what could have been an elegant associate, useful for a hundred homestead tasks, fast to regrow after selective cutting and judicious fire, instead flew before the saw and filled the coffers of distant millionaires.

By the time the axes reached northern Idaho, the core of western white pine’s range, and found this western version of America’s legendary timber tree to be even larger, giving over 50 thousand board-feet per acre, everything was poised to accelerate. Railroads spread through the Pacific Northwest’s Inland Empire. Machinery followed. It was rough ground for the just-sown seed of the Forest Service to land.

In 1910, the situation erupted. Gale-force winds swept hundreds of small fires into the biggest forest fire in American history, a stunning stampede of exploding trees and settlements that incinerated 3 million acres.

Poet dean of American trees Donald Culross Peattie argues that blame for the fire must be as widespread as the small fires that joined to create it: railroads, loggers, settlers, landholders, all were caught up in a culture of rush and waste.

By and large it was a turning point for American forests. The Forest Service emerged as a hero and groundwork was laid for a national conservation ethic based on sustained yield, a story told in Timothy Egan’s book “The Big Burn.”

But something else happened in 1910 that would decimate far more western white pines than fire. A shipment of pines brought

a fungus called blister pine rust to America. In the century since, 80% to 90% of white pines have been killed. The rust is bizarre. Jumping between two hosts — white pines and gooseberries and currants in the genus *Ribes* — it transforms five times via spores of five types. When scientists decoded its life history, the Forest Service created a national campaign and niche industry to eradicate *Ribes* from America. For decades the propagation and planting of any of the shrubs was banned, though many were commercially grown fruits in Europe. The effort failed. *Ribes* are hardy plants. Blister rust spores spread for many miles on the wind. In 1966 the ban was lifted.

And today? Trees that survive the blister rust often pass their resistance on. Western white pine carries ample genetic diversity within its stands, not just across its range, and as generations of trees pass — often with the help of plant breeders — more and more white pines are surviving.

Perhaps again western white pine will become a feature of our Key Peninsula forests. All of us who would love it; the builders, woodcarvers, and forest bathers, the habitat heroes, have been robbed of this compatriot by — what?

You can’t blame one thing. White pine has been hit by the full turbulence of the past two centuries.

And maybe it was never common here in the first place. A vein like the one I’ve found, this ghostly streak of trees along a long glacial claw mark of a wetland, might be just like a vein of quartz, a rune pinched off at both ends, its life forms rendered unreadable by overlapping histories like waves. Yet still here. ■

Easy Winter Garden Prep Will Bring a Bountiful Spring

After the zucchini has blossomed but before the tomatoes are ripe, it's time to put the garden to bed.

KAMRYN MINCH

For residents of the PNW, the transition between hot and windbreaker weather is as welcome as the resurrection of pumpkin spice lattes. To gardeners, the shift in season is a signal that we're running out of time. While the days of rest and reflection are near, fall is a frantic fluster, with attention oscillating between wishing the zucchini would give up already and trying to coach the tomatoes into turning red before a frost.

Long before the zucchini blossomed, I was working on the next iteration of my spring garden. As soon as I'm ready to pile the lagging tomatoes onto a windowsill to cross the finish line into flavor town, much of my garden will be disassembled and rebuilt before being officially tucked in for winter.

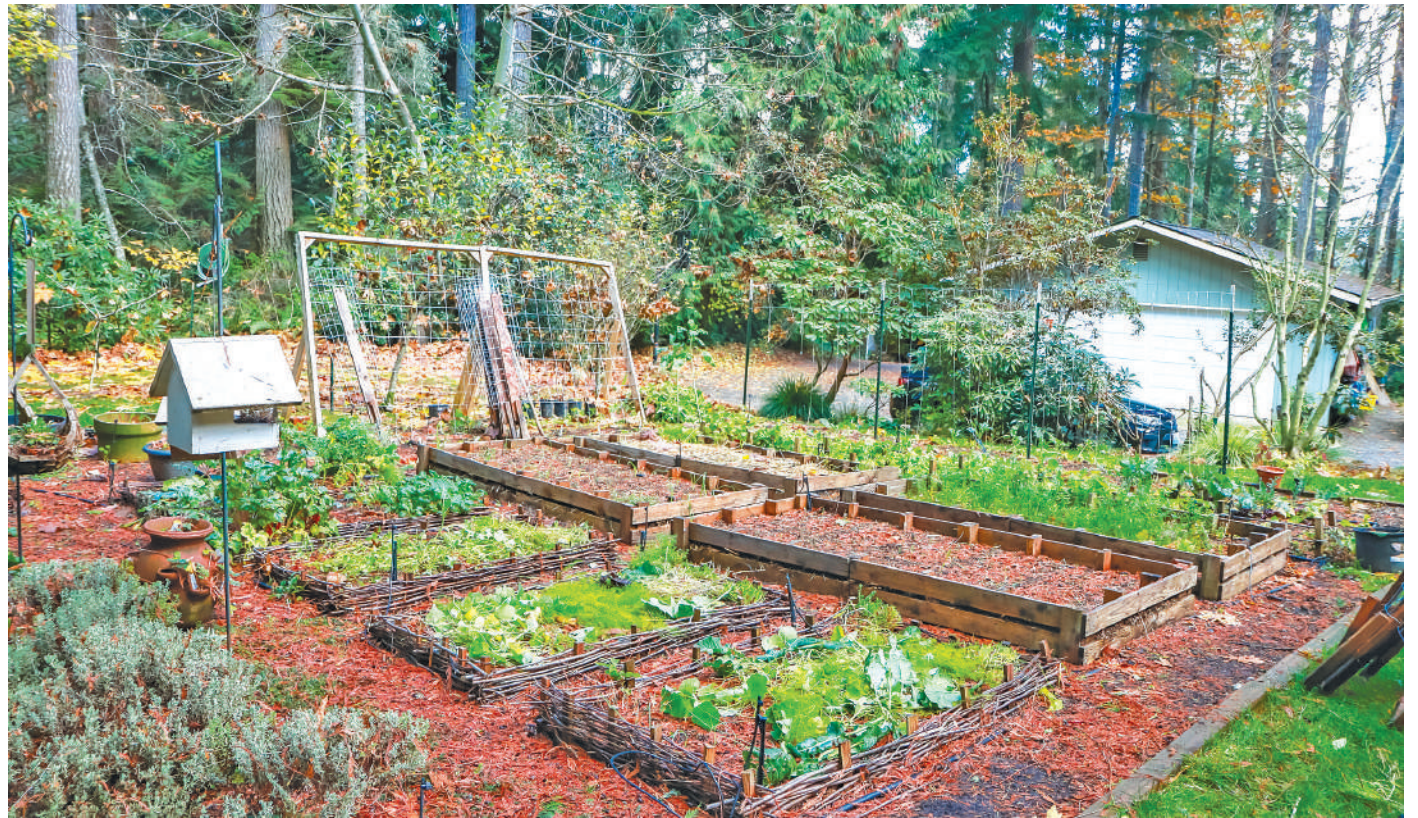
Traditionally, putting gardens "to bed" for winter includes pulling dead vegetation, planting bulbs, and adding a layer of mulch to protect the soil. This process is basically what I intend to do, however, I have been eager to redo some garden beds (or as I like to call them, slug hotels) that I had built from recycled pallets and weaved from foraged sticks. The task of removing them wouldn't be so urgent if not for the fact that I practice no-till gardening and have a lot of garlic to get in the ground before the end of fall.

No-till, or no-dig, gardening is where instead of rototilling your garden space each season, you just keep layering compost and mulch on each bed or row, increasing the organic matter, suppressing weeds, and leaving the microorganisms, worms and fungal networks in the soil undisturbed.

The no-till method was spearheaded by market gardener Charles Dowding and through continuous trials he has been able to show a significant difference in vegetable growth between beds that are broken up with a broad fork and beds that are only layered with finished compost. I was an immediate adoptee of this method for many reasons, none of which having to do with the fact that I couldn't push our rototiller.

My own variation of no-dig is not as refined, though. While Dowding uses a beautiful, finished compost, I take all the dying vegetation that's currently in the garden as well as the contents of my compost tower (essentially what's been collected since last winter) and chuck them on the beds as is.

The debris and unfinished compost are mixed with some aged leaves on top of the bed to ensure the carbon/nitrogen ratios



My garden last year during the middle of winter prep. *Kamryn Minch*

KPGardens



are somewhat balanced, and then I cover that layer with soiled straw from the chicken coop. This process is also known as the lasagna method and the layers are left to decompose at their leisure. Come spring, if the materials are still breaking down, I add a few inches of soil on the top, either sifted from the chicken coop or from a bagged organic garden mix, a few weeks before I'm ready to plant.

The no-dig prep is something I could wait until spring to do (if my compost was managed in a flawless manner), but planting my garlic is not. Garlic needs a certain number of cold hours before it will produce a bulb. Where my garlic is planted in fall determines the fate of the garden for the next season. And this year I'm doubling production so I can't mess around.

Garlic, in my house, is as necessary as toilet paper; we'd get pretty cranky if we ran out. I've grown a rocambole hardneck variety that produces a curly scape and large cloves in past seasons that has done fantastic in the cold and wet. This year I am adding a few new varieties of hardneck and one variety of softneck.

I highly recommend adding garlic to your rotation this season if you haven't already,



A close-up of my weave beds (slug hotels) that I will be removing this year. *Kamryn Minch*

especially if your garden is like mine; in the woods and getting only four to six hours of sun max. While I've found most crops will grow and produce OK with this amount of sun exposure, garlic has consistently been my No. 1 performing staple.

Unfortunately, garlic is about the extent of my winter garden cultivations. Come November, the sun barely peeks through the trees, leaving the growing space completely shaded. Curating a hardy selection of greens under cloches and cold frames is therefore not a realistic option for me. Though, need-

less to say, if I was blessed with wide open spaces and a low but bright burning sun, you could bet my growing season would never end.

For gardens with an unadulterated southern exposure that is consistently graced by the touch of sunlight, a winter crop is totally possible, and you should absolutely be taking advantage of it. Kale, lettuce, radishes, beets, bok choy, and spinach are just a few things that you can get going in the low temperatures of fall and, albeit slowly, straight into winter. ■



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Local Animal Rescuer Is Home From the War, for Now

A retired truck driver from Lakebay takes a break from volunteering to help abandoned animals and hungry people in Ukraine.

TED OLINGER, KP NEWS

When the first Russian artillery shell hit, Tom Bates realized he'd made a mistake.

"We forgot what we were supposed to do," he said. "We weren't hiding the vehicles, we gathered in a group, and that's what they're looking for." Russian drones will direct fire at anyone who appears to be assisting in Ukraine. "Especially humanitarian aid workers. The Russians want to cause fear and confusion so foreigners will leave and abandon Ukraine."

Bates was in the demilitarized village of Tsyркuny, east of Kharkiv and 14 miles south of Belarus. The Ukrainians had recently liberated it after Russian soldiers had destroyed and stolen everything they could. "What buildings and homes remain don't have water, gas, or electricity. Yet many villagers chose to stay to take care of their property, their animals, and the animals left behind by the neighbors that fled," he said.

"After the second artillery shell came in, everybody's in their vehicles beating out of the place, it looked like 'Dukes of Hazzard' getting out of there. I'll never forget this one dog wanted to go with us so bad, and we didn't take him." Bates has returned to the village repeatedly, delivering aid and looking for the dog. "We can't find it. We want to bring it out, we've got people who said they'd take it, but I don't know."

Tom Bates of Lakebay, 68, is a retired truck driver who had never been to Europe. He arrived in Przemyśl, Poland, 30 minutes from the Ukrainian border, March 23, to volunteer for local animal rescue efforts. He was put to work driving supplies to Ukraine and bringing animals out.

He said the stars aligned to let him go to Ukraine. "Before the war, I wanted to go on a trip around the Black Sea. I've always been fascinated by the history of that area. I'm passionate about animals. They were victims and I just knew I had something to offer, that I could do something about it."

Gretchen Roosevelt, his wife of 28 years, agreed.

"It makes sense to me," she said. "We grew up learning about the Soviet Empire and all the history that happened around that. And then this opportunity comes to see that kind of history happen in real



A load of humanitarian aid bound for Kharkiv from the people of Chernylyava Refugee Center, Ukraine. *Courtesy Tom Bates*



Tom Bates and Gretchen Roosevelt at home with Nikki and Jack. *Tina McKail, KP News*

time. Of course, he would go.

"I do wish he would wear his helmet more; he does wear his flak jacket."

Bates planned to come home within three or four weeks. He took a short

trip back but spent another five months in Ukraine, returning to the States in September to raise money to continue his work.

"The Ukrainian government is not

"I REALLY LOOK FORWARD TO GOING INTO THE DEMILITARIZED VILLAGES."

spending any money on anything but weapons," Bates said. "There's no humanitarian aid, they don't buy dog food for their K-9 units, everybody is dependent on international aid."

He works mostly with women because the men are out fighting the war. "The men are defending Ukraine; the women are saving it," he said. "They're making the things happen that need to happen." He estimated that 90% of his contacts are female.

"I feel like I'm the hub of a wagon wheel. I met people and I started connecting them to other people, but pretty soon people were calling me directly. 'Tom, when are you coming back? Tom, we need this cat moved.' 'Tom, these kids in Italy finally talked Mom into leaving Kharkiv, but she's not going without her dogs.' There's only one way to get her and that's to send



Bates with Kulya ("Bullet"), who was given to K9 Rescue International by soldiers when she needed multiple surgeries after being hit by a car, now on her way to adoption in the UK. Bates said, "That little dog, according to her soldier family, saved their lives a number of times. She could hear missiles coming before they could, so they knew when they were about to get hit. They love their animals, they really do." *Courtesy Tom Bates*

somebody that's willing to do that. And that would be people like me."

Bates has covered over 25,000 kilometers (15,534 miles) in Ukraine alone. "Everything seems to be seven hours away; Lviv to Kyiv to Kharkiv to Dnipro. My last mission I brought a saker falcon out of Kharkiv to Lviv to a wildlife center, and I just got a message from a lady in Dnipro; they have two eagles they need transported to Kyiv. I go to a shelter, find a room for the night, rinse and repeat, every day."

And it's all happening in Ukrainian, through Google Translate.

"Let me tell you, it works well; they're used to using it over there. And they're always happy to see an American, and that helps me get through a little quicker."

Bates also works with K9 Rescue International, a nonprofit based in the U.K. It helped him buy the van he was renting and coordinates donations from Europe, but he pays out of pocket for fuel, animal food, phone bills, and his own needs.

"What I like about it is we're direct action," he said. "Every penny that comes to me goes straight into the fuel tank or into animal food, or a cup of coffee occasionally. I supply shelters, but if that's all you do you don't really get to see what's going on. You go into the villages and



Children of Lviv playing on destroyed Russian tanks. *Tom Bates*

apartments, one on one, where some person is caring for 30 cats because they've been abandoned by everybody who've fled, and it changes your outlook."

Between April and August, Bates managed to raise about \$9,000 on his own. "I could exist for months on that," he said. "It doesn't take a lot of money to make things happen over there."

Bates also works with a number of groups in Kharkiv for a week at a time.

"I really look forward to going into the demilitarized villages," he said. "It's a little scary, but that's where I felt like I was helping people that really deserved to be given help. Those can be exhausting, long days. We've been there for 12 hours and distributed to 100 or 120 different stops, bringing in clothing and baby food and water. I haul a lot of water."

A bad day is when you can't complete the mission, he said.

"You can't find that dog you were sent to go rescue or you run out of food while people are still waiting. When you have to say 'No' or 'I can't, I don't have anymore.' When you have to say, 'I'm sorry, I just can't help you.' Those are the bad days really."

Bates will return to Ukraine in October. For more information or to donate, go to [@TBates8094](https://www.paypal.com/donate/?username=@TBates8094) on PayPal or [K9rescueinternational.org](https://www.k9rescueinternational.org). ■

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Polluted Salmon and Filet of Werewolf Perfect Pair for Halloween

ANN-MARIE UGLES

Just around the corner is my favorite holiday, Halloween. From rummaging through thrift stores for costume accessories to making yard decorations and, of course, carving pumpkins, I'm all in. Topping my Halloween list is always planning a spooky meal for visiting fiends.

If you are tired of wrapping premade dough around anything and calling it a mummy, here are two unique recipes that will scare your guests as they dig in for another bite.

Polluted Salmon

This first recipe is always a showstopper. Salmon lox is laid out in the shape of a fish and all its accoutrements are paired with litter for a nauseating display.

To make your lox, start by lining a rimmed cookie sheet with foil for the fish. Pull out any bones. Mix together 2 cups kosher salt and ½ cup of sugar and cover all of the salmon.

Cover with plastic and put in the fridge for 24 hours. If your salmon is thick, put another cookie sheet on top and balance a couple of cans to weigh it down. After it's cured, scrape off the salt, then rinse the salmon and pat it dry.

Next, cover a piece of cardboard with foil bigger than the fish to use as your platter. Slice the fish very thin with a sharp fish knife, cut at an extreme angle. Layout the slices, overlapping a bit, in the shape of the fish.

Next step, dye soft cream cheese green, leaving green ribbons of color. Add other colors like blue to make a gray shade.

As for creating the litter, I like to use plastic 6-pack rings, a large tomato can, a small tuna can and part of a plastic wrapper. Wash and dry them very well. Put your favorite crackers in the large tomato can and capers in the small can.

To put it all together, smear cream cheese in a few blobs around the fish. Add piles of red onion slivers and nestle in the cans, so they are reachable. Then, tuck in the plastic 6-pack rings and other plastic litter for decoration. Add utensils for serving.

Last, cut two small pieces from a black olive to make an "X" for its eye. Proudly



Baked werewolves taste great and are cute enough to cuddle. *Ann-Marie Ugles*

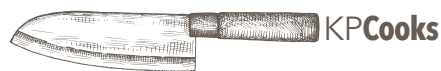
put this artwork of awfulness in a prime spot so everyone can enjoy it.

Hairy Werewolves

If you are hosting a more intimate dinner, these chicken werewolves have a big "bow-wow" factor. Simple breading with Triscuits adds a hairy touch.

To make your werewolf, pound boneless, skinless chicken breasts between two pieces of plastic wrap to an even thickness.

Next, cut your chicken into the shape of a werewolf. With the round end on top, go down an inch and a half and make two vee notches on either side to make a



neck. Save these pieces. Next, go to the bottom and slice in half lengthwise, going halfway up the body. For the arms, slice along the body and then make another slice creating a vee at the armpit and a gap between the arm and the body. Save these scraps as well.

Now let's put him together. As no chicken breast is alike, neither is every werewolf, so sculpt where needed. To



Proper werewolf carving. *Ann-Marie Ugles*

coat him, spread a layer of flour on a rimmed cookie sheet. In the flour, lay down the chicken you took from his arms in a parallel fashion, the pointy ends for ears, excess goes down his back.

Next, lay the head of the werewolf to match up with his ears. Dust him all over with flour. Also flour the two scraps from his neck. These pieces will be his snout. Secure his ears and snout with two toothpicks. Turn him over gently, supporting the head and flour the back.

Brush the egg wash on both sides. Leave him back side up and press in cracker crumbs. Turn him over and dredge the front. Remove ear and snout toothpicks.

Dip a piece of red onion in egg wash and put in between snout pieces and secure with a toothpick. Drop pieces of olives in egg wash for eyes. Lay him and his friends on a parchment lined baking sheet and bake for 20 to 25 minutes in a 350-degree preheated oven. Chicken has varying thicknesses, so check with a food thermometer and remove from the oven when it reads 165 degrees.

As he takes the center of the plate, serve with mashed potato ghosts and squash pumpkins and drizzle with a dark gravy. He will certainly be greeted by a round of "a paws."

Ravensara and SR-302: Sipping Coffee and Sitting in Traffic

Confronted with one road improvement after another on SR-302, Ravensara Espresso is still serving daily drive-thru commuters after 23 years.

EDDIE MACSALKA, KP NEWS

Legend has it, in the late 1990s a hippie woman walked into an empty building at the intersection of 118th Avenue NW and State Route 302. She wanted to open a coffee shop like no other on the Key Peninsula. Floral decor and tapestries throughout. Incense in the air. Free-spirited atmosphere. And to bring some meaning to this new-found opportunity, she named it after her two daughters: Raven and Sara.

“It’s an interesting story,” said Tara Froode, the longtime owner of Ravensara Espresso. “I used to get asked all the time, ‘Which one are you? Raven or Sara?’ ”

She’s neither. In fact, there is no Raven or Sara. Her mom, Jody Stark, who used to co-own the coffee shop with her, isn’t even a hippie. And there’s a good chance you’ve been calling it the wrong name all this time. It’s actually pronounced “rah-VUHN SAH-rah,” named for an endangered tree in Madagascar that produces an essential oil of the same name. In aromatherapy, ravensara oil has properties that are energizing and



Owner Tara Froode said sales are down 25% over last year because of road work.

Tina McKail, KP News

euphoric — two qualities the mother and daughter team thought were comparable with the Key Peninsula.

“I think because we use organic, free-trade products, people just assume a hippie owns it.”

It is true that most of Ravensara’s prod-

ucts are more natural. Yes, Tara (coincidentally pronounced TAH-rah) Froode does have a degree from the University of Washington-Tacoma in Environmental Studies. And sure, they serve some gluten-free, dairy-free and vegetarian made-from-scratch soups. Not to mention 3 Clouds Bakery, located inside Ravensara, which offers daily fresh-baked goods using high-quality ingredients. But that hardly qualifies as “hippie,” she said.

Froode understands that natural and organic isn’t everyone’s cup of tea — which Ravensara also serves — and says there are enough coffee stands on the Key Peninsula to meet everyone’s taste.

Location was important when she and her mother became interested in this building in 1999. It was formerly occupied by Purdy Pictures, a take-out pizza restaurant, but old-timers fondly remember it as Collins Grocery and Gas. They knew a majority of their drive-thru-only traffic would be from those leaving the Key Peninsula going toward Gig Harbor, so a place where traffic can make a right-turn-in and a right-turn-out was, well, key.

But this location has also been a thorn in Froode’s side the last three or more years. Ravensara Espresso is smack-dab in the middle of the three-year project to open habitat for native fish in Minter Creek and Little Minter Creek. Bridge and culvert work the last few summers have required long periods of around-the-clock closures of the section of SR-302 that Ravensara calls home. That came on the heels of widening SR-302, reconfiguring the drive-thru, and adding left turn lanes onto 118th before that.

Froode said her sales are down 25% over last year because of the August and September closures. “When you’re a drive-thru business, you need volume to make money,” she said. “People who are waiting 15 minutes in this traffic are less likely to want to wait another five minutes in a drive-thru line.”

Froode guesses about 80% of her customers are regulars and most have stuck with Ravensara during the construction. She credits her veteran baristas for the customers’ loyalty. Froode has a very thorough training program for her team, with a big part of that “learning the nuances of our repeat customers so we can make a really consistent, good cup of coffee.”

Froode’s daughter, Ariel, is a part-time barista, making Ravensara a three-generation family business.

The culvert work is winding down and traffic is picking back up, but now Ravensara has another challenge to contend with: Starbucks bought out all the Pumpkin Spice syrups from her supplier. She hopes to get some for the October rush because now through December are busy times in the coffee business.

“It’s darker, wetter and colder,” Froode said. “The fall season fits so well with the warmth of coffee.”

And next up: The Washington State Department of Transportation is conducting a study on installing a roundabout at the intersection of 118th and SR-302, which would be the fourth major road project on Froode’s doorstep in recent years. ■

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A Conversation with Norm Dicks: ‘To Do the Right Thing’

The former U.S. Congressman has been out of the limelight since retiring, but he's very much engaged and every bit as opinionated.

LISA BRYAN, KP NEWS

If you're from around here, Norm Dicks needs no introduction.

Dicks retired at the end of 2012 after serving 36 years representing Washington's 6th congressional district in the U.S. House of Representatives.

He was elected to 18 consecutive terms, a total of 36 elections, a primary and a general every two years. He won his first race by 74% and never received less than 58% of the vote.

The Bremerton native played lineman for the Washington Huskies football team that won the Rose Bowl in 1961. Armed with degrees from the University of Washington, Dicks landed the position that would inspire and influence the remainder of his political career — as aide and administrative assistant to the late Sen. Warren G. Magnuson from 1968 to 1976.

The combination of his affable demeanor and fearless scrimmage-line grit made Dicks a force to be reckoned with in both Washingtons.

Here at home, he helped launch the massive construction of I-705, the restoration of the Pantages Theater, the conversion of Tacoma's Union Station from a train station to a federal courthouse, and — though he did not have a primary role — brought a branch of the University of Washington campus to Tacoma. He played a big role in funding the Elwha dam removal, converted McNeil Island from a federal prison to a state facility, and helped fund restoration of the Nisqually Delta, now named after his great friend, the Billy Frank Jr. Nisqually National Wildlife Refuge. (The visitor center was named for Dicks, to his great delight). He was also huge in his passion for and support of the military and the people who serve. At the same time, he was on the front lines protecting old growth forests and the spotted owl, driving his logger constituents insane. His whole career was one big balancing act, he said.

Party politics were much different then and Dicks told KP News he is concerned by a turn of events previously unimaginable to him.

“We're in a situation where each presidential election now becomes a test of whether we can function as a democracy,” he said. “Mike Pence saved the country January 6 by refusing to go along with



Rep. Norm Dicks made a career of small steps to stay in the long game and hopes others are paying attention to the road ahead.

Lisa Bryan, KP News

this plot that Trump put together to overturn the election. That has never happened before.”

In the 2000 presidential election, Democratic candidate Vice President Al Gore and Republican George W. Bush tangled over the results of a Florida recount that went to the Supreme Court, which ruled in favor of Bush. Gore abided by the decision and turned over the electors to Congress, and accepted the results.

“There is so much animosity now,” Dicks said. “When I was in Congress, there was always cooperation between the Democrats and Republicans. It goes back to Watergate; both Republicans and Democrats told Nixon he was done. Nixon, to his great credit, accepted that result.”

Dicks said that by the time the joint committee on January 6 gets its job done, Trump is going to be so discredited that even the Republicans will have to back away from him.

“Some of them already have and they've paid a price for having done the right thing, including a couple of congress-people from Washington State: Dan Newhouse and Jamie Herrera-Butler,”

he said. “There are heroes like Liz Cheney and Adam Kinzinger who went on the January 6 committee and gave it a bipartisan flavor and have done a great job under enormous pressure.”

Dicks said the threat to democracy isn't only about electoral votes; it is the state legislatures and their willingness to change the rules to overturn election results.

“All this negativity? That just never existed, and I was up on that hill for 43 1/2 years,” he said. “I never once worried about an insurrection. It wasn't even contemplated. The Republicans were just as concerned about things as the Democrats were. But now? It is very worrisome.”

The job of the secretary of state has become very important lately, highlighting the need to verify that elections are properly conducted and results upheld.

“We've got to elect good people,” Dicks said. “Our secretary of state (Kim Wyman) was a Republican (during the 2020 election). She did a good job. That's what you've got to have on a state-by-state basis. We can't have people that

are going to lie, cheat and steal. I mean, that's what we are facing.”

He said about the violence at the Capitol and threats against election officials, “it shows you just how crazy this thing has gotten to be.

“People get into this, like Rudy Giuliani. He was a hero on 9/11, then all of a sudden goes off the deep end. How could somebody change so radically? How can these people face their families? Bill Barr (Trump's attorney general) for example. It's hard to believe. Mark Meadows (Trump's chief of staff during the last year of his term), a house member, gave up and now he's basically ruined himself.”

A voracious reader, Dicks said he was in the middle of the autobiography of the late Washington State Gov. Dan Evans.

“That's a book worth reading. He was much more progressive than a lot of Republicans and that's why he won three elections — because people had confidence that he was going to try to do the right thing.

“That's what's missing: To do the right thing.” ■



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Barber Nita Garnier also offers hot shaves with a straight razor. *Tina McKail, KP News*

Cutting Out: KC Corral Barbershop Closing Its Doors

The outspoken owner of the Yankee Clipper is calling it quits after 17 years.

EDDIE MACSALKA, KP NEWS

Inside the light blue building of the Key Center Corral is an inconspicuous barbershop with an identity problem.

The Yankee Clipper has the name of a baseball player, the décor of a nautical museum and the music of a 1950s diner all tucked inside an Old West-inspired building.

The music comes from owner and barber Nita Garnier's childhood. The memorabilia include things she's collected during her life, but most of it came from her customers.

Joe DiMaggio and Rita Hayworth smile down at antique barber paraphernalia displayed among her nautical knickknacks. Along with the vintage brushes, cups and razors, there are the classic barber chairs: a 1913 Theo Koch and a mid-1940s Belmont.

But outside her shop, Garnier makes her identity quite clear.

She calls what she posts in her shop windows "public service announcements" — a variety of anti-COVID and anti-mask cartoons and messages.

"I feel like people need to speak for the truth. Our voice is very important," Garnier said about her public-facing expression of free speech.

Garnier was born in Columbus, Ohio, and graduated from Ohio State Barber College. She had an uncle in Port Orchard who told

her what a wonderful area he lived in and convinced Garnier to consider moving.

In 2004, Garnier sent out 11 resumes to local barber shops and was hired in Gig Harbor.

One day while sightseeing on the KP, Garnier got lost, giving her time to appreciate the beauty of the peninsula.

"I fell in love with the area," she said.

Garnier opened the Yankee Clipper in 2006, but now she's calling it quits after cutting hair for more than 40 years. She is selling her shop and moving to Tennessee with her husband to retire later this fall.

"We'll miss the beauty of this area, but we won't miss the bureaucracy."

Being an outspoken member of the Key Peninsula business community has been both good and bad for The Yankee Clipper. Garnier feels like she's gained more customers than she's lost over the years due to her voice getting louder.

"I've had a lot more pushback (over the summer)," she said. "No one has paid attention until recently. I have people who pop in to tell me they love my signs, while others open my door to scream obscenities at me. Look, it's just my opinion and my way of reaching people."

Garnier thinks about 85% of her clients agree with her political beliefs, while the 15% who don't at least "recognize a good haircut when they see one."

After moving to Washington, she wasn't really into politics when she opened up The Yankee Clipper. As the years passed, she got more and more involved. Now, it is politics that is essentially driving her away from the state.

"We've been debating leaving the state for the last two years," Garnier said. The final straw for her was an extremely low turnout during the primary elections in August. "I really thought more people cared."

She hopes to sell The Yankee Clipper as-is, with all of the nautical antiques included. Some of those items she bought from customers, while others were given to her. Garnier said moving here from the Midwest, she never considered doing a nautical theme, but she's glad customers talked her into it. If she can't find a buyer before she moves, she'll look to sell some of the higher-priced antiques individually.

"I've made wonderful friends and have great customers. I've had quite a few customers get emotional. Some of it is probably wondering who is going to cut their hair next, but I think some people just like me, too," she said.

Garnier's final cut will be Saturday, October 29, and she is inviting the community in for a slice of cake and other goodies to celebrate. She arranged for the very first person to get their haircut at The Yankee Clipper in 2006 to get the very last one that day. ■



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MODERN MEDICINE STILL HAS SOMETHING TO LEARN ABOUT BEING HUMAN

‘Being Mortal’ by Atul Gawande

Medicine and what matters in the end.

MAUREEN REILLY

I was driven to read Atul Gawande’s compelling book for the first time shortly after its publication in 2014. My sister, Anne, was halfway through her awful struggle against an incurable and in fact untreatable bone marrow cancer. As the designated problem-solver and fixer in the family, I was faced with something I couldn’t fix, and that caused me great distress.

Terminal illnesses like cancer and the natural diseases of old age pose difficult questions for doctors, patients and families. Which treatments are worth pursuing and which are merely going to destroy quality of life? How to find the grace to accept? How to die at peace and with dignity?

In “Being Mortal,” Gawande guides us smoothly and with compassion toward the conversations that families and doctors must have with elders and those in terminal illness in order to promote and protect quality of life. He shows us that rather than subject them to endless procedures and incarceration in a soulless facility, we can help our family members to live their fullest lives. He does this by drawing us into the stories of his own family members and the patients he has met along the way. He introduces us to the people who rebelled against the institutions where older people were warehoused to free up hospital beds.

In the last several decades we have failed our graduating medical students by encouraging them to view aging as a medical condition. Physicians faced with aging patients concentrate on what they can fix, such as replacing joints and installing stents, rather than approaching the older adult as a whole person and finding out what is most important to them. As Gawande says, “This is the consequence of a society that deals with the final phase of the human life cycle by trying not to think about it.”

When we’re young, most of us have a lot of freedom. We can live as we please, play by our own rules, and have no one interfering in our decisions. As one of the leaders of a fitness and balance class for older adults, I listen with great empathy as classmates openly grieve about the gradual loss of flexibility and ease of

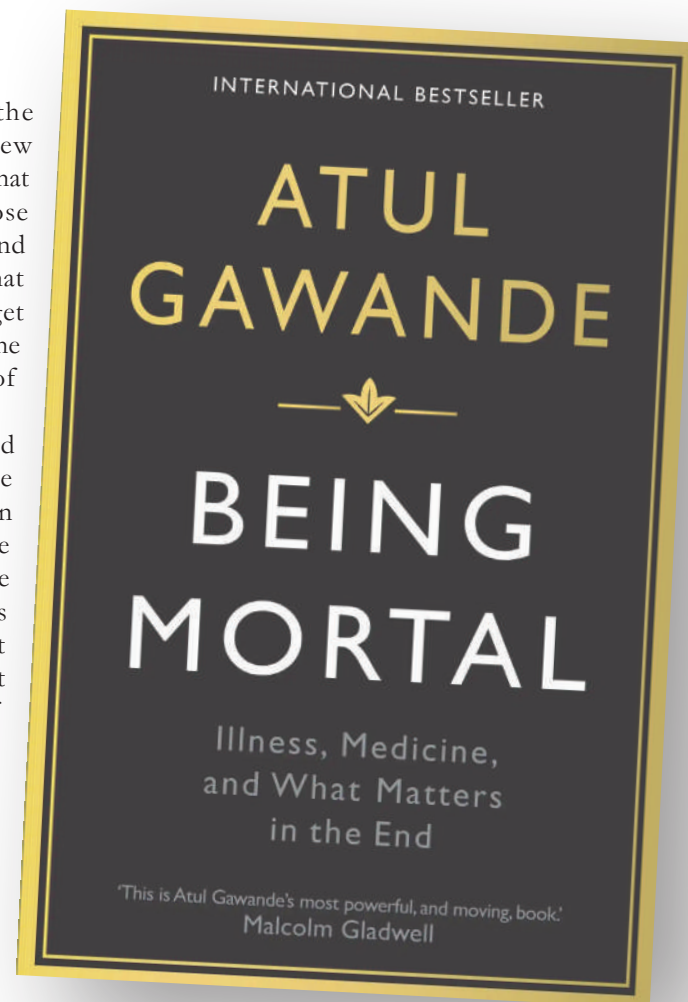
movement and the appearance of new aches and pains. What is hardest for those of us in our 60s and 70s to accept is that it’s not going to get any better. This is the story of the rest of our lives.

In the good old days, one or more of the children would stay in the family home to care for their parents as they aged. That gave the parents at least the illusion of independence and being in control of their own lives because they were still in their own homes. Now it is more common for parents to move in with one of the adult children in their well-established home. This creates a whole different dynamic for all involved, with the parents feeling like children and the children feeling invaded.

In older age, as in youth, we want to keep our autonomy while feeling that our lives have purpose and worth. Even as complete independence becomes impossible, we don’t want to give up the activities and pleasures we have valued for years or the dreams we have not yet achieved. As we try to accept the new limitations imposed by our bodies and minds we still want to maintain as much independence as possible at every stage.

While this book is mostly focused on those living through the inevitable losses and declines of old age, it is equally relevant for younger people dealing with debilitating and terminal conditions and for their loved ones who must watch.

We must think seriously about what is most important to us in life, and to share those values with our friends, family and doctors, while also doing what we can to make life in our less able and active times as rewarding as possible. I am grateful to Gawande for writing this lovely book and



reminding me that aging and death are a normal part of life to be accepted and embraced.

On Memorial Day 2015, Anne died peacefully at home, under hospice care, with her sisters and her daughter beside her. We sang her home and toasted her with good whisky. It was the best death we could give her. ■

“Being Mortal” by Atul Gawande, Metropolitan Books 2014, 282 pages.

Atul Gawande is a surgeon at Brigham and Women’s Hospital in Boston, a staff writer for The New Yorker, and a professor at Harvard Medical School and the Harvard School of Public Health. He has won the Lewis Thomas Prize for Writing about Science, a MacArthur Fellowship, and two National Magazine Awards. “Being Mortal,” his bestselling fourth book, has won numerous awards.

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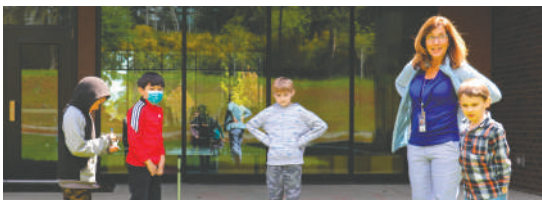
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Key Peninsula Community Connection

Peninsula School District - October 2022



STEM Integration Specialist Amy Barber helps her class launch paper rockets.

Evergreen thinks outside the building with new planned learning space

Evergreen Elementary staff have a vision for a new space to give students hands-on lessons beyond their classroom. They are planning to create a new outdoor learning environment equipped with covered teaching spaces, a native plant garden, a compost garden, rain barrels, and a natural playscape.

Last year, Evergreen applied for and received three separate grants to help fund STEAM (science, technology, engineering, art, and mathematics) integration.

1. The Office of Superintendent of Public Instruction (OSPI) named Evergreen a STEM Lighthouse School and rewarded the school a \$30,000 grant;
2. Evergreen received a \$25,000 grant from the Pacific Education Institute to support students' environmental literacy; and
3. The U.S. Navy granted Evergreen's STEM Lab with \$10,000 worth of new equipment, including a 3-D printer and a rocket launcher.

The outdoor learning environment will be in the open grassy area on the south side of the school's campus, near the new Hugh and Janice McMillan Community Center.

Principal Hugh Maxwell said all the items for the space have been purchased by the school, and now they are working on

the first phase of building the space. A volunteer work day is tentatively scheduled for Saturday, Oct. 22, at Evergreen Elementary to install the pavilions, paint sheds, and more. The school is asking for donations of stumps and logs from the community to help build the natural playscape.

Anyone interested in donating items for the outdoor learning environment or volunteering can contact Evergreen Elementary at (253) 530-1300.

Upcoming Dates and Events

- | | |
|---|---|
| <p>Saturday, 10/1 • 11 a.m.
Visit the PSD booth at the Scarecrow Festival Sehmel Park</p> <p>Saturday, 10/22
Outdoor Learning Environment volunteer work day • Time TBD.
Evergreen Elementary</p> | <p>10/24 - 10/28
Elementary and Middle School Conferences (half-day)</p> <p>Tuesday, 11/08
Election Day</p> <p>Friday, 11/11
Veterans Day</p> |
|---|---|



Friends walk together to class at Key Peninsula Middle School.



Three smiling faces are ready for the second day of school at Minter Creek.



A student works on their numbers at Vaughn Elementary.



A student high fives his teacher the second day of school at Vaughn Elementary.



Librarian Adam Sripranaratanakul and Office Manager Michelle Huesby greet students at Minter Creek.

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Jesse or Emily?

The state Senate race in our 26th legislative district between first term incumbent Democrat Sen. Emily Randall and four-term incumbent Republican Rep. Jesse Young is projected by most political observers to be the most expensive and hotly contested race in Washington this year.

While on the surface it may look like these two hometown politicians came from similar public high school educational backgrounds, beyond that they have very little if anything in common and their time in the legislature has produced drastically different results.

Emily is a graduate of South Kitsap High School (2004) and Wellesley College (2008), the alma mater of Hillary Clinton. After voting for and contributing to Barack Obama's presidential campaign in 2012, Emily volunteered for and donated to the Hillary Clinton presidential campaign in 2016. She has since gained notoriety as an extreme liberal through her social media posts, making national news for celebrating public vandalism of a pro-life billboard on her Instagram account. She has described herself as a liberal, feminist, lesbian.

After graduating from college, Emily worked for her alma mater, Children's Hospital Boston, the San Francisco AIDS Foundation and Planned Parenthood before resigning in 2018 to move home and run for political office as a first time candidate. She narrowly won by 104 votes.

Since taking office in January 2019, Emily has had, from any objectively candid perspective, a disastrous first term. The only question is what failures to start with: Massively raising our taxes (including gas, according to the Washington Policy Institute), decriminalizing some controlled substances (SB 5476), socializing health insurance (SB 5822), voting for antigun legislation to ban high capacity magazines and promote "red flag" laws (SB 5078), introducing Critical Race Theory under the guise of diversity training (SB

5227) and graphic sex education into elementary school curriculum (SB 5395), and failing to support our police with more funding.

On top of that, she cast the deciding vote to pass the capital gains tax bill into law in 2021 before stepping off the senate floor during a vote on the bill to restore police pursuit (SB 5919) during the waning days of the 2022 session. Her actions were recorded on television (tvw.org). As a result, the bill failed, and law enforcement officers remain unable to do their jobs effectively and provide public safety in Washington state.

In stark contrast, Jesse graduated from Wilson High School in Tacoma as valedictorian in 1995 and received a Washington State Scholar Award from the legislature. He accomplished these feats while homeless, as documented by the The News Tribune (Tacoma), which featured him in an article in 1995 after he was accepted into the University of Notre Dame on partial scholarships. There he worked nearly full-time to make ends meet and eventually married his high school sweetheart, Jennie. They have six children. Jesse majored in business and computer science and graduated from Notre Dame in 1999 with a degree in management information systems.

Jesse became a software engineer and technology consultant for multiple Fortune 500 companies on the West Coast, including PeopleSoft, Boeing, Primera Blue Cross, Russell Investments and Kaiser Permanente. In late 2013, a legislative vacancy occurred in our 26th district and Jesse was one of three nominees forwarded to the Pierce County Council. I spoke on his behalf, and he was unanimously appointed to fill the vacancy through 2014. Jesse has since been elected four times and amassed an impressive and formidable track record.

First on the list of accomplishments was achieving what was called the impossible task of refinancing the Tacoma Narrows Bridge

debt and stopping all toll increases. His efforts saved us all over \$200 million and, as a result, tolls haven't reached \$10 dollars a trip, which is where the Transportation Commission projected them to be this year before Jesse delivered on his promise.

In 2016, Jesse partnered with Democrat Rep. Strom Peterson (21st LD) to co-author the most significant environmental policy passed in Washington state history. The bill protects our ground water and reduces carbon emissions and builds out our electrical vehicle charging station infrastructure without raising taxes through the empowerment of the Pollution Liability Insurance Agency. Jesse's bill for the environment (HB 2357) was so lauded, Gov. Jay Inslee used it as the foundation for his national environmental plan when he ran for president in 2020.

Jesse has also passed key legislation expanding resources to health and social welfare organizations, balanced transportation budgets, and consistently worked and voted with Democrats to expand funding for those struggling with homelessness. Since the 26th is a military district, he has also been a consistent force in standing up for our veterans and their families. His recent legislation providing greater access and options for medical services was passed unanimously this session. He is also the reason we don't have to pay the massively expensive annual Sound Transit car tab renewal fees because he stopped their taxing authority from crossing Puget Sound into our district (tvw.org).

So, the voters have two very different candidates with different values, policies and track records to choose from, and I strongly and proudly endorse and recommend Rep. Jesse Young for state Senate in the 26th District.

Bruce Cook lives in Lakebay.

Reprinted from opinion column in "Peninsula Views," Key Peninsula News, August 2022

Paid for by Marlyn Jensen, 6409 Rosedale Dr. NW, Gig Harbor, WA 98335

PRINT AND ONLINE CALENDARS ARE UNDERWRITTEN BY A GRANT FROM THE ANGEL GUILD

COMMUNITY CALENDAR

To add a listing for your event or find the latest details, visit www.keypennews.org/calendar

Oct 1 Bird Walks 8:30 a.m., rain or shine. Meet nature guide Chris Rurik at Gateway Park pavilion.

Oct 1-2 Farm Tour Farms and local producers. www.kpfarmtour.com.

Oct 4 GH Literary Society "The Girl Who Wrote in Silk" by Kelli Estes, 6 p.m., Harbor History Museum, Gig Harbor.

Oct 7 Coffee and Connection 11:30 a.m., Tom Taylor YMCA, Gig Harbor.

Oct 9 Blessing of the Animals 4 p.m., Gig Harbor United Methodist Church. 253-851-2625

Oct 11 Pro Bono Tenant Info Eviction and legal assistance for renters, 10 a.m., KP Community Services. 253-884-4440

Oct 13 Senior Crafternoon Fall cards, 2 p.m., Mustard Seed Project.

Oct 18 KP Kids Maker Fun STEAM and science activities, 4 p.m., Key Center Library.

Oct 22 Junior Naturalist Workshop Harbor WildWatch, 10 a.m., McCormick Forest Park.

Oct 22 Pet Adoption Outreach Event CHEW Dog Rescue, noon, Wilco Store.

Oct 22 Light Up the Night Prom and auction, 5 p.m., KP Civic Center.

Oct 27 KP Book Club "Deep River" by Karl Marlantes, 11 a.m., KP Historical Society.

Oct 29 Ghost Train Kitsap Live Steamers, 5 p.m., South Kitsap Regional Park.

WEEKLY EVENTS

Monday Al-Anon Keys to Sanity Family Group, 5 p.m., KP Fire Station.

Monday Walks with Rusty Dog Walks with Jason, 9 a.m., Gateway Dog Park/360 Trails.

M-W-F SAIL Stay Active and Independent for Life, 10 a.m., Mustard Seed Project. 253-884-9814

M-W SAIL Flexibility and balance for

over 60s, 5:30 p.m., KP Community Services. 253-884-4440

T-W-Th HeartFit Women's free fitness classes. Tue 6 p.m., Wed 5 p.m., Thu 10 a.m., WayPoint Church. heartfitwp@gmail.com

T-TH Open Activity Hours 2 to 4 p.m., Mustard Seed Project. 253-884-9814

T-TH Tai Chi 9:45 a.m., KP Community Services. 253-888-4440

T-TH-SA SAIL Flexibility and balance for over 60s, 8:30 a.m., KP Community Services. 253-884-4440

T-SA KP History Museum 1 to 4 p.m., KPHS Museum behind KP Civic Center.

Wednesday Gentle Yoga for Older Adults 11:30 a.m., Mustard Seed Project. 253-884-9814

Wednesday Line Dance with Teresa 12:30 p.m., second and fourth Wednesdays, KP Community Services. 253-888-4440

Thursday Family Story Time 10:30 a.m., Key Center Library. 253-548-3309

Thursday Senior Bingo 1 p.m., first and third Thursdays, KP Community Services. 253-888-4440

Thursday KP Toastmasters 8 a.m., WayPoint Church. 425-243-2618

Thursday Fresh Express Mobile Market 11 a.m., first and third Thursdays, KP Community Services. 253-888-4440

Friday Skate Night 6 to 9 p.m., Key Peninsula Civic Center, kindergarten to eighth grade.

MONTHLY MEETINGS

26th Legislative District Democrats First Thursdays on Zoom, 6:30 p.m. 26thdemocrats@gmail.com

Key Peninsula Advisory Commission Third Wednesdays, 6:30 p.m. Details at piercescountywa.gov/5937

KP Business Association Luncheon, third Fridays, noon at El Sombrero. kpbusinessassociation@gmail.com

KP Business Association Business meeting, first Tuesdays 6:30 p.m., DK Property Management kpbusinessassociation@gmail.com

KP Community Council Second Wednesdays on Zoom, 7 p.m. keypencouncil@gmail.com

KP Citizens Against Crime Third Thursdays, 7 to 8:30 p.m., Key Center fire station.

KP Civic Center Association Board meeting, second Thursdays, 7 to 8:30 p.m., Whitmore Room, KP Civic Center. 253-884-3456

KP Democrats Third Mondays, 7 p.m., Home fire station. johnpatkelly@aol.com or 253-432-4256

KP Fire Commission Second and fourth Tuesdays, 5 p.m. on Zoom, keypeninsulafire.org. 253-884-2222

KP Historical Society First Tuesdays, 11 a.m. at museum. kphsmuseum@gmail.com.

KP Lions Club First and third Wednesdays, 7 p.m. on Zoom, 253-853-2721. keypeninsulalions@outlook.com

KP Parks Commission Second Mondays, 7:30 to 8:30 p.m., Volunteer Park office. 253-884-9240

KP Veterans First and third Mondays, 7 to 8 p.m., KP Lutheran Church. 253-884-2626

Lakebay Fuchsia Society First Thursdays, 7 p.m., KP Civic Center, Whitmore Room. 253-884-2283

Longbranch Improvement Club Third Wednesdays, 6:30 to 8:30 p.m., Longbranch Improvement Club. licweb.org or 253-200-0308

Peninsula Emergency Preparedness Coalition Second Wednesdays, 6 p.m. on Zoom. 6ftwav@gmail.com or 253-720-0662

Peninsula School District Board Meeting Fourth Thursdays, 6 to 7:30 p.m., 253-530-1000

Tacoma-Pierce County Health Department Tues and Thurs, 10 a.m. to 2 p.m., Key Center Corral. Call 253-432-4948 for the schedule for Air Quality, Triple P, COVID-19, General HD, Water/Wells and Healthy Housing advice. a.m. to 2 p.m. Key Center Corral. Call 253-432-4948 for the schedule for Air Quality, Triple P, COVID-19, General HD, Water/Wells and Healthy Housing advice.

Let's do better together!



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FALL '22/WINTER '23 SCHEDULE STARTS SEPT 13

FREE KP BUS CONNECTS

Welcome aboard!

VAUGHN TUE/THUR MORNING

- 8:55 Vaughn Elementary School
- 9:01 Wright Bliss Rd NW @Olson Dr NW
- 9:02 Wright Bliss Road @104th St Ct NW
- 9:03 Union 76 @SR 302/4 Corners
- 9:06 SR 302 @150th Ave/Lake Holiday bus shed
- 9:08 SR 302 @140th Ave/Lake of the Woods
- 9:10 SR 302 @Charboneau Construction
- 9:13 Lake Kathryn Village
- 9:19 Purdy Park & Ride

VAUGHN WEDNESDAY MORNING

- 9:50 Vaughn Elementary School
- 9:51 Wright Bliss Rd NW @Olson Dr NW
- 9:52 Wright Bliss Road @104th St Ct NW
- 9:54 Union 76 @SR 302/4 Corners
- 9:57 SR 302 @150th Ave/Lake Holiday bus shed
- 9:58 SR 302 @140th Ave/Lake of the Woods
- 10:00 SR 302 @Charboneau Construction
- 10:03 Lake Kathryn Village
- 10:09 Purdy Park & Ride

EVERGREEN TUE/THUR MORNING

- 8:50 Evergreen Elementary School
- 8:59 Palmer Lake public access 24th St SW
- 9:00 Palmer Lake 21st St SW @193rd Ave
- 9:05 KPCS Senior Center & Food Bank
- 9:06 Home Gas Station @KP Hwy N
- 9:09 167th Ave Ct NW @KP Hwy N
- 9:13 Food Market in Key Center
- 9:15 KP Hwy N @Minterwood Dr NW
- 9:21 Lake Kathryn Village
- 9:30 Purdy Park & Ride

EVERGREEN WEDNESDAY MORNING

- 9:50 Evergreen Elementary School
- 9:54 Palmer Lake public access 24th St SW
- 9:55 Palmer Lake 21st St SW @193rd Ave
- 10:00 KPCS Senior Center & Food Bank
- 10:01 Home Gas Station @KP Hwy N
- 10:04 167th Ave Ct NW @KP Hwy N
- 10:08 Food Market in Key Center
- 10:10 KP Hwy N @Minterwood Dr NW
- 10:16 Lake Kathryn Village
- 10:24 Purdy Park & Ride



TUE/WED/THUR AFTERNOON

- 4:42 Purdy Park & Ride
- 4:47 Lake Kathryn Village
- 4:50 SR 302 @Windermere Realty
- 4:52 SR 302 @140th Ave/Lake of the Woods
- 4:53 SR 302 @150th/Lake Holiday bus shed
- 4:55 4 Corners gas station @SR 302
- 4:57 Wright Bliss Road @104th St Ct
- 4:58 Wright Bliss Road @Olson Dr
- 5:00 Food Market in Key Center
- 5:04 167th Ave Ct NW @KP Hwy N
- 5:08 Home Gas Station @KP Hwy N
- 5:10 KPCS Senior Center & Food Bank
- 5:13 Palmer Lake public access 24th St SW
- 5:14 Palmer Lake 21st St SW @193rd Ave
- 5:18 Evergreen Elementary School



253-884-BUSS or keypennews.org/kpbus for interactive map and downloadable schedule

We're on Facebook too!

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CIVIC CENTER CORNER

Key Peninsula Civic Center presents

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October 22, 2022

5:00 p.m. - late

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tinyurl.com/KPCCFoF2022.org



After October 1st

Individual Tickets \$75 | Sponsor a table of 8 for \$600

All proceeds benefit the Key Peninsula Civic Center - a Nonprofit organization serving the Key Peninsula Community

NEW: Skate 6-7pm for K-3rd graders, 7-9pm for K-8

Skate
Key Peninsula Civic Center
Night

Friday nights 6-9pm \$5

for K-8, includes skate rental and games



Yoga classes at the Civic Center

8:30 am Mondays and Wednesdays

Book online www.kpciviccenter.org/yoga.html

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

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TOP LEFT: West Pierce Fire Boat responded to assist on a recreational boat in flames on Case Inlet near Herron Island September 4, but found themselves with their own engine fire. *Tina McKail, KP News*

TOP RIGHT: KP honey bee hard at work. *Ron Cameron*

CENTER: Sunflower. *Tina McKail, KP News*

BOTTOM LEFT: In the closing days of summer, a young girl holds a small but healthy sea star out of water, for few moments near Glen Cove on Henderson Bay. *Adam DeLeo*

BOTTOM CENTER: First day of Harbor Soccer practice at Volunteer Park. *Tina McKail, KP News*

BOTTOM RIGHT: Spooky spider season underway.

