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THE VOICE OF THE KEY PENINSULA

October 2020 Vol. 47 No. 10

Algae Bloom Cause of Summer Stench on Burley Lagoon

The sulfur smell on the Purdy Spit was not caused by a clam die-off.

SARA THOMPSON, KP NEWS

Residents of Burley Lagoon reported a stench in mid to late August that reminded some of the clam die-off on Rocky Bay last summer (“Rocky Bay Algae Bloom Suspected in Clam Die-Off,” KP News, Aug. 2019). The Taylor Shellfish Co., which raises oysters and clams in the lagoon, responded to their concerns.

Taylor Shellfish Vice President Bill Taylor and the farm manager visited the site and submitted a report to Pierce County. They said that about two weeks prior to the smell of sulfur, one of the Burley Lagoon crew members had noticed a large algae bloom in the area, also confirmed by Washington Sea Grant staff.

Teri King, WSG aquaculture and marine water quality specialist, said the same bloom was seen in Carr Inlet. The microalga — or plankton — identified is not the organism responsible for the Rocky Bay die-off and is not toxic.

While walking the shoreline, Taylor and the farm manager did not see an unusual number of dead clams. They did observe locations, both on and off the shellfish farm and including netted and non-netted areas, that were coated with mats of dead and decaying algae. They also saw splotches of white, associated with *Beggiatoa*, a type of bacteria that lives in fresh and marine water and grows in low-oxygen environments. It

CONTINUED PAGE 3



Washington State Department of Natural Resources helicopter No. 6 drew water from Doyle Pond near Lake Holiday on SR-302 to fight a 2-acre brush fire Sept. 7 on SW Hunter Lane in South Kitsap County, just northwest of the KP 360 Trails park. The crew spotted the fire while on a training flight from Bremerton and landed nearby to unload its firefighting crew before dropping water from the air. South Kitsap Fire and Rescue was already responding to several incidents at the time and called for mutual aid from surrounding districts. KP Fire District 16 was also responding to multiple fires on the KP at the time. The fires came at a time of warmer than normal temperatures just a week before smoke from wildfires in Eastern Washington, Oregon and California blanketed the region for several days. *Photo: Elena Popova*

Hope Recovery Center Won't Build on KP

Development of a 50-person residential addiction treatment center on land zoned Rural 10 met unforeseen local opposition.

SARA THOMPSON, KP NEWS

The five-year dream of building a residential addiction treatment center on the Key Peninsula ended in August when the nonprofit Hope Recovery Center board of directors withdrew its application for a conditional use permit.

“The current zoning code limits our ability to offer all the services that are so desperately needed in a treatment and recovery program, and the process of obtaining a conditional use permit is uncertain in both duration and outcome,” HRC said in a statement. “Therefore, we

have chosen not to proceed with the appeal process with the Pierce County planning department in regards to the property on the Key Peninsula.”

From the time HRC posted its plan to apply for a conditional use permit in October 2018, the KP community was roiled by strong feelings. The vehemence of the opposition surprised many, including Pierce County Councilman Derek Young (D-7th, Gig Harbor).

“From the beginning I was supportive conceptually of Hope Recovery,” Young said. “I think we need more access to treatment in Pierce County. It doesn’t

bring a problem to a community. It helps solve a problem.”

As HRC held community meetings and fundraisers, Young felt that community support was widespread. “I wasn’t alone in supporting the project,” he said. “It’s not like HRC was being quiet about this. There was universal political support. I remember (Rep.) Jesse Young (R-26th, Gig Harbor) and I doing play-by-play at a softball fundraiser.”

But the application process exposed problems in the county code that still need clarification. “Our land use code does

CONTINUED PAGE 3



KEY PENINSULA NEWS

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LIVING THE PANDEMIC LIFE

Here's What I Think About That

LISA BRYAN,
EXECUTIVE EDITOR

Simply keeping up with the news of rolling disasters has been quite an exercise in 2020. Time feels more distorted than ever in this, the seventh month of the pandemic life.

In September, California, Oregon and Washington suffered the worst fire season on record. The Key Peninsula fared well despite multiple small brush fires. A potentially larger fire, just over the county line in Kitsap, pictured on the front page of this issue, was brought under control thanks to the fast-acting assistance of a Washington State Department of Natural Resources helicopter crew, who spotted it by accident. It could have been so much worse.

On my way to the mailbox, air still thick with acrid smoke, an Anna's hummingbird flew up and hovered at eye level. I imagined her to be one of several nesting pairs whose fledglings buzzed us all season. "Yes, Mama Hummer, it's awful. No, I don't like it either," I said aloud. She flew off and disappeared in the haze. Hummingbird lungs — one more thing to fret about.

Our grandson recently headed out with a strike team of wildland firefighters bound for California. It's hard to believe the tiny infant I held neatly confined to my chest 28 years ago is now 6 foot 5 inches tall and off to fight wildfire

in a disaster zone. We agreed there is nothing like talking to your favorite grandma before launching into danger.

He tells me not to worry. Imagine that? You don't have to be a first responder to relate to the queasy restlessness that comes with anticipation of the unknown. Many of us are struggling to cope. You are not alone. We are all doing the best we can each day. Some days are good, others — not so much. Practice being loving and compassionate toward yourself. Extend that generous sense of grace by doing the same toward others.

We find ourselves again at the precipice with flu season and COVID-19 combining to threaten a second wave of illness as people are forced inside where the coronavirus spreads with ease. It is going to take a new round of vigilance and teamwork to get through this

winter, only achieved through a determined and unified sense of common purpose as we face the most critical national election of our time.

Every two years we are whipped into a relative frenzy with the rhetoric, the fear mongering, the mud-slinging campaigning everyone complains about but does little to curb. The tribal mentality of "us versus them" is so corrosive to civil society one wonders if or when we will rediscover the genuine nature of our shared humanity, or appreciate the values we claim brought us all together in the first place.

For all the chest-thumping over inalienable American rights to freedom, to worship, to love and prosper — to live our lives authentically as we choose to be the unique individuals we are — it all rings hollow in the face of a global pandemic that killed at least 204,000 very real Americans as of this last week in September.

At the end of August, it was 180,000.

The people living on the Key Peninsula have always been a little better, or at least we like to think so. We know from experience that friends and neighbors

committed to strengthening our community work side by side, volunteering together long enough to form bonds that surpass politics and foster open sharing of ideas, even drastically different than your own.

The big question is what can we do better to make it through the fall and winter together while keeping our social distance and holding the line against COVID-19?

We can find new ways to reach out and connect with each other. There is nothing I miss more than a hug.

That's what the famous local legend Ricky did, an apprentice flagger who worked for many months on the new bridge over Minter Creek. What made this guy a local celebrity popular with everyone? (See "Friendly Flagger Earns KP Celebrity Status," KP News, May 2020.)

He smiled. He waved. He gave people a thumbs up after they'd been sitting in long lines of traffic when State Route 302

was down to one lane. At first, commuters were unaware that he waved to everyone, thinking that somehow they caught his eye and that each wave and every smile was just for them.

I think it really was. There is a lesson for all of us to remember in this story. That one

person, with an open smile and a heartfelt wave made drivers who inched past him feel acknowledged and even special. In a way, he gave us hugs and we hugged him back in our minds.

Ricky gave us a template for civility and kindness. Now, it's up to each of us to do that for each other. True bridges are built on the power of love. A new bridge can start with you.



Get your flu shot Oct. 3

See the new **Community Events Calendar** on keypennews.org for other times, dates and locations.

During the COVID-19 pandemic it is especially important to get the flu shot to protect against catching the flu and the coronavirus. Stay safe, keep masking up and social distancing, and get a flu shot.

October 3 marks the opening of seasonal flu shots on the Key Peninsula. Key Medical Center, at 15610 89th St Ct. NW on the hill behind the library, will be open to all adults on the Key Peninsula for flu shots from 9am-12pm.

Thanks to generous donors and partnership with the Key Peninsula Health Center, we will be able to offer flu shots for people with insurance coverage that we accept, including Medicare, for a suggested donation of \$20, or free for those without insurance or means to pay.

ALGAE BLOOM FROM PAGE 1

breaks down dead algae and oxidizes sulfur, which releases a smell like rotten eggs.

“Clams are stressed and surfacing but it has not been a mortality event,” said Erin Ewald, Taylor Shellfish director of regulatory affairs. Taylor Shellfish continues to monitor the lagoon.

WSG funds marine research and works to advance regional understanding and sustainable use of ocean and coastal resources. Based at the University of Washington, it is part of a national network of colleges and institutions administered by the National Oceanic and Atmospheric Administration.

“South Sound is a nutrient-rich, oxygen-limited area in some of the bays and inlets. The key is to reduce nutrient flow that creates extended algae blooms,” King said.

Nitrogen is naturally occurring but can enter Puget Sound in high levels through stormwater runoff, failing septic systems and sewage treatment plants, and is the primary nutrient for algae. Increased levels can lead to massive blooms. When the algae die, as part of the natural cycle, they sink to the bottom. Bacteria then break down the algae and in the process use oxygen, driving down oxygen levels and potentially leading to dead zones. Good water flow can help with the low oxygen levels, but some parts of Puget Sound, including Hood Canal and Burley Lagoon, have limited flow.

King said that a strong wind can also help mix the water and improve oxygenation. “More shellfish and forage fish that consume algae could help the bay and help to keep the flux of nutrients and plankton in balance,” she said.

The county and state health departments monitor water quality, although Jan Frost, from the Washington State Department of Health Shellfish Program, said their emphasis is on bacterial coliform counts rather than toxins or algae. Burley Lagoon is one of three shellfish protection districts on the Key Peninsula. Their water protection team works to protect water quality and meets quarterly.

HRC WON'T BUILD ON KP FROM PAGE 1

not anticipate that type of use anywhere,” Young said.

For Caleb Lystad, who led the grassroots group No on HRC, the ultimate outcome was a confirmation of their opposition. He said the initial determination allowing HRC to apply for the permit depended on creative interpretations of code to allow the facility in an R10 area.

“We support what HRC is doing, but the end does not justify the means,” Lystad said. “Find the correct spot to do it and

you will have our support. We have nothing against the goal of Hope Recovery, but it must also fit within the broader fabric of the community.”

In 2016, Lakebay Community Church signed a memorandum of understanding with HRC to explore a plan to build its facility on the church’s 7.8-acre parcel zoned R10 in Lakebay. In 2009 the church had received approval for a conditional use permit application to construct a nearly 35,000 square foot church complex, but decided not to move forward.

Young facilitated initial meetings between HRC and Pierce County Planning and Public Works to explore whether its project, a 50-bed residential treatment facility, could be built on the church land.

In an email to HRC in June 2017, the senior planning manager acknowledged that PPW had struggled with how to categorize the project within the county zoning code. County staff looked at what is allowed in the R10 zone and determined that the impact of the proposed facility would be similar to but no more than Level 3 Community and Cultural Services — specifically a homeless shelter not exceeding 30,000 square feet. Based on that interpretation, HRC submitted its application for a conditional use permit in October 2018.

PPW received many written objections about its zoning decision, but ultimately issued its affirmative recommendation March 15, 2019.

No on HRC filed an appeal. A grassroots organization of about 330, formed soon after the application was posted in October 2018. Lystad said the group worked hard

to focus on zoning as the primary issue and to discourage personal attacks, not always successfully.

At a public hearing June 5, 2019, Hearing Examiner Stephen Causseaux determined that PPW staff were incorrect finding the project fit into a Community and Cultural Services definition and asked them to research which of two other definitions of use would be appropriate: Essential Public Facility and/or Group Home, or Health Services.

In August 2020, Melanie Halsan, assistant director of Planning and Public Works, signed a staff determination stating the project did not fit into the intent of Group Home use, which would have been allowed in an R10 zone. It was best defined as an Essential Public Facility, which is not currently allowed in R10 zones.

Young, noting that there was opposition to the project purely on land use and growth concerns, said that defining how a residential treatment center fits into the code remains an issue.

“We are going to need to deal with this one way or another,” he said. “We are supposed to protect from growth in rural areas, but vital or essential services you do need to provide. You can’t put a rural area in a cocoon. For example, you have to allow for zoning for schools. My guess is that in most areas this would be considered an essential service.”

HRC founder Jeremiah Saucier said, “It is even more evident in this pandemic time that we need these services. More people have fallen into the cycle of addiction.”

The HRC board is exploring other locations in Pierce County.

[PUBLIC SERVICE ANNOUNCEMENT]

GENERAL ELECTION - NOVEMBER 3, 2020

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| <p style="text-align: center;">NOT REGISTERED TO VOTE?</p> <p style="text-align: center;">3 WAYS TO REGISTER</p> <div style="background-color: #003366; color: white; padding: 5px; text-align: center;"> <p>ONLINE VoteWa.gov</p> </div> <div style="background-color: #003366; color: white; padding: 5px; text-align: center;"> <p>BY MAIL Call (253) 798-VOTE and we will mail you a form.</p> </div> <div style="background-color: #003366; color: white; padding: 5px; text-align: center;"> <p>IN PERSON Pierce County Election Center 2501 S 35th St Tacoma, WA 98409</p> </div> | <p style="text-align: center;">STAY HOME. STAY SAFE. VOTE FROM HOME.</p> <p>Many services can be provided by phone or online rather than coming to the Election Center in-person.</p> <p>Voters are encouraged to:</p> <ul style="list-style-type: none"> • Vote the ballot mailed to you. • Call if you need help. • Order ahead for pick-up of replacement ballots. • Don't wait until the last minute. Election Day is a deadline. You can vote up to 18-days in advance. • Allow time for a ballot to be mailed to you. | <p style="text-align: center;">DRIVE-THRU SERVICES</p> <p style="text-align: center;">2401 S 35th St. Tacoma, WA 98409</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 2px;">Saturday, October 31</td> <td style="padding: 2px;">10 a.m. - 4 p.m.</td> </tr> <tr> <td style="padding: 2px;">Monday, November 2</td> <td style="padding: 2px;">8:30 a.m. - 6 p.m.</td> </tr> <tr> <td style="padding: 2px;">Tuesday, November 3</td> <td style="padding: 2px;">8:30 a.m. - 8 p.m.</td> </tr> </table> | Saturday, October 31 | 10 a.m. - 4 p.m. | Monday, November 2 | 8:30 a.m. - 6 p.m. | Tuesday, November 3 | 8:30 a.m. - 8 p.m. |
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| <p style="text-align: center;">REGISTRATION DEADLINES</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="padding: 2px;">OCT. 26, 2020</td> <td style="padding: 2px;">Online/Mail</td> </tr> <tr> <td style="padding: 2px;">NOV. 3, 2020</td> <td style="padding: 2px;">In Person</td> </tr> </table> | OCT. 26, 2020 | Online/Mail | NOV. 3, 2020 | In Person | <p style="text-align: center;">BALLOT DROP BOXES</p> <div style="text-align: center;"> </div> <p>Ballot Drop Boxes are open around-the-clock from October 16 until 8 p.m. on November 3.</p> <p>Don't be late! Boxes close at 8 p.m. on November 3.</p> <p>Ballot Boxes at Purdy Fire Station, Lake Kathryn and Key Center Food Markets, and Home Park</p> | <p style="text-align: center;">VOTER SERVICES</p> <p style="text-align: center;">Pierce County Elections Center October 16 - November 3, 2020</p> <ul style="list-style-type: none"> • Register to vote. • Update voter registration. • Replacement ballots for lost, damaged, or mismatched ballots. • Disability assistance - Large font, color contrast, and audible ballot options. | | |
| OCT. 26, 2020 | Online/Mail | | | | | | | |
| NOV. 3, 2020 | In Person | | | | | | | |
| <p style="text-align: center;">CONTACT US</p> <p style="text-align: center;">PierceCountyElections.org 253-798-VOTE (8683) Elections@PierceCountyWa.gov</p> <p style="text-align: center;">Pierce County Auditor</p> | <p style="text-align: center;">ONLINE ZOOM EVENT</p> <p>Only questions emailed in advance will be used. Send questions to keypencouncil@gmail.com</p> <p style="text-align: center;">Pre-register to attend at keypencouncil@gmail.com</p> <p>To join the forum: www.zoom.us Meeting ID 844 4806 2611 Passcode 554885</p> <p style="text-align: center;">Or by phone 253 215 8782</p> <p style="text-align: center;">Hosted by Key Peninsula Business Association, Key Peninsula Civic Center Association, Key Peninsula Community Council and Key Peninsula News</p> <p style="text-align: center;">Broadcast live by KGHP 89.3/105.7 FM</p> | | | | | | | |



NOW ONLINE

2020 Key Peninsula Candidates Forum

**October 13
Tuesday at 7 p.m.**

**STATE REPRESENTATIVE
LEGISLATIVE DISTRICT 26**

Position 1

**CARRIE HESCH
JESSE L. YOUNG**

Position 2

**MICHELLE CALDIER
JOY STANFORD**

**PIERCE COUNTY
ASSESSOR/TREASURER**

Un-opposed position
MIKE LONERGAN

**PIERCE COUNTY EXECUTIVE
BRUCE DAMMEIER**

LARRY SEAQUIST

**PIERCE COUNTY SHERIFF
CYNDIE FAJARO**

ED TROYER

A Conversation with Dr. Anthony Chen

Few Americans could name the top public health official in their county in February. COVID-19 school closures changed all that.

LISA BRYAN, KP NEWS

Dr. Anthony Chen, director of the Tacoma-Pierce County Public Health Department, was in high demand in July as school boards and superintendents, public and private, sought guidance on reopening in September.

“They were asking me to project a month or two in advance what was going to happen, but all I could tell them is what was going on that day,” Chen said. “At that time things were just going crazy. We saw no end in sight. Every day our cases were going up. It was painful.”

As with any issue, Chen said there are people who understand the reasons behind public health decisions and other people who are more peripheral but impacted and unhappy. “Most people don’t hear all the explanations; all they hear is the one piece — ‘He said we can’t go back to school.’”

Chen said, “People have a hard time having conversations and honestly a lot of the way communication occurs now is not synchronous. You can post on Twitter, Facebook, or send an email; it’s not a dialogue.”

People often load up and escalate — lobbing personal attacks while they’re at it. “That’s the unfortunate part,” he said. “I think people are taking their anger out at the wrong things.”

“This is one of the big challenges for us. We always have to under-

stand that there are going to be differences of opinions but that we need to stay focused on what is right scientifically and from a public health standpoint, and that’s what guides our work.”

Chen’s father was a physician who did public health work. He came from Taiwan and was part of a team that eliminated malaria from the island, an incredible achievement at that time. Employed by the World Health Organization, his father moved the family every five or six years, living in southeast Asia and the Solomon Islands.

“I’d read about international development, clean water projects, stuff like that, in magazines from the WHO and the U.N.,

which set the stage for how I conceptualize health,” Chen said. “Growing up I enjoyed being outdoors and around animals. I was not the greatest student — I’d rather be out catching bugs and looking at birds and plants than studying.”

In college Chen focused on biology, from one-cell organisms to animals and ecosystems. His second year required social science and there he discovered a passion for his second major in anthropology, which he described as very systems-oriented, like biology and ecology.

“I didn’t particularly want to go to med school, but hey, my mom made me,” he said.

Chen attended Duke University in North Carolina for medical school, and a group he got involved with spent most of its time in a poor, rural north-eastern part of the state.

“We lived in people’s homes and did health fairs and community organizing around health. It made me want to take care of people,” he said. Chen chose family medicine, where he could still perform some surgeries, deliver babies, and care for children and the elderly, which was still systems-oriented: “You don’t just care

for the patient, but the whole family.” His background in systems theory led Chen beyond the family unit to also consider their physical as well as their social and political environment. His holistic perspective was well-matched for working within all those systems, he said.

Chen’s first real job was teaching in a residency satellite program in Seattle that treated immigrant and refugee patients as well as some of the homeless people who lived downtown. Later he moved to a community clinic within the system, with a very diverse population.

“It became clear to me after nine years that I could be as good a doctor as I wanted to be in my clinic, but somebody



In the continuing battle against COVID-19 this fall, Director of Health Dr. Anthony Chen ordered Pierce County schools closed to in-person classroom instruction until infection rates drop. Photo: Courtesy TPCHD

in Olympia or Washington, D.C., who knew nothing about health care, was going to pass laws that significantly impacted the health of my patients,” he said. “I needed to know more about policy.”

He left for Harvard to do a fellowship on minority health policy and earned a master’s degree in public health.

Chen was hired for the top post at TPCHD in 2008. He’s been working seven days a week since the pandemic arrived, along with most of his staff.

Things have improved since April and May, he said, but haven’t returned to normal. There are always cases that come in over the weekend to be inves-

tigated. Chen described days when over 20 businesses reported COVID-19 cases. Staff helped them decide who should get tested and who should stay home, quarantine and isolate.

“We’re running three public health emergencies: COVID-19 and the response to it; racism — which we declared a public health crisis in June — and now a wildfire smoke emergency,” Chen said. “I’ve been very happy with how we’ve been able to respond to this unprecedented demand on us. It all reflects the dedication of my

whole staff; they are incredible.”

Chen acknowledges concern heading into fall with the flu season on top of the pandemic. He said his team is trying to be very conscious of the stress people are under.

Chen’s hope is not for miracle cures. “We know how to do this when there is no vaccine and no cure. We pull from the playbook of public health and we can control the spread of diseases. We did it with Ebola; we still don’t have a vaccine or treatment but we were able to contain it in Africa. Same with MERS and SARS — we have no vaccine, no cure.”

He is encouraged seeing partners like business communities and schools stepping up to get out the message: If we want businesses to reopen we’ve got to control this virus and part of that is to wear masks.

“We need you to activate your social networks,” Chen said. “Some people will listen to me, some people listen to you, and some people won’t listen to either of us. But maybe they’ll listen to their sports coach or the owner of their favorite restaurant... Understand that we may have to give up a little bit now, but we’re doing that to get back some of the things we really miss.”

“WE ALWAYS HAVE TO UNDERSTAND THAT THERE ARE GOING TO BE DIFFERENCES OF OPINIONS BUT THAT WE NEED TO STAY FOCUSED ON WHAT IS RIGHT SCIENTIFICALLY AND FROM A PUBLIC HEALTH STANDPOINT AND THAT’S WHAT GUIDES OUR WORK.”

“I THINK PEOPLE ARE TAKING THEIR ANGER OUT AT THE WRONG THINGS.”

To Be or Not to Be Locked-down: Sweden's Response May Influence U.S.

The federal government appears ready to duplicate Sweden's controversial approach to accept the spread of COVID-19, instead of stopping it.

TED OLINGER, KP NEWS

The rate of COVID-19 infections in Pierce County declined in September, but as people spend more time indoors and local schools welcome at least some students back to classrooms, the threat of a second wave increases, according to the Tacoma-Pierce County Health Department.

At the end of August, a new health adviser to President Donald Trump, Dr. Scott Atlas, a neuroradiologist and frequent Fox News guest, reportedly urged Trump to try developing herd immunity in the U.S. by exposure instead of locking down, mirroring Sweden's approach.

That country did not mandate a lockdown or enforce social distancing measures and suffered a far higher casualty rate than any of its neighbors. Its death rate even exceeded that of the U.S.

But now Sweden has one of the lowest infection rates in Scandinavia.

Sweden conducted 120,000 tests the first week of September, a record for the country, with a positive rate of 1.08% — far below its 19% positive rate at the height of the outbreak. The positive rate in Pierce County the last week of August was 2.9%.

Atlas explicitly denied pushing herd immunity in an NPR interview Sept. 4, but at the same time the Trump administration continued to pressure states to reopen, curtailed testing

for asymptomatic people — making the outbreak harder to track — and directed hospitals

to bypass the Centers for Disease Control and Prevention to report data directly to its parent agency, which has been altering them since April to align with Trump's agenda. This is according to reports in The New York Times, Politico, Healthcare IT News, and confirmed by HHS spokesman and Trump appointee Michael Caputo in The Washington Post Sept. 12.

Herd immunity occurs when enough of a population has immunity to a disease, preventing further spread. This can range from 50% to 90% of a population depending on how infectious the disease is, according to the Bloomberg School of Public Health. It said that most experts agree immunity is best achieved by prevention and vaccination, since letting a virus of

unknown contagion and effect — like SARS-CoV-2 — burn through a population would cause many more people to fall ill, perhaps seriously (so-called “long haulers”), or die before the threshold is reached.

A model from the University of Washington's Institute for Health Metrics and Evaluation published in September predicted a daily COVID-19 death toll of more than 1,900 Americans by November, up from approximately 800 a day at press time. It predicted over 410,000 deaths by the end of the year.

Dr. Anthony Fauci, the physician and immunologist who has served as director of the National Institute of Allergy and Infectious Diseases since 1984, said achieving herd immunity by exposure to COVID-19 instead of vaccination would require millions of infections and tens or hundreds of thousands more deaths.

“We need to hunker down and get through this fall and winter, because it's not going to be easy,” he said in September.

In a revealing contrast, Sweden — a wealthy, developed nation with a standard of living comparable to the U.S. — took a significantly different

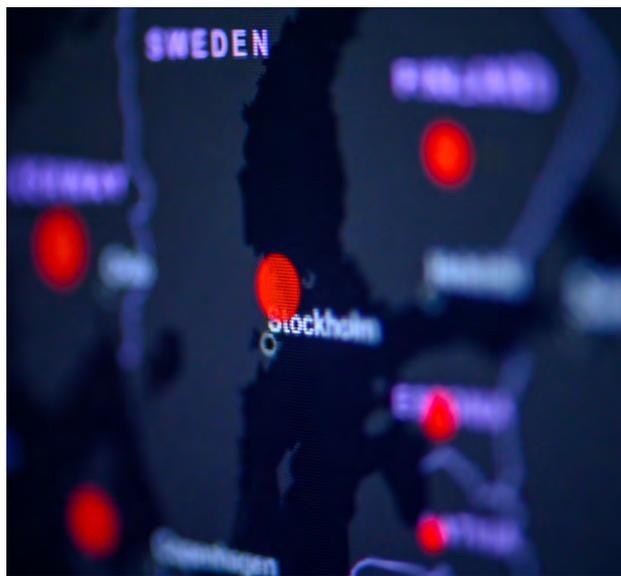
approach than its Nordic neighbors to combat the pandemic last spring. Instead of

imposing expensive public health restrictions, the Swedish government depended on its citizens to voluntarily comply with social distancing guidelines.

The result was that Sweden had 40% more deaths per million than the U.S., 12 times more than Norway, seven times more than Finland and six times more than Denmark, according to the Johns Hopkins School of Medicine, which tracks COVID-19 infections around the world.

Sweden's central bank said GDP fell 8.6% in the second quarter, the biggest drop since 1980, and its economy is expected to shrink by 4.5% in 2020. The unemployment rate climbed from 7% to 9.2% between March and July, its highest since 1998.

By comparison, Denmark expects its



economy to contract by 4.1% this year while unemployment rose from 4% in March to 5.2% in July.

Still, Sweden's economy declined at a lower rate than that of many other European countries where COVID-19 cases are increasing. The EU as a whole saw its GDP decline 11.9% during the second quarter, comparable to the U.S.

But Sweden experienced a much higher death rate than its cohort without an appreciable economic benefit. The lack of stay-at-home orders appeared to impose its own cost on both lives and the economy.

Sweden's state epidemiologist, Anders Tegnell, said in August that the approach was not to enforce rules but to win people over with a public health policy that stressed social distancing and remote work, even over mask-wearing.

“Of course, we will not let people fall ill just to achieve herd immunity. That's not the way we're working. We have a very high level of trust among the population,” he said, citing an 80% public compliance rate.

A Pew Research Center survey conducted over the summer found that 61% of Swedes approved of their government's response to the pandemic. Denmark had a 95% approval rating. In the U.S., it was 48%.

Almost 180,000 Americans had died from COVID-19 by the end of August. A CBS News/YouGov poll conducted in the last week of that month found that 57% of registered Republican voters considered that “acceptable” when “evaluating the U.S. efforts against the coronavirus pandemic,” compared with 31% of voters overall. Ninety percent of Democrats and 67% of independents said the death toll was “unacceptable.”

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Caleb Galbreath

A RISING TIDE



The Fifth Season

Here on the West Coast, we're witnessing the birth of an ominous new season: smoke season.

Fire season is nothing new, especially for California and eastern parts of Washington and Oregon. Many forestry experts maintain that wildfires are part of the natural cycle for these forests. But as the size and number of fires has increased over the years, so too has the smoke.

What was once a short time marked by an evening or two of strangely colored sunsets and a scent of campfire in the air, is now days or weeks of thick blankets of smoke and air quality warnings.

There are many explanations for this change — decades of fire suppression and a reduction in logging combined with a lack of proper forest management are large contributors to the issue. This September's fires were worsened by unseasonal easterly winds.

And while some experts argue about the degree to which climate change plays a role in this particular issue, its influence remains a general consensus. It cannot be ignored.

We are a radically innovative species. Our greatest strength is perhaps the ability to adapt our surroundings to our needs. Our greatest weakness, however, may be our unwillingness to adapt ourselves to meet the needs of our surroundings.

We're far from incapable, though. In July, King, Snohomish and Pierce counties decided that eligible employees would continue to work remotely due to the coronavirus until 2021 at the earliest. There have even been hints that some employees may be able to continue working remotely beyond the pandemic response.

It's a departure from an old model of the American workplace that these organizations have clung to for decades. It gives me hope that we can adapt in a crisis.

The effects of climate change are many and far-reaching. Solutions will undoubtedly be complex, difficult to implement, and require both personal and collective sacrifice. We must rethink our relationships with food, modes of transportation, energy production and the use of man-made materials like plastics. It will not be easy or comfortable.

But more importantly, any and all climate solutions will likely be impossible unless

we can acknowledge the problem and work together to find remedies.

In spite of what you may see in the media, this is not a partisan issue. Climate change is an immutable fact and we must come together to face it if we are to maintain any semblance of an American way of life.

It's time to flex our muscles as a species and prove our heritage of adaptability. It's time for radical innovation.

Because there is change in the air.

Caleb Galbreath is a freelance journalist who lives in Longbranch.

Joseph Pentheroudakis

ON THE WING



No, We're Still Here. For Now.

It's late summer, early fall. Temperatures went from the near-unthinkable 100-degree mark for a few weeks down to the 50s in the evening. It feels like a blast furnace when you walk out into the sun, but at twilight you may need a sweater.

The bird feeders in my back yard had been busy since early spring. Word had clearly gotten out that I served hulled sunflower chips, the bird food equivalent of crab, steak and dessert all rolled into one. The discriminating hordes of goldfinches, pine siskins, nuthatches and chickadees, the busloads of galumphing band-tailed pigeons, the occasional flicker and red-winged black-bird and even the multitudes of ground-feeding juncos, towhees and, inevitably, starlings had been at the trough daily. The feeders went from full to empty in a matter of hours, so by early summer I instituted two daily sittings, filling the feeders a little more than halfway in the morning, then once again mid-afternoon. Two meals a day, guaranteed!

That was before the arrival of what the Romans called the "dies caniculares," the dog days of summer. Once the oppressive late August heat settled in, all activity at the feeders seemed to slow down. I only had to fill the feeders once a day, and they didn't go empty until evening, or sometimes the next day. There were still winged visitors, but their numbers had definitely gone down.

I wasn't the only one to notice. Several friends expressed concern, since they were suddenly seeing and hearing fewer birds, or none at all. Where had the birds gone? Were they dying from the heat? Had they started migrating?

Understandable concerns. Extreme

weather can feel threatening even to us, and it's not surprising that we worry about the well-being of the rest of the creatures we share our yards with. Loss of habitat and the effects of climate change threaten hundreds of species, so most of us are acutely aware of the fragility of life — including, in these days of pandemic, our own.

Although these threats are real, there are often more benign, less apocalyptic explanations for the behavior. It's good to recognize them for what they are and reserve our concern for the true threats.

For starters, birds, like all animals, are less active in the daytime during hot weather. Like us, they'd much rather seek refuge and stay cool in the shade; since they have no sweat glands, they can't cool off by evaporation. They can dissipate heat by panting like dogs; you see larger birds like crows doing that, perched inside the cool shade of tree foliage. Decreased activity means reduced caloric needs, so the feeders are not as busy, claw-licking good though the fare might be.

On the supply side, late summer is when natural food sources are most abundant. Seeds are everywhere, courtesy of trees like alder, pine and hemlock, or plants like black-eyed Susans, coneflowers, daisies and sunflowers. Then of course there are blackberries, raspberries, huckleberries, salmonberries and berries on mountain ash trees. As I write this a friend just posted that cedar waxwings were feasting on the berries on her aralia and cascara trees. Cornucopia time!

Birds migrate in search of food sources; they certainly wouldn't leave when the buffet here is overflowing. Their migratory response is triggered by shorter days, which coincide with a decrease in some food sources. In our latitudes, that typically happens later in the fall. Until then birds will be busy building up their reserves for the journey south.

What about songbirds going silent? Why are the woods so quiet late in the summer?

Birds sing in the spring and early summer for a number of reasons: first to claim their turf, then to attract mates, and later to make sure baby birds learn the correct version of the song of their species. There's evidence to suggest that if baby birds are not exposed to their adult song in the first few months of their lives, they may not learn it properly. Once that cycle is complete, many songbirds will take a break from singing.

As I write this, the smoke that blew in from the terrible fires to our south has cleared. The heat wave has broken and my feeders are once again busy as can be.

A large flock of band-tailed pigeons just swooped in; the goldfinches ignored them and kept at it.

All's right with at least this small part of the world.

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

Rob Vajko

KEYTHOUGHTS



I Hope You Dance

Nearly 150,000 people die each day around the world. On Wednesday Aug. 19, 2020 one of them was Hudson.

He was 6 years old and lived across the street from us. My wife and I have known him almost his entire life and strange as it may sound to have a 60-year-old man say this, Hudson was someone that I looked up to.

Some of you might know of him through the pages of this newspaper ("3-Year-Old Boy has Rare Disease and Hope," Jan. 2017). Some of you who used to attend the Friday evening Blend Wine Shop wine tastings might remember him as the boy we raised funds for the same month the article came out. I know many of you were touched by his story because you gave generously.

Hudson was born with a rare disease. I won't go into all the details; you can read about it for yourself. What I do want to talk about is Hudson himself.

It seems to be somewhat cliché to talk about and remember only the good in those who have departed. But Hudson was exceptional. I'm sure he behaved like any other 6-year-old at times, but I never saw that side of him. Whenever I encountered him, he was smiling ear to ear, just happy to be alive — happy to see me.

Hudson lived in a wheelchair because his muscles weren't strong enough to support his body weight, but he didn't let that stop him. I will miss walking out our front door to see him riding around his driveway across the street. He never failed to wave and call out "Hello, Rob!"

His mother, Sara, recently told me that they were playing a while back and he was pretending to be somewhere else so she asked him where he was and he answered "I'm across the street making beer with Rob!" (His father and I both enjoy homebrewing).

Hudson was undergoing treatment and would often have to spend long periods of time away with his mother, most recently

over three months in San Diego. Our street seemed too quiet anytime he was away.

With the onset of the COVID-19 pandemic, Hudson's whole household locked down as much as possible. He was more susceptible than most to the virus. Relatives and friends were able to see Hudson through the large picture

HUDSON LIVED HIS LIFE IN A WHEELCHAIR BUT THAT DIDN'T STOP HIM FROM DANCING.

window at the front of his house. He would beam from ear to ear every time someone knocked on it and waved.

Hudson lived his life in a wheelchair but that didn't stop him from dancing. He would move around in time to the music, moving back and forth as much as the confines of his wheelchair allowed.

I rarely, if ever, dance. Maybe that's one of the lessons that I should be learning from Hudson.

I don't live with a physical disability. I do, however, live with a disability that limits the vision I have of my life. I tend not to notice or appreciate what I have, all too often focusing on what I don't. I complain because I can't do this or that for whatever reason.

I want to be more like Hudson and smile broadly every time I see someone I know. I want them to know I'm glad to see them. I want to enjoy life the way he did. I want to dance more.

Hudson may no longer beam at me from his driveway or a window across the street, but whenever I look across at the house where he spent most of his life, I will remember to try to be more like him.

Now if you'll excuse me, I need to put some music on and dance.

Rob Vajko lives near Wauna.

Krisa Bruemmer IRREVERENT MOM



Plague Parenting, Part II - "Bugs are my Friends Now"

My daughter talked to a spider for 30 minutes at breakfast this morning.

"I gave Spidey a sip of my chocolate milk!" Violet said, her grin spreading across the room like a sunbeam.

When I smashed a mosquito a few hours later, she screamed, accusing me of not caring about the earth if I kill insects.

"All bugs are my friends," Violet said. "Every single bug, even mosquitoes and wasps. Spiders too."

Violet chases butterflies around the yard and wears her Dollar Store fairy wings all day, every day now. She's a 36-pound flower child, nestled in nature, surrounded by water, cheerfully busy befriending songbirds, butterflies, ladybugs, wild rabbits and deer.

Violet built an ant restaurant on the brick patio just outside our sliding glass door. There are moss tables, lichen chairs, twigs, pine needles, ripped up grass and beach toys everywhere.

Ants surge up from beneath the bricks in the thousands whenever Violet eats a granola bar outside. She grins at me as she drops chunks of crunchy oats, saying "Oops" dramatically before whispering, "You're welcome," to her horde of friends.

"Ants are pests," her dad and I said at first, half-heartedly trying to stop her. "Food costs money."

But in a world where insects are Violet's only real-life, day-to-day companions besides her parents, is it really a good idea to insist that she abandon her friends, stop sharing her snacks and toys?

"I made the ants some art to enjoy while they eat," Violet says, pointing at her sidewalk chalk drawing of a rainbow, a yellow sun, a long-whiskered cat.

In normal times, Violet's bug talk might have seemed simply whimsical. But mid-pandemic, Violet's words cast a shadow: Are bugs enough?

I've always wanted to keep my daughter innocent, to protect her from growing up too fast, like some kids do, like I did. Then COVID-19 came along.

"Why isn't that man wearing a mask?" Violet asks one warm day at the Herron Island ferry dock as we're heading out on a kayaking adventure.

"Well, some people don't like masks."

"Let's go tell him if he wears a mask, coronavirus will go away. Then I can go to the park with my friends!" Violet stomps her small foot, kicks gravel.

"No."

"I think that guy's brain isn't very good," Violet says, shaking her head as I struggle not to laugh.

"It's time to go kayak now."

"Yes, Mom."

There is a new tone to the way Violet says, "Yes, Mom." Sometimes it's, "Yes, Mother," in a voice so weary it breaks my heart, followed by a deep sigh I'd never heard before COVID.

Out in Case Inlet, Violet steps out of my kayak and onto her dad's 10-foot surfboard. From there, she jumps into the cold Puget Sound and squeals.

"I'm doing it! I'm doing it!" she yells as she kicks, paddles, giggles and climbs back

up onto the board, her skin covered in goosebumps, her purple lifejacket buckles gunked up with surf wax.

Before life got interrupted, Violet had been working so hard at so many things, making progress in swimming, climbing, eating in restaurants, making it through a trip to the store without a tantrum. I hope when this is all said and done she'll still be able to jump into the swimming pool without fear or a floatie, submerge and blow bubbles while kicking her way back up to the top.

Violet is already braver and more resilient than most adults I know. Her 4-year-old voice is vibrant with confidence, tough with pride. I'm not sure exactly how and when she grew into this version of herself.

One afternoon I'm reading a book in the yard when fluttering white wings touch my cheek. Violet laughs when I shriek. She pushes the moth clutched gently between her fingertips closer as I nearly fall off my chair trying to get away.

"Are you writing down my bug stuff?" Violet asks me later as I type. "Is every single person gonna know it?"

Violet sighs and rolls her eyes, her mannerisms more teenager than soon-to-be 5-year-old.

I blame COVID for just about everything I don't like these days. But the truth is that my daughter and all of our children are growing up, for better or worse. No matter what happens in the adult world, politics or the economy, Violet won't stay little forever.

Even when we try our hardest to slow down, to pause life or grind it to a halt, the kids keep getting taller, sassier, braver, more this or more that, and when the big world is able to hit play again, nothing will ever be quite the same as it was, least of all them.

Maybe all I can really do is buy extra granola bars, knowing that some will have to go to the ants.

Krisa Bruemmer lives in Vaughn.

Dan Whitmarsh WRITING BY FAITH



Voices from the Past

Just outside my office sits the Lakebay cemetery, a peaceful little plot of land tucked away behind a thick hedge and madrona trees. Bordered by the Lakebay Church, on a hill that backs into Mayo Cove, it remains hidden to the campers who pass by on their way to Penrose Point or the boaters heading to Bay Lake. I

suspect it is unknown even to many who call this place home.

I often walk the grounds of the cemetery, thinking of all who are buried there, wondering about their lives, their joys and troubles. Recently, I've been pondering what they would say to us, in the midst of a pandemic and financial meltdown coupled with political and racial polarization. What might they tell us?

I think they would say that we're not the first to experience hard times. Every generation has endured plagues, famines, wars and depressions. The tyranny of the moment often causes us to think we're unique, but we're not alone in our suffering. This is nothing new. Our ancestors would remind us they knew hardship and they persevered.

Perhaps they would remind us of all we have in common, and that the things that separate us are often trivial. We are all one human race occupying this little corner of the universe. We want and need the same things, be they essentials like food, water and shelter, or necessities such as friendship, family, meaningful work and leisure time. In light of eternity, it's foolish to let insignificant matters divide us.

I'm sure they would remind us that we are leaving our own legacy. We live in the world they built, and we will leave it for future generations. Will it be better than we found it, or will we destroy it in selfishness and greed? Will our grandchildren remember us with gratitude for the way we handled this moment, or will they pay the cost of our immaturity and arrogance?

I suspect they would tell us that we need each other. If we are to not just survive, but thrive, it will be because we learned to work together, to care about each other, to work as a community, a nation and a global humanity in creating new ways forward. Rather than bunkering down in fear, we must work with our neighbors if we hope to build something beautiful for the future.

The Bible says that going through life we are surrounded by a great cloud of witnesses made up of those who have gone before. Someday we will join them on the other side. What will be said of us? Did we let fear, anger and division destroy us? Or will we rise to the challenge of this moment, creating a healthier and stronger world for those who follow?

Someday, another pastor will walk the grounds of our cemetery and I hope he or she will be grateful for all we did to build a healthier, more just and more beautiful world. Perhaps they will look back and say this was our generation's finest hour.

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

Letters to the Editor

MUCH-NEEDED AGENTS OF CHANGE

Key Peninsula needs fresh voices in the Washington House of Representatives. Let's elect leaders who are connected to us and who care about us, right here, right now. Those two individuals are Joy Stanford and Carrie Hesch.

Based on their work and life experiences, Stanford and Hesch have solid solutions that will get things back on track —expanding health care, particularly in the wake of the loss of employer insurance by so many, rebooting the economy, building infrastructure as a way to get folks working again, including improving broadband service, updating the criminal justice system, providing housing solutions, strengthening education at all levels, and facing the question of climate change, which is made sharper every year by wildfires across the state and region. Their websites provide further details.

The News Tribune's endorsements of Joy and Carrie published July 5 called them "change agents." They are exactly that and will represent our district's highest value of caring about and for one another in all kinds of ways.

If we didn't know this before, we do now — we are all in this together. Joy Stanford and Carrie Hesch are hard workers and consensus builders. They are the right people for the job of state representative, 26th District. Give them your vote.

Marsha Williams, Wauna

THE FALLOUT FOR CHILDREN IN FOSTER CARE

When I am not in Olympia during the legislative session, I provide short-term foster care for teenage girls. I take in our state's most challenging youth who would otherwise be placed in a hotel, institution, or a different home each night. These children have difficult behaviors due to the trauma and instability in their lives, and need more attention. Their school is usually the only consistent part of their world, which will become more fragmented with mandatory online education.

While I understand Dr. Anthony Chen's concern to reduce the spread of COVID-19, I disagree with his blanket approach to require all schools in Pierce County to teach remotely. As we are nearing the seventh month of the Governor's Declaration of a State Emergency, it has become clear that the end to this crisis is nowhere in sight. Children who have broadband service and supportive parents at home will likely weather this storm. However, our most vulnerable youth who need in-person

learning will slip through the cracks further.

Foster youth make up the cohort with the worst graduation rates in our state, even lower than homeless youth and children with developmental disabilities. Less than 3% of foster youth graduate from college, yet nearly to 80% of incarcerated individuals were former foster youth. I understand why the outcomes are so poor for these children as I was in foster care when I was younger. Education was my path to breaking the cycle, and now that I serve in the Legislature, it is my responsibility to give these kids a voice when they are overlooked.

Rep. Michelle Caldier (R-26th), Port Orchard

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



Face Masks Work

SUI HUANG AND RICHARD GELINAS,
SPECIAL TO KP NEWS

Masks are an annoyance for those who use them, but do they really stop the spread of the virus? If so, which mask is best? Do you need a mask if you always social distance?

Research from around the world has answered these questions.

The right mask used correctly, along with distancing, effectively stops the spread of the SARS-CoV-2 virus that causes COVID-19. Countries that have masked up have death rates very close to zero. Studies in the U.S. that took advantage of regional differences in mask usage have documented the benefit of mask wearing. Estimates suggest that the use of masks could have averted hundreds of thousands of cases of COVID-19 in the U.S. by the end of May 2020.

Scientists now realize that in most infected people the virus replicates first in their nasal passages rather than deep in

the lungs. Understanding where the virus replicates gives us a solid rationale for mask use combined with distancing. We now know that unlike influenza, the cells in the nose are where the SARS-CoV-2 virus enters human tissues and starts virus production. So, since the nasal passages that drain into nose and mouth are a first fertile breeding ground for the virus, they are the source for droplets that broadcast the virus via a cough, a sneeze, and even singing or loud talking.

A cough will propel a spray of droplets 6 feet or more while a sneeze can send them up to 20 feet. Moreover, indoors the finer droplets can be carried by air beyond 6 feet and may recirculate. Since the infectious droplets propelled by a cough, a sneeze or shouting are rather large, and the small aerosols carried by indoor air are rather diluted, a simple mask can act as an effective barrier in blocking infectious material beyond the magical 6 feet that defines social distancing.

Masks worn by everybody, if made of the right material, will suppress transmission in two ways. They will stop the droplets at the source (blocking egress), but studies suggest masks are also effective in protecting the wearer — likely by blocking the large spray droplets or some of the floating aerosols that reach beyond 6 feet indoors (blocking ingress).

By blocking both egress and ingress then, masks along with distancing work together to keep you and everyone around you safe.

The evidence is clear: masks and distancing, not masks or distancing. Just distancing, especially indoors, is not an alternative to masks.

Other new studies clear the air about masks and their putative alternative, shields and gaiters or neck scarves. A mask should have at least two layers of closely woven fabric, like cotton. Little or no sunlight should get through. Skip masks with respirator valves. These don't block particle egress better than simple multilayer cloth masks (and are forbidden in sterile medical environments).

Unless you are a trauma surgeon or operate a lathe, forget plastic face shields since small droplets and aerosols will find a path around them. This is why hospital surgical teams routinely use both: face shields to stop ingress of large splashing droplets and face masks to block aerosols from exhalation by the wearer.

To best minimize egress and ingress, the fabric mask should cover your face from

the bridge of your nose to beneath your chin and it should stretch close to your ears with no gaps. It should fit as snugly as comfort permits against your face and you should wear it whenever you are out in public.

By lowering both the likelihood of one person being infected by others and of infecting others, the impact on society of masks is multiplicative. A central problem we face with COVID-19 is that asymptomatic people can infect others. These people may be unaware of the risk they pose simply because they don't feel sick and never sense they have the COVID-19 disease.

Encouragingly, modeling studies have shown that if 80% of people wear masks that are at least 60% effective (like multi-layer cloth masks), the spread of the virus declines in the entire population. In Hong Kong more than 80% of people wear masks in public. There have been only four confirmed deaths due to COVID-19 in Hong Kong since the beginning of the pandemic despite the high population density, regular heavy use of public transportation and proximity to Wuhan, China. Taiwan mandated mask use early this year. Out of a population of 24 million, only six people there have died of COVID-19.

The Institute for Health Metrics and Evaluation at the University of Washington stated in an Aug. 27 report that "The U.S. forecast totals 295,011 deaths by December. As of today, when, thus far, more than 200,000 have died, IHME is

projecting approximately 137,000 more deaths. However, starting today, if 95% of the people in the U.S. were to

wear masks when leaving their homes, that total number would decrease to 228,271 deaths, a drop of 49%. And more than 66,000 lives would be saved."

Correct use of masks combined with social distancing is obviously in everyone's personal interest and our national interest. It would prevent disease now and amplify the benefit of the nation's vaccination program once it starts. By the combined effects of these measures we can maximize the suppression of the pandemic, get schools and businesses open, and help the country achieve a new normal in a post-COVID-19 world.

Sui Huang, M.D., Ph.D., is professor and Richard Gelinas, Ph.D., is senior research scientist at the Institute for Systems Biology in Seattle. Dr. Huang has pioneered studies in complex dynamics in medicine. Dr. Gelinas's early work earned a Nobel Prize. He lives in Lakebay.

THE ONLINE VERSION OF THIS ARTICLE AT KEYPENNEWS.ORG INCLUDES LINKS TO MORE INFORMATION ON THESE TOPICS.

Local Effort to Bring Broadband to Key Peninsula

New survey of residents will add to information that could speed progress in improving local internet access.

SARA THOMPSON, KP NEWS

Mark Cockerill joined the Key Peninsula Community Council as a director last fall with no idea that he would soon dive into the abyss of local broadband access, or lack thereof, on the KP. KPC's President Don Swensen asked Cockerill to head up its broadband project and he accepted the challenge.

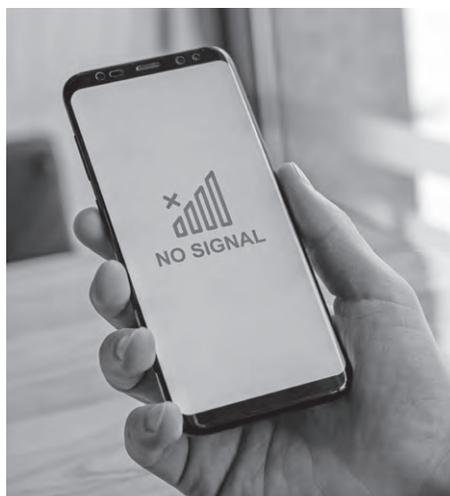
Cockerill was a programmer and then software consultant, working on implementation projects all over the world before retiring with his wife Marie to the KP in 2005. But he said he didn't know all the issues at hand, so he began educating himself. The 2019 Pierce County Broadband Connectivity and Access report by Magellan Advisors was a primer, and he spoke at length with people from CenturyLink and in Mason, Kitsap and Pierce counties.

Cockerill said that a deep local understanding of the broadband experience on the KP will provide information that could bring better service to the community, whether it is through coordination with Pierce County or independent local efforts. To that end, he has spent several months devising a survey strategy.

The short-term goal of the project is to survey a significant number of KP residents and use a data mapping tool to provide granular information about where providers are located and on internet quality. Cockerill thinks this information would give participants immediate actionable feedback, including learning about nearby providers and the availability of hotspots.

The longer-term goal is to leverage that information to bring reliable broadband service to the whole community. For example, providers may be drawn to specific areas if they have assurance of a high level of interest. Cockerill said he is intrigued by what Kitsap and Mason counties have done, in a "marriage of public utility and private enterprise," to bring internet to their populations. The public utility district provided the backbone of service, then worked with neighborhoods to get bank loans, amortized over 20 years, to cover the final leg of laying cable and making the cost affordable.

The survey will be shared online and in print with the KP in late October. Cockerill plans to send emails to parents with students in KP schools and to local orga-



nizations, and will send a link to the survey to local Facebook groups. He wants all households to participate.

Cockerill said he saw the extent of the problem firsthand after working with local nonprofits to locate sites on the KP where students without internet at home could get Wi-Fi access to do their homework.

"For those students the playing field is not level at all; they have to work harder just to keep up," he said. "It's like part of the future is already being limited because of the digital divide. That's what drives me on this project."

Pierce County is moving forward with its broadband planning. CBG Communications evaluated county code, policies and standards to make sure there were no significant barriers, and its final report is nearing completion. Senior Legislative Analyst Hugh Taylor said that although CBG made some recommendations, including a "Dig Once" policy, most existing policies appeared to be provider-friendly.

CTC Technology and Energy was tasked with creating a strategy to facilitate broadband service in the community. Taylor said that involves understanding where the deficits are now, which providers are responsible for those areas, what kind of investment could be made to improve service, and who would make that investment, including cost estimates and potential funding strategies. He said the survey Cockerill is planning would help the work CTC is doing.

"The county has not necessarily committed to being a provider. The goal is to understand the situation and strategy to improve broadband," Taylor said. CTC has reached out to the public utility districts, Peninsula Light Co. and Peninsula School District as part of its exploration. The final report is due at the end of the year.

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The calendar shows lots more information, including photos for events and organizations to be filled with events when they resume. A new section highlights "Good Deeds" announcements from nonprofits. There's even a weather report and link to our Facebook page.

Thanks to a grant from Rotary Club of Gig Harbor, the website development has been made possible. Our friends at the Angel Guild support the website too, as well as every one of our advertisers and donors.

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Women Who Dared: A Celebration of Suffrage History and Local Pioneer Women

ANNA BRONES, SPECIAL TO KP NEWS

The year 2020 marks the 100th anniversary of the passing of the 19th amendment, a change to the Constitution of the United States recognizing and proclaiming the right to vote for women.

It is through that lens the Key Peninsula Historical Society and Museum created the exhibit "Pioneer Women Who Dared: Women's Work Was Never Done," which opened in February before being closed to the public by COVID-19.

The show takes a cue from the national centennial celebration of a crucial moment in U.S. history and provides a look at the stories of local women who often have been forgotten.

"A lot of the men were well-known," said Judy Mills, program coordinator for the society and a former president. Names like William Vaughn and Alfred Van Slyke might easily come to mind but, Mills said, "you didn't always know what the women did."

These stories are crucial to understanding not just local history but a larger political context, and the show is an attempt at writing that history back in. "Maybe it's the woman in me rising up and saying 'Pay attention, look at what they did!'" said Cathy Williams, the current society president.

The show focuses on pioneer women, both U.S.-born and those who immigrated from countries like Germany, Czechoslovakia, Sweden and Norway, who made their way to the Key Peninsula from the late 1800s to the early 1900s. These are stories of women who suffered extreme hardship, who were entrepreneurial in spirit, and who sought to create a community that would support the development and advancement of their often numerous children.

They quickly had to learn to adapt in their new surroundings. "(The women) ended up learning a lot from the Native Americans," Mills said, specifically how to take advantage of the abundance that the Coast Salish people had been doing for millennia. They taught the women "how to use what was in the forest... how to use the seafood from the beaches," she said, as well as medical remedies that could keep

their families healthy, all essential knowledge for survival.

That spirit of pushing into the unknown is personified by the story of Sarah Bradshaw Creviston. Married at the age of 14, she and her husband William Creviston came from The Dalles, Oregon to Washington Territory, arriving in Steilacoom. In 1871 they placed all their belongings on a raft with their three children and went out in search of a permanent home, the tidal currents taking them to Devils Head.

They settled in Taylor Bay, but after bearing 11 children, Sarah was concerned about her children drowning, so they moved away from the water and went inland near Palmer Lake. Here, she started the Key Peninsula's first schoolhouse. Creviston had "aspirations for her children," Williams said,



A Votes for Women pennant was carried by Dr. Cora Smith Eaton, a member of the Mountaineers Club to the summit of Mt. Rainier, fastened to the staff of the Alaskan-Yukon Pacific exposition flag. The flags were planted in the highest snows on top of Columbia Crest, a white dome that rises above the mountain's crater. Photo taken July 1909 by Asabel Curtis. Collection of Washington State Historical Museum

and while her own education had been cut short by a young marriage, she took on the role as the school's first teacher.

"The women were a driving force in making sure that (the children) were well-educated," Mills said. That drive to provide a better future for their offspring resulted in institutions that became cornerstones of the community, like the Vaughn Library Association and the Parent Teacher Association. "The women influenced the direction of the community as far as I am concerned," she said.

The Crevistons weren't the only ones to make a notable arrival. When Gertrude Hickson Wyatt and her husband arrived in 1889, it was by steamer. "Her husband told her it was paradise out here," Williams said. "They arrived in the middle of winter in Filucy Bay. It was frozen over. There

was no dock." Men had to hack the ice so that a rowboat could take them from the steamer and bring them ashore. "They pushed the horse into the water to make him go to shore."

"The captain just left them there, the five of them with all their belongings," Williams said. They trudged through deep snow to an abandoned logging cabin. "She had no idea what she was getting into," Williams said. But that didn't stop her; the couple went on to build and run the Wyatt Hotel, Gertrude being crucial to its success.

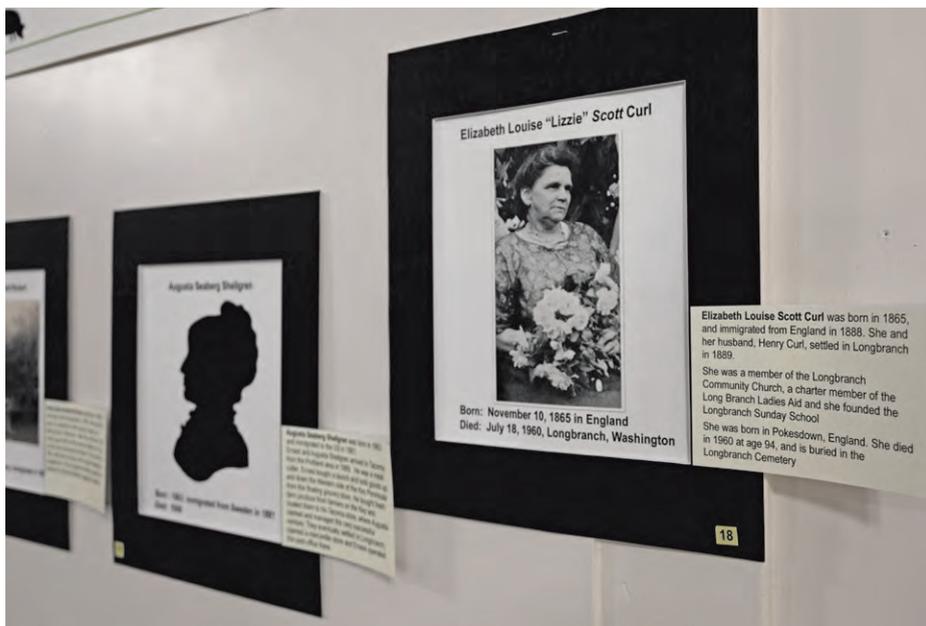
Women like Wyatt and Creviston knew that in this remote location, they wouldn't survive on their own. "Women banded together and they took care of each other," Williams said. "They knew who didn't have enough food on the table for their children and they made extra and took it there. They took care of each other."

That community effort wasn't always an easy task. "They weren't living next door to each other. They had to travel," Mills said. That often meant walking, but for the most part on a peninsula surrounded by water, it meant rowing a boat.

It's impossible to discuss the pioneer community on the Key Peninsula without mentioning Home and Sylvia Tyhurst Allen. One of the founding members of the Home Colony, Allen was the first woman to graduate from Toronto University

in 1882. In some ways, her educated and politically-oriented life looked different from that of many of her counterparts. As she would later note in an account to her granddaughter, "My personal emancipation during my college years consisted of abandoning my corsets and refusing to wear rings in my pierced ears." Free of a restrictive corset and armed with a university education, she helped to shape Home into a haven of free thinkers. But the gender norms of the day still kept her responsible for domestic duties, made more difficult by a lack of running water and electricity.

Women even served as the head of the household if the situation required it, like Esther Anderson, whose husband sought work in Alaska for two years while she stayed behind to take care of the farm and their four children. "She worked the farm



The museum exhibit offers a glimpse into the enduring strength of Key Peninsula's pioneering women whose many descendants continue to call the KP home. *Photo: Anna Brones*

just like a man would," Mills said.

In the late 1800s, women's influence on community life and their role in the social fabric that underpins a functioning democracy was becoming a political issue, too. While 1920 stands out as the year for national women's suffrage, in 1854, just two years before the Creviston's made their way to the territory, Washington almost became the first place in the United States to concede women the right to vote. At the first meeting of the Territorial Assembly, Arthur Denny, one of the founders of Seattle, proposed legislation to allow white women over the age of 18 the right to vote. It was defeated by a single nay.

A tug of war between those in Washington who believed in women's suffrage and those who wanted to restrict it later ensued, and it became a focal point of the national movement. In 1883 suffrage was approved, recognizing the right of women in the territory to vote and also to serve on juries, only to be overturned by the Territorial Supreme Court several years later.

"You look at these women and it's hard to believe that as intelligent as they were, and hard-working, that they didn't deserve to vote," Williams said.

Nevertheless, the suffragettes persisted.

In 1909 when the Alaska-Yukon-Pacific Exposition was to be held in Seattle, the National American Woman Suffrage Association was invited by suffragettes to hold their annual convention there at precisely the same time. The annual convention coinciding with the enormous world's fair ensured heightened attention to the cause. A group of mountaineering women even climbed to the summit of Mount Rainier to plant a "Votes for Women" pennant,

their words and wishes flying over 14,000 feet above sea level.

Thanks to their efforts, the Washington State Constitution was amended to guarantee women the right to vote in 1910, making it the fifth state in the nation to do so a full 10 years before the 19th amendment. Suffrage was, however, still limited by literacy requirements and restrictive citizenship laws in the state, which helped to keep Black, Native American and immigrant women from voting until a series of additional victories culminated in the Voting Rights Act of 1965.

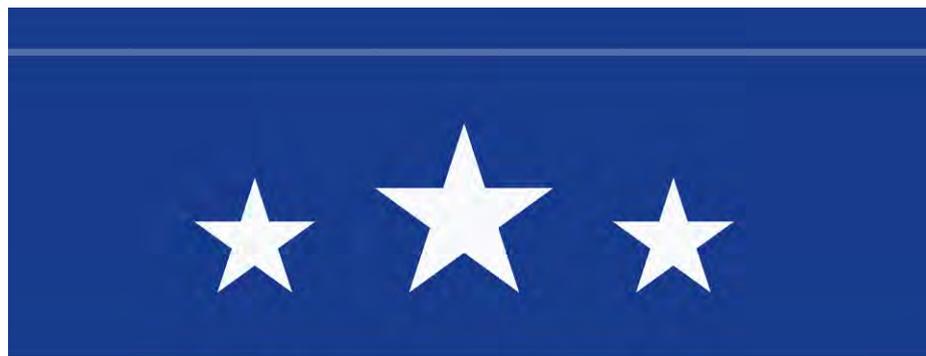
Except for a poster with the history of women's suffrage in Washington, there aren't any personal anecdotes about voting in the exhibit, or of women on the Key Peninsula working for women's suffrage. That's partly because of their location. "They were isolated from the outside world," Mills said.

And yet, looking at the portraits of these women and reading their stories, it's hard not to imagine that at least one of them could have been involved.

One can envision a bold woman rowing her boat around the Key Peninsula encouraging her friends to join the movement. She brings a meal to a friend's house and they discuss the hard work they are required to do every day, and wonder why they shouldn't have a political voice, just like their husbands do.

After all, these were women who dared.

While closed to the public because of COVID-19, the exhibit will extend into next year, enhanced by stories of local women supporting each other through the Great Depression and World War II. Learn more at keypeninsulamuseum.org.



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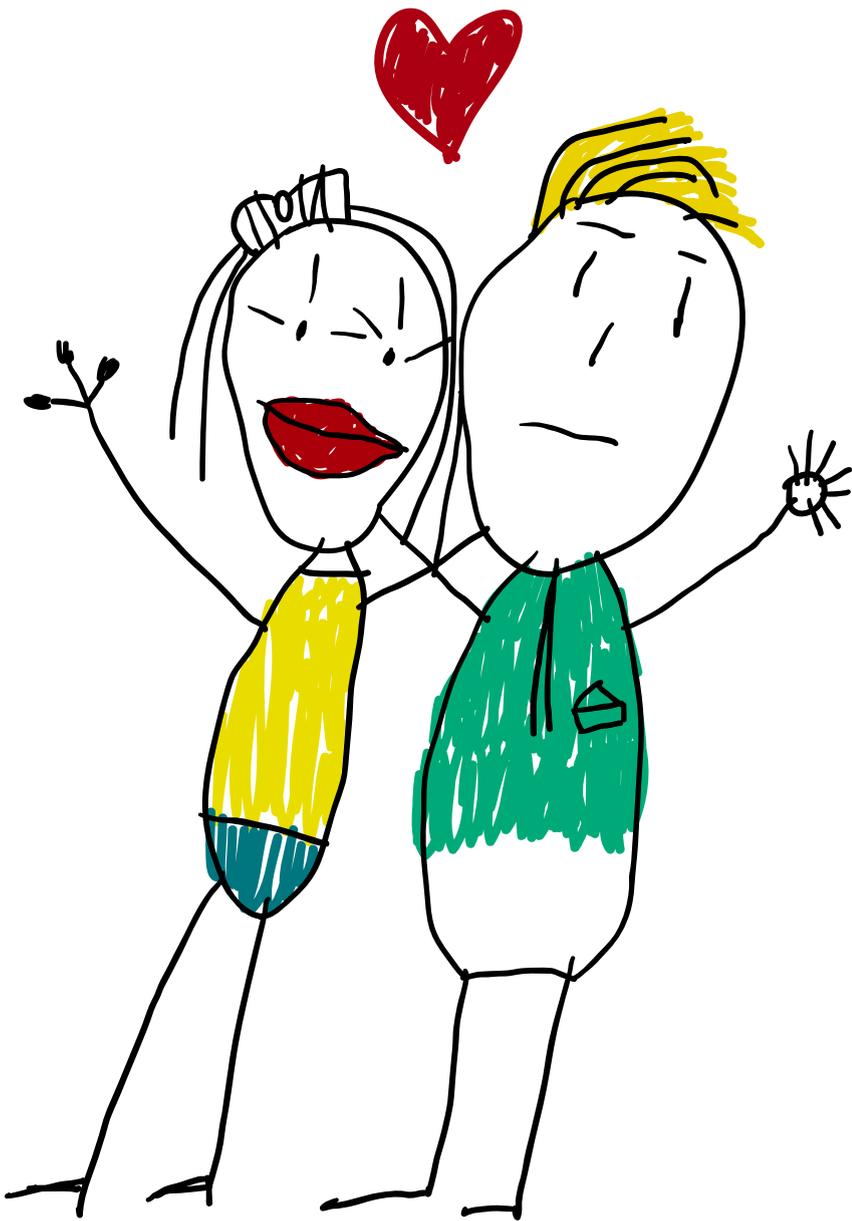


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Ref. 90 To Repeal Sex Education on November Ballot

Voters will decide to keep or reject new state requirements for teaching sex education in public schools.

CALEB GALBREATH, KP NEWS

The Washington State Senate passed a bill in March that will require all public school districts to teach comprehensive sexual health education for grades K-12 by the school year 2022-23.

Comprehensive sexual health education is defined as recurring instruction in human development and reproduction. The bill requires that all curriculum, instruction and materials used to provide sex ed must be scientifically and medically accurate, age-appropriate and inclusive to all students, regardless of protected class status.

Any public school currently offering sex ed will have to adapt its curriculum to meet

the requirements of the bill. They have until the 2021-22 school year to implement sex ed for grades 6-12; the following year will require the curriculum to include grades K-12.

The Peninsula School District already teaches a nearly identical sex ed program that families can opt out of now.

Rep. Michelle Caldier (R-26th, Port Orchard) voted against the bill

when it was brought to the House. Caldier said she received profuse feedback from constituents opposing it.

“We had probably a record number of people watching online as we debated this bill on the House floor,” Caldier said. “When you’ve got this much pressure from

the public, you don’t expect the bill to get passed.”

Public outcry grew when the bill approached final approval in the Senate, with protests held across the state, including at the capitol in Olympia. Just two days after the bill passed, a group of voters filed Referendum 90 to repeal it.

Rebeca Posteuca, a Key Peninsula mother of four children, ages 2 to 10, said she’s not against sex ed being taught in schools, but she does oppose this bill.

“I think kindergarten through third-grade is too young to be learning about anatomy and sex,” Posteuca said. “It doesn’t make sense to talk to a kid about sex before they’re even curious about it.”

Posteuca volunteered to collect petition signatures for the referendum. She and other volunteers wore masks and gloves and provided hand sanitizer to ensure everyone’s safety while gathering signatures.

Despite having only 90 days to collect signatures during a pandemic, the referendum was certified with 264,637, more than double the amount needed to put it on the ballot in November.

Sen. Emily Randall (D-26th, Bremerton), an original sponsor of the bill, said comprehensive sex ed is not only supported by experts and data but by students as well.

“We know that the data overwhelmingly supports that sex ed in schools reduces unexpected pregnancies and sexual assault,” Randall said. “I’ve talked with middle, high school and college students who feel they don’t have a good concept of affirmative consent and they wanted to have those conversations.”

The bill also requires that affirmative consent and bystander training be included in curricula. Affirmative consent is defined as the conscious and voluntary agreement to engage in and is a requirement before sexual activity.

Kerri Charles, another KP parent, has five children, two entering elementary school, two in middle school and one in high school in PSD. She supports sex ed taught in school because as a sexual assault survivor she understands its importance.

“I think kids should be taught consent at a very young age,” Charles said. “For me, and others who have been sexually assaulted, having more people understand this could’ve helped.”

However, Charles doesn’t think reproductive anatomy or detailed lessons about intercourse should be taught at a young age.

Both Posteuca and Charles said information about reproductive anatomy and

sexual activities shouldn’t be taught until fourth-grade at the earliest.

Melisa Wisner, Peninsula School District’s executive director of learning and innovation, said she gets a lot of questions from parents about this issue.

“There’s no sexual content in grades K-4. None,” she said. “I think that’s a huge misconception.”

Wisner said sexual content isn’t introduced until the fifth grade and parents are notified beforehand.

For the past three years, Wisner has helped organize parent nights at Peninsula schools. Parents of fifth-graders are invited to review the school’s sex ed curriculum, ask questions and opt out of any instruction in sexual health education.

Even if Referendum 90 is successful in repealing the Senate bill, PSD will continue to use its current sex ed curriculum as long as it continues to meet state standards, Wisner said.

“I rarely ever have anyone opt out,” Wisner said. “But we respect parents’ right to decide what is appropriate for their children.”

“I THINK KINDERGARTEN THROUGH THIRD-GRADE IS TOO YOUNG TO BE LEARNING ABOUT ANATOMY AND SEX.”

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Kolby Asbra — Ultimate Kid Whisperer

“Teacher Kolby” helped a generation of KP preschoolers grow up.

KRISA BRUEMMER, KP NEWS

A descendant of old-timers Art and Hazel Fenton, who purchased 240 acres in the Minter area in 1939, Kolby Asbra has deep roots on the Key Peninsula.

“That land has been a really special part of my family’s history. My great-grandparents gave each of their four kids 50 acres. My parents, who have been married 48 years, still live on the land my Grandpa Eddie gave to his three boys,” Asbra said. “It’s beautiful and much of it isn’t developed.”

Asbra and her two sisters grew up there. Her three sons, David (14), Kameron (12) and Dustin (10), enjoy going there to play horseshoes, camp, and have Easter egg hunts in the forest.

After graduating from Henderson Bay High School and going to college in California, where she majored in early childhood education, Asbra returned to teach preschoolers at Vaughn Elementary in 2000.

“I think teaching preschool is one of the most meaningful jobs that can ever

be done,” she said. “The trust parents had in me, and what I saw happening in that stage of the preschoolers’ lives and the parents’ lives, and how meaningful all of that is, is so powerful.”

Asbra is known for her Mister Rogers-like presence, humor and kindness.

“It was later in life that the whole concept of who Mister Rogers was really started to resonate with me,” she said. “He inspired me to continue being who I’d become and encouraged me not to feel overwhelmed with the weight of the world, to just keep gently pushing through and being me. His conscious, thoughtful choice to carefully and purposefully help humans to be better is something I completely relate to.”

Her whole life changed one morning in 2003 when a tall, handsome man named Dave walked into her classroom to drop off his nephew.

“He stayed there by the cubbies watching circle time and my goodness, I couldn’t breathe the entire time,” she said.



Kameron, Dustin, Kolby and David Asbra. Photo: Krisa Bruemmer, KP News

Dave, a Marine on leave from active duty in Japan and awaiting his final discharge papers, was only supposed to be home for a few weeks. But he asked Kolby out on a date and as luck would have it, his papers arrived and he never went back.

“He figured out a way to stay because he had met his future wife,” she said. “They sent him his stuff.”

Asbra left teaching to start her family, but as her sons made their way through preschool, she returned as a volunteer and later joined the Vaughn Elementary PTA, where she is now in her sixth year on the board, serving as president.

In 2018, Asbra was recruited to teach at a new preschool in Home, where parents described her as magnificent, nurturing and kind with saint-like patience — the ultimate preschool teacher.

“She’s calm but energizes the kids,” said Tiffani Martinez. “She’s so creative and can see the project or situation through the eyes of the children.”

“When a kid gains confidence in an area where they may not have had it before, and you feel like maybe something you did helped get them there, that’s my biggest reward as a teacher, or a mom,” Asbra said. “A lot of the things we’re teaching preschoolers are the exact same things a lot of our adults need to remember. I think our world would be a completely

different place if humans lived by some of the basic fundamentals that we teach preschoolers about social interactions and how to be kind, how to have self-control.”

Although Asbra loved teaching preschool again, she felt over-stretched and real-

ized she needed to resign at the end of 2020 school year.

“The most challenging thing about preschool, actually,

was both of the times I quit,” Asbra said. “I missed it a lot for the years I was away. When the time came for me to resign again because I knew I needed to put my family first, it’s like I felt selfish. And I hate how abruptly school ended.”

Amid the COVID-19 pandemic, Asbra finds happiness watching her sons reconnect, playing family games, hiking, and cooking together.

“I’ve tried hard to focus on the things I can control and make the best of it. I’m really proud of my kids for being so resilient and flexible.”

Quoting Fred Rogers, Asbra said, “How many times have you noticed that it’s the little quiet moments in the midst of life that seem to give the rest extra special meaning?”

She added, “I like the simple life that I’m trying to have here, and if it wasn’t for my husband, I wouldn’t have any of this. He’s my hero. I’m one of the lucky ones. My life is a dream.”

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KPFD Receives Grant to Expand Local Health Care

Each year, over 200 calls for emergency medical services come from the same two dozen individuals on the Key Peninsula.

SARA THOMPSON, KP NEWS

The Key Peninsula Fire Department received grant funding earlier this year to proactively work with residents who are high frequency 911 users. The program is intended to provide early interventions that will improve health and decrease the number of calls and transports to emergency rooms.

“Key Peninsula, with its geographic isolation and limited transportation, was uniquely suited for this kind of project,” Fire Chief Dustin Morrow said. “The fire department is established and trusted. We also have the logistics and relationships in place to implement a program.”

The department analyzed data from frequent callers, defined as eight or more in a year. About two dozen individuals called 911 for assistance of some kind more than 200 times total during 2019, according to Anne Nesbit, KPFD prevention specialist and public information officer. Although some calls were medically necessary, many were due to social, environmental or housing issues.

“The goal of the program is to work with our community to explore alternate paths to care or resolution other than 911,” Nesbit said. “An alternate path could be as simple as a grab bar, which makes getting out of a chair or off the toilet manageable. It makes sense for us to be proactive in this space rather than reactive.”

Nesbit contacted all of the individuals eligible for the program.

“Personally, I am really excited about the project,” she said. “It allows for great opportunities

for positive patient contact and education and it allows us to expand what we can do to service our community.”

Department staff will make visits and develop plans based upon individual needs and positive outcomes. “This could be increased home visits, regular phone check-ins, telemedicine connections, or referrals. Some of this is going to be discovered along the way and will

influence how we form up our plans long term,” Morrow said. The staff plans to provide services that are in the department’s domain and referrals to resources as needed.

“This will for sure be a team approach, as all individuals have very different circumstances. Some require additional medical follow up, some have environmental or social needs, and some simply need general assistance in managing their way through the complicated health care system,” Morrow said.

Bret Price, ARNP, who has an office in Key Center, has contracted with the department. Morrow said that Price’s training as a licensed nurse practitioner is beyond what a paramedic can offer.

“Bret is in place for those individuals that we can already see need more. His primary role will be to make sure that any medical situation he observes is accurately communicated to the individual’s primary care physician, or to get the individual the care they need if they do not have a primary care physician,” Morrow said.

If the program is successful, Morrow plans to submit a proposal to expand the program to those who have called the department five or more times in a year.

Elevate Health, Pierce County’s Accountable Community of Health, provided the grant. “Elevate Health approached all Pierce County fire agencies through a county-wide EMS work group. Some of

the fire agencies elected to participate and some did not,” Morrow said.

There are nine ACHs in the state, all nonprofit orga-

nizations that are community-based coalitions whose goal is to improve health and health equity. Funding for ACHs comes in part from the Washington State Health Authority. “Elevate Health braids together those resources with funding from the private and public sectors,” said Maura White, public affairs and marketing officer for Elevate Health.

“KEY PENINSULA, WITH ITS GEOGRAPHIC ISOLATION AND LIMITED TRANSPORTATION, WAS UNIQUELY SUITED FOR THIS KIND OF PROJECT.”

“THE FIRE DEPARTMENT IS ESTABLISHED AND TRUSTED. WE ALSO HAVE THE LOGISTICS AND RELATIONSHIPS IN PLACE TO IMPLEMENT A PROGRAM.”

Local Teacher Publishes First Novel

Alice Kinerk teaches a combined fourth and fifth grade class at Minter Creek Elementary School.

MATTHEW DEAN, KP NEWS

Key Peninsula writer and teacher Alice Kinerk has self-published her first full-length novel.

“The Octopus Under the Bridge” follows the adventures of Jay, a 14-year-old who lives in a dystopian Tacoma where fossil fuels have grown scarce. After Jay is sent away to live with his grandmother on the Key Peninsula, he must unravel his family’s secrets and learn to live in a changing world.

“Octopus” was heavily influenced by the geography and history of the KP, according to Kinerk, who is also a KP News contributor. The inspiration was the story of a boat captain who helped protect the community in Home from political backlash after the assassination of President William McKinley in 1901.

“Over the course of writing and revising, that particular story disappeared from the book. The characters were still there but that scene went away,” Kinerk said. Elements of the original historical tale remained, including a background of political upheaval and the focus on the KP. “It’s beautiful here, the people are terrific,

and it’s just a really magical, special place. All of those things were inspirational to me,” she said.

Kinerk came up with the idea for the story in 2014 while helping her mother repaint a house on the East Coast. “I got really bored over the course of those weeks and all of a sudden this story popped up in my mind about back home, back here on the KP,” she said.

Kinerk has a master’s degree in creative writing from the University of Washington and had written collections of short fiction, but longer projects proved a challenge. “Any time I tried to write a novel, I would get three-quarters of the way and things just fell apart. I couldn’t quite wrap it together for an ending. I’d get frustrated. I’d get busy on something else, so I always hit that point and just gave up.”

She wrote the first draft as fast as possible, hoping to get it all down before she lost her inspiration. “I did it in just three weeks, really intense, as fast as I could, every night, just type and type for three weeks and I got through it.”

The next six years were spent gradually rewriting, revising and expanding

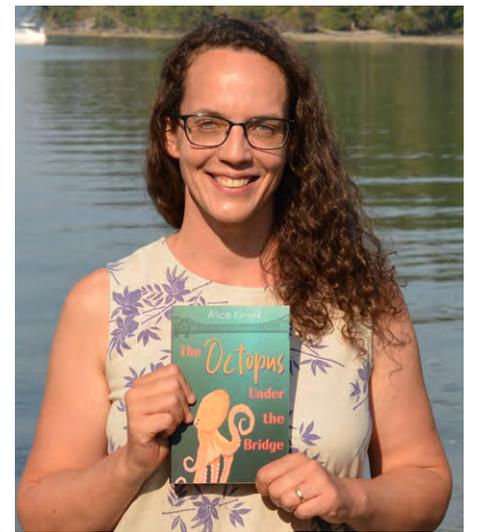
the concept with the help of family and friends. The final editing and design were completed over the summer and the book was published at the end of July.

“I felt like it had been on my mind for so many years,” Kinerk said. “I knew having it published would be a relief.”

A book about scarcity and social upheaval may hit close to home in 2020, but according to Kinerk, the parallels weren’t planned. “The funny thing was, I wrote this long before any of this happened, and in some ways the real world caught up to what I had written in the book.”

While the global pandemic may not have influenced the story, the writing process did serve as an outlet for Kinerk amid worries about the upcoming school year. “Having a creative pursuit was really good for my mental health. I think that gave me the final push to say, ‘I’m going to get this done’ after six years.”

Kinerk self-published through Amazon, a process she describes as surprisingly simple. She opted to undertake the formatting and design of the book herself, including putting together the cover art and promotional materials.



Alice Kinerk Photo: Lisa Bryan, KP News

“I found some online resources to guide me, so I gave myself a crash course in self-publishing and marketing,” she said.

After uploading the story to Amazon, distribution was handled automatically, including physical copies printed to order. “I’m an environmentalist, and the thought has occurred to me, which trees will be get cut down to print my book? So if somebody wants to read the book, the book will be printed and will go to them, but there will not be huge leftover boxes of copies.”

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Naturopath Establishes Practice on the Key Peninsula

After a slowdown due to the pandemic, a new practice grows slowly and steadily.

SARA THOMPSON, KP NEWS

Carrie Phillips, a licensed naturopathic doctor, saw her first patient at Blue Spark Health in late December on the KP. Soon after her opening, the pandemic hit, with a slowdown in calls and visits, but Phillips said the practice has grown slowly and steadily since May and June. “I’ve been well received,” she said.

“I come from a long line of nurses,” Phillips said, “and I considered a career in pediatrics or teaching, but those didn’t seem to fit.” She was introduced to naturopathy when she was an undergraduate in college but didn’t pursue it further at the time. She married, was busy with her growing family, and naturopathy kept coming up. “Finally,” she said, “I listened.”

A Wisconsin native, Phillips and her husband and three young children moved to the Pacific Northwest when she entered the School of Naturopathic Medicine at Bastyr University in Kenmore. They moved to Gig Harbor as she completed her studies, a location that made commuting — her husband is a firefighter and paramedic who works in Lacey — more feasible. Phillips was delighted to find the building on State Route 302 when she was ready to establish her practice. “I love the energy and the setting on the Key Peninsula,” she said. Her three children, now 10, 12 and 14, have been joined by a baby brother who is nearly a year and a half old.

Naturopathic doctors, or NDs, have to meet prerequisites for entering their graduate training that are similar to those who study conventional medicine or osteopathy. Much of their medical school classwork is similar — including such topics as anatomy, biochemistry and physical diagnosis — but they also study homeopathy, acupuncture and botanical medicine. They spend time working with licensed naturopaths during the last two years to gain clinical experience before becoming licensed and entering practice themselves. Medical doctors and doctors of osteopathic medicine traditionally do additional residency training following medical school, with the number of years dependent on their specialty, but this is not required for NDs.

Phillips hopes to establish Blue Spark as a wellness center with additional practitioners. A massage therapist is now part



Carrie Phillips is happy to be located on the KP. Photo: Kamryn Minch, KP News

of the team and she would like to add others. Phillips does not accept insurance, though she can provide a detailed bill for patients to submit to their insurance plans for reimbursement. “I didn’t want my practice to be limited by what insurance will cover,” she said.

“THE SPECIALTY FINDS YOU. I THINK MY STRENGTH IS HEALING HANDS AND ENERGETIC HEALING.”

She currently sees a broad base of patients, though she expects her practice may shift and develop more of a specific focus over time. “The specialty finds you.

I think my strength is healing hands and energetic healing,” Phillips said. She uses an integrative approach, combining therapies such as homeopathy, craniosacral therapy and botanical medicine to treat her patients. She is also a graduate of Northwest Healing and Intuitive Arts, which provides training in shamanism, which Phillips describes as using ancient indigenous healing techniques to help understand and heal both the physical and emotional self.

Blue Spark Health is located at 11607 State Route 302 NW. Call 252-525-1080 or on the web at bluesparkhealth.com.

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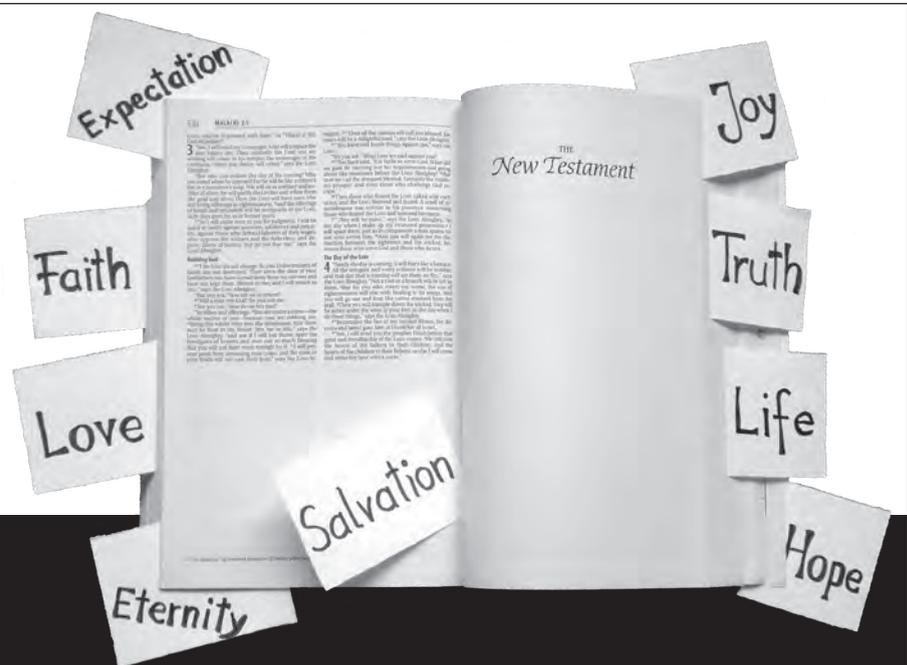
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A STICKY, SWEET WAY TO GET YOUR APPLE A DAY



Caramel Apples

TIM HEITZMAN, KP NEWS

One of the joys of my childhood was caramel apples — the sticky sweet caramel balanced by a crisp and juicy apple. Preceded in history by the bright red cinnamon-flavored candied apple, invented in 1908 by a candy maker in New Jersey, the caramel apple was developed by a Kraft employee in the 1950s.

Kraft Caramels, individual cubes wrapped in cellophane, packed in a plastic bag, were prominently displayed in the supermarket candy aisle. The process couldn't be more satisfying — the children tasked with unwrapping the caramels so Mom could melt them in a saucepan before dipping Popsicle-stick-speared apples. Mom was smart enough to know that two full bags of caramels netted about 1½ bags of unwrapped candy. While the dipped apples chilled, we cheerfully cleaned the sticky saucepan, the drips and drops spattered on the table and our chins and fingers.

I have not seen a bag for years, but hope they still print the “recipe” on the

package. Or you can buy little caramel blankets to smooch around your apple.

If you're up for a more adult, more advanced version, this from-scratch recipe will take under an hour, not counting the important chill time of another hour.

Old-Fashioned Caramel Apples

Makes one dozen

- 1 pound dark brown sugar
- 2 sticks unsalted butter
- 14-ounce can sweetened condensed milk
- ¾ cup dark corn syrup
- ⅓ cup maple syrup
- ½ teaspoon vanilla extract
- 1 tsp dark molasses
- ¼ tsp salt
- Whipping cream as needed
- 12 chopsticks, thick skewers or sharpened Popsicle sticks
- 12 medium Granny Smith apples, washed and chilled

Combine the first eight ingredients in

a heavy 2½ quart saucepan. Stir with wooden spatula over medium-low heat until sugar completely dissolves, occasionally brushing down sides of pan with wet pastry brush or paper towel.

Clip candy thermometer to side of pan, increase heat to medium-high and cook caramel at rolling boil until it reaches 236 degrees, stirring constantly with a clean wooden spatula for about 12 minutes, wiping down sides as above.

While caramel cools, line two baking sheets with foil and butter the foil. Stick skewers into apples and prepare optional chopped nuts, toffee bits or miniature M&Ms.

Holding stick, submerge apple in 200-degree caramel. Lift and drip runoff back into pan. Hold apple up and let caramel firm up, then place on buttered foil. Repeat and space apples on sheet before chilling for 15 minutes. Pick up each apple and wrap puddled caramel back around apple. Press optional decorations into caramel and chill about an hour.

A LITTLE TASTE OF HERON'S KEY

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

Citrus-Braised Lamb Shank



(Makes one serving)

INGREDIENTS

- 1 10-12oz lamb shank
- 1/2 cup mirepoix
- 1 bay leaf
- 1 cup red wine
- 1 cup demi-glace
- 1 cup water
- 2 sprigs thyme
- 2 garlic cloves
- 5 black peppercorns
- 1 orange
- 1 lemon

DIRECTIONS

Preheat oven to 350 degrees. Salt and pepper lamb and sear on all sides. Sauté mirepoix. Add lamb and the rest of the ingredients, cover and place in oven. Cook for two hours or until meat falls off the bones.

Pair with a side of creamy polenta and enjoy!



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

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We'd love to feature a dish from your KP kitchen that friends and family ask for. Email the details to editor@keypennews.org with your phone number; we'll be in touch.



The Story of McMicken Island

JOSEPH PENTHEROUAKIS, KP NEWS

McMicken Island, a few hundred feet from Harstine Island to the west of the Key Peninsula, is a favorite destination for area boaters and kayakers. One of about 40 marine state parks in Washington, it features almost 3,000 feet of unspoiled saltwater shoreline and a thick, virgin stand of cedar, fir, hemlock and madronas over a lush and often impenetrable understory of salal, ferns and huckleberries. A short trail winds through the woods, treating hikers to unexpected views of Mount Rainier peeking over the hills of the peninsula to the southeast.

Near the south end of the island the land dips towards the water and the woods give way to a partly-cleared field. A weathered cedar fence on the east side of the clearing encloses a narrow strip of land along the low bank, with an aging house, an unfinished cabin and a large, unused outbuilding.

That compound, owned by the same family for over 100 years, is a link to the island's past.

McMicken Island was named after William McMicken, surveyor general for Washington Territory, possibly following his retirement in 1886. Its settlement history in modern times begins in the 1890s, when Tacoma resident Charles Lundquist, a recent Swedish immigrant, claimed it as a homestead. An 1894 survey undertaken in connection with Lundquist's claim shows that 2 acres at the south end of the island had been cleared in preparation for cultivation, perhaps by Lundquist himself. That area corresponds roughly to the field that remains cleared today. The survey also mentions that Lundquist had

started a well and had built a 14-by-20-foot cabin, where he would eventually live with his wife Amanda and their young daughter Ellen. The Lundquists moved to the island in September 1895, an occurrence duly reported in the weekly Mason County Journal by the paper's Harstine Island correspondent.

Lundquist, a bricklayer by trade, was evidently not cut out to be a farmer, however; by 1901 the family had retreated back to Tacoma, and in 1907 they sold the island to Harstine farmer Peter Peterson and his wife Margaret for \$200. Once again the diminutive 2-acre farm must have failed to live up to expectations, because in 1914 the Petersons in turn sold McMicken Island to Tacoma attorney Arthur R. Warren, who was looking for a weekend and vacation getaway.

Warren died at 59 in 1925, but the island remained in the family until 1974, when it was purchased by the Washington State Parks and Recreation Commission from his daughter, Winnifred Carson, and her children, Warren Carson and Gayle Carson Riggs. Under an agreement with the commission, the Carson and Riggs families were allowed to retain for their private use the fenced tract along the southeast side and a stretch of beach at the bottom of the low bank. The families continue to visit, keeping a watchful eye on the island and acting as surrogate stewards and protectors of its safety and natural beauty. Several members of the family still own land and live on nearby Harstine Island.

Arthur Warren's granddaughter, Gayle Riggs, 83, along with her children and their families, were there in August. Riggs, who grew up and lives in California, remem-

bered regular summer trips to McMicken. "I've been coming here since I was a baby," she said. "In fact they said I had a whooping cough before you could have shots so they brought me up here."

In the early years the family stayed in an old cabin, originally built by Peter Peterson or perhaps even by Charles Lundquist himself. "We missed a summer during the (second world) war," Riggs recalls. "We didn't come back until 1946 and '47, and we were in the old cabin, which was leaking; the weather was dreadful those years. My dad said we needed to build a new house, so we spent the summer of '48 clearing the site." The house, still standing today, was built by Hugo Glaser, a Dalmatian farmer nearby on Harstine, with bricks made using sand from his own beach.

The old cabin deteriorated over time and was finally taken down by the state a few years ago; a replica was built in its place, unfinished but still useable as a shelter when the weather turns.

The house, and a shop built later, remain off the grid. During the long days of summer, windows and open doors let daylight and long shadows into the large interior space. The great room serves as kitchen, complete with a still-operational 1920s wood-burning cook stove; a large, hand-made picnic table built by Kit Carson, and a sitting area with a daybed by the window; a Franklin stove in the far corner and a large fireplace in the opposite wall; and aging furniture, much of it brought over on the mailboat from Tacoma in the mid-1920s and delivered to the post office at the village of Ballow, a few hundred feet down the beach from McMicken.

At the end of August, McCarthy's

McMicken Island marine state park is a favorite destination for area boaters. *Photo: Joseph Pentheroudakis, KP News*

children and grandchildren were due to arrive. One hundred and sixteen years after Arthur Warren signed the deed, the grandchildren would be the sixth generation of his descendants to visit McMicken Island.



McMicken Island circled in red. N044

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With some of our volunteers choosing to stay home as COVID-19 cases continue, our *store hours may change** on short notice. We continue to thankfully accept your gently used donations, please put clothing in plastic bags, hard goods in boxes. And please, no donations of any kind in the free bin out front. Thanks for your help, we're all in this together.



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"WHILE FROM A PROUD TOWER IN THE TOWN / DEATH LOOKS GIGANTICALLY DOWN."

'The Proud Tower' as Distant Mirror

Could we not find something less intense and arcane to pass the lonely days of our pandemic? The answer is No.

TED OLINGER, KP NEWS

"The Proud Tower: A Portrait of the World Before the War, 1890-1914" was a bestseller when it was published by historian Barbara Tuchman in 1966. Drawn from a collection of lengthy essays she had written for various magazines, it is a page-burning story of a world blundering toward collapse in what we now call "the Golden Age," though no one who lived through it thought of it that way at the time.

"A phenomenon of such extended malignance as the Great War does not come out of a Golden Age," Tuchman wrote.

The book takes its title from the 1845 Edgar Allan Poe poem "The City in the Sea" — "While from a proud tower in the town/Death looks gigantically down."

"The Great War of 1914-18 lies like a band of scorched earth dividing that time from ours," Tuchman wrote. "In wiping out so many lives which would have been operative on the years that followed, in destroying beliefs, changing ideas, and leaving incurable wounds of disillusion, it created a physical as well as psychological gulf between two epochs. This book is an attempt to discover the quality of the world from which the Great War came."

And that's just the second paragraph.

Like her more famous 1978 portrait of 14th century France, "A Distant Mirror," Tuchman here too finds parallels in a bygone age that illuminate our own despite the esoteric subject. It's as if she deliberately chose the most obscure pages of history to prove that modern society is just as vulnerable to the same kind of corrupting human foibles as that bygone age, and that we should guard against it, whether we live in the 1960s or 2020s.

The book is divided into eight chapters, each describing political and social developments in a different country, stretching from the United States across Europe to Russia, and the personalities who

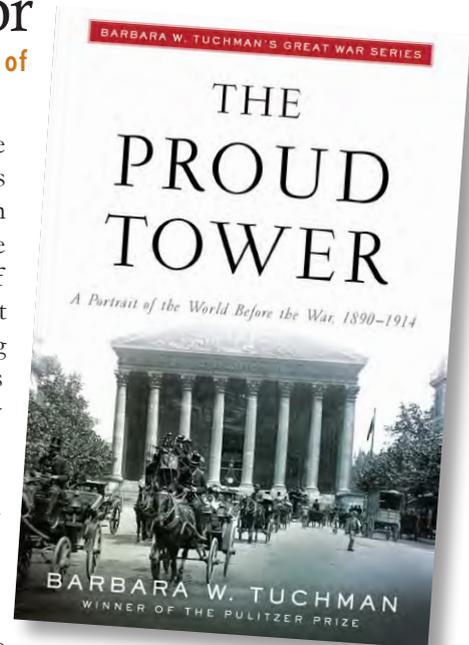
drove them. Reading it is something like attending a family reunion with relatives one has never met, resurrecting forgotten history lessons like buried memories (the Haymarket trial, the American invasion of the Philippines, that eccentric introvert Alfred Nobel), coupled with the unnerving sensation of having one's own passions and antipathies echoed by people now dead for a century.

We step back through time to the era of the landed gentry and patrician parliamentarians of Great Britain at the zenith of her empire, to the fight for universal suffrage for (white) male voters and the eight-hour day on the continent, to the swelling imperialism of the United States, to a decade of assassination and

bomb-throwing as a young intellectual movement called Anarchism is hijacked by the impoverished refugees of an eternal underclass who equate lack of government with freedom.

Presidential candidate Theodore Roosevelt publicly calls for the summary execution of socialists and trade unionists, including his opponent Eugene V. Debs. The Czar who freed the serfs is murdered and all thought of further reform in Russia disappears. A nobody French artillery officer, Alfred Dreyfus, is framed for espionage and sent to Devil's Island, only to be released after the revelation of the corruption and anti-Semitism that sent him there destroys the government. World-weary diplomats estab-

lish rules for international arbitration at The Hague, with the certainty that modern war is obsolete. The premiere of Igor Stravinsky's ballet, "The Rite of Spring," in 1913 is so radically different from anything that came before, the white-tied gentlemen and elegant ladies of the audience erupt in riot. The first socialist leader of France is shot in the back in a Paris café by a French nationalist and the next day, Aug. 1, 1914, France and Germany mobilize for war.



Critics in 1966 and since have faulted Tuchman for a broad embrace that lacks analysis of the behavior of the Great Nations that led to the Great War. But she admits directly in her preface that while that was her intention at the start, the facts took her elsewhere.

"The Grosse Politik approach has been used up. Besides, it is misleading because it allows us to rest on the easy illusion that it is 'they,' the naughty statesmen, who are always responsible for war while 'we,' the innocent people, are merely led. That impression is a mistake."

Earnest if intimidated readers might justly ask, Could we not find something less intense and arcane to pass the lonely days of our pandemic?

The answer is No; we can hardly do better than to open this compelling and insightful tome, of a kind and quality increasingly rare, and gaze not only into our past, but into ourselves.

About the Author

Barbara W. Tuchman was born in New York City in 1912 and died in 1989 at the age of 77. She was the daughter of an owner of The Nation magazine and granddaughter of the U.S. Ambassador to the Ottoman Empire. She was a prolific journalist who became a popular historian and wrote 11 books from 1938 to 1988, including "The Guns of August," about World War I, and "Stillwell and the American Experience in China," a biography of Gen. Joseph Stillwell and U.S. missteps during and after the Chinese Revolution. She received Pulitzer Prizes for both.



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Barbara Tuchman died in 1989 at the age of 77. She wrote 11 books and won two Pulitzer Prizes. *The U.S. National Archives*



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Like many of you, our income this year has been limited. The overhead expenses to maintain our beautiful, beloved facility—a treasure for our community—continue every month.

If you are able, please consider making a donation to



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Like so many of you, members of our Board of Directors are thinking a lot about the future.

Connecting with friends and neighbors strengthens our community, so we're investigating ways in which the Civic Center can continue to serve the KP safely during pandemic restrictions: virtual events, drive-thru-style gatherings, and other creative ideas.

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TOP LEFT A rainbow brightens Filucy Bay. *Photo: Richard Hildahl*

MIDDLE LEFT The Scarecrow Contest is in full swing, shown here and page 1. *Photos: Ted Olinger, KP News*

BOTTOM LEFT A smoky

Sept. 11 near Glen Cove. *Photo: Ed Johnson, KP News*

TOP RIGHT An

unhealthy smoke-covered Vaughn morning Sept. 16. "Climate

change is real and we need leaders who respect science," the

photographer said. *Photo: Anna Brones*

BOTTOM Longtime Her-

ron Island resident Carole Crowley wanted to celebrate with her

friends on her 85th birthday but also wanted to be socially safe.

Some "look-alike" pals joined her and her family while most is-

landers did a drive-by parade to wish her well. *Photo: Leslie Sanderson*