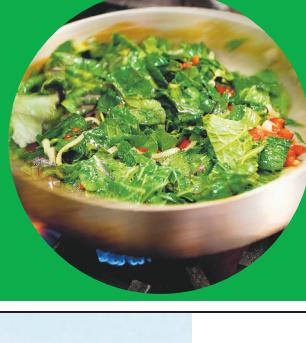
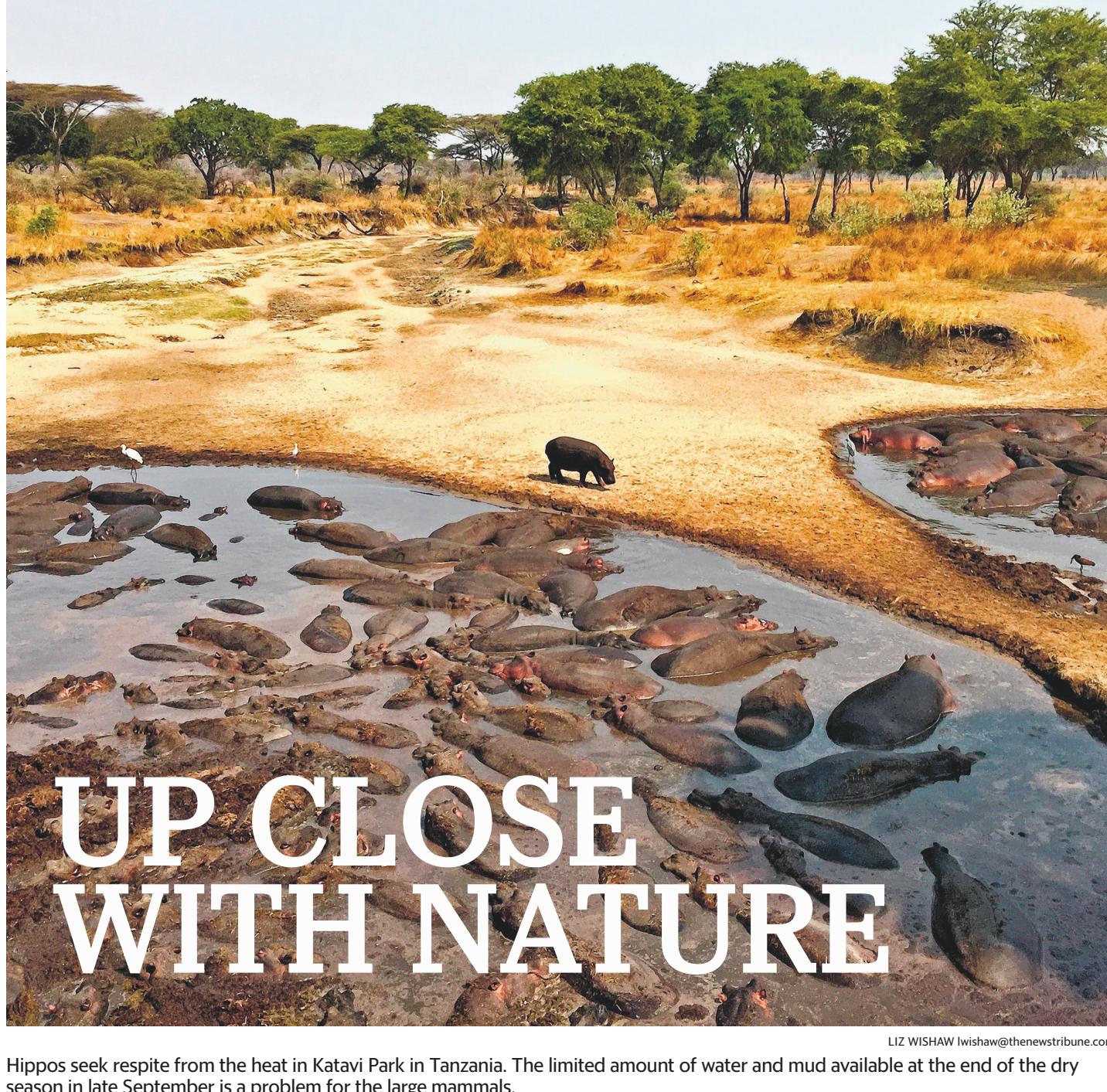


# Sound Life



**FOOD**  
LOOKING FOR SOMETHING FILLING THIS WINTER? TRY GREENS 8E

## TRAVEL: TANZANIA



## UP CLOSE WITH NATURE

Hippos seek respite from the heat in Katavi Park in Tanzania. The limited amount of water and mud available at the end of the dry season in late September is a problem for the large mammals.

**Viewing safari in Katavi National Park yields plenty of animals**

**With few visitors, Katavi offers an intimate experience**

**Circle of life from new babies to hippo's death covered in four days**



BY LIZ WISHAW  
lwishaw@thenewstribune.com

The Cessna Grand Caravan circled the dirt landing strip as I peeked out the window. Giraffes bound across the arid ground below. A herd of elephants picked up their pace as we came closer. As the bush plane touched down, it finally sank in — I was in East Africa.

I left Seattle-Tacoma International Airport three days earlier on a flight to Dar es Salaam, Tanzania, for a trip that was discussed for months. I met my grandmother Karen Jackson and our tour guide Tom Lithgow at the small airport in Mwanza earlier in the day. They had come from an earlier trip to Volcanoes National Park in Rwanda to track and observe mountain gorillas and see gold-



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en monkeys.

The plan was to spend four days in Katavi National Park with Lithgow and stay at his Palahala Camp on the Kapapa River. After landing on the bush runway, we met our co-guide Baracka Sadick, hopped in the camp's Land Rover and were off to see what lay in store in this vast wilderness.

Katavi, east of Lake Tanganyika, covers 1,727 square miles and gets 2,000 visitors a year. The small number affords a remote, private experience when

SEE TANZANIA, 4E

### MORE INSIDE

Drone project works to stop animal poaching in Tanzania's parks. [See story, 5E](#)

### COMING UP

Come back Jan. 31 to The News Tribune for the second part in this travelogue on Tanzania.



DEAN J. KOEPLER dkoepler@thenewstribune.com

for about five years.

Her store specializes in vintage items and antiques. About 20 percent of the store contains items she's rehabbed or restored, but also holds about 30 additional vendors selling vintage, antique or rehabilitated items.

Loudin will be one of several vendors selling items at the Vintage Market at the Tacoma Home and Garden Show, Thursday-Jan. 31 at the Tacoma Dome.

Loudin's particular specialty is in restoring old items — which sometimes is also called up-

cycling or repurposing. That upcycling trend is seeing momentum, thanks to websites such as Pinterest (also known as the Internet rabbit hole for the design-obsessed).

"All it takes is paint," said Loudin, of turning flea market finds into coveted treasures. "For instance, take the side table mom and dad gave you when you moved into your first home. You can turn it into some-

SEE HOME SHOW, 3E

Joanne Loudin, owner of Off the Beaten Path Antique Mall in Sumner is an upcycling specialist. Her wares will be on sale at the Tacoma Home and Garden Show.

### MORE INSIDE

Get all the details on this year's Home and Garden Show at the Tacoma Dome, [See Page 3E](#)



DREW PERINE Staff file, 2010

The youth trout pond is always a popular stop at the Washington Sportsmen's Show in Puyallup. This year's show opens Wednesday.

## It's the season for outdoors shows

Staff report

The rain drums a steady beat on the roof. Highways crossing mountain passes are closed for fear of avalanches. Lowland temperatures vary from frigid to merely miserable.

That means it is time for the outdoor show season. Campers, fishermen, boaters and hunters will all get a taste of what's to come for the 2016.

It all starts with the hundreds of recreational vehicles at Tacoma RV Show that ends Sunday (Jan. 24) at the Tacoma Dome.

The action picks up with Wednesday's opening of the Washington Sportsmen's Show at the Washington State Fair Events Center in Puyallup. The show runs through Jan. 31.

On Friday, boaters will want to head north for the Seattle Boat Show. Running through Feb. 6, there are almost 1,000 boats at Century Link Field Events Center and on the water South Lake Union.

**SEE PAGE 6E FOR A LOOK AT EACH OF THE SHOWS**

## PLAN YOUR WEEK

### Monday

#### WALK THROUGH OLYMPIA

The Capitol Volkssport Club walk will cover 10 kilometers as it winds through neighborhoods, downtown, the Capitol Campus and waterfront; a 5K route is available; 2 p.m. Monday; leave from Bayview Thriftway Deli, 516 Fourth Ave., Olympia; free, unless walking for credit; [capitolvolkssportclub.org](#).

### Tuesday

#### A WEEK ON MOUNT RAINIER

United States Geological Survey scientist Matt Bachmann will give a program on the week he spent exploring the ice caves under the summit of Mount Rainier; Bachmann and others on the team found decades of undiscovered artifacts; noon, Tuesday; Washington State History Museum, 1911 Pacific Ave., Tacoma; free with museum admission; 253-272-3500, [washingtonhistory.org](#).

### Wednesday

#### OPEN SWIM FOR ARTISTS

The Cartoonist's League of Absurd Washingtonians holds a monthly open swim event; a word will be pulled from a fez and must be incorporated into your drawing; 7:30 p.m. Wednesday; King's Books, 218 St. Helens Ave., Tacoma; 253-272-8801; [kingsbookstore.com](#).

### Thursday

#### THELER WETLANDS BIRD WALK

Join experienced birders Faye Hands and John Riegsecker for a bird walk through this wetlands at the end of Hood Canal; there are more than 2 miles of trails winding through the 139-acre wetlands; 8 a.m.-noon Thursday; meet at the Mary E. Theler Community Center, 22871 state Route 3, Belfair; free.

### Saturday

#### EXPLORE WAPATO HILLS PARK

A naturalist from the Tacoma Nature Center will lead a family walk through 14-acre Wapato Hills Park; 10-11 a.m. Saturday; Wapato Hills Park, 6231 S. Wapato St., Tacoma; free; sign up at 253-591-6439 or [metroparkstacoma.org](#).

#### PROGRAM ON APOLLO MISSIONS

John Pettit will give a program, "Apollo Missions to the Moon," at the public night event presented by the Tacoma Astronomical Society; night sky viewing will take place after, weather permitting; 7:30-11 p.m. Saturday; Rainier Building, Pierce College, Fort Steilacoom Campus, Lakewood; free; [tas-online.org](#).

## TACOMA HOME AND GARDEN SHOW

# Vintage market features all things old and funky

BY SUE KIDD  
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Armed with a can of chalk paint and a good eye, Joanne Loudin can turn any castoff into a display piece.

Take the case of the chunky typewriter with frozen keys. It was a junky find. Loudin took a can of peacock blue spray paint and changed it from a nonworking artifact to a cute centerpiece. It's also a showpiece featured on the blog for her store, Off The Beaten Path in downtown Sumner, which Loudin has owned

for about five years. Her store specializes in vintage items and antiques. About 20 percent of the store contains items she's rehabbed or restored, but also holds about 30 additional vendors selling vintage, antique or rehabilitated items.

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SEE HOME SHOW, 3E

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### MORE INSIDE

Get all the details on this year's Home and Garden Show at the Tacoma Dome, [See Page 3E](#)



LIZ WISHAW lwichaw@thenewstribune.com

A matriarchal herd of elephants with juveniles in tow drink water from low levels of a watering area in the Katavu area of Katavi Park in Tanzania in September.

## FROM PAGE 1E TANZANIA

observing animals. Lithgow also offers private tours in the Serengeti through his business, Tanzania by Firelight. In contrast to Katavi, Serengeti is the nation's busiest park, averaging 200,000 visitors a year.

"There is less jockeying with the other vehicles," Lithgow said about the numbers in Katavi. "I'm not the fourth vehicle being radioed to come see the animals."

Lithgow is an imposing man — in spirit and stature. Lithgow, a 6-foot-5 former national rugby player, learned the trade from his father — a noted Tanzanian guide who believed in country conservation.

As a second-generation Tanzanian, Lithgow's passion for animal conservancy shines in his side project of working to stop animal and fish poaching. Guiding is in his blood and it shows in the private tours he enjoys conducting, whether it is one on one or for larger groups from Seattle's Vulcan, Canton, Ohio's Timken, or director of Warner Brothers.

Lithgow and his then-wife and current business partner, Belinda, opened Palahala camp in Katavi Park 11 years ago. For nine years, they have been at their current site on the Kapapa River. Lithgow is an encyclopedia of local animal knowledge, which he shares as we bounce along the bumpy single- and double-track paths. I learn from Lithgow that all animals travel in same-sex packs with the male usually a distance behind.

Plenty of spring babies are traveling within the matriarchal herds.

When we later spot a warthog sprinting across the road with small offspring following close behind, Lithgow said,

"The rains are coming soon. When the babies drop, so do the rains." He is not far off in this late-September heat. The tundra is dry. The water levels are low. Rain season is desperately needed in these parts as the animals search for even the smallest mud puddles to drink from.



Lithgow

### ABOUT THE ANIMALS

After a couple of hours of searching and stopping to take photos of animals, Lithgow stops at a watering hole in the Katavu area where Sadick unloads our picnic lunch. We set up chairs just in time for a herd of elephants to drink from the receding lake.

Plenty of birds, and yellow baboons, slowly advance to the tamarind tree that we seek shade under. It is as if Lithgow has made a behind-the-scenes deal with the animals to appear on his command.

Later in the trip, we would return to this spot to watch another matriarchal herd of elephants water and mud themselves. The second time around, we get to see juveniles with them, with the youngest so uncoordinated about properly using his trunk that he must mimic the movement of his older siblings.

After a leisurely lunch, we pack up and head to the area of the park that has a small village and other private park accommodations. It is home to a large herd of hippos that we will return to during the next several days. I've come on this trip with a terrible head cold, so my sense of smell is a little off and, as my grandmother acknowledges, is my saving grace in this part of the park. A monitor lizard slithers through the sandy bottom of the river, seeking shade from the afternoon sun.

As we head to Palahala (sable antelope in Swahili), Lithgow stops the truck. A roan antelope is in the



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A hamerkop snags a fish as it hangs out near a muddy pool of hippos in Katavi Park.

middle of the path. Amazing in size, with its big curved horns, I stare in awe.

"Get out your camera," Lithgow tells me quietly. Fumbling to grab the borrowed equipment, I miss the opportunity as the antelope bounds off.

"We haven't seen one in some time," Sadick tells us.

Originally from Arusha, Sadick at 26, has been working for Lithgow for seven years. His tracking skills are almost as perceptible as Lithgow's, as he spots animals and birds before we do. Sadick, like the rest of Lithgow's crew, speaks English, along with his native Swahili. When I travel, I love to learn the local dialect and the crew delights in teaching me

phrases, local slang and everyday greetings — some not always repeatable for a newspaper.

The camp consists of eight glamping-style tents built on platforms with decks, private en-suite bathrooms, comfy twin beds and electricity. Showers are available by 6:30 in the evening as staff member Zachariah lights the

boiler that heats the gravity-fed pipeline from water tanks at each end of the camp.

We head to the campfire after cleaning up for pre-dinner snacks and cocktails — swapping stories about world politics, rugby and life's ups and downs.

Dinner will be served throughout our stay on the raised decks overlooking the river. Each night the chef churns out a different soup, entree and dessert — never repeating a course during our stay. The camp uses a charcoal larder fridge for storing things that need to stay cool. A primitive kitchen is outfitted with a gas oven and smaller coal oven that Stanley uses to make fresh bread each morning. This chef makes a mean guacamole with homemade chips — some of the best I have ever had.

We linger through the meal, the conversation

ranging from intellectual to mischievous.

Slap, slap. Lithgow shines a flashlight toward the river. The crocodiles are fishing. The super blood moon will appear over the days that we are there, lighting the activities that would usually remain hidden in the dark.

A soft snort. Another shine of the flashlight reveals Cape buffalo have come to drink from the limited water supply of the river. A charge of \$5 is ongoing for how many times I incorrectly identify the Cape buffalo (they remind me of their very distant cousin, the Asian water buffalo)

and within a few days I owe \$25 to Sadick and Lithgow.

### LIFE IN CAMP

I step out onto the deck of the tent. A female waterbuck (which looks like a fox and brown bear face crossed with an alpaca



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Hippos wallow in a watering hole near Sitalike village as a gray heron prepares to land on the back of one animal in Tanzania's Katavi Park in September.



LIZ WISHAW lwichaw@thenewstribune.com



A male impala stands atop an ant hill in Katavi Park in Tanzania. The male travels independently from the herd of females, but never strays too far.



Seeing other vehicles of tourists was rare in our five days in Katavi Park in Tanzania. A couple from Seattle were creating photos of the crocodiles, hippos and birds in the Paradise area of the park. The park annually sees about 2,000 visitors.

body) pauses across the river before bounding off. It is early morning and our coffee and tea has just arrived as our wake-up call.

Breakfast is set-up buffet-style on the same decks as dinners. Staff member Asa asks for our custom order of eggs. In the light of day, it is easier to see how close we are to the river — and the crocodiles who have come out to sun themselves on the sandbars that dot the river.

Cell and Internet service are almost nonexistent in the park. Most American cellphone providers will not work in Tanzania.

Spotty Wi-Fi later in the trip will serve as a quick communication back home. So we rely on Lithgow for world updates and announcements — and a lot of that talk will revolve around the World Rugby Cup throughout the trip.

Some of the creature comforts of home are still available as Lithgow offers complimentary laundry service when staying at his camp. Zachariah, the young man who handles everything from laundry to camp maintenance, is an expert with the charcoal iron he uses to press clothes after hand-washing them with an effi-

cency that makes anyone who tackles laundry jealous. (When traveling in Tanzania, not all camps will handle undergarments for religious reasons. Always check with the hosts to make sure this is acceptable.)

The roads had been rough the first day in the park. And as we jump in the Land Rover for the second day, Lithgow lets out a jubilant exclamation to see that the park has graded and leveled his area of the park after three years. This small effort by the park — not lost on us — is that the rainy season will come in weeks — will make the rest of the trip more enjoyable for all of us in the truck.

Our late-morning viewing includes stretches of Cape buffalo and plains zebra. A female lesser kudu spotted by the men gets Sadick excited because it has not been spotted in the park for some years. We stop for some tea and coffee, along with some snacks sent by the chef. I start a running list on my iPad of all of the creatures I've seen in just two days.

Another popular sight is the bushbuck, a smaller miniature version of the American deer. The fawns are cute and little, and

their moms tend to conceal them in the brush just like their American counterparts. Baboons, with babes in arms, groom themselves in trees. As the trip continues on, it never gets old seeing the herds and solo sightings of giraffes and elephants. Bohor reedbuck, Coke's hartebeest, topi, banded mongoose, velvet monkeys and waterbuck are plentiful each day.

Most stop what they are doing to gaze at you, some pause and preen as though they are used to tourist cameras while others put on a fantastic running show — leaping over roads, through the brush or creating dust clouds as they escape from our path.

Birds are plentiful, spending their days alongside other four-legged creatures. We get to see a pair of African fish eagles silently wait in the trees, stalk their prey and swoop down, snatching it with their beaks and flying away with it. Marabou storks, saddlebill storks, hammerkop, open-billed storks and egrets are usually found near the muddy pools of the hippos and crocs. The hippos allow the birds to ride their backs in return for cleaning their wounds.

We see the circle of life

in action as an older hippo carcass lies in a well-worn path. White-backed vultures and palm nut vultures swarm it, picking at what is left of the head — hyenas have already picked clean the rib cage, Lithgow said. "It is pretty fresh" he said. "There is not that putrid smell of death yet." He inches the Land Rover closer to pause, and allow us to watch the action. A larger group of vultures, fed and satisfied, are sleeping off to the side.

Each day we search for lions, but they elude us. Sadick and Lithgow are looking in the trees and their usual stomping grounds — but we come up empty-handed. We try an area once used by hunters that the park has annexed. Sadick spots lion excrement that is not too old. It is a lesson in having our guides check the area first before we exit the Land Rover for morning tea.

Our break area puts us

close to a herd of hippos that are hiding less than a half mile down in the brush. The lack of water have pushed them into an area that will hide and shade them. A lone hippo plods by with a few birds riding along on its back.

"Hippos are fast. They can kill you. More people are killed by hippos than lions," Lithgow warns us to stay near and not venture too far onto the plain.

My grandmother was

hoping I would see the cats, as this is her third trip with Lithgow, and she has previously spotted them on the other two.

"Oh well. You will just

have to come back again,"

he said with a grin.

*Liz Wishaw: 253-597-8516,  
@lizwshaw*

#### COMING UP

Don't forget to come back Jan. 31 for the second part in this travelogue on Tanzania.

## Drone project works to stop poaching in Tanzania's parks

BY LIZ WISHAW  
*lwishaw@thenewstribune.com*

Catching and stopping animal poaching is a top priority and passion project for Tom Lithgow and his partners at Bathawk Recon Limited. Based in Arusha, Tanzania, the partners saw

a need for unmanned aerial vehicle surveillance that could get into Tanzania parks and stop ongoing illegal activities.

The drone can aid in catching illegal activity in real time — day or night — and scope out a larger area than park rangers are able to by foot, Lithgow said. In

the past, larger aircraft alerted poachers and made it easier for them to cease activity and hide.

Trials in three Tanzania parks (Tarangire National Park, Selous Game Reserve and Mkomazi) to find the right aircraft to fit the concept were deemed successful, Bathawk part-

ner Mike Chambers said in a press release. The company is working with the Tanzania National Parks Authority and Tanzania Private Sector Foundation to implement the program. Plans are to launch by February in Tarangire, Lithgow said.

They are in the funding

phase now, Lithgow said, looking for more sponsors and investors. Individuals and investors can donate through [bat-hawk-recon.com](http://bat-hawk-recon.com) or its sister organization, Elephant Survival Organization ([elephantssurvival.org.tz](http://elephantssurvival.org.tz)).

More investors will allow them to expand the program to other parks, such as Serengeti, Ngorongoro Crater and Kilimanjaro. About \$1.5 million a year will be needed to keep the program running throughout the year.

"Poaching takes no time off," Lithgow said.

#### DEAR ABBY

## Husband makes a scene when his wife breastfeeds

BY ABIGAIL VAN BUREN

**Dear Abby:** I gave birth to a beautiful baby girl three months ago. I had breastfed my 15-year-old, so it was natural for me to do the same with my new daughter. The problem is my husband, "Jerry," does not support me breastfeeding in public.

I'm somewhat large-chested, so I always cover up for fear of offending strangers. The last time we went shopping and the baby got hungry, when I attempted to feed her in a dressing room, Jerry got so upset he stormed out of the store and took the baby bag and stroller with him.

I had a receiving blanket tucked into my tank top and had covered my breast so no one would see anything. I asked him what the problem was, and he said just because I thought it was OK didn't mean some kid trying on clothes would think so. He told me I should breastfeed in the car or a bathroom. (Jerry doesn't eat in restrooms, so why should our baby girl?)

I don't plan to stop breastfeeding or going for outings with my baby girl, so how do I approach the situation without a fight?

#### — Trying to Make Him Understand

**Dear Trying:** How about this: Go without Jerry. Your husband is behind the times. Breastfeeding is nothing to be ashamed of, and is promoted by pediatricians as one of the best ways of keeping a baby healthy. There is nothing shameful about this normal function, and you shouldn't be banished to a car in a parking lot or a public bathroom in order to carry it out. The dressing room should have offered sufficient privacy.

Jerry should stop worrying about other kids and concentrate on his own. If a parent had felt her child needed to be protected from the sight of a mother nursing her baby, she would have been perfectly free to shield the child's eyes and usher him or her from the dressing room. If you are unable to get through to Jerry, or your husband cannot grasp this concept, your child's doctor should explain it to him in simple English.

#### Dear Abby: How does one "break up" with a hairdresser?

I'm not unhappy with "Flossie," my current one, but I'd like to try someone else for a change of pace.

I know people of both sexes who have stayed with a hairstylist they are unhappy with because they can't bring themselves to break up, so I know I'm not alone with this dilemma. I'd love to hear from hairdressers how they would prefer this be handled. Do they take it personally? — Trend-setter in California

#### Dear Trendsetter:

Some do take it personally, I'm sure. If you have a personal as well as a business relationship with Flossie, she may feel hurt that you're leaving. However, it is not a sin to want to try someone else. It happens all the time in that business.

My advice is to call Flossie in advance and let her know you won't be coming so she can schedule someone else in that time slot. Then try the other stylist.

*Contact Dear Abby at [DearAbby.com](http://DearAbby.com) or at P.O. Box 69440, Los Angeles, CA 90069.*