



Lake Tye lot owners faced \$4,470 assessments—a fee that would have forced many from the community.

Lake Tye owners just say no

Board-backed electrical upgrade project assessment voted down; board to consider long-term financing

By Jason Miller

A Dec. 12 meeting at the Lake Tye Recreational Community clubhouse drew hundreds of property owners, some from as far away as Minnesota. Not many were happy campers.

On the agenda was a controversial idea proposed by the Lake Tye Board of Directors: a one-time, \$4,470 assessment to cover crucial upgrades to the community's electrical system, which is badly in need of repair.

Most meeting attendees seemed to be

spoiling for a fight, since the assessment was largely viewed as too much all at once. "I'm all about the upgrade, they just need to spread it out over a reasonable period," one attendee remarked before the meeting.

Facilitated by board President Peter Coates, the meeting began with Barb Thibert, a Lake Tye lot owner and volunteer on the community's Budget and

See **Lake Tye**, p. 29

Imagine Concrete tackles playground, Lone Star Building, community garden

By Eric Archuletta

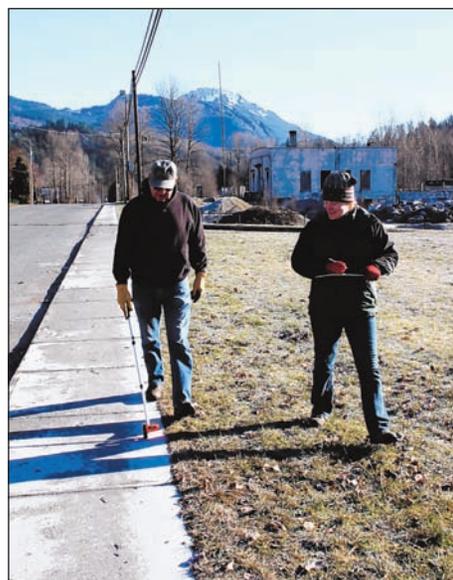
Imagine what could be! That's what last April's "Imagine Concrete" community vision workshop was all about.

On April 18, 2009, the "Imagine Concrete" community vision workshop was held as a first step toward developing a community revitalization strategy. The future direction of the town and local area were discussed by members of the community.

A community vision is an essential part of the process of becoming a sustainable community. This step allows residents to look into the future, think creatively, and ask themselves what they want their community to be years in the future.

The "Imagine Concrete" community visioning was a process *and* a product. The process gave residents the opportunity to express what they value about their community and develop

See **Imagine Concrete**, p. 5



On Dec. 10, Imagine Concrete task force members Jim Hillman and Nicolette Thornton took preliminary measurements of the northwest corner of Silo Park, a site the Town of Concrete is eyeing for a possible community garden. If grant funds can be found, the project would include renovation of the Lone Star Building to the east.

Glass Man

Hamilton's Richard Lowrie creates energetic art

Richard Lowrie is a happy man. But then, most people who follow their hearts end up where the grass is greenest, which tends to make them smile more.

The Hamilton glass artist is in his

See **Glass Man**, p. 9



Good with wood

Seventh-generation carver tells stories with a sharp edge

Rick Williams sits on his deck in late December, a piece of old-growth yellow cedar between his wrists and a pocket-knife cradled in his hands. He's working on something that transcends mere art: He's writing a story with a knife, one that will be retold for generations.



See **Carver**, p. 11

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Are you aware of human trafficking?
The scourge of modern-day slavery. See p. 19.

Concrete Herald

The Voice of Eastern Skagit County

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Opinion

Letters to the editor

Concrete Angel Tree thank you

All of us at the East County Resource Center in Concrete want to thank our community for taking part in our “First Annual Angel Tree Holiday Celebration.” We had 113 children in our hearts and on our minds who may not have been as fortunate as we all want. We put together a list of the children and put the ages on our “angels” and hung them on the tree at the Resource Center and on a display at the library. The folks at the Concrete Town Hall helped let the Community know what we were all up to and in a few short weeks an amazing thing happened!

You came in droves with big hearts and loving thoughts, you chose “angels” and brought back lovely gifts for them. By the time of our deadline, there were only a few left and with cash donations from several anonymous donors, we were able to make sure that each child had a gift under the tree.

Special thanks to so many that opened their hearts in the spirit of Christmas! Word spread of our little project and our community came together in a magical moment. Richard Frank donated boxes of stocking stuffers, as did Rose Weaver. John Hendrickson and the Sheriff’s office donated brand-new bicycles and gobs of brand-new teddy bears. The Lions Club donated cash to help with the extra gifts needed.

Toys for Tots and the Marine Corps



One of two Angel Trees in Concrete, this one in the Resource Center drew loads of toys.

League, Detachment #1043, have requested we shout out an enormous thank you to the community for helping to make many Christmas wishes come true. Their representative, Murle Brown, and his wife, Kay, of the Resource Center, were awesome Christmas elves.

Thank you all so very much for the outpouring of love, generosity and caring we all saw this year. Truly, “it takes a village.”

Lou Hillman, Resource Center Coord.
Vicki Dinkins, DOL-Chamber Manager
Kay Brown, AmeriCorp Volunteer
Gaylyn Harrington, Resource Center Tech.

“Hunters” should be ashamed

I am writing about an event I saw Sat., Dec. 26, at the Johnson farm at SR 20 and Wilde.

In the eyes of most of the people I know and that I hunt with, a trophy kill is one that is earned by using learned skills to “catch” our prey in their natural

See Letters, p. 3

Letters policy

Letters of 150 words or fewer may be sent to Concrete Herald, P.O. Box 682, Concrete, WA 98237 or e-mailed to letters@concrete-herald.com. Writers must include their name and town or community for publication, plus a daytime telephone number for confirmation purposes. Concrete Herald reserves the right to edit letters for length, clarity, accuracy, spelling, grammar, and potentially libelous statements. So be nice.

Commentary Senators speak on economic recovery

By Cam Steigleder

Senators Mary Margaret Haugen (Dem. 10th Dist.) and Jim Kastama (Dem. 25th Dist.) presented a business roundtable on Dec. 16, at 4:30 p.m., at the County Commissioner’s offices in Mt. Vernon.

If you missed this important meeting, you aren’t alone. The media release regarding this meeting was distributed to the press only hours before the meeting and even the Skagit County Commissioners themselves received such short notice that they were not able to clear permission to occupy the Commissioners Briefing Room simultaneously, out of session; consequently, only one commissioner was allowed to be in the meeting at a time. Whether the short notification was a matter of poor planning or deliberate design is anyone’s guess.

Those who managed to learn of the meeting and get the required reservations to attend were treated to a well-produced presentation called: “Inspiring Innovation-Strategy for Economic Recovery.” This PowerPoint program, produced by Senator Kastama, provided viewers with state and county statistics relating to the current economic conditions. The program identified a statewide job loss of 180,000 jobs and resulted in a 9.2 percent unemployment rate for Skagit County.

These statistics led Senators Haugen and Kastama to address county business owners with a sustainability strategy of “innovation,” creating new ideas to make their businesses strong enough to weather the economic climate.

Senator Kastama suggested that while many economists are speculating about the end of the recession, at the moment no one can reliably predict just when it will end. In light of that realization, he said, “The best way to predict the future is to invent it.”

The Senator then went on to add that innovation in business, inventing new ways to utilize existing businesses and locating new markets for goods and services is just such an innovation strategy. He explained that one effective way to do this is through use of the Internet to broaden local markets into global markets.

The Senators then opened the floor to questions from the cumulative audience of approximately 50 people. Two questions were raised by audience members regarding the Town of Concrete. One question posed to the Senators concerned the need for assistance in expanding basic infrastructure to accommodate

new business. Small rural communities often invite new business within the community but lack the resources to be able to expand sewer and water service, or widen streets or provide adequate police and fire protection. Are there grant funds available to help small towns make these adjustments to facilitate new business in town? The Senators explained that economic development funds generally come from surplus state funds and the State is operating under a deficit at this time, making the availability of any surpluses extremely limited.

A second question regarding the Town of Concrete centered on the accessibility of high speed Internet service. Senator Haugen said she had been in contact with Internet service providers regarding this issue. President Obama has listed rural Internet accessibility as a goal for his administration and she supports this goal. She explained that because Concrete currently has Internet access speeds of 256K, the town is considered to have access. When audience members suggested that this speed is outdated and not competitive in a global market, the Senators said they would work with Internet service providers to increase the service availability and that they had applied for a “mapping grant” and were in the process of writing that grant so that the task of service area mapping could be completed for Concrete and other rural Washington State communities to provide better and faster service. They said that no specific timeline was available to them for when this project would be completed so they had no estimate on when Concrete could expect high-speed service.

If you would like more information from this meeting, the Senator’s PowerPoint presentation will be available to the public online at www.skagit.org/edasc.

If you can get a fast enough Internet connection at 256K and the buffering of the feed is not too slow, you can see the statistics you missed when you did not hear about this roundtable meeting in time to be there.

Cam Steigleder is a Community Oriented Policing Consultant currently assisting the Town of Concrete with research on the feasibility of implementing a Municipal Police Department.

Concrete Herald

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environment. True hunting is about being out in the wilderness, listening for the animals, finding hoofprints and tracking, finding natural trails. The value is in the experience of the hunt, to remind us of our natural origins and how it once was. There is a sense of respect for our father’s teachings and his father’s, of family customs and traditions.

What I saw in that field had nothing to do with real hunting. Those animals were trapped in *our* environment with no way out. And the “hunters” I saw were using cell phones to hunt in a pack, not one-on-one, guided by instinct and a conscience. These are not respectable traits of a truly skilled hunter.

One of the worst breaches of hunting etiquette is not following up your shot. And yet I saw one man repeatedly shoot randomly into the herd, hitting several different elk, with no kill shot. Two other hunters took down a buck and then sat 10 feet away for over an hour while it lay kicking, dying, again no follow-through.

Only one hunter had any respect as he knelt at the far end of the field, not joining the others. He did it right!

I did see several other hunters standing on the sidelines, refusing to participate in this slaughter, and I commend them for their character.

These other men in the field, however, cheated and took distasteful advantage of a bad situation to fill their freezers, nothing more. I saw no moral judgment from these “hunters” and was quite disappointed that they dishonored the rest of us hunters with such bad form.

“Fair chase,” as defined by the Boone and Crockett Club, is “the ethical, sportsmanlike, and lawful pursuit and taking of any free-ranging wild, native North American big



Young hunters everywhere experienced a teachable moment Dec. 26, when a group of bowhunters surrounded a herd of elk on private land near Concrete and killed roughly seven elk. Reactions were mixed, with some decrying the action as “slaughter.” Photo by Amber Lee.

See Letters, p. 31

See Editorial, p. 26

Councilman Criner back in the saddle

After a period of touch-and-go living and ongoing physical therapy, Concrete Councilman and teacher Mike Criner says his prognosis is good.

Criner suffered a stroke last August that affected the function of his left leg and right eye. He also struggled with his speech. "My dexterity and fine motor skills were affected," he said.

Immediately following the stroke, Criner spent several days at United General Hospital in Sedro-Woolley, then began traveling to St. Joseph's in Bellingham for several weeks, for physical therapy designed to "get the walking back," he said.

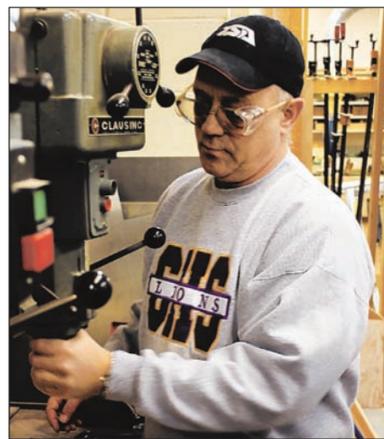
He gave his doctors fits, he said, first discarding the walker, then setting aside his cane before their approval.

Back at United General, he began physical therapy to regain the fine motor skills he had lost. Balance and coordination exercises, as well as job skill exercises such as typing, were on his agenda for several weeks.

November 2 found Criner back at Concrete High and Middle schools, resuming his teaching of robotics founda-

tions, manufacturing technology, communications technology, and technology foundations.

Criner is happy to be back on the job. "All is well," he said. "I'm very happy and my students seem to be happy. I'm about 90 percent of the way back, and my doctor said it's possible I'll be fully recovered within 2 years. My speech therapist says that even if I don't fully recover, I'll develop compensation skills; it will seem like a full recovery."



Concrete Councilman Mike Criner.

THIS AND THAT

By J.K.M.

A plan is in the works to rename Concrete's E Avenue after slain war hero, Concrete's own **Douglas Vose**. Several details need to be worked out first, but the idea, suggested by Concrete Town Councilman Paul Rider, was approved by the Council during its Dec. 14, 2009, meeting.

Too bad the **Concrete Town Council** isn't feeling the urgency to get moving on reinstating its police force. I could rattle off all the reasons why I think we need our own force—not the least of which is the fact that the Imagine Concrete

participants formally *requested* one—but **Lynn McMillan** wrote a stellar Letter to the Editor in the December issue of *Concrete Herald*, laying out some of the more convincing reasons, so dig that out and read it. You've saved yours, *right?*

Carol Bates of Hamilton tells me of a little boy who traveled to his grandpa's cabin for vacation. When he and his grandpa entered, they kept the lights off to discourage insects from entering. Still, a few fireflies followed them in. "It's no use, grandpa," the youngster said. "Now the mosquitoes are coming after us with flashlights."

Deb Chapman's tip: If your washing machine stinks, use Arm and Hammer flakes detergent until the smell goes away, then use it occasionally thereafter. Supposedly, that stuff will get rid of the smell and build-up in your washing machine. Give it a try!

"John Denver" in town Jan. 30 to support Eagle Festival

John Denver tribute artist Ted Vigil will be in town with Eddie Kilgallon, visiting Skagit County to write songs for Ted's next CD. Producer and songwriter Eddie Kilgallon also plays keyboards for country music group Montgomery Gentry.

On Jan. 29, at 6:30 p.m., Vigil will perform a benefit concert for the Children's Museum of Skagit County, at the Lincoln Theatre in Mount Vernon.

On Jan. 30, Ted will be in Concrete and Marblemount to perform a concert at the Marblemount Community Center, see the eagles, and write songs. Find him at:

- 11 a.m.: Sardis Raptor Show at the Skagit River Interpretive Center, Rockport
- 1 p.m.: "Deep Forest Experience," Rockport State Park
- 3 p.m.: Concert at Marblemount Community Center (admission limited and by donation)
- 6:30 p.m.: Songs and Pizza at Annie's Pizza Station, Concrete



Submitted photo

Only TWO spots left for kids' birdhouses

Kids! The Concrete Parks Committee still needs birdhouses to top the fence posts behind the Town Center sign, and they want *you* to build them.

There are 13 posts, so 13 birdhouses are needed. Birdhouse floors should be 1 in. thick. This offer is open to any Concrete kid under 18 years old, and posts will be reserved on a first-come, first-served basis. To get your name on the list, contact Jason Miller at 360.853.8213 or e-mail him at editor@concrete-herald.com.

The *Concrete Herald* will have a small (1 inch x 2 inch) brass plate made for the front of your birdhouse, engraved with your name.

The Town Center sign project won't be complete until *you* add your personal touch, so join the fun today! So far, we have 11 birdhouses, so grab a hammer and get involved. Only two spots are left!



Caleb Thomas (left) and Chris Phillips drill entry holes for three birdhouses they and fellow student Andrew Black are crafting for the Town Center sign fence.

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Imagine Concrete, cont. from p. 1

a consensus on what they would like to change or preserve. Such a process brought community members together in roundtable discussions to identify problems, evaluate changing conditions, and build collective approaches to improve the quality of life in the community.

The product of the visioning workshop were five identified initiative areas:

1. Create a Sustainable Community/Destination
2. Clean up Public and Private Areas
3. Historic Preservation
4. Economic Development: Promote and Support Local Businesses
5. Zoning and Planning

Within each initiative are numerous ideas that will help create, improve, restore and sustain Concrete. Preservation of historic buildings, restoring the Lone Star building, creating a community garden, cleaning up public and private properties, improving the business environment, high-speed Internet, adaptive reuse of buildings, fencing in the Silo Park play area, reinstating the town's police force, and better maintaining the Sockeye Express are a few of the ideas community members envisioned during the workshop.

Around each initiative a task force has been formed to bring these ideas to fruition. Task forces already are busy working on projects in the community.

Community garden

The community garden committee is a subset of the Sustainable Community/Destination task force. It consists of Nicolette Thornton, Jim Hillman, and Jason Miller. The committee is discussing what the garden could contain. Topics of discussion include security, lighting, tool shed, compost area, and plot sizes.

On Dec. 10, members of the committee visited the proposed site, which runs along Main Street west of the Lone Star Building to Superior Avenue. The proposed site measures 269 feet long, with a depth of about 80 feet.

Lone Star Building preservation

Another subset of the Sustainable Community/Destination task force is the Lone Star committee. It consists of Lou Hillman, Beverly Richmond, and Alan and Carol Fabrick.

The committee is reviewing the 2006 Lone Star Building assessment conducted by the University of Oregon Historic Preservation Program. Members also have held discussions with representatives from the Washington Trust for Historic Preservation and Washington State Department of Archaeology and Historic Preservation on next steps of stabilization

of the building and developing a plan of action. Another item on the committee's list is researching placement of the building on the National Register of Historic Places.

The Lone Star Building was constructed in 1920 and served as the administrative office of the Superior and the Lone Star Portland Cement companies. During April's community visioning, residents expressed their desire to restore this historic building.

During the Dec. 14 Town Council meeting, Mayor Judd Wilson announced his intention to actively support the Lone Star Building renewal efforts, saying, "When I became mayor, I chose five major projects for my plate. This is number five."

These two projects are part of a larger plan that would tie these areas into a large complex that could include building a covered pavilion over the former tennis courts; the resulting space could be used for a variety of community functions.

Fence me in

Another project about to begin is partially fencing the Silo Park play area. When completed, the play area will be more secure for smaller children.

Economic Development Plan

This committee is a subset of the Economic Development task force. The committee is looking at ways to revitalize the historic downtown area. A review of the Concrete Comprehensive Plan

Imagine Concrete task forces need YOU

Imagine Concrete task forces have formed to actively address the five initiatives that were identified during the two visioning workshops earlier this year. New members are welcome!

The goal of the task forces is transform ideas into action. They will report to the steering committee, which will report to the Concrete Town Council.

The task forces meet in tandem with the steering committee. Everyone is invited to join these meetings, which occur on the second Wednesday of each month. The next meeting is Wed., Jan. 13, at 6 p.m., in the Pilots Lounge at Mears Field.

For more information, call Jason Miller at 360.853.8213.

RING IN THE NEW YEAR

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and other publications and documents is in progress. The committee plans to hold discussions on ideas for the Town Center with members of the Chamber of Commerce and Planning Commission.

There is room on each task force and participation is welcome at any time. The single most resounding requirement for these projects is community involvement, so come be a part in building the kind of community in which you want to live.

The Imagine Concrete steering committee and task forces meet the second Wednesday of each month at 6 p.m., in the Pilots Lounge at Mears Field.

The group's next meeting is Jan. 13.

Eric N. Archuletta is a graduate of Antioch University in Seattle. His Master's thesis was "Building a Sustainable Rural Community" with the Town of Concrete as its focus.

Presenting . . . Concrete

Come see the evolution of a town that's daring to imagine a brighter future.

Eric Archuletta will show his graduate studies PowerPoint presentation during the Jan. 25 Concrete Town Council meeting at the Concrete Town Hall. ALL ARE WELCOME TO ATTEND!



Imagine Concrete task force members are investigating the feasibility of preserving the Lone Star Building near the intersection of Main Street and Superior Avenue in Concrete.

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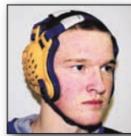
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Sports



Wrestling squad comes out fighting

By Jason Miller

The grapplers from Concrete are living up to their reputation this year, wrestling head coach Dave Dellinger reports.

“Coming into this year, I wasn’t expecting to do this well, because we had lost about six starters from last year,” said Dellinger. “Although we don’t have the experience we’ve had in the past, the kids are really surprising me. They’re doing just fine in what is definitely a rebuilding year.”

Case in point: Dalton Dellinger, the 112-lb.-class marvel who hadn’t lost as of Jan. 1, and had been scored on only once. Tyler Dellinger, who didn’t get to wrestle last year, is doing well, too, in the 171-lb. class. Jacob White and James Martin are turning in good years thus far, too.

“I give the other kids a lot of credit, too; they’re really battling,” said Coach Dellinger.

Strong season opening

The wrestling squad’s season opened Dec. 3 in Lakewood, where they wrestled 18 tournament-style matches and won 14.

At the Omak Invitational in Omak, Dec. 5, Dalton Dellinger won 12 matches, went 3-0, and won the tournament; he was the only placer there.

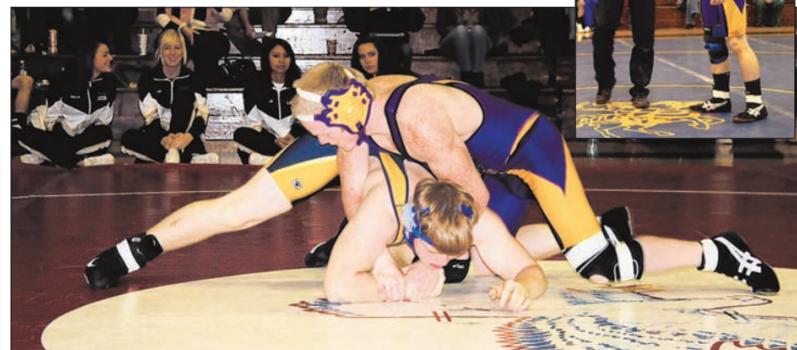
The next day, the team descended on the Iron Sharpens Iron Tournament in Bellevue. As a team, they took second, with Dalton Dellinger repeating his 3-0

Wrestling schedule			
Date	Opponent	Event location	Time
1.7	Friday Harbor	Friday Harbor	4:30
1.9	Nooksack/King of Valley	Nooksack	10
1.14	Darrington/La Conner	Concrete	3
1.16	Concrete Tournament	Concrete	10
1.21	Tacoma Baptist/Chief Les	Friday Harbor	4:30
1.28	Friday Harbor	Concrete	4:30
1.30	All Comers Tournament	Tacoma	9
2.6	Sub-regionals	Concrete	11
2.13	Regionals	TBA	10
2.19-20	State Playoff	Tacoma	TBA

record, taking first place again in the 112-lb. weight class.

The rest of his teammates showed strongly, too, with Dustin Brigham taking sixth in the 125-lb. weight class, Chris Fields taking fifth at 130 lbs., Chris O’Connor taking sixth at 135 lbs., Danny Brown taking fifth at 140 lbs., Johnny Evans taking fourth at 145 lbs., Colton Maloney taking fourth at 152 lbs., James Martin taking third at 160 lbs., Tyler Dellinger taking second at 171 lbs., Dakota

See Wrestling, p. 26



Above: Senior James Martin shows his Tacoma Baptist opponent who’s boss during the Concrete wrestling team’s match on Dec. 18. Inset: Junior Jacob Fallis gets what’s coming to him after pinning his opponent during the Dec. 18 match.

Fledgling K-2 soccer team shows promise

By Jason Miller

A fledgling soccer team for kids in kindergarten through second grade is proving to be wildly popular.

Last year’s team, pulled together by parents’ initiative and organized under a Community Education umbrella, attracted 47 players when it began in fall 2009.

“Parents pulled it together and did it quickly,” said head coach Jennie McGuigan, who works with assistants Terri Johnson, Sondra Klier, and Justin

Aires to manage the team. “For their young age, they came incredibly far. I was very impressed; they did wonderfully.”

Since no league exists for the young players, the team scrimmaged against itself during its short season. McGuigan hopes the effort will expand in fall 2010.

“Hopefully we’ll play a Sedro-Woolley team or teams next year, and we might

See K-2 Soccer, p. 26



K-2 soccer players enjoyed a scrimmage game Dec. 12. Photo by Amber Lee.

7- and 8th-grade boys basketball teams “cohesive,” hard-working

By Carrie Newby, head coach

Our season has come to a close, with much progress made along the way. The 8th-grade team finished the season with a record of 6-4. The leading scorers on the team were Dallas Newby and Josh Rogge. Defensive standouts were Nathan Butler, Andy Freeman, and Joey Solomon. This team played well together and was a very cohesive group.

See Boys’ Basketball, p. 26

Seventh-grader Jordan Ebbighausen puts one over a Darrington defender during the teams’ Dec. 15 matchup at Darrington.



Men’s basketball record a mixed bag

By Chad Dinkins, head coach

Men’s basketball kicked off the 2009-10 season against the Blaine Borderites on Dec. 1. The Lions played with plenty of energy but couldn’t handle the depth of the Borderites in a 79-44 defeat. The Lions were led by Tyler Clark’s 29 points and James Johnson’s 7 rebounds.

On Dec. 3, the Lions took on the Meridian Trojans, who proved from the tip-off to be too much for the Lions as they cruised to a 71-28 victory over Concrete. The Lions were led by Kyler Howell’s 13 points in the lopsided loss.

December 5 found the Lions playing Crosspoint Academy from the Sea-Tac League and the first 2B School for the Lions. The Lions came out on fire scorching the nets in the first quarter by going 5-5 from beyond the three point line en route to a 22-8 lead after the first quarter. The Lions never let their foot off the pedal as they cruised to a 75-45 victory. The Lions got 25 points from Tyler Clark, 24 points from Greg McIntosh, and 10 points and 10 assists from Kyler Howell in the victory.

December 8 brought the third opponent from the Whatcom County League to Concrete in the Nooksack Valley Pioneers, who used their depth to hand the young Lions squad a 62-32 defeat. The Lions only put three players in the scoring column, with Tyler Clark leading the way with 14 points. Kyler Howell had 12 points and Greg McIntosh had 6 points.

On Dec. 15, the Lions opened up league play by making the journey to Orcas Island, but saw a 52-51 lead going into the fourth quarter evaporate and end with a 60-57 defeat at the hands of the Vikings. Tyler Clark led the Lions with 28 points and had support with Kyler Howell’s 15 points and James Johnson’s 10 rebounds.

The Lions’ next league game brought the Darrington Loggers to Bradley Court. The Lions had not beaten the Loggers since Dec. 1997, when the Lions Assistant Coach, Jesse Howell, was a senior in high school. The Lions used a 22-12 first quarter to put them on cruise control for the remaining 24 minutes to finish the Loggers off with a 60-40 Lions victory. James Johnson dominated the game on the glass with 18 rebounds to go with his 12 points. Tyler Howell had 9 points and 6 assists, Tyler Clark had 23 points and

See Men’s Basketball, p. 31



Senior Greg McIntosh beats a defender for 2 points during the Lions’ Dec. 29 game against the South Bend Indians during the Jack Q. Pearson Tournament in Menlo. The Lions lost this one 71-37.

Men’s Basketball schedule			
Date	Opponent	Event location	Time (JV/V)
1.8	La Conner	La Conner	4:30 / 5
1.12	Mount Vernon Christian	Mount Vernon Christian	4 / 7:15
1.15	Friday Harbor	Concrete	4 / 5:30
1.19	Shoreline Christian	Shoreline Christian	7:30 / 4:30
1.21	Orcas Island	Concrete	5 / 3:30
1.26	Darrington	Darrington	4:15 / 7:30
2.2	La Conner	Concrete	4:30 / 7:30
2.5	Mount Vernon Christian	Concrete	4:30 / 6
2.9	Friday Harbor	Friday Harbor	4 / 5:30
2.12	Shoreline Christian	Concrete	5 / 7



Athletes of the Month



Athletes of the Month are Lonna Lloyd and Consuelo Castaneda (tie), and Tyler Clark. Lonna Lloyd (left) is a sophomore soccer goalie who was named Most Inspirational Teammate for this year’s team. She also took home two sportsmanship awards and an All-League Honorable Mention. Senior Consuelo Castaneda (middle) was named the volleyball team’s MVP for, among other talents on the court, her excellent blocking skills. Tyler Clark, a sophomore quarterback and linebacker, was named as linebacker to the 1st Team Defense for the NW 2B All-League and took home this season’s Best Tackler award.

Women’s basketball making team efforts

By Chad Dinkins

The Lady Lions opened their season on Dec. 1 against the Coupeville Wolves in Concrete, but the young Lady Lions could not hold on for all four quarters and struggled to score in a 44-20 defeat. The Lady Lions were led by Martha Schoolland’s 6 points.

Riddled with injury and illness, the Lady Lions traveled to Meridian on Dec. 3 to face the Trojans, but didn’t have the depth or firepower to hang with the Trojans and were handed a 76-25 defeat.

On Dec. 5, the Lady Lions faced Crosspoint Academy, a traditional Sea-Tac power, and rode Connie Castaneda’s four 3-pointers and 22 points to the Lady Lions’ best showing of the year, but could not handle the height of the Warriors, losing to them 49-45. Senior Taylor Lee chipped in with 9 points and 7 rebounds.

On Dec. 9, the Lady Lions headed north to the border to play the Blaine Borderites and nearly came out with a win. In a great showing for the Lady Lions, Taylor Lee paced Concrete with

13 points, but the Borderites proved to be too much in the 44-33 defeat. Connie Castaneda had 11 rebounds and freshman Jessica Filtz had five rebounds, four assists, and four steals in the defeat.

On Dec. 10, the Lady Lions broke into the win column with a 53-38 victory over Highland Christian. With a well-rounded effort by the young Concrete team, Taylor Lee paced the Lady Lions with 17 points and 12 rebounds. Connie Castaneda chipped in 9 points and 11 rebounds as freshman Jessica Filtz filled the stat sheet with 9 assists, 9 steals, and 11 rebounds.

The Lady Lions opened league play on Dec. 15 by taking on one of the league favorites in the Orcas Island Vikings. The pressure of the Lady Vikings proved to be too much for the young Lady Lions team to handle in the 53-27 defeat. The Lady

See Women’s Basketball, p. 31

Women’s Basketball schedule			
Date	Opponent	Event location	Time (JV/V)
1.8	La Conner	La Conner	4:30 / 7:30
1.9	Grace Academy JV	Grace Academy	3 / --
1.12	Mount Vernon Christian	Mount Vernon Christian	-- / 5:30
1.13	Lummi	Lummi	4:30 / --
1.15	Friday Harbor	Concrete	5:30 / 4
1.19	Shoreline Christian	Shoreline Christian	-- / 6:30
1.20	Lummi	Concrete	4:30 / --
1.21	Orcas Island	Concrete	3:30 / 5
1.26	Darrington	Darrington	4:15 / 6
2.2	La Conner	Concrete	4:30 / 6

All hands go for the rebound as the Lady Lions fought the South Bend Indians at the Jack Q. Pearson Tournament in Menlo, Dec. 29. The Lady Lions lost this game, but came out on top over the Ocosta Wildcats.

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Academics



Concrete PTO news

By Debbie Ross, president

Meetings

We are no longer having nighttime meetings. We only will be holding meetings on the second Thursday of the month at 2:45 p.m. We still need support from parents and teachers. The attendance at the last regular meeting was five people. We need to get parents and teachers involved or the PTO will not be successful.

Food Drive

We were able to split 16 boxes of donated canned food between the Concrete and Marblemount Food Banks. The PTO also was able to donate \$50 to each.

Fundraisers

Our three main fundraisers are Box Tops, Albert's Red Apple receipts, and Campbell's soup labels. Other fundraisers include registering your Safeway card, Target Red Card and Office Depot. We have a recycling bin in the office to collect

used inkjet, laser cartridges, and old cell phones. Talk to your employers about recycling old inkjets and cartridges.

We are still selling our car magnets for \$5. Remember to get your magnets from one of the officers or in the office.

Elf Store

The Elf store was a success. The PTO was able to net more than \$900. Two hundred dollars of it was from the raffle tickets for the 6-foot stocking.

If we are to have the Elf Store in the future, we will need more volunteers. We needed a minimum of five people for each shift, and sometimes we had only two.

Coin Drive

Thanks to all your efforts, we were able to raise more than \$500. Because of this, the yearbook cost will be reduced from \$18.50 to \$12.50. You will have the option to purchase a yearbook online with a credit card for 13.50, or an order form will come home for people who want to write a check or pay cash. The Web site for you to

purchase your yearbook online is: <http://jostensyearbooks.com?REF=A09896865>.

Yearbook

Submit photos of elementary and middle school activities, students, and events for the yearbook. You can upload these photos to a secure mailbox accessible by the yearbook organizers by using the link on the PTO Web site. Please include a quick description of the event and names of people pictured if possible.

Lyman Elementary news

Coffee with Mr. Nilson

Please join Principal Marc Nilson and other parents for a cup of coffee and great conversation on Jan. 15 from 9:02–9:30.

Mr. Nilson meets with parents for coffee the third Friday of every month. Mark this on your calendar and join us when your schedule allows. Mr. Nilson would love for you to join him in the library—and bring your questions.

Sixth-grade Camp Orkila details

Don't forget the Camp Orkila Parent meeting on Jan. 26, from 6–7 p.m., in the Sedro-Woolley High School auditorium.

Permission forms and health forms will be given out at the meeting.

Camp Orkila is April 6–9.

Winter weather reminder

Please make sure your child is wearing a warm coat, gloves, warm shoes, and a hat when coming to school.

School Board to meet

The Concrete School Board will hold its next regular board meeting on Wednesday, Jan. 27, at 7 p.m., in the high school commons room. A work session is planned for Jan. 25, at 6 p.m., in the commons room.

New board members: Bill Thompson has replaced Lucy Claybo. Gladys Silrus has replaced Vince Hedrick's. Crissie Wilson has replaced Ed Rogge.

Strengthening Families program coming to Concrete this spring

By Jennifer Fix

During its Dec. 14 meeting, the Concrete Town Council voted to join with the Upper Valley Task Force to sponsor the nationally recognized, award-winning Strengthening Families Program in Concrete this spring.

The free program is designed for families with youth ages 10–14. The Strengthening Families Program is a family skills development series of seven classes that build on family strengths to help support healthy, happy parents and youth. The program teaches parents and youth how to respectfully understand each other, teaches youth effective ways to resist peer pressure, provides more than a dozen tools for effective parenting, and increases communication between parents and their children.

Each class begins with a free dinner for all families, then parents participate in a parent-focused workshop while their children participate in a youth-focused session. During the second hour, parents and youth are brought back together to practice the tools they learned. Parent session topics include:

- Encouraging Good Behavior
 - Using Love and Limits
 - Building Bridges
 - Making House Rules
 - Protecting Against Substance Abuse
- Youth topics include
- Having Goals and Dreams
 - Dealing with Stress
 - Appreciating Parents
 - Handling Peer Pressure
 - Following House Rules
 - Reaching Out to Others
- Family session topics include:
- Supporting Goals and Dreams
 - Appreciating All Family Members
 - Understanding Family Values
 - Using Family Meetings
 - Building Family Communication
 - Reaching Family Goals

Trends indicate need

Strengthening Families Programs have been held in various Skagit County communities since 2004. The evidence-based, substance-abuse-prevention program works to reduce family conflict and poor family management—top risk factors in youth substance abuse.

Based on five-year trend reports that outline criminal justice rates for youth, adolescents and their families are in desperate need of family skill-building programs. Skagit County criminal justice rates and high-risk behaviors for youth are double that of state and national levels,

according to a July 2009 Washington State Department of Social and Health Services Risk Indicator Profile). Washington State Institute for Public Policy estimates that for each youth who attends the Strengthening Families Program, the society at large saves \$5,805 (in 2004 dollars) in criminal justice costs related to youth substance abuse.

This program, developed by Iowa State University, is nationally recognized as a science-based, best-practice program by the U.S. Department of Education, Center for Prevention of Substance Abuse and the Office of Juvenile Justice and Delinquency Prevention.

The program is taught by trained and certified Strengthening Families Program facilitators. Free dinner for families and childcare for younger children are provided. All Concrete families with youth age 10–14 are welcome to register for this program. Space is limited and

pre-registration is required to facilitate meal and childcare planning. To register for the spring program, contact Linda Nelson, Skagit Strengthening Families Coordinator, at 360.333.2196 or lindan.dolphin@gmail.com.

This Strengthening Families Program is sponsored by the Upper Valley Task Force, Town of Concrete, Skagit Prevention Council, Skagit County Human Services, and United General Hospital Community Health Outreach Programs.

Jennifer Fix is the former coordinator for the Skagit Strengthening Families Program.

Glass Man, cont. from p. 1

studio—his converted garage—moving at breakneck pace through stifling heat, singing, sweating, and calling out orders to his son, Levi, 19; Terrance Patterson, 19; and Alex Johnson, 24, who help him out when he needs a second set of hands. Foreigner is belting out “Jukebox Hero” in the background.

Watching Lowrie work, I can imagine how long he'd last at a desk job. He never stops moving; the soft glass won't allow that. He's dipped into the crucible within a 2,200-degree furnace and pulled a molten glob of glass onto the end of a blow pipe—a hollow metal tube about 6 feet long—and has begun to create another work of art: a platter this time.

When it comes to creating a glass piece, “there are no boundaries,” says Lowrie. “We don't sit here and think about what I can't do. It's about imagination and intuition. When I make each piece, I do it in an environment filled with positive energy.”

Positive energy. That's a theme that comes up often when Lowrie discusses



Richard Lowrie feeds a glasswork in progress through the “glory hole” of his propane-fed furnace. Heating the piece periodically in this 2,300-degree furnace helps to keep the glass pliable.

his work and the creative process. He says “peace” often in conversation. He encourages his Web site visitors to “smile often, laugh daily, and be happy.”

These are not idle concepts for Lowrie, who has been blowing glass since July 2005. His work demonstrates his frame of mind, his philosophy. His luminous pieces are kinetic and engaging, whether you're admiring a “spirit platter,” a “life bowl,” or a lampshade. His creations hang from his customers' walls and ceilings; they serve as centerpieces on tables; they brighten countless rooms all over the world.

Lowrie's custom work bears the stamp of a master. He's created flowers for a wedding and produced a commercial installation project for the Red Monkey Bar and Lounge in Walla

Walla. He's crafted birds and fish—even a seal. He makes jellyfish within clear glass capsules; one customer asked him to incorporate the ashes of a loved one into a jellyfish.

Hot hot hot

Lowrie rolls the molten glass blob in colored “frit,” which is irregular chunks of glass that comes in five sizes, from granular to the size of a dime. Color also can be added to the glass using glass powder or larger bars of colored glass.

He steps to a second furnace and opens the “glory hole,” an opening framed by a ceramic-based material called Castolite that keeps the propane-and-turbine-fed heat inside. (This is a good idea, since the furnace runs at about 2,300 degrees.) The glory hole keeps the glass hot and malleable, allowing Lowrie to expand it, stretch it, mold it, or add more glass to it.

Joan Jett kicks in with “I Love Rock N' Roll.” Lowrie joins her, slowly spinning his glass piece in the glory hole. He withdraws the blow pipe, sits down and begins forming the glass. A Kevlar sleeve covers his right arm to protect it from the searing heat only inches away. Levi crouches at the other end of the blow pipe, gently blowing on it to expand the glass. Lowrie continues to mold the piece, using a pincers-like tool called a jack, along with blasts from a propane torch to keep the material soft.

Journey to Pilchuck

Lowrie was living in Marblemount in



Glassmaker Richard Lowrie begins to shape a piece using a jack tool, while his son, Levi, 19, blows on the opposite end of the blow pipe, which holds the molten glass. The air pressure gently expands the glass. “A lot of the tools, like the jack, have been in use for 2,000 years,” says Lowrie.

the mid-1990s when he met a man named Jeff Lee, while fishing. Lee eventually introduced him to Steve Smith, an accomplished glass artist. Lowrie took two back-to-back glass-blowing classes at the Pilchuck Glass Studio in 2004, and has since followed up with a third.

It was Pilchuck that did it, he says. “Once I got to Pilchuck in 2004, I realized I was an artist, that it was meant to be.”

He blew his first glass piece in July 2005.

See **Glass Man**, p. 13



Translucent jellyfish like the one above are a popular item, says glassmaker Richard Lowrie. One customer commissioned him to incorporate the ashes of a deceased loved one into a decidedly one-of-a-kind piece.

Catch videos of Richard Lowrie in action online. Just go to www.youtube.com and search on “Richard Lowrie.” Here's one to get you started: www.youtube.com/watch?v=Pqz9q0xwM8I.



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Clear Lake



A caroling we go in Clear Lake

First-annual event drew almost 60 participants for a musical stroll

December 16 found a group of hardy Clear Lake citizens braving a cold, sometimes drizzly night to share Christmas carols with their neighbors.

Organized by Community Covenant Church in Clear Lake, the event was the first of its kind organized by the church and drew a surprising number of singers, said Pastor Tim Hedberg.

"This is the first year we've done this, and just look at them all," he said with a broad smile, gesturing to the throng.

The Clear Lake Fire Department used their aid vehicles and trucks—including a vintage 1947 Ford, the community's first truck—to protect the carolers in front and behind as they walked the dark streets.

Filled with hot cocoa and swinging miniature flashlights, the carolers sang

exactly what you would expect, from sacred songs such as "Silent Night" and "God Rest Ye Merry, Gentlemen," to up-tempo tunes such as "Jingle Bell Rock." Buoyed by the success of the fledgling effort, Hedberg said the church would likely carol again next year.

—J.K.M.



More than 50 carolers filled the space between Clear Lake Fire Department and aid vehicles, and filled the cold, damp air with music that warmed the hearts of listeners.



Clear Lake's 1947 Ford Fire Truck, the first Fire Truck the community owned, fills up with carolers as it prepares to travel to the first drop-off point.

Big Lake Historical Society Calendar 2010

The 2010 Calendar, with historic photos of Big Lake's early days as a logging community, is available now for \$15.00, Plus \$1.00 for shipping and handling. For your copy, Please send a check to: The Big Lake Historical Society, 23519 Garden Street, Mt. Vernon, Wa. 98284

Please include: Your Name: _____

Address: _____

City & State: _____ Zip: _____

Clear Lake School news

Remember the Food Services Program
In these tougher economic times, please remember the option of the Food Services Program.

Income standards have been raised, so if you haven't qualified before, you might now. A family of five making up to \$47,712 qualifies. Breakfast is free for both free and "reduced" students. Lunch is free for any reduced students in grades K-3. Please call Food Services at 855.3515 for an application or pick up one in the office. If your family is on DSHS or other state programs, you may qualify immediately.

Winter weather notes

A good way to find out about school delays is to call the school closure hotline at 855.3573. It is available 24 hours a day.

Remember to call the office if you keep your child home on any late-arrival days. For safety reasons, we need to know you have your child or we'll have to call you.

No breakfast is served on late-arrival days, but lunch times are the same, between 11:40 and 12:30. On regular days, please call the office by 10:00 a.m. when your child will be absent.

Dress warmly

Please send your child to school dressed warmly, in layers. Students are outside at recess in very cold weather, in light rain, and the playground often has puddles.

Lost and Found

Please check items in our Lost and Found, located in the cafeteria. If you can't come in and know your child is missing something, call the office and we can check for you. Items left here more than one month eventually will go to charitable organizations. Remember to write names on your child's clothes and lunch boxes.

Remember, the deadline to register for the "Developing Capable Young People" program is Jan. 8. Call 855.3568 or 855.3879.

Clear Lake Historical Association quarterly meeting

The Clear Lake Historical Association (CLHA) will hold its next quarterly meeting on **Tues., Jan. 26, at 7 p.m., at the CLHA lodge (old green 100F Hall next to the post office in Clear Lake).** Everyone is invited.

www.concrete-herald.com
Carver, cont. from p. 1

On the deck and its railing sit samples of the totem poles he carves, some only inches long, one almost five feet and as thick as his neck. They surround him like children, like ancestors. A cold sun is out, but Williams' fingers move steadily, surely, slicing and gouging the wood.

Williams is a Nitinaht Indian ("Ditidaht" in his native language), a seventh-generation carver who takes his time with each totem pole he carves, working only with an average-sized pocketknife, using techniques and carving styles passed down to him from his father and grandfather—and many fathers before them.

His carvings are for sale, but you won't find them online or in galleries. You can't call him to order one; he has no phone. Potential buyers must travel—and travel they do—to his home at 45479 Main Street in Concrete to view his work.

Williams, 54, lives here with his Swiss wife, Dunja, and three sons: Thunderheart, 16; Eagleson, 15; and Hawkman, 14. His sons are learning how to carve in the Williams style, too.

Looks like home

The Nitinaht nation is located on a reservation at the southern tip of Vancouver Island. Williams and his family left the reservation and came to Concrete about 11 years ago, settling here because the area looks similar to the reservation and Dunja's native Switzerland.

"Relatives kid me about the lot I chose here on Main Street, between Sam's Alley and Nellie Lane," Williams laughs. "They say I couldn't stand to be too far from family." His grandparents were named Sam and Nellie.

The journey

All artists have a story of their journey; Williams is no exception. His began at age 5 when he attended a carvers' gathering at Thunderbird Park in Victoria, B.C., in December 1960.

"I sat with the finest carvers in those days. Mango Martin, Henry Hunn, Baptist Paul . . . Baptist Paul handed me a pocketknife and I've been carving ever since," he says in a calm, quiet voice.

Williams' pieces tell stories, but not the kind of

stories you might expect. They have no beginning, middle, and end. They have no plot. Rather, they are rife with symbolism, referencing people, events, life choices, and wise counsel. And you read each totem's story from the bottom up.

"Every totem tells two stories at the same time, so there are different ways to read it," says Williams. "You can look at it to see achievements or actions in someone's life. You can also look at it to see what the animal spirits would like to share with you."

Good wood

Durable, old-growth yellow cedar is Williams' wood of choice, with old-growth red cedar coming in second. People bring him most of the wood he uses, and he sets to work with his pocket-knife. At the street's edge in front of his house, there's an aging power pole that's showing signs of rot at ground level.

Totem poles tell "stories," but not the linear "beginning, middle, end" kind. Their components are symbolic and representational, and they always read from the bottom up. Start at the bottom of this totem pole to learn what it has to say . . .



The last element in this carving is a raven. "Mother Raven is a spiritual guide," says Rick Williams. The raven encourages young people to consult their elders for guidance and teaching.



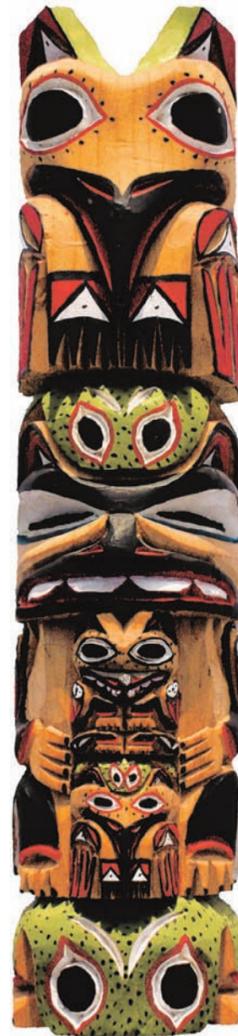
This leaping frog admonishes the holder to pause in life, pay attention, get ready, and listen.



This is a woodcarver, representing one who once visited Rick Williams' grandfather. The woodcarver is holding a she-bear, a leaping frog, and a raven. The she-bear is an elder symbol, much like the raven. The raven is carved in a style unique to the Williams family.



This sitting frog symbolizes the foundation of family and peace.



piece] and close your eyes and listen, and you'll find the carving that fits you."

Customers sometimes miss the depth beneath the beauty of Williams' carvings. "I put my heart and soul into everything I carve," he says.

That passion, combined with the training he received from his grandfather, Sam, and his father, Ray, is what makes his work unique in the purest sense.

Because of that mentorship, Williams works bear great resemblance to those carved by his fathers. An eye here, a tooth there—if you know what you're looking for, you can spot the similarities.

"I sold one of Rick's totems to a man who had bought one that Rick's father had done," says Dunja. "They were almost identical in style."

It's that kind of connection to family history that imbues all of Williams' pieces. And it's that connection that Williams refuses to break.

"I want to keep it alive—that ability to tell a story with a pocketknife" he says. "That's why I'm teaching my sons to carry on this tradition," he says.

Williams hesitates in mid-cut, then speaks even more softly than before. "As long as I'm above ground, I'll carve. Someone has to tell these stories."

—J.K.M.



It will need to be replaced, probably within a few years.

"That's yellow cedar,"

Williams says of the massive pole. "I'd like to see that thing lying in my front yard."

Worth waiting for

This isn't assembly-line art. Williams uses no power tools; he once spent an entire year working on an 8-ft. piece.

But that's precisely what makes him sought-after. He does little marketing, if any, but customers still manage to find him. He's sold totems to tourists visiting from Taiwan and Switzerland, and put his work on gift shop shelves in Seattle and elsewhere, but he prefers direct, private sales. That's why you'll see him sitting in front of his house during townwide events, his totems on display, hoping to draw people in for a conversation first, and a potential sale second. He likes to meet his customers in person, shake their hands, encourage them to slow down, "keep an open mind, hold [a



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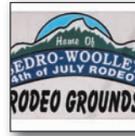
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Skagit Valley Upriver Community

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Sedro-Woolley



Magic of Christmas Parade WINNERS

Congratulations to the winners of the Magic of Christmas Parade! Thanks to everyone who entered the parade and everyone who came out to watch the parade in the cold. The winners are:

Best Lighted:

- 1st: Mount Vernon Moose Lodge 1640
- 2nd: Sedro-Woolley Fire Department
- 3rd: Alf Christiansen Seed

Best Band:

- 1st: Sedro-Woolley High School
- 2nd: Mount Vernon High School
- 3rd: Sedro-Woolley Blue Horizon Choir

Best in Category:

- Vehicle: Diamond Plaza Salon
- Individual: Junk in the Trunk
- Horse/Group: Skagit Rein Riders

- Adult Group: Birchview Memory Care
- Children Group: Girl Scouts Troop #43551
- Animal/Dog Group: Kids-N-K9s

Source: Sedro-Woolley Chamber of Commerce



Become a Concrete Herald Facebook friend!
It's easy:
1. Go to www.facebook.com.
2. Create an account
3. Search on "Concrete Herald" and send a friend request!

Left: A fitting December centerpiece, Sedro-Woolley's Christmas tree provided a brilliant focal point to its already charming traditional downtown.

Middle: The Cascade Middle School 7th- and 8th-grade choir performs "Hats" during its Winter Concert Dec. 10, directed by Stephanie Cates, with Sally Kirk on the piano.

Bottom: Eighth-graders Kerissa Cook, Kaela Lee, and Maddie Burrows get a breather after the concert.

Photos by Amber Lee.



Concrete Heritage Museum News

The Concrete Heritage Museum is closed for the season. Until next Memorial Day weekend, you can make an appointment to visit the museum or do research in our library just call Robin Wood at 360.826.3075 or e-mail us at concreteheritagemuseum@stumpranchonline.com. Monthly meetings are held year-round at the museum, on the second Thursday of each month, at 7 p.m. Everyone is welcome.

Quilt blocks calendar

Della Payne, first-place winner of the Cascade Days Historic Quilt Block Contest, is taking orders for the 2010 calendar based on the quilts that were

entered in the contest. Cost is \$10 per calendar, which can be purchased at Albert's Red Apple Market in Concrete. The Centennial reprint of *So They Called the Town Concrete* is still available. The new edition features enhanced photographs and a more readable font. New cover graphics were done by Philip Johnson. Copies are available at Albert's Red Apple (at the lottery counter; remember to pay for it separately at that counter) and the museum; an order form also can be printed at our Web site at www.stumpranchonline.com/concreteheritagemuseum.

—Dan Royal

Carver, cont. from p. 9

Finishing touches

Lowrie is almost done. He motions for Levi to ready a second pipe, the punty rod. Levi dips a bit of glass onto the punty rod; soon, he will "punty up," which means he'll connect that rod to the molten glass on which Lowrie is working. It will form the bottom of the platter.

Lowrie stands up and begins to spin the blow pipe. Faster, faster, faster, until the centrifugal force begins to flatten the glass into a shallow, platter shape. "I probably didn't need to spin it that fast," he says with a grin.

Levi places the punty rod against the platter, deposits the base glass, and removes the punty rod. He then dons heavy gloves and a heat-resistant coat, because Lowrie is beginning to weaken the connection between the platter and the blow pipe.

With Levi supporting the platter, Lowrie taps the blow pipe and the platter separates from it with a snap, falling into Levi's hands. It looks deceptively simple. The piece goes into an annealing oven, where it will be brought from 920 degrees down to room temperature during the next 14 to 18 hours. After that, Lowrie will begin the "cold-working" process, using diamond pads and water to level the piece or remove any small bumps.

Energy within

"Glass moves people," says Lowrie when asked why he chose that particular medium to express himself. "They say things like, 'we felt the energy in the piece we bought.'"

Lowrie isn't selfish when it

comes to sharing his gift. He gives lessons and also rents his studio to fellow glass crafters. He wants others to experience the freedom he's been able to claim.

"When you have something you enjoy from the heart, it's not a job," says Lowrie. "We all should do something that makes our hearts happy, even though it's sometimes hard to know what that something is, since we live in an aggressive society that numbs people."

Lowrie smiles and looks around his studio. He shrugs. "I love what I do," he says.

He is happy.

—J.K.M.

Editor's note: To purchase Richard Lowrie's glass art, call him directly at 360.421.0582, go to a local gallery, or go to <http://myworld.ebay.com/bandanaglassworks/>. Lowrie's work is available at the *Sauk View Gallery in Concrete* and the *Scott Milo Gallery in Anacortes*. Lowrie's Web site is under construction, but can be viewed at www.bandanaglassworks.com.



Lowrie's whimsical birds are a favorite among customers who want art that soars.

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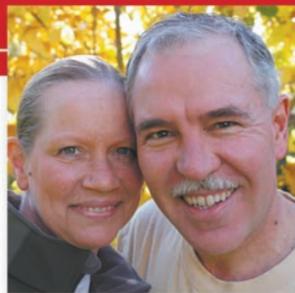
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COMMUNITY CALENDAR

JANUARY

- 1 New Year's Day
- 9 "Holy Clothes on Wheels" free clothing giveaway, Hamilton Baptist Church, Hamilton, 11 a.m. to 4 p.m.
- 9, 16, 23, 30 "A Deep Forest Experience" (old-growth forest tours and presentations), Rockport State Park, 10 a.m. to 3 p.m.; see ad, p. 13, or call 360.853.8461
- 11 National Human Trafficking Awareness Day (see article, p. 19); more info at domestic violence and awareness Web site
- 13 Imagine Concrete steering committee and task forces meeting, 6 p.m., Pilots Lounge, Mears Field, Concrete
- 13 "Holy Clothes on Wheels" free clothing giveaway, Community Bible Church, 45672 Limestone, Concrete, 11 a.m. to 4 p.m.
- 14 Concrete Chamber of Commerce meeting, 8 a.m., Red Cedar Inn Restaurant, Concrete; info at www.concrete-wa.com
- 14 Concrete Elementary PTO meeting, Elementary School library, 2:45 p.m.
- 22 Barefeet plays at Dusty's, 708 Metcalf, Sedro-Woolley, 9 p.m.
- 23 Barefeet plays at Birdsvew Brewing Co., 38302 SR 20, Birdsvew, 6 p.m.; info at 360.826.3406
- 30 John Denver tribute artist Ted Vigil Eagle Festival benefit concert at Marblemount Community Center, 3 p.m.; admission by donation

FEBRUARY

- 20 Mardi Gras, Concrete

Get the latest events online at www.concrete-herald.com/calendar



Lyman



From the Mayor's desk

By Deb Heinzman, mayor

I would like to thank everyone who took an Angel from the tree this year. Not only have many lost their jobs, but recent budget cuts have affected even more families, and I am sure many found themselves on the other side of the giving this year.

What a wonderful way to give to your community! Thank you, Tammie, for organizing it again this year.

I am happy to report that Lyman's budget is in the black this year. We are focusing on the grants for which we have qualified regarding the Minkler Mansion, and its purchase and preservation.

I would also like to say goodbye to Jeff Chester after four years on our Council, and welcome Eddie Hills as our newest Council member.

Concrete Herald
The Voice of Eastern Skagit County

Christmas joy grew from Lyman Angel Tree

By Tammie Werner

This was the second year for the Lyman Angel Tree and what a year it was! The number of children nominated was more than twice as many as the previous Angel Tree, with 78 angel tags on the tree.

Each child was adopted out either by individuals or through the generous donations of cash and extra gifts that were given. More than 40 individuals/families adopted children this year, with several people taking more than one tag. In addition to all the angel tags, donations also were made of cash, supplies and gifts. The Lyman/Punkin Center Fire Department donated a very generous amount, which allowed us to provide for several teenagers, as well as provide pajamas and warm clothes for many children. More than \$600 was given in cash donations. Wrapping paper, candy canes, baby items,

a trike, a 10-speed gently used bike, and more also were donated, as well as food and cash towards food baskets for a couple of families. Volunteers Marlene Skelton, Brandi Thill, Sonja Haight, Tammie Werner, Austin Werner, Brandon Werner, and Jodi Larson wrapped more than 400 gifts this year, and Mark Kitchen donated his time to deliver packages to families that were not able to pick them up on their own.

Each child received a sack of gifts, a scarf, candy canes and a goodie bag full of candy, toys, a Christmas card, and a free treat from McDonald's. Almost all children also received a pair of warm pajamas, a blanket, mittens and/or hats, and warm clothes. Elaine Kohler of Lyman donated her time and talent to make scarves this year out of fleece fabric that she and others donated. Ann Leopard and Pat Morgan donated hats they knitted as well.

In addition to the handmade scarves, we

also had some handmade blankets made especially by "angels" for their adopted children. Elaine Kohler, Debbie Boyd, and Shelly Sanford, along with her two little girls, all made blankets. Rachael Trammell's mom also made a gorgeous purple and white quilt blanket that she donated as an extra gift. One woman volunteered to help make scarves and blankets during the year. Another woman has volunteered to knit hats for next year's Angel Tree. If you would like to be a part of this project all year long by sewing and/or knitting we'd love to have your support!

Many of the families that were helped this year told us that for a variety of reasons, it was the only gifts their children were getting. The outpouring of generosity and kindness shown this year was astonishing.

Concrete Herald
The Voice of Eastern Skagit County

Lyman first-graders devour pizza prize

By Noel Bourasav

Christmas came on Dec. 17 for Debra Claybo's first-grade class at Lyman Elementary School, as Santa sent the elves from Alfie's Pizza to deliver the grand prize that the class won in their age category at the Lyman Centennial celebrations on October 24: enough pizza and drinks for the whole class.

The young artists won their prize based on their four-foot-square poster that they submitted for the Minkler Mansion History Challenge. Prize Committee Chairman Charles "Bud" Meyers said that the committee was most impressed with the class's originality. Each student drew an image of "What History Means to Me," and Miss Claybo organized them on the poster with a history heading and a caption for each drawing. The class received congratulations from mayor Debra Heinzman, principal Mark Nilson, Meyers and the *Skagit River Journal*.

The class celebration coincided with the discovery last week of Lorenzo Lyman's 1915 obituary by genealogy researcher Kimberly Smith-Case. The story corrected the long-accepted legend that Lyman was a country doctor.



Business Spotlight: Neapolis Restaurant

By Jason Miller

For many diners in Skagit County, Neapolis Restaurant in Sedro-Woolley has become a destination for classic Mediterranean meals. Darken its door on SR 20 at West Moore Street and you'll see—and smell—why they love it.

Owners David and Panagiota Bays (she goes by "Pam") have a pretty good idea why their Greek and Italian menu has been enjoying success from the day they opened.

"We keep our quality standard high," says David. "We use the best, freshest ingredients we can find. We make our own spices and sauces. Nothing comes out of a can; everything is fresh, homemade."

The Neapolis menu is far more

extensive than you might remember from the previous restaurant at that location. The Bays duo took over the building in June 2009.

Even with the numerous choices, though, diners tend to play favorites. "People really love our Moroccan chicken, and they rave over our leg of lamb, too," says David. "I do a Mediterranean-style baby back rib," that's quite popular, too, he says.

"Some customers latch on to one item, and I try to break them of that," says Pam. "'You need to try something else,' I say. Soon, they're saying, 'We're going to try everything on the menu!'"

Rare authenticity
So how did Sedro-Woolley get so lucky to land these chefs?

Between the two of them, they've logged decades of restaurant experience and worked all over U.S. and beyond, from Alaska, Maine, California, and Hawai'i



High praise indeed...

Our family really enjoys dining at Neapolis. It has a friendly atmosphere: Pam and David welcome you by name when you arrive for lunch or dinner. My husband Bill's favorite meal is the roast leg of lamb; my daughter, Elyse, loves the lemon chicken; and I enjoy the lamb gyros with the Greek salad. Our friend, Jason McMillen, also from Concrete, says the clam fettuccine is the best. The meals are delicious and with the very large portions, you never go away hungry! We highly recommend Neapolis to everyone who enjoys Greek food. If you've never experienced Greek cooking, stop by Neapolis and try it. You'll like it!

—Joy Fleenor, Concrete

Lyman Library tales

By Elaine Kohler

Dr. Seuss, Mickey, Donald, Winnie-the-Pooh and Roo . . . all are in town and I know where: on the shelves of the Lyman Library!

Thanks to the many generous donations of children's books, our shelves are full of your child's favorite friends. We have chairs sized for the little guys and gals so they can sit and go through the books and find one to take home. We also have a big, blue tub filled with thick-paged books for the really little ones.

Introducing your child to books by reading to them is one of the most wonderful things you can do for them. You open up a whole world of places, things, and creatures for them to enjoy and expand their imaginations.

Another benefit is time spent with your child. In this busy, hectic world,

one-on-one time with our children is often neglected, even though it's a very important part of our lives.

Later, as your children grow and advance to reading on their own, they will discover universes of interests while gaining knowledge of other people and cultures. As our world shrinks because of modern travel, communication, and technology, this will benefit them in many ways.

So come in and let your child browse through the books and together you can pick out some to share. You will never regret it.

Popular cold-weather choices

The puzzles have been getting good use. With the cold and wet weather, they are a good way to pass time and have fun. In our house, it can be a context to see who gets the most done and, of course, who gets the last piece in. I admit I have been known occasionally to stash a piece (just

to Australia and the Caribbean. They've worked for the Neapolis Restaurant in Lake Stevens, too (there are only two Neapolis Restaurants left, now). "We're independent, but we're tight," says David. "I've been designing their menus for years."

The Bays' depth of experience lends an authenticity to their food that's hard to find in this fast food world. Of course, it doesn't hurt that Panagiota was born in Olympia, Greece.

Whether you dine in or take your meal home, Neapolis' careful blend of Greek and Italian dishes will offer something to please you. Reading the menu categories alone will make you drool: Fettuccines; Beef, Pork, Chicken, Lamb; Seafood; Salads; Specialty Pizzas; Baked Submarines. "From the Oven" showcases a variety of baked pasta dishes, such as ravioli cannelloni, manicotti, and moussaka, a traditional Greek casserole.

With food like this served in a clean environment that hints of the idyllic Mediterranean, David and Pam are guaranteed a dedicated following. Already, they're drawing customers from as far away as Anacortes and La Conner, David says. Where will they put them all?

"We plan to add a deck to the east side of the building, hopefully in time for summer 2010," says David.



David and Panagiota (Pam) Bays are the talents behind Neapolis' success.

AT A GLANCE: Neapolis Restaurant

Where: 108 W. Moore St., Sedro-Woolley

Hours: Sun. – Thu., 11 a.m. to 9 p.m.
Fri. – Sat., 11 a.m. to 10 p.m.

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JANUARY: Diane Bergsma's year could have started better. One of many mudslides in the area, this one claimed her house. Trapped next to her car beneath the collapsed roof, Bergsma barely escaped with her life.



MARCH found the Concrete High School Robotics team at the FIRST Robotics Competition in Seattle's Key Arena. They took no prisoners there, nabbing a 10th-place ranking among 64 teams, and ranking fifth in the field of 27 other rookie teams. Team Advisor Mike Criner took home the coveted Regional Woody Flowers Award, which had never been won by a rookie advisor. Back row, l to r: Team Mentor Bob DiLeo, Team Advisor Mike Criner, Evan Holm, Jacob White, Joseph DiLeo (wearing shades), Team Mentor Lillian DiLeo, Cheri Cook. Front row, l to r: Shae Van Waggoner, Robert DiLeo Jr.



FEBRUARY and the Town of Concrete is decked out for Mardi Gras! Greg and Sherrill Coville were the parade's Grand Marshals (Sadie helped). Thankfully, the snow stayed away this year.



APRIL: All three panels were mounted on the Town Center sign in Concrete. The sign was the tangible culmination of an idea developed by Concrete citizens Doug Gates, Don Payne, and George Theodoratus several years before.

Concrete Herald

MAY 6 marked the first issue of *Concrete Herald* in 18 years. With donations from more than 150 citizens of Skagit County and beyond, Concrete Town Councilman Jason Miller began publishing a 24-page edition of "The Voice of Eastern Skagit County," which grew to 32 pages by year's end.



APRIL 25: With a boom that echoed through the valley, a cannon was fired on State Route 20 in Marblemount during a Civil War reenactment. *Photo by Elizabeth Sier.*



JULY 25: Jolie Johnson, 3, of Rockport, gets a trio of balloons painted on her arm by Child Evangelism Fellowship representative Christie Wolf during the Cement City Street Fair in Concrete. Supervising the work is Jolie's sister, Frankie Johnson, 6.



JUNE: Hamilton began a street-improvement project. This photo shows the effort coming down Cumberland and rounding the corner onto Maple Street.



SEPTEMBER: Concrete Municipal Airport was renamed Mears Field to honor longtime residents and airport supporters Jack and Doris Mears.



AUGUST 10: Irreparably damaged by fire, the old Concrete Grade School began to fall to the demolition team's machinery. "I put in over 12 years of my life on that building, and now it's all down the tubes," said building owner Jack Clifton in an Aug. 30 interview.



Right: Lyman Mayor Debra Heinzman welcomes celebrants and shares her thoughts on the momentous occasion of Lyman's 100th birthday on Oct. 24.



OCTOBER 24: Lyman's Centennial celebration brought visitors from as far away as Washington, D.C., but also included some more local faces. Shown here are (l to r) Jim Cook, District 3 Commissioner for Skagit County PUD; 39th District State Representative Kirk Pearson; First Gentleman Mike Gregoire; and District 3 Skagit County Commissioner Sharon Dillon.

The year in pictures



MAY 9 was a good day to celebrate, as the Town of Concrete marked its centennial with a full day of events, including a parade, a time capsule presentation, and live music in the town park. After the parade, citizens gathered on Main Street for this town photo.



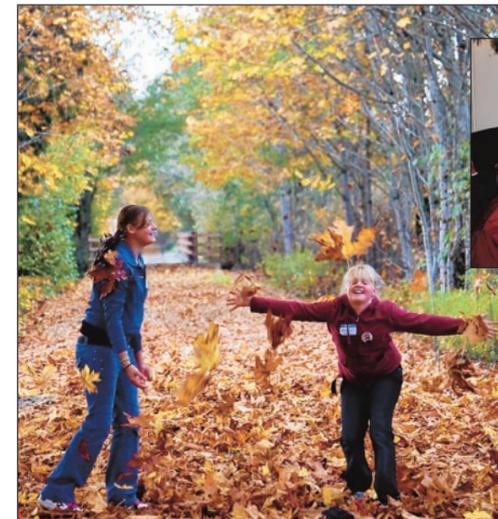
NOVEMBER 15: The Pee Wee football team from Concrete made history, taking, for the first time, the Valley Division Pee Wee championship in the North Cascade Youth Football League. This was only the second time since the late 1980s that a youth football team from Concrete had taken home the Super Bowl trophy. *Photo by Becky Luttrell.*



DECEMBER: Robert Lahr (right) hoists daughter Natalie high while waiting for Santa at the Concrete Senior Center Dec. 12. That same night found this happy rider (left) upon a one-of-a-kind steed for the Christmas parade in downtown Concrete. Hey, if life hands you goats, make reindeer, right? *Photos by Amber Lee.*



DECEMBER 12: Christmas in Concrete included a visit from Santa, Mrs. Claus, and two of their elves. Reprising their roles as the head red couple were Kevik and Marta Rensink, along with Jonas, 8, and Sierra, 6. Inset: Savannah Nelson, 8, of Rockport, gave Santa some input on what she wanted for Christmas.



OCTOBER: It's fall! Smiles come easy and the air is crisp and the leaves seem afire with color and the goat-footed balloonMan whistles far and—er, wait, no. That's spring. Never mind. *Photo by Amber Lee.*





Hamilton



Christmas comes to Hamilton

By Susan Mani and Carol Bates

Hamilton brought a Children's Christmas party to town on Mon., Dec. 21. Many people helped to make this a special time for all the children. Donations were received from Janicki Industries, Cascade Dental, Willies Hi-Lead, and many individuals. It was so nice to see everyone join together and share the holiday spirit.

The children all decorated a stocking and Council Dale Bonner picked the three winners: Isaac Ramos, Richard Fowler, and Natasha Bigbie. Each Council member and staff made three dozen cookies or snacks for everyone to enjoy. Hot apple cider, coffee, and hot chocolate was served. Town Hall now has glitter and hot chocolate all over, making it sparkle.

Santa came and pictures were taken with him. Our first Santa got called into work at the last minute, so Hamilton's maintenance man, Tom Selin, added one more duty to his job description, making a great Santa.

Councilwoman Joan Cromley did a wonderful job of taking the pictures with Santa. Everyone who sat on Santa's lap received a bag of candy (donated by Mayor Bates) and a hat or gloves (donated by Bobbi Childs and a secret donor).

Councilwoman Tamara McGrady's sons, Lars and Gunner, gave tours through the upstairs of the Town Hall. We hope that



Santa Claus—a.k.a. Hamilton maintenance man Tom Selin—brought plenty of Christmas cheer during the town's Dec. 21 party. He's shown here with the winners of the stocking-decoration contest: Issac Ramos (in back), Richard Fowler (right), and Natasha Bigbie. Photo by Joan Cromley.

will quiet the talk of the ghost resident with the children of the town.

As the party drew to a close, Santa hopped aboard the town's fire truck to deliver more toys to children. These were courtesy of Target, via Cheryl Bates. We hear there were even some toys left over from last year, and these found their way into small hands, too.

Thank you to everyone who helped to make this a very special time for all.

Birdsview buzz

By Kris Voigt

Happy 2010, everyone! Hope this is a great one for all of us. At least the weather is much better than last year at this time.

Christmas was great around the Voigt household. Nicki was home from Boston, and Jessie was home from Spokane. Jessie's birthday is Christmas Eve and our family tradition is a private party held at the brewery and then a sleepover with all the kids and grandkids.

On Dec. 19, Santa came to the brewery to the delight of lots of kids and their families. Look for this to become a yearly tradition.

I'm very proud of The Paul Mitchell Beauty School in Mount Vernon for bringing coffee and donuts to the Mount Vernon Police Department on the day of the Lakewood police officers' memorial. You can imagine the commotion a large group of girls made—all wearing black, most with lots of piercings, belts, jewelry, etc., bearing coffee and doughnuts, and arriving at the courthouse. My daughters Sara and Julie attend this school and participated in this effort to recognize members of our law enforcement community.

A few weeks ago, my 5-year-old grandson, Jaydon, made all of us think more about those people we see standing on street corners with signs asking for money. My daughter was driving with Jaydon when they saw such a man on a corner in Mount Vernon. Jaydon asked what the sign said. My daughter said it said "Homeless, anything will help."

The car in front stopped and gave the man a banana. Jaydon said, "Mom, we have to help."

He made her go to the store and he wanted to buy something, so they bought a bag of apples, a loaf of bread, and a bottle of water. When they went back, he wasn't there but all his things were, so they left a note saying, "We don't have much to give you, but hope this helps make your day a little better."

This from a single mom struggling to pay the bills,

but raising a compassionate 5-year-old who wants to "save the planet" (definitely being influenced by his Aunt Nicki!).

Happy birthday in January to Adam Adkinson, Tera Claybo, Melissa Claybo, Craig Peterson, and Bev Dellinger. Have a great month!

Council summary

The Hamilton Town Council held a monthly meeting on Nov. 11. Major topics included:

- A 1 percent property tax increase was discussed. Council Bonner motioned that the Town not ask for the 1 percent increase this year. Motion passed. The 2010 Budget/Levy Request Form was signed by Mayor Bates, indicating no additional tax would be levied and returned to the Auditor's Office.
- 2010 Budget was completed in the budget meeting held prior to this Council meeting. The changes will be made and given to Mayor Bates and presented at the Dec. 8 Council meeting. At that meeting the ordinance to amend the 2009 budget also will be presented for approval.
- The open Council seat was discussed. One letter of interest was received from Roberta Childs. Council Bonner stated that the Council no longer has the power to fill the seat after 90 days. Council Bonner suggested passing a resolution to send to the county legislature to appoint someone to the vacancy on the Council.



Liana Gehring, 3, from Darrington, spent some quality time with Santa at the Birdsview Brewing Co. Dec. 19. (That's Woody Deryckx behind those white whiskers.)

Human trafficking The persistent scourge of modern-day slavery

By Mary Bron

January 11 is the third annual Human Trafficking Awareness Day in the United States. A resolution passed by the U.S. Senate on June 22, 2007, has forever marked Jan. 11 as a day of awareness and vigilance for victims of human trafficking across the globe.

Human trafficking is modern-day slavery. The United Nations defines it as "the recruitment, transportation, transfer, harboring or receipt of persons, by means of the threat or use of force or other forms of coercion, of abduction, of fraud, of deception, of the abuse of power or of a position of vulnerability or of the giving or receiving of payments or benefits to achieve the consent of a person having control over another person, for the purpose of exploitation."

Human trafficking is widespread throughout the United States and around the world and its purveyors are not selective. Victims of trafficking are babies, young children, teens, men and women. Many victims of trafficking are forced to engage in prostitution, pornography, or exotic dancing. Trafficking also occurs in forms of labor exploitation, such as domestic servitude or restaurant work, sweatshop factory work or migrant agriculture work. Force, fraud and coercion are the methods used by traffickers to press victims into lives of servitude and abuse.

Law enforcement is doing what it can to battle this problem, but anyone can be part of the solution by reporting suspicious behavior. The U.S. Department of Health and Human Services has produced a free brochure titled "Look Beneath the Surface," which details some of the ways trafficking can be brought to top of mind. Awareness is key to rescuing victims and jailing traffickers. By looking beneath the surface and asking these questions, you can help identify victims:

- Is the person accompanied by another person who seems controlling?
- Is the person rarely allowed in public?
- Can you detect any physical or psychological abuse?
- Does the person seem submissive or fearful?
- Does the person seem to have difficulty communicating because of language or cultural barriers?
- Does the person lack identification or documentation?
- Is someone else collecting the

person's pay or holding their money for "safe keeping"?

Gain the trust of a possible victim of human trafficking before trying to provide assistance. If you suspect someone is a victim of trafficking, call the National Human Trafficking Resource Center at: 1.888.373.7888.

Get involved

There are many ways you can get involved to help fight this human injustice. Free At Last is a local ministry of Christ the King Church that is educating and raising awareness of the estimated 27 million people who are being held in slavery around the world today. The group also raises support for organizations that are rescuing and restoring the lives of those destroyed by human trafficking. Because Free At Last is made up of all volunteers, 100 percent of the money raised by events goes to rescuing organizations. On July 31, 2009, Free At Last raised \$18,540 for International Justice Mission through a golf tournament, banquet and auction.

The group's next fundraising event is "Dine Out for Freedom":

Date: Thurs., Jan. 14
Time: 5:30 p.m. – 10 p.m.
Place: Carino's Italian, 150 Cascade Mall Dr., Burlington, 360.757.4535

What to Bring: Event flyer (print one at www.freeatlastministry.org)

In order for Carino's to give Free At Last 20 percent of the sales for that evening, you must present your server with an event flyer. Gift cards can be purchased that night, and 20 percent will be donated.

Flyers also are available at:

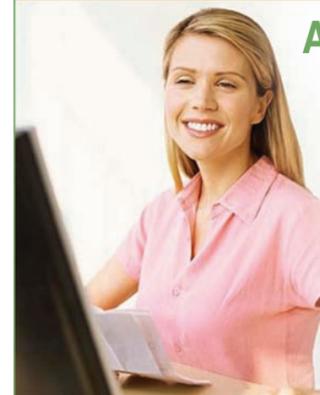
- Perks Espresso
44586 SR 20, Concrete
360.853.9006
- Allelujah Business Systems
133 State St., Sedro-Woolley
360.855.1157
- Northwest Chiropractic Clinic
1601 William Way, Mt. Vernon
(behind Food Pavilion)
360.424.8115

Mary Bron is the founder and director of Free At Last Ministries, and a citizen of Sedro-Woolley.



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Human trafficking facts

1. An estimated 27 million people are enslaved worldwide
2. Human trafficking is the world's third-largest criminal enterprise, after drugs and weapons
3. Worldwide, there are nearly two million children in the commercial sex trade
4. There are an estimated 600,000 to 800,000 children, women, and men trafficked across international borders annually
5. Approximately 80 percent of human trafficking victims are women and girls; up to 50 percent are minors
6. The total market value of human trafficking is estimated to be in excess of \$32 billion
7. Sex trafficking is an engine of the global AIDS epidemic

Sources: National Geographic (1), U.S. Dept. of State (2, 4, 5, 7), UNICEF (3), United Nations (6)



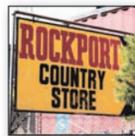
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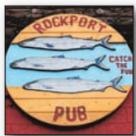
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Rockport



Home & Garden



A new start in an old spot

Rockport Christ the King church renews its vision

By Bill Mueller

New beginnings are always filled with optimism and energy, fueled with a passion for the venture at hand. This certainly seems to be happening at Christ the King Community Church in Rockport, Washington. It's a new start in a familiar spot: Dellinger family land.

The church began its life as the Liberty Freewill Baptist Church, built in 1961 by Fred Dellinger, who was its pastor. Over the years, several different churches called the building home.

Mike Dellinger and his wife, Sonja, oversee the building now. Both have been school bus drivers for the Concrete School District for many years. It was Mike's mother who was committed to having the building serve as a home for church-related ministries.

Mike and Sonja have been true to that commitment. Four years ago, Sonja began calling churches to see if there was interest in partnering a ministry in

Rockport. Christ The King in Burlington was the only church that responded.

The ongoing ministry was helped along by Mike and other interns. CTK's involvement has brought a new feel to the ministry there. As Sonja put it, "It's kind of like the grand opening of CTK in Rockport, a new beginning. We want the community to know that we're here."

Mike has been sharing the pulpit with ordained minister Martha Jane Barndt for the past several months. "We're a community, we're nondenominational,

a Church for God," he said. The commitment is to worship God, reach out to the local community, and to obey the command of Jesus to "love one another."

Mike and Sonja have a passion to see a thriving ministry in this community. As Mike would fill the pulpit and speak when an interim pastor wasn't available he gained confidence in his preaching. "I don't take any credit for this; I'm just a helper. This is God's doing," he said. Mike plans to attend the Preachers In Training Program that CTK offers. He will begin this education in spring 2010.

Sonja has contributed by leading worship. She has brought music back and those who attend find it a very important part of the worship time. Martha Jane Barndt, too, has become one of the leaders in the church. She has been working with Mike and Sonja for the past two years, sharing the preaching responsibilities with



Rockport Christ the King Community Church calls the former Freewill Baptist Church home.



Rockport Christ the King Community Church board members say that all worshippers are welcome. "You don't have to be a specific faith to attend," said Sonja Dellinger. Shown left to right are Martha Jane Barndt, Mike Dellinger, Sonja Dellinger, Andrea Metcalf, and Ron Metcalf.

Mike. She was ordained in 1986 and has a strong background in ministry and caring for people.

The desire is to see a significant small group ministry come out of the church. The vision is to train people to be leaders in this ministry and the goal is to have 50 small groups. These groups will meet in homes, offices, wherever space can be found. In this way, the church can become bigger and smaller at the same time.

Groups provide a smaller context where people are ministered to on a personal level. As they grow, they become a way in which people begin attending the larger gathering at the church and begin to sense that they are a part of a larger ministry. Martha's passion is demonstrated when she said, "I look forward to great growth. Bringing a body together in unity and serving our Lord."

There is a new beginning in Rockport, one well worth seeing for yourself. This is a wonderful way of getting involved at the ground-floor level. It is a place where all can be a part of an old truth, a place where "we learn to love one another," said Barndt.

Worship in Rockport

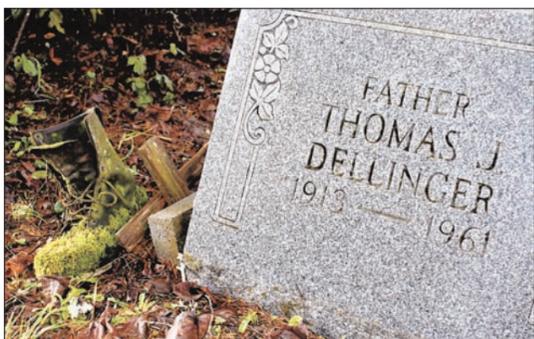
Visit Rockport Christ the King Community Church
11982 Martin Road, Rockport

Pre-service fellowship
9:45 a.m.

Sunday service
10 a.m.

Sunday eve. Bible study
6 p.m.

Contact:
360.853.7128 or 853.8746



A small cemetery on the church property includes the grave of Thomas J. Dellinger, Mike's father.

"A Deep Forest Experience"

Head to Rockport State Park this Jan. 9, 16, 23, and 30 for tours and presentations about old-growth forests. Each Saturday session runs from 10 a.m. to 3 p.m.

The event is managed by Washington State Parks and Recreation staff, and includes 30-minute or 1-hour guided walks or self-guided walks, craft activities, and more, all designed to give visitors a glimpse into what the region's forests looked like centuries ago.

Rockport State Park is located at Milepost 96.5 on State Route 20, just west of Rockport.

For more information about this event, call 360.853.8461.

**BRING THE WHOLE FAMILY!
IT'S FREE!**

"I don't take any credit for this; I'm just a helper. This is God's doing."

Mike Dellinger

Nearly \$29 million available for PSE low-income customers to pay heating bills

Households can receive up to \$2,000 in assistance

BELLEVUE, Wash. — Qualified Puget Sound Energy customers who need help paying their heating bills this winter will have access to a combined total of nearly \$29 million in low-income assistance from PSE and federal funds distributed by local community service agencies.

PSE's Home Energy Lifeline Program (HELP) will provide almost \$15 million and the federal government's Low Income Home Energy Assistance Program (LIHEAP) will provide \$14 million as a result of President Obama signing the omnibus spending bill in mid-December.

"We recognize that more families than ever are struggling through these challenging economic times," said Bert

Valdman, executive vice president and chief operating officer for PSE. "Our HELP program and LIHEAP are designed to help keep customers in need warm this winter."

Since October, the agencies have administered PSE's HELP program, which provides the utility's low-income electric and natural gas customers with bill-payment assistance.

The release of LIHEAP funds is expected to provide Washington state with a total of \$81 million in energy assistance, and enable community service agencies to begin accepting applications from qualified families for the federal grants. Depending on income and household

size, a qualified low-income recipient can receive up to \$1,000 from PSE's HELP and up to \$1,000 in LIHEAP bill assistance.

For this heating season, similar to last year's, the community agencies serving residents in PSE's 11-county Washington state service area will receive \$14.6 million through PSE's HELP program and a \$14 million appropriation from LIHEAP.

During the 2008-09 heating season, more than 30,000 PSE customers were assisted by PSE's HELP and the federal LIHEAP programs.

Low-income families are urged to take advantage of the application process. "It's important for low-income families to get

an early start on preparing for the winter heating season bills," said Valdman.

For more information, contact the East County Resource Center at 360.853.7009 or 360.853.7009.

Chamber notes

By Valerie Stafford

Chamber meeting Jan. 14

All Chamber members and potential members are invited to the monthly meetings of the Concrete Chamber of Commerce. On Thurs., Jan. 14, at 8 a.m., the meeting will be held at the Red Cedar Inn on Main Street, Concrete.

Chamber meetings are an opportunity to network with other businesses and share information about services, resources, activities and events.

For more information about the Chamber of Commerce or Concrete Licensing, call the Resource Center at 360.853.8767 or e-mail chamber@concrete-wa.com.

Mardi Gras coming in February

The third annual Mardi Gras celebration is set for Sat., Feb. 20, sponsored by the Concrete Chamber of Commerce. Many people ask, "Why Mardi Gras in Concrete?" to which we sagely answer, "why not?" Plan to be part of the parade, which will meander down Main Street regardless of rain, snow or sunshine. If you or your business or organization would like to be involved in the festivities, please contact the Chamber at 360.853.8767 or chamber@concrete-wa.com

Licensing office is busy

The Concrete Chamber of Commerce has been very pleased with the response to their new location in the East Skagit County Resource Center at 45770 Main Street. The Center now houses Concrete Licensing, the Department of Licensing (DOL) Sub-Agency operated by the Chamber, as well as a myriad of other services provided by Skagit County and Skagit County Community Action Agency.

The Chamber provides information to tourists and visitors, as well as potential new businesses or residents, with a display of brochures, business cards, maps and directories. It also maintains a Web site at www.concrete-wa.com.

Concrete Licensing is the only facility east of Sedro-Woolley that offers vehicle and boat registration, and license tabs. By coming to the Resource Center, customers can renew their tabs, change the name or address on their vehicle registration, report the sale of a vehicle, and acquire a copy of a title.

The Concrete Licensing office is open Tuesday through Friday, 9 a.m. to 3 p.m. The phone number is 360.853.8767.

Valerie Stafford is president of the Concrete Chamber of Commerce.

"Chamber Day" connects business owners to legislators

On Feb. 3, in Olympia, Skagit County business owners will have their legislator's ear, thanks to Chamber Day.

Organized by the Mount Vernon Chamber of Commerce, Chamber Day is "an opportunity to talk to chambers and business owners from across the state on issues that are affecting them, and to have business owners talk to legislators about how different legislation is affecting them in the real world," said Kristen Whitener, president and CEO of the Mount Vernon Chamber of Commerce.

The event runs from 9 a.m. to 3 p.m., and includes breakfast in the State Capitol rotunda, morning meetings, lunch (on your own), then afternoon meetings with legislators from the 10th, 40th, and 39th Districts. The afternoon sessions can be with groups or one-on-one meetings.

A bus will leave for the event from Skagit Station at 6 a.m. on Feb. 3, returning around 6 p.m. The bus is free, but bring a small tip for the driver. Don't forget your lunch.

If you live in eastern Skagit County and want to save a seat on the bus, call

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At a glance

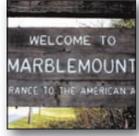
What:
Chamber Day

When:
Feb. 3, 9 a.m. to 3 p.m.

Where:
State Capitol, Olympia

How to get there:
Catch the bus at Skagit Station at 6 a.m.
Bring a lunch and a tip for the driver

Vicki Dinkins at Concrete Chamber of Commerce, at 360.853.8767. For more information about Chamber Day, contact the Mount Vernon Chamber of Commerce at 360.428.8547.



Marblemount



The eagles have landed!

Marblemount, Rockport locations offer raptor-sighting opportunities; Interpretive Center open in Rockport

Nobody told the bald eagles the Upper Skagit Bald Eagle Festival had been canceled indefinitely. The mighty raptors are back in the area again, feasting on the remains of spawning salmon.

In Rockport, the Skagit River Interpretive Center is open again, thanks to generous support from Puget Sound Energy and the City of Burlington (see info block, this page).

Bald eagle enthusiasts can spot the birds virtually anywhere along the Skagit River east of Sedro-Woolley, but, as usual, Marblemount and Rockport seem to be especially hot spots.

In its 17th season, the Eagle Watchers program, a partnership between Mt. Baker-Snoqualmie National Forest and North Cascades Institute, will have volunteers

stationed on weekends at three sites on the Skagit River through Jan. 31:

- Milepost 100 rest area
- Marblemount Fish Hatchery
- Howard Miller Steelhead Park, Rockport

Eagle Watchers volunteers provide information about eagles, salmon and the Skagit River at outdoor information tables at these sites.

Volunteers will be outfitted with binoculars and spotting scopes to give visitors a close look at the birds.

In a typical winter season, 3,500 rafters, 1,000 anglers, and more than 10,000 people visit to view eagles along the upper Skagit River.

For more details, contact the Mt. Baker Ranger District at 360.856.5700.



Photo by Chris Jansen

Interpretive Center offers info, speakers, guided walks

Thanks to financial support from Puget Sound Energy and the City of Burlington, the Skagit River Interpretive Center will be open Dec. 11 through Feb. 14, on Fri., Sat., and Sun., from 10 a.m. to 4 p.m.

Bald eagle information, plus speakers and guided walks will be available. For details, call 360.853.7626 or e-mail srbeatic@fidalgo.net. More information also is available online at www.skagiteagle.org.

The Sardis Raptor Center will present live bird shows on Jan. 30, at 11 a.m. and 1:30 p.m. Admission is \$10 for adults, \$5 for seniors and children.

—Ember LaBounty, treasurer Skagit River Bald Eagle Awareness Team

There also was the day in October when my oldest son caught a 24-pound Coho on the Cascade River. Seeing the look of total joy and pride as he lifted that fish out of the river, looking to me to see if I

See **Outdoor Skagit**, p. 23

Robert Jr. and Joseph DiLeo show off a fine day's work—if you can call it that. Photo by Bob DiLeo.

Postal news

Packaging for the holidays

Tired of having the snow plow wipe out your mail box? Concerned about mail or identity theft with the mail sitting in the box all day while you are at work? You might want to consider renting a Post Office Box, which provides secure access to your mail.

Security: Post Office boxes protect your mail, which is kept under lock and key, and safeguarded by Federal statute.

Access: Pick up your mail at your convenience—early, late, any time the Post Office lobby is open; some offices are accessible 24 hrs. For example the Marblemount and Concrete Post Offices are open 24/7 to get to your Post Office box and there are parcel lockers if the package will fit, so you can even pick up a package after office hours.

Flexibility: Want to get your mail in the morning? Get a Post Office box and then pick up your mail on the way to work. You can apply for a box at any Post Office, too.

Anonymity: Post Office boxes let you receive important mail that is for your eyes only, or to keep your personal or business mail private. Only you have the key.

Stability: If you move often or travel a lot, and need to establish one place where you receive your mail, then a Post Office box is the answer. Your mail is there when you return.

Value: Boxes come in several sizes, from 3 x 5½ inches to 22-1/2 x 12 inches. Check with your local Post Office to see what sizes are available. You'll find the price is reasonable, too. The current price for a small box is \$40 a year—that's less than \$3.50 per month for a secure and private means of getting your mail.

For more information, visit any Post Office or go to www.usps.com (you can now rent a box online).

Kathy Watson is Postmaster in Marblemount, Washington.

Concrete Herald
The Voice of Eastern Skagit County



Newhalem



Seattle City Light to receive 850 acres for wildlife conservation

Habitat supports old-growth forest, spotted owls, salmon, steelhead and big game

SEATTLE — Seattle City Light is set to receive 850 acres of wilderness from the Washington Department of Natural Resources for stewardship under the utility's Wildlife Lands Program.

The two parcels that will be transferred to SCL in early 2010 are:

Olivine Ends. This parcel includes 210 acres in the Nooksack River drainage that border a DNR-managed Natural Area Preserve and City Light-owned wildlife lands. The property is in the heart of the Nooksack elk herd range and includes 25 acres of old-growth forest that could provide spotted owl habitat and 3,000 feet of the important salmon-bearing South Fork Nooksack River.

Finney Creek. This is a 640-acre section of land in the Skagit River Drainage near existing City Light lands. The parcel encompasses approximately 3,000 feet of Finney Creek and the lower portions of several tributaries that are accessible to salmon and steelhead.

The upland portions of the property are composed of second-growth conifer forests that provide habitat for big game and a wide variety of wildlife species.

The Washington State Department of Natural Resources (DNR) expects to transfer the property in January at no cost to City Light under the state's Trust Land Transfer Program. The program transfers ownership of lands with high ecological, scenic and/or recreational significance to public agencies that are better able to protect them without the need to generate revenue. The Trust Land Transfer Program reimburses the Common School Trust through legislative appropriation when land is transferred from the trust to become a natural area or to other agencies.

City Light's strong history of habitat conservation and restoration along the Skagit River, where it operates three hydroelectric dams, made the utility an ideal candidate to receive these lands. The utility already holds nearly 10,800 acres of land for conservation.

"Seattle City Light is a valued partner

with DNR in helping to maintain these forested areas of Skagit County to support clean water and healthy habitat for fish and wildlife," said Commissioner Public Lands Peter Goldmark. As commissioner, Goldmark leads DNR and chairs the Board of Natural Resources, which approved the transfer of the parcels to Seattle City Light through the state's Trust Land Transfer Program.

"Seattle cares about protecting the natural resources that provide so much to our community, from recreational opportunities and scenic vistas to drinking water and electricity," said City Councilmember Bruce Harrell, who chairs the Council's Energy and Technology Committee. "By protecting these lands, the city is ensuring that future generations will be able to enjoy those same benefits."

Skagit General Store winter hours

The Skagit General Store in Newhalem has adjusted its hours of operation to accommodate the slower winter season.

The store is open 7 days a week all winter:
Monday – Friday, 7:30 a.m. to 5 p.m.
Saturday – Sunday, 10 a.m. to 5 p.m.

\$150 logos \$100 portraits \$25 caricatures

paul rider design
360.853.8709

Outdoor Skagit, cont. from p. 22

was watching, will be one of my fondest memories.

Moments like these can seem few and far between sometimes, but they stay with you. They make all those years of untangling lines, putting on bait, rigging poles, and prying hooks out of flesh worth the inconvenience.

Another day my family and I went gold panning and actually found some gold in our pans. My wife was so happy—not that we found gold, but that in our busy lives we all were together and having fun, with our cell phones left in the truck.

I had two great moments myself this year: I caught the biggest King salmon of my life, weighing more than 64 pounds on a bank scale. He was a native and went back in the water, but what a fish! My two favorite fishing partners were there with me: my boys.

I also harvested my oldest blacktail buck—a true mature buck—a two-point with a drop tine. Small by anyone's standards, but to me a trophy all the same. My oldest son was there and I think he was as happy for me as I was for him when he caught that big Coho.

Another day the boys and I went for a bike ride up a gated road. It was just a four-hour ride, but so much fun. Too bad it included my boys laughing their heads off when I fell over into a big puddle!

It amazes me that most of the more memorable times in my life are times spent with family and friends in the outdoors. How vivid these memories are! Think of how exciting it is to see an elk or bald eagle. And all these memories in some way are connected with the outdoors and nature.

As we begin this new year, I encourage you to take some time out of your busy life and go make some memories that will stand the test of time. Do some recreating in northwest Washington. Be safe and have fun in the great outdoors.

Heading outdoors? Be safe.

By Bob DiLeo

January is a good month to restock your backpack with items that will help you survive if Mother Nature throws you a curveball while you're enjoying her beauty.

Here's a basic list of items to bring with you whenever you hit the trail, even if it's only for a day:

- Fire starters, flashlight, whistle
- Rope, such as parachute cord
- Compass and map
- Emergency blanket
- Large plastic bag or small tarp
- Knife, compact saw
- Signal mirror, pen and paper
- Survival food or snacks
- Needle and thread, duct tape
- First Aid supplies, triangle bandage
- Rain poncho, aspirin, watch
- Water and water purification method

The outdoors is wonderful in many ways, but it can be unforgiving at times. If you're prepared for the unexpected, you'll stand a greater chance of surviving if something goes sideways.

If you plan to head outside, follow this advice:

Tell someone where you're going. Let them know how long you plan to be gone. I've had search-and-rescue folks tell me that if the person they had sought would have told someone where they were going, it would have saved hours of search time.

Know how to start a fire. Practice often. Practice in the rain. In the field, collect more wood than you think you'll need.

Stop, look, and listen if you get lost or hurt while hiking. Stop walking, find shelter and wood, make a fire, and remain calm. Listen for rescue workers.

Learn First Aid and/or CPR. You never want to be miles from help and not know how to aid an injured friend. Find out if any companions have medical issues.

The pass is closed

Washington Pass is closed for the season at milepost 134 near Diablo to milepost 171 at the Silver Star Gate.

Crews will go up for the reopening assessment in late February or early March 2010.

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Seniors



Coffee Break

A senior's rights

By Patrick Kennedy

Seniors have rights beyond normal life-bound limitations because they have earned them—and they have the scars and wrinkles to prove it. There are many rights for them beyond the Constitution.

All men are created equal, but seniors improve with age. Most are smarter than a baby and some smarter than a teenager.

Seniors have aged and ripened rights: the right to be crabby, cantankerous, and difficult. They have the right to be happy or unhappy. They can place their cane or walker wherever they wish.

They can wear any clothes—if any at all—and forget names, even those of family members. They can avoid crosswalks and cross in the middle of the block at a snail's pace. They can insist that handicap parking is one of those unalienable rights especially for them.

Alexander Hamilton said in 1775, "The sacred rights of mankind are not to be rummaged for, among old parchments, or musty records. They are written, as with a sunbeam in the whole volume of human nature, by the hand of the divinity itself; and can never be erased or obscured by mortal power."

We know that Alex meant this to be directed at seniors. He was only about 22 years old at the time, but he had intelligence and

foresight beyond his age. He must have meant that seniors were the "sunbeam."

After all, there is an international system of laws designed to promote human rights. Those who violate these laws can probably be tried in the World Court. There ought to be a legal court seniors can go to and complain because their inalienable senior-citizen rights have been violated. Charges like ignoring their right to pay no attention to and physically shoo away greedy relatives or insurance salesmen, for example. Why are humans more important than seniors?

Hubert H. Humphrey said, "The right to be heard does not include the right to be taken seriously."

But Hubert, this is serious stuff. And if all seniors could rise, they would rise up in rebellion, burn their AARP cards, and demand the right to be accepted just as they are—not ridiculed.

To be elderly is to be advanced in years. The key to a senior's rights, then, is their duty and obligation to be humans with different quirks because of years of ingrained attitudes and physical qualities. Being quirky is simply being a different type of human.

It's a right.

Patrick M. Kennedy is the author of How to Have Fun with Retirement, a sneak peek for which is available online at www.funwithretirement.com.

Way Back When

80 years ago

Jan. 23, 1930: A huge, 2-page-spread announcement proclaims "Concrete now has talking pictures!" Living up to his reputation for getting the best possible entertainment for Concrete moviegoers, C. D. Stickley of the Concrete Theatre has installed the finest sound and talking reproducing equipment on the planet. In addition, he has made an effort to secure all the latest attractions to be shown in his theater. The inside of the house has been completely remodeled and decorated...We have a new theater!

The first feature was "Red Hot Rhythm," a musical starring Alan Hale and Josephine Dunn.

70 years ago

Jan. 18, 1940: In spite of pleas for a bridge instead of ferries, the county commissioners last week called for bids on two steel ferries for use at the Skagit crossings at Faber and Rockport. Sealed bids will be opened Feb. 5 at the courthouse.

The plans call for two steel ferry scows, 18 by 48 feet, details and specifications obtainable from the county's engineers office. The new scows will replace the present wooden scows now in use.

60 years ago

Jan. 5, 1950: Concrete's municipal government was in the market for another marshal this

week, following the dismissal of Stanley DeCamp over a series of minor disagreements with city fathers last weekend.

The position is being filled temporarily by Ed Kinney, but the job is expected to be filled at the regular meeting of the Council.

The marshal's job here has been a hectic one during the past year, none of the various candidates being able to satisfy both city administration and public well enough to stay more than a few months.

50 years ago

Jan. 7, 1960: The U.S. Corps of Army Engineers, after investigation of the condition of the Jackman Creek bed after the recent floods, have given approval of a \$30,000 participation in a project that will dredge the bed for some 2,000 feet, and also include some work to divert the main stream away from the steep gravel bank upstream, from which the flood waters have been picking up the tons of gravel that has been causing trouble at the railway and highway bridges.

40 years ago

Jan. 14, 1970: A total of 360,207 visitors traveled through the North Cascades National Park during its first year, reported Superintendent Roger J. Contor as the new park ended a full year in operation. Jan. 1, 1970, marked the beginning of the park's second year.

The permanent staff for operation of the area numbered 16 by the end of the year. During the peak summer months, 40 seasonal

employees were on the payroll. More than 350 miles of trail and 20 campgrounds were maintained.

30 years ago

Jan. 31, 1980: Florence Pressentin, Rockport postmaster for the past 12 years, has been selected to head the Concrete Post

Office effective Feb. 9 the Postal Service announced this week. She will take over from John Hammer, who has headed the Concrete Post Office as officer in charge for the past seven months since the retirement of the last postmaster, the late Edward Pulice.

Concrete Senior Center January 2010 Activities

Lunch is served Monday through Thursday, 12:30 p.m.

Mondays

9 a.m.
1 p.m.
1 p.m.

Gray Ladies Hoop Quilting
Skip Bo
Mexican Train Dominos

Tuesdays

11:30 a.m.
1 p.m.

Jigsaw Puzzle
Skip Bo

Wednesdays

8:30 a.m. - 3 p.m.
11:30 a.m.
1 p.m.

Quilting
Jigsaw puzzle
Skip Bo

Thursdays

10 a.m. - 2 p.m.
11:30 a.m.

Wii Sports play
Jigsaw puzzle

Fridays

8:30 a.m. - 3 p.m.
10:30 a.m.
11:30 a.m.
Noon

Quilting
Men's Group
Jigsaw puzzle
Mexican Train Dominos

Special Events

1/12 1 p.m.
1/13 11 a.m.
1/13 1 p.m.
1/14 by appt.
1/26 12:45 p.m.
1/26 1 p.m.
1/27 1 p.m.
1/27 9 a.m. - 1 p.m.
1/28 9 a.m. - 1 p.m.

Rebekah's Meeting
Advisory Board meeting
Bingo
Foot care
Leap of Faith
Rebekah's Meeting
Birthday Bingo
Defensive Driving Class
Defensive Driving Class

Holiday Closures

Furlough Day: 1/15 (all Skagit County offices closed); Martin Luther King, Jr.: 1/18

Framing is nearly completed for the south wing of the new Concrete Elementary School, now under construction west of the high school. The construction contract calls for completion by Nov. 15.

20 years ago

Jan. 25, 1990: Entertainment for this year's Snow Ball will be provided by Concrete's very own local group, Rockin' Robin.

According to band leader Robin Feetham, the band will perform a

variety of country-rock and oldies music—the kind that's fun to dance to.

Robin and his wife, Darla, are the owners of Rhythm & Blues New & Used, located on Main Street, Concrete.

Other members of the 5-piece combo include Dan Craig and David Chapman of Concrete, Don Van Etten of Duvall, and Gordy Lockhart of Bellevue.

2009 at the Upper Skagit Library

By Aimee Hirschel

The library was busy in 2009! Summer is always busier with tourists stopping by for various reasons, the regulars coming in, and the weekly summer reading program activities.

Nearly 250 new cards were given out through November; we're getting close to having 2,000 registered borrowers. The 20,000-plus books and DVDs getting checked out is an increase of 7 percent. Computer usage is up 35 percent from 2008. We have a new statistic: nearly 18,000 people coming into the library.

Although these numbers don't include December, they are still fairly impressive, don't you think? In addition, the Board of Trustees and several interested community members have been planning and plotting the course of the library for the next two or three years.

The Friends of the Library had a great year also with the quilt raffle and book sales. New members are always welcome and the dues are an extremely reasonable \$1 per year. Membership cards are available at the library.

In January the library will have been open five years and we're planning a party to celebrate. Watch for posters and news on the Web site announcing the date and time. Also in January, we're hoping to kick off a series of monthly talks and discussions on various topics focusing on the upper Skagit area. There were enough ideas for topics to carry this through 2010, but if anyone has a suggestion, talk to Aimee at the library.

The next board meeting will be Thurs., Jan. 14, at 5 p.m., at the library.



Did you catch the carolers? Ignoring a cold rain, Concrete's Youth Dynamics group hit the streets on Dec. 21 to sing their little hearts out. Now *that's* joy.

Sunday School lesson

Buying up bargains

By Bruce Martin

Each of us loves to get a good deal when it comes to spending our hard-earned money. In the same way, when we make an investment of our time, we want it to make a difference and to count for something. As we enter this new year, it is natural to think about some changes to make better use of our time and resources. There are things we would like to do differently and some we would like to leave behind.

The admonition of the Apostle Paul to his fellow believers in Ephesians 5:15–16 can be an encouragement to us as well. “Be very careful how you live, not as unwise but as wise, making the most of every opportunity because the days are evil.”

“Making the most of every opportunity” is much more than taking advantage of, or profiting from the situations that come our way. Rather, it is making wise choices



in how we invest our time, energy, and resources. It is touching and changing the lives of people around us who can do nothing for us. It is not just securing resources for ourselves, but being a spiritual resource for others.

The Apostle James asked, “Who is wise and understanding among you? Let him show it by his good life, by deeds done in the humility that comes from wisdom” (James 3:13).

We understand, then, that spiritual wisdom comes from putting God’s Word into practice each time there is opportunity, and following the guidance of the Holy Spirit.

We love to get a good deal when we buy something. The word that is translated “opportunity” is an economic term. It could well be translated, “Making the most of every bargain.” What is a bargain?

Spending a little and getting a lot! Now, we understand that not everything

that is a sale item is necessarily a bargain. However, I believe there are some “spiritual bargains” we should buy up this coming year. I can guarantee that any investments made in these areas will pay back great and lasting dividends in our lives and in those we serve. Let me share just a few.

1. Any time spent in fellowship and worship with God’s people is a bargain.
2. Any time spent reading the Bible and hiding God’s Word in our hearts is a bargain.
3. Any time spent in God’s presence in prayer is a bargain.
4. Any time or service spent helping and blessing others is a bargain.
5. Anytime spent telling others the Good News about Jesus will be a bargain multiplied in joy.

As we look forward to another year, let us do so with the Lord’s help, making the most of every opportunity with which we are blessed. Despite the difficult days in which we live, may He help us to know a “bargain” when we see one.

Bruce Martin is pastor of Concrete Assembly of God.

Worship directory

Assembly of God

Concrete Assembly of God
45734 Main St., Concrete; 360.853.8042
Sunday worship, 10 a.m.
Tuesday: Men’s meeting, 8:30 a.m.
Wednesday: Adult Bible Study, 6 p.m.
Thursday: Women’s Bible Study, 6:30 p.m.

Catholic

St. Catherine Mission Church
45603 Limestone St., Concrete
SUNDAY MASS 8:30 a.m.
Office: 360.855.0077
Weekday hours: 9:30 a.m.–1:30 p.m.
Father Martin Bourke, Pastor

Presbyterian

Mount Baker Presbyterian Church
45705 Main Street, Concrete
Sunday worship: 8 a.m.; Wednesday: 7 p.m.
Church 360.853.8585 // office 360.595.0446
www.mtbakerpresbyterian.synodnw.org
Tom Ross, pastor

Nondenominational

Community Bible Church
45672 Limestone, Concrete; 360.853.8511
E-mail: cbcocconcrete@earthlink.net
Sunday School 9 a.m.; Worship Svc 10 a.m.
Childcare/Children’s Ministries at both
Contact church for other available ministries

Rockport Christ the King Community Church
11982 Martin Road, Rockport, WA 98283
Pre-service fellowship: 9:45 a.m.
Sunday service: 10 a.m.
Sunday eve. Bible study: 6 p.m.
Contact: 360.853.7128 or 853.8746

Lutheran

Shepherd of the Hills Lutheran Church
46372 Main St., Concrete
360.853.8814
Sunday Worship 10 a.m.
Marcus Stroud, pastor

To add your place of worship to these listings, call or e-mail 360.853.8213 or editor@concrete-herald.com.

Worth repeating...

“The silent churning at the core of our being is the tormenting need to know and to be known, to understand and to be understood, to possess and to be possessed, to belong unconditionally and forever without fear of loss, betrayal, or rejection. When we take time to become silent and to listen, we may hear the scream from the depths of our being, the clamor to bare our souls and to reveal the mystery of our true selves. Just listen, listen closely . . . It is the distant echo of the wail in the garden at the loss of innocence . . . Our mourning is for the closeness that was ours by right of creation.”

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wrestlers on top, winning 42–36 and 48–24, respectively.

At Tacoma Baptist on Dec. 18, the Lions won 13 matches and lost 12.

December 19 found the team at the Downriver Challenger tournament in Wahkiakum, a 16-team tournament, where the Lions placed ninth, with Dalton Dellinger taking first in his weight class.

In Wahkiakum, Chris Fields placed seventh, Tyler Dellinger placed seventh, Jacob Fallis took eighth, Jacob White took seventh, each in their respective weight classes. Scott Rice took seventh in the 285-lb. class.

For upcoming matches, see the schedule on p. 6.

K–2 Soccer, cont. from p. 6

even have two age groups, such as K–1 and 2–3 grades,” she said.

The parental support certainly is there, with mothers and fathers attending the scrimmages and standing in as linesmen. Older siblings show up, too, as ball-chasers. Even the coaches sometimes join in the play.

For now, the kids are “just excited to be there,” said McGuigan. “These guys are superstars.”

Editorial, cont. from p. 2

More tangible evidence of collaborative thinking will appear as the months and years go by. Look for a partially fenced playground in Silo Park. Remember the townwide cleanup effort in June last year. And stay tuned for a community garden that will be the talk of western Washington. All of these successes were and will be accomplished because of effective collaboration.

Archuletta let me eavesdrop on some of the papers he wrote for his graduate studies. Here are some of his thoughts on collaboration:

- Collaboration takes time
 - Collaboration takes personal commitment and confidence
 - Personal contact is essential to collaboration
 - Clear and open communication is critical for effective collaboration
 - Collaboration requires maintenance
- Food for thought.

—J.K.M.

Wrestling, cont. from p. 6

Blanton taking fifth at 171 lbs., and Cody Corn and Jacob Fallis taking third and fourth, respectively, in the 189-lb. class. Jacob White took second in the 215-lb. class, and Zach Omstead took fourth in the 285-lb. class, to round out the placings.

Butting heads with Darrington and La Conner on Dec. 10 found the Concrete

—Gilbert Bilezikian, *Community 101*

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Sheriff’s blotter

December 24

A Concrete caller reported his trailer was broken into, and a TV and blankets were stolen. This burglary is possibly related to the one in Rockport on Dec. 23.

December 23

A Rockport caller reported a suspect broke into a trailer on the caller’s property and stole bedding, dishes, and silverware. No suspects.

December 22

A Hamilton caller said her soon-to-be ex-husband kept calling and threatening problems. She said this was over child custody issues. A deputy talked to both parties; they will resolve their differences in court.

December 21

A Cape Horn caller reported she had evicted a person from her house, but he came back and took a computer without permission. This is a civil problem; however, a deputy contacted the suspect, a 30-year-old Mount Vernon male, since he had nine outstanding warrants for his arrest, and booked him into jail.

December 20

A Grasmere caller said his neighbor was in [the caller’s] yard again, chasing his own dog. The neighbor has been warned by deputies that he is not to trespass, and that if his dog gets loose, he needs to call his neighbor before going on his property to retrieve it. Deputy contacted a 68-year-old Grasmere man and cited him for second-degree trespass.

December 19

A Day Creek caller reported paintballs shot at victim’s car. No suspects.

December 18

A Marblemount caller reported a neighbor has several pit bulls, and said they roam the neighborhood knocking over garbage cans. Caller wanted a deputy to contact the dogs’ owners. Caller said he had tried to do so, but the dog owner just threatened to sic the dogs on him. Deputy will make contact.

December 16

A Hamilton caller reported two men fighting in a bar. Both were intoxicated. Deputy arrived and contacted both men. They were friends, but got into an argument over money. No one was injured.

December 16

A Cedar Grove caller reported that during the past few mornings, he has seen a newer-looking yellow SUV parked around the neighborhood. It was occupied. Caller believes the occupants are casing houses to break into. Deputy looked for the vehicle and will continue to

investigate.

December 15

Several traffic hazard calls in the Day Creek area today. One caller reported mudslides and trees on roadway because of heavy rain. Skagit County Public Works was called out to clear the road.

December 14

A Concrete caller said her son was preparing to testify in court and that friends of the defendant were calling her house and harassing them. Deputy contacted the suspect, who said she only wanted to talk. Suspect was told to have no contact.

December 13

A deputy stopped a vehicle in the Concrete area for driving with no headlights or tail lights on. Male driver appeared intoxicated. Deputy began a DUI investigation. The man’s wife started yelling at her husband, saying she told him so and that she should have driven. Man was cited for DUI. Woman was given a field test; she was intoxicated, too. Neither one was allowed back in the vehicle until they were sober.

December 12

In the Cape Horn area, a deputy found a blue Mazda vehicle parked in front of an abandoned residence. The car was occupied by a female who was listening to music. The deputy contacted the woman, who said she used to know the person who lived in the residence and she was just hanging out. The house was secure; the woman was told to move on.

December 11

A deputy discovered two windows broken out of the Concrete Town Hall and Skagit County Sheriff Office East Detachment office. Damage appears it was inflicted with a lead ball from a slingshot. Deputy has some suspicions as to who is involved; follow-up is ongoing.

December 10

A deputy investigated a 45-year-old Hamilton man for providing false information about where he is living. The man is a registered sex offender. Deputy located man and determined he had been living in a previously undisclosed location. The man was referred to court for failing to register as a sex offender.

December 8

A Hamilton caller reported the caller’s 23-year-old son was high and on drugs. Deputy arrived and talked to the son, who was rambling, saying the sky was purple and urging the deputy to stare at the sun. Deputy tried to calm the individual, who was clearly hallucinating. Deputy took the man to the hospital for help.

December 7

A Hamilton caller reported tires slashed overnight by a blade. Deputy contacted

the owner at a Burlington tire store. Damage was determined to have been caused by something in the road, not malicious mischief.

December 7

A Sedro-Woolley caller reported a six-week-old Husky pup with medical problems had been brought into a veterinarian’s office. The owner did not want to pay the bill, and said he would shoot the pup instead. Caller felt this was cruel and wanted Animal Control to check into it.

December 6

Dispatch received a 911 call from Lyman, but no one was on the line. A deputy checked the house and found a three-year-old child playing with the phone. The child’s parent was notified.

December 6

A deputy on patrol in Sedro-Woolley discovered a car parked near the Cook Road Grange. Two young men were inside smoking marijuana. Deputy confiscated the dope and a pipe. An 18-year-old Sedro-Woolley man was cited for possession of marijuana.

December 5

A Marblemount caller reported his freezer in a shed was missing about 25 pounds of meat valued at \$100.00. Caller thought the thief was a neighbor who lives

January 2010 • Concrete Herald • 27 nearby. Deputy checked, but was unable to prove who took the meat.

December 4

A Marblemount caller stated \$180.00 was missing from the caller’s wallet. Caller suspected three kids, ages 8, 10, and 11. Deputy was to follow-up with interviews at the children’s school regarding the stolen money.

December 3

A Grasmere caller complained about a neighbor’s loose horse. Deputy arrived to find the horse standing just feet outside its own pasture. Deputy helped to secure the horse.

December 3

A Sedro-Woolley caller reported a friend who had passed out. Caller said she had been rambling and not making sense prior to passing out. Caller was concerned about her medical condition. Deputy and medical crew arrived to find the woman high and intoxicated, but not needing medical attention.

December 2

A Hamilton caller reported stolen cedar from private land. A deputy investigated and located three suspects with stolen wood: two Sedro-Woolley men and a Clear Lake man. The men claimed they did not know it was private land. Theft charges are pending.

Savvy Businesses Targeted Advertise in Concrete Herald



“Our ads in Concrete Herald help us reach out to the community with health information and hospital news. I know it works, because I get calls and e-mails from Concrete Herald readers.”

Valerie Stafford
communications director
United General Hospital

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Health



Make your resolutions stick

By Valerie Stafford

If you're like me, you probably made at least one New Year's resolution. Maybe you decided you're going to lose that extra weight that's inexplicably attached itself to your middle. Or maybe this is the year you're going to stop smoking, drinking, or eating candy bars at midnight. Here are some ways to make your resolutions stick:

Be specific. It doesn't work to just say you're going to "lose weight." Instead, tell yourself you're going to lose 12 pounds by the end of March. Rather than vowing to "eat better," set a specific goal to eat five servings of fruits and vegetables at least three days a week.

Be realistic. Change doesn't happen overnight, especially when it comes to longtime habits. If you've decided to quit smoking, be realistic about whether you can go cold turkey. If your goal is to de-clutter your house, plan to tackle it one weekend at a time.

Learn about it. You'll be more motivated to make the change if you learn exactly what the old behavior is doing to you, and what the new one can do for you. Educate yourself with books or Web sites, or by talking to a professional.

Take small steps. Big changes usually don't last, but lots of little steps will get you where you want to go. If you spent the better part of 2009 on the couch, don't suddenly jump into a high-energy exercise program. Start small and build gradually.

Find a substitute. Nature abhors a vacuum, so when you drop one habit, you need to fill in with something else. If you're eliminating alcohol, be prepared to substitute a more healthful pleasure. If you're cutting back on TV, decide in advance what activities will replace it.

Visualize success. It might sound corny, but if you can imagine it, you can do it. See yourself wearing those smaller jeans; imagine how good you'll feel when you finally get them buttoned.

Log it. Studies have proven that people who chart their workouts or log their eating habits are more likely to stick with the program. Write it down, check it off, put a star on the calendar.

Don't beat yourself up. If you get off track, it only means you're human. Don't wallow in guilt or self-pity. Just dust yourself off and start again.

Resolutions are a great way to start the New Year and make healthful changes in your life. Resolve to make yours stick this time.

Valerie Stafford is the director of communications and community education at United General Hospital and the owner of Encore Fitness in the Concrete Theatre.

How to get the most from your health benefits

(ARA) — It's the New Year and, like millions of other Americans, you may be thinking about your New Year's resolutions. One resolution that many people may not consider is making the most of their new health benefits plan. By fully maximizing your benefits and learning the ins and outs of your plan, you

January is Cervical Health Awareness Month

Resolutions abound in the New Year, and having recommended health screenings should be a priority. January is Cervical Health Awareness Month and a prime time to highlight the importance of routine Pap tests. Raising awareness among women with disabilities is especially important because, as a group, they are less likely to get the life-saving test, according to Allsup, a nationwide provider of Social Security disability representation and Medicare services.

In the United States, 11,000 new cases of cervical cancer will be diagnosed in 2010 from human papillomavirus (HPV)-caused tumors. HPVs are sexually transmitted via skin-to-skin contact.

Recent research indicates the virus also causes some cases of cancers of the mouth, anus, head and neck in men and women, according to the National Cervical Cancer Coalition (NCCC).

Cervical cancer is the easiest female cancer to prevent with regular screening tests and follow-up. The Pap test (or Pap smear) looks for cell changes on the cervix that might become cervical cancer if not treated appropriately. The HPV test looks for the virus that can cause these cell changes.

"It's important to remember that cervical cancer is a preventable disease—as long as it's caught early enough," said NCCC executive director Sarina Araujo.

In fact, when cervical cancer is found early, it is highly treatable and associated with long survival and good quality of life. Unfortunately, six out of 10 cervical cancers occur in women who have never

received a Pap test or have not been tested in the past five years.

This problem is especially pronounced among women with disabilities. Research shows that women with disabilities are less likely to get Pap tests than women without disabilities.

In addition, healthcare facilities may be inaccessible and ill-equipped to serve people with disabilities, so preventive services like Pap smears are overlooked.

Women diagnosed with cervical cancer and unable to work may be eligible for Social Security Disability Insurance (SSDI) benefits. The Social Security Administration uses a five-step process to determine if a cancer patient qualifies for SSDI benefits:

1. Determine if an individual is working according to the SSA definition.
2. Conclude the cancer disability must be severe enough to significantly limit one's ability to perform basic work activities.
3. Ask if the cancer disability meets or equals a medical listing.
4. Explore the ability of an individual to perform work they have done in the past despite their cancer.
5. Review age, education, work experience and physical/mental condition to determine what other work, if any, the person can perform.

Public education and outreach are key to promoting good cervical health for all women. For more information and to learn how you can help during Cervical Health Awareness Month, visit the NCCC online: www.nccc-online.org/awareness.html.

could save yourself hundreds of dollars this year.

Experts say the most important first step is to review your health plan coverage documents carefully. It is important to have a copy of this information, because this is the official guide to your health benefits. It explains what the plan will or will not cover, including any special requirements or limitations on the coverage. More tips:

- Make sure you get your preventive care, including yearly physicals, flu shots, and screenings
- Use doctors and other providers that are in the health plan's network

- If your doctor recommends any type of tests or lab work outside of what is normally part of an annual physical, call your health plan to see if these require a preauthorization
- Read your policy carefully if you need any type of therapy
- When Explanations of Benefits (EOBs) arrive, review them carefully
- Understand your rights to file an appeal or grievance if a claim is denied that you feel should be paid
- See if your health plan offers incentives for healthy living or discounts on gym memberships and weight-loss programs

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Lake Tyee, cont. from p. 1

Finance Committee. Thibert explained the budget as of Oct. 31, 2009, calling it a "pretty gloomy financial picture."

With both its reserve fund and operating accounts in the red because of unexpected power outages and road repairs in 2008, Lake Tyee's failing electrical system should be dealt with as soon as possible, she proposed, speaking on behalf of the Board of Directors.

At an estimated \$4,409,940, however, the project's price tag was daunting, especially if its financing was spread out over several years. Better to pay it all at once, said Thibert.

The one-time, \$4,470 proposed cost per lot included a "delinquency contingency" of \$895, which also rankled lot owners, even though Thibert stated that

contingency fee would be credited back to lot owners if the costs didn't escalate, "which they will if we delay," she added.

Small comfort, many responded. With a delinquency rate already hovering at 18 percent, the plan's bump to an estimated 25 percent after the assessment was wishful thinking at best.

"I think you've severely underestimated how many people can afford this assessment," said lot owner Tanya Smith. "Every time you increase fees, you run the risk of increasing delinquencies."

Lake Tyee is a recreational community, but some residents live there year-round. Those residents felt the proposed assessment would cost them their homes. Doug Lynes, a recreational owner, reminded attendees of the intent of the community.

"This is an 'extra.' If you can't afford to

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Pat Buller Photography
2010 North Cascades scenic calendar in production. Look for it locally in mid-November. Find images at www.pdbphotos.net
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Barb Thibert, a Lake Tyee lot owner and volunteer on the community's Budget and Finance Committee, explains the budget as of Oct. 31, 2009, for meeting attendees, calling it a "pretty gloomy financial picture" during the Dec. 12 meeting.

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Smile



Dwelleysms

Wit from the Herald's former editor

"With the modern bootleggers using unslaked lime, creosote, and tobacco juice to put a kick in their drinks, it is no wonder there are so many accidents caused by drunken drivers. Who could do anything right with some of that in him?"
—Jan. 16, 1930

"Now that things are beginning to get busy around Concrete, let's try to interest everyone in our city."
—Feb. 13, 1930

"The beauty of the surrounding country in this community cannot be equalled anywhere, yet few people in Concrete realize just how much scenery we have. A view of Mt. Shuksan from the dam is a sight many would travel months to see. How about a little advertising about these natural assets?"
—Feb. 27, 1930

"Outside of a call for bids on the Jackman Creek bridge, the Van Horn hill project is going ahead as rapidly as ever. Every project is a dream at first, but there is no need to keep on dreaming."
"To boost for a trade-at-home proposition, be sure you have your work done

Concrete Harold



By Joyce Harris

by Concrete people, advertise with the Concrete Herald, and let people know that you, yourself, trade at home."
—March 20, 1930

"In times like this, Dame Rumor is very overworked. But when things look the worst, remember that 99 percent of the worrying in the world is done over things that never happen or never will. Plenty of time to worry when the right time comes; don't waste your time now."
—Aug. 6, 1931

"Those who predicted that prosperity is 'just around the corner' may be right, but we are beginning to think we are on a racetrack."
—Aug. 27, 1931

"Did someone say that Al Capone was

going to prison? It will be a miracle if he doesn't end up sending the prosecuting attorney and judge to prison instead."
—Sept. 17, 1931

"We judge others by what they have done—ourselves by what we would like to do."
—Sept. 24, 1931

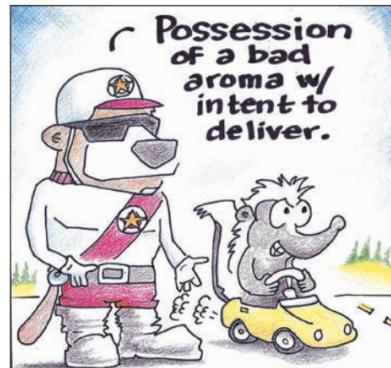
"The savings and loan business is getting lots of bad publicity in the two current cases. The idea seems to be that what the depositors save, the president can't leave alone."
—Oct. 1, 1931

"Now that the south pole has been discovered, explored, and observed for a time, what more can we do with it?"
—Feb. 20, 1930

Fish story:

I went fishing this morning, and after a few hours with no good bites, I ran out of worms. I saw a cottonmouth with a frog in its mouth. Knowing that frogs are good bait and the snake couldn't bite me with the frog in its mouth, I grabbed it behind the head, took the frog, and put it in my bait bucket. Now the dilemma was how to release the snake without getting bitten. I grabbed my bottle of Jack Daniels and poured a little whiskey in the snake's mouth. His eyes rolled back, he went limp, I released him into the lake without incident, and carried on my fishing with the frog. I ended up catching a dandy. A little later I felt a nudge on my foot. There was that same snake—with two frogs in his mouth.

By P. W. Rider



Public Service Announcement

By Stig Andersen



www.concrete-herald.com
Men's Basketball, cont. from p. 7

10 rebounds, and Greg McIntosh had 15 points and 7 rebounds. Hayden Holbrook rounded out the scoring for the Lions with his first career point.

The Lions turned around to play UPrep the next day and saw fatigue set in as UPrep had a big second half, cruising to a 66–41 victory over the Lions. Tyler Clark and Kyler Howell paced the Lions with 18 and 11 points, respectively.

The Lions rounded out the month of December by playing in the Jack Q. Pearson Tournament on the 29th and 30th. The Lions opened with the South Bend Indians, but didn't have the depth that the Indians were able to display in the 71–37 defeat. Tyler Clark had 16 points and James Johnson had 6 rebounds in the loss.

The Lions ended the month on a high note with a 76–44 victory over the Ocosta Wildcats, getting great production from all seven of the players that were on the court. Tyler Clark earned All Tournament Team honors and had 28 points and 9 rebounds, James Johnson had 25 points and 9 assists, and Greg McIntosh had 10 assists and 9 rebounds. The Lions also saw Cody Jarmin score his first career points and finish with 3 points on the night.

The Lions' record to end December is 3–6 overall and 1–1 in league.

Women's Basketball, cont. from p. 7

Lions were led by Taylor Lee's 14 points. On Dec. 18, the Loggers from Darrington brought their high-powered offense onto Bradley court and proved too strong for the Lady Lions. After a hard-fought first half, the Loggers' depth became too much for Concrete to overcome in the 69–27 defeat. The Lady Lions were led by Taylor Lee's 12 points and Martha Schoolland's 9 rebounds.

The Lady Lions displayed resilience by beating University Prep the next day in overtime 47–40 to get their second win of the season. The see-saw battle saw two big free throws by Martha Schoolland seal the game for the Lady Lions. Taylor Lee's 18 points clinched the victory.

The Lady Lions traveled to the Jack Q. Pearson tournament in Willapa Valley to round out the month of December and opened up with the Indians of South Bend. The Indians used a 21-point third quarter to pull away from the Lady Lions and cruise to a 59–32 victory. Ashley Johnson led the Lady Lions with 10 points and Martha Schoolland chipped in seven points in the Lady Lions' effort.

The Lady Lions finished 2009 with a

dramatic 45–42 victory over the Ocosta Wildcats. The Lady Lions were led by All Tournament selection Taylor Lee's 21 points. The Lady Lions' record at the end of December was 3–7, and 0–2 in league.

Letters, cont. from p. 3

game animal in a manner that does not give the hunter an improper advantage over such animals.

"Fundamental to all hunting is the concept of conservation of natural resources. Hunting in today's world involves the regulated harvest of individual animals in a manner that conserves, protects, and perpetuates the hunted population. The hunter engages in a one-to-one relationship with the quarry and his or her hunting should be guided by a hierarchy of ethics related to hunting, which includes the following tenets:

1. Respect the customs of the locale where the hunting occurs.
2. Exercise a personal code of behavior that reflects favorably on your abilities and sensibilities as a hunter.
3. Attain and maintain the skills necessary to make the kill as certain and quick as possible.
4. Behave in a way that will bring no dishonor to either the hunter, the hunted, or the environment.

"Party hunting, shooting an animal for another hunter, poaching, or leaving a deer in the woods because it is "just" a doe or small buck are not only grossly unethical, but also illegal.

"Definition of 'unethical hunter': A person without respect for wildlife, the wilderness or the art/sport of hunting," who is all about scoring a kill by any means.

Please let others know that the true hunters out here were taught better and definitely disapprove!

Steven Elliott
Concrete

Lyman Angel Tree thank you

Lyman Angel Tree organizers Tammie Werner and Kathy Weston say "thank you" to all the wonderful and incredibly generous "angels" who adopted children and donated in any way this year to ensure that children and their families had a very merry Christmas. Thanks to every person who brought smiles and joy to all the children on the tree this year. You have made a difference in their lives and left a lasting impression that will never be forgotten.

This was the second year for the Lyman Angel Tree, which had 78 children angel tags on the tree (more than twice as many

as last year) and each child was "adopted" either by individuals or through donations of cash and extra gifts. We have heard many touching stories about how much the Angel Tree has meant to the families that were helped. Many families were struggling with hours and/or jobs being cut back, a surgery that placed one parent out of work, or a parent diagnosed with cancer. For many families the Angel Tree gifts were the only gifts the family received this Christmas.

Special thanks goes to the Lyman and Punkin Center Fire Departments for their generous cash donation, which helped us provide for so many teenagers on our tree this year, as well as help purchase pajamas for many of the children. Thanks to Elaine Kohler for making scarves and blankets.

Thanks to Brandi Thill, Marlene Skelton, Jodi Larsen, Brandon Werner, Austin Werner and Sonja Haight for wrapping; Mark Kitchen for gift delivery services; Dorothy Woods, Mike and Renee Swanson, Roberta Melton, Bonnie Gallagher, Joanie Ganske, and those anonymous donors for their cash donations; Sedro-Woolley McDonald's for donating a coupon for a free treat for each child; Debbie Boyd for being our liaison at Town Hall; the two ladies who donated knitted hats they made for the project; and to all the many people who donated extra gifts, wrapping paper, baby items, candy canes, and more.

Tammie Werner, Kathy Weston
Lyman

Editor's note: See article, p. 14, for details on Lyman's Angel Tree.

Thank you, Red Apple

We extend our appreciation to Albert's Red Apple Market for their support of the 1-percent payback program for the Concrete Elementary PTO.

Because of Albert's support, the PTO has been able to provide fun and informative assemblies throughout the school year for the elementary students.

We also would like to thank them for their support of the first annual Fall Festival held in November, especially the last-minute candy donation. Also, a big thanks for all they do for the school and to support the community.

Debbie Ross, president
Concrete Elementary PTO

Sedro-Woolley soldier says thanks

Regarding Sedro-Woolley Community Troop Support...

It was really great to receive the packages! Thank you so much! I shared all the goodies, toiletries, and reading material with all my soldiers. A lot of

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them have yet to get any packages, so they are really happy when we are able to share with them.

I just want to say that it is an incredible thing you guys do, taking time out to prepare these packages and send a little piece of home. I especially enjoyed the Sedro-Woolley Christmas card. It's sitting right on my desk and I get to show my soldiers what the downtown area of my hometown looks like. I even show them my high school in the distance on the card. It makes me miss home, but in a good way.

I really hope that you guys continue this program. I have told my parents that they should be involved and donate if possible. Packages and letters are the best things out here, bring home to the soldiers. We live a fairly comfortable life out here (by Army standards), but it is hard being away and this helps to provide a link to home, especially for me, because I'm from Sedro-Woolley. I really enjoyed the newspapers. Reading about the local events, activities, and sports was awesome! I know I could just read the local newspaper online, but it is just not the same as having the print version.

In closing, I just want to again thank you for the packages and everything your group is doing to support the soldiers, sailors, Marines, and airmen out here. It really does boost morale and make our lives better. Thank you!

Name withheld for security
ILT, SC / Executive Officer

Editor's note: Sedro-Woolley Community Troop Support accepts tax-deductible donations year-round. For more information, e-mail swctsgroup@gmail.com.

Breathe Easier This Year

Happy New Year from United General Hospital!

We look forward to helping you stay healthy in 2010.

About Pulmonary Rehab Our Pulmonary Rehabilitation program is designed for anyone with lung problems, such as emphysema, asthma or chronic bronchitis. We can help you control symptoms and reduce the complications of lung disease.

Breathe Easier Program participants meet with our staff two to three times a week for eight weeks. The program is individually designed based on your medical history, personal needs and any special goals you may have.

Exercise Safely We provide a safe, supportive atmosphere where you can gradually increase your physical activity. Your exercise program is customized for your abilities and special needs.

Take Control Of Your Life You'll receive guidance and education about lung health, as well as tips on nutrition, stress management, traveling and more. This new information will give you the confidence to take control of your life again.

Free Screening During the month of January, we are offering free lung screenings.

Please call (360) 707-4454 for an appointment.



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