

# The Concrete Herald

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 H. W. Hagenstein  
 Son of W. H. Hagenstein  
 9811  
 Skagit, Wn.

## Books On Mental Health Donated To Local Library



Mrs. Sally Harris, librarian of the Concrete Health Library, (center), accepts books donated by the Skagit Mental Health Clinic from Mrs. Nellie Brown, left and Mrs. Elizabeth Guderjohn.

Five books of interest to the general public have been donated to the Concrete City Library by the Skagit Mental Health Clinic, which is chairmanned by Mrs. Dora Jordan.

New books now on the shelves of the local library are "Contra-

ception," by Selig Neubardt, M.D., "The Challenge of Parenthood," by Rudolph Dreikurs, M.D., "The Drug Dilemma," by Sidney Cohen, M.D., "You and Psychiatry," by William C. Menninger and Munro Leaf, "The Normal Woman," by Madeline Gray.

## M. E. STAFFORD, SAUK NATIVE, IS DEAD

Maxwell Edward Stafford, 83, a lifetime resident of the valley, died on Sunday in Sedro-Woolley. Mr. Stafford was born April 26, 1887 at Sauk and made his home in the upper valley before moving to Sedro-Woolley about 1930.

He was a logger and boom man on the Skagit river, retiring in 1948. During World War I he served with the U. S. Army.

Services will be held Thursday, August 13th at 1:30 at the Lemley Chapel in Sedro-Woolley. Rev. Tom Howard of the Bethel Tabernacle Assembly of God will officiate.

Mr. Stafford is survived by two nieces, Mrs. Maxine Murray of Seattle and Mrs. Helen Olson of Gold Bar; three nephews, Merle Shannon of Eugene, Ore., Neil Shannon of Seattle and John Robertson of Alderwood Manor.

## Many Bands Signed For Concrete Jamboree

Six top Western and Country Music bands have definitely agreed to appear at the benefit performance in Concrete a week from Sunday, Aug. 23, said Jim Benfield, chairman of the sponsoring Upper Skagit Community Council.

Benfield went on to say that three other popular bands may be able to play at the all-afternoon musical event.

Now signed are Fred McFall's well-known Carolina Mountain Boys; Benfield's own band, the Melody Mountain Boys; Chuck McQuestion and his Rebel Rousers; Gary DeMeyer's Trio; the popular barbershop quartet, the Finney Creek Four; and a new outfit, Don Garland and the Rookies.

Tickets went on sale this week to the Jamboree in local business houses. The event will be from 2 to 6 p.m. in the Concrete High School gym.

## Lonnie Gardner Is Wounded In Viet Nam

Lonnie Gardner has been wounded in battle conditions in Viet Nam and is in a Vietnamese hospital awaiting transfer to a Japanese hospital and then to the states, according to a call to his parents, Mr. and Mrs. Floyd Gardner, received from him last Thursday night. Extent of his injuries is not known.

According to a telegram from Army officials in Viet Nam which arrived here Friday, Lonnie was wounded in a shoulder by shrapnel from bombs dropped by U. S. planes which got too close to our own ground forces.

## Sewer Engineer Hurt In Birdview Crash

An accident on Highway 20 at Birdview last Tuesday morning injured three men and did considerable damage to the two cars involved.

James Kors of Tacoma, westbound, pulled out to pass a logging truck and struck the car driven by Virgil D. Klingman of Anacortes, traveling east.

Kors' car went into a roadside skid, according to State Patrol officers, and struck the Klingman vehicle.

Kors suffered deep lacerations on his face and head and Virgil Klingman, cuts on his left hand. Norman Klingman of Sedro-Woolley, a passenger in his brother's car, received leg and shoulder injuries. All three were taken to Unjted General Hospital for treatment.

The accident was witnessed by Mr. and Mrs. Hei Alberts, following the Kors' car, and Danny Parker, at the wheel of a Cunningham Logging Co. truck. Parker was waiting to drive onto the highway when the collision occurred almost in front of him.

Jim Kors is acting as engineer for the town of Concrete in the planning for a sewer system and had been consulting with Mayor Stadman at a meeting the morning of the accident before returning to his office in Tacoma.

## Forest Industry Wants Full Use Of Natural Resources Of State

"With 1 1/4 million acres of the Federally-owned North Cascades already in national park, recreation and wilderness areas, let's balance the use of the reminder for jobs Washington badly needs."

These were the opening remarks of W. D. Hagenstein, executive vice president, Industrial Forestry Association, Portland, recently before the Rotary Club of Bellingham.

Hagenstein said that Whatcom, Skagit, Chelan and Okanogan Counties depend on the forest industry and agriculture for their livelihood. He said the forest industry must have continuous supplies of raw material from the practice of sustained yield forestry on the Mt. Baker, Okanogan and Wenatchee national forests.

In commenting on a Forest Service proposal to withdraw another 1/4 million acres and thus prevent or severely limit the growing and harvesting of timber, he asked, "Whose North Cascades?" Hagenstein said everyone knows that the national forests belong to every citizen, so we must manage, protect and use them for everyone. "However," he said, "Federal forests can provide both jobs and recreation, if the policies for their management are balanced between the needs for both."

The forester called the recent North Cascades lightning fires a national disaster. He said they emphasized what foresters have pleaded for years—better access to mountainous forests, so fires could be quickly controlled to save watersheds, timber stands and to minimize danger to fire fighters.

## HELP US BUILD!

The Community Action Committee will meet tonight, Aug. 12, at 7:30 in the City Hall, Chairman Ray Drake presiding. All businessmen and townspeople are urged to attend.

## NEW POST OFFICE NEARING COMPLETION



Owners Jack and Jerry Hoover are now getting into the interior finishing work of remodeling their building for occupation by the U. S. Post Office.

## Leathers

from the Duster

By The Over-time Editor

HAVING joined the group who are battling some type of heart trouble, wife and I are learning much about a rather mysterious disease to most people. For one thing there are many things that go wrong with your system to affect the heart that are not the terrible tragedy generally assumed. For instance in our cases there was not the "clutch the heart, fall down unconscious" syndrome that most people assume is the beginning. We just got sick, walked into the hospital and were told that we had a coronary insufficiency. That means that due to constant daily grind of overwork (of which we were well aware) every nerve and muscle in our bodies was crying for more blood and the heart was unable to furnish the demand. Years of eating too much of the rich foods added the cholesterol bit you hear about that is down on the capacity of the blood and arteries. Our doctor, who had a similar experience a few months ago, typified us as one of the lucky ones who find out soon enough for something to be done.

The cure is quite simple—plenty of rest, slowing down on the daily activities, and a change of diet. When you own and operate a business yourselves the first and second items are not easy and this is our main problem. Find help and stand back. For two people who would rather "do it myself, mother" the strain is terrific. As for the diet, the list of what you can eat and what you can't is categorized in my opinion as eating everything you want as long as it isn't food.

The doctor promises complete recovery in a matter of time and has more stamina after recovery of his advice on exercise and diet is followed. That we will do, that we will do. In the meantime life is having its ups and downs as we try to set the slower pace. A day of feeling good creates the urge to overdo and a quick penalty and reminder is issued by the body. No Pacemakers needed, the old heart is a stern pace-setter.

## New Officers Take Over Pioneer Ass'n.

Ray Cowell, retired Mount Vernon high school vice principal and one-time Anacortes teacher, was elected president of Skagit County Pioneer Assn. at the 66th annual meeting-picnic at LaConner Aug. 8. He succeeds William C. Moore.

Believed the oldest member attending was Joshua Green Sr., 100, Seattle banker who owned and piloted Puget Sound boats sailing at Skagit County ports in the early days. Another Skagit old-timer, young by comparison, was Dr. George E. Boynton, retired Mount Vernon physician, from Camano Island.

The members elected Bud Dunlop of LaConner as vice president and Mrs. Leonard Munks, March's (Continued on page 5)

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