

The Voice of the Upper Skagit Valley Concrete Herald

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February 2014

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50 cents

Clear Lake • Sedro-Woolley • Lyman • Day Creek • Punkin Center • Hamilton • Birdview • Grasmere • Concrete • Cape Horn • Sauk City • Sauk Valley • Rockport • Van Horn • Darrington • Corkindale • Marblemount • Bullerville • Newhalem • Diablo

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Town urges residents to halt illegal discharge into sewage system. *Page 7.*

Penguin Dip lures 100+

Excited and apprehensive, brave souls lined the shore of Clear Lake for the annual frigid leap. *Page 14.*

Northern State redevelopment to be explored

The Port of Skagit announced in January it has formed a partnership with Skagit County and the City of Sedro-Woolley to explore possibilities for the redevelopment of the former Northern State Hospital campus and grounds. *Page 16.*

Riverbank restoration in full swing

With a temporary roadway detour in place, WSDOT crews will begin this month to install engineered logjams along the Skagit River shoreline and SR 20 approximately three miles east of Rockport. *Page 23.*

Darrington Homecoming

Royalty, games, and more. *Page 24.*

Marblemount man still missing; suspect in jail

A Marblemount man is in jail on suspicion of involvement in the disappearance of a second Marblemount man, Edgar James "Jimmy" Robinette. *Page 26.*



Nailed it

After 15 years of stop-and-start efforts, Concrete locks down final funding for its planned Fire and Life Safety Building: a \$1 million Community Development Block Grant.

See story, p. 4.

Former Concrete mayor Judd Wilson (center) holds a \$1 million novelty check with Congresswoman Suzan DelBene during a Jan. 6 ceremony announcing the town's winning a Community Development Block Grant. From left, Dept. of Commerce Dir. Brian Bonlender, DelBene, Wilson, Concrete Mayor Jason Miller, and Senator Kirk Pearson. Paired with a \$785,000 State Capital Budget appropriation, the CDBG check represents complete funding for the town's Fire and Life Safety Building, one of Wilson's priorities while in office. *Photo by Denise DuVarney.*

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Concrete Herald

The Voice of the Upper Skagit Valley



Jason K. Miller, publisher and editor 360.853.8213 / editor@concrete-herald.com

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Contacts

Newsroom: 360.853.8213 / editor@concrete-herald.com // Advertising: 360.853.8213 / ads@concrete-herald.com

Letters: P.O. Box 682, Concrete, WA 98237 / letters@concrete-herald.com // Classifieds: P.O. Box 682, Concrete, WA 98237 / classifieds@concrete-herald.com

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From the editor

Washington Cafe closure a hard hit

Sometimes life throws you a curve and no matter whether you hit the ball or duck, it damages someone else. Such is the case with The Washington Cafe and Bakery in Concrete, which closed its doors at the end of January.

The closure is a hit for our Town Center district, which now has no restaurant. That fact will have a ripple effect on other businesses, and I'm hoping to address that situation as quickly as possible. In the meantime, keep an eye on the old Eagles Building next door to the former Washington Cafe, where former cafe owner Melissa Swanberg intends to open an Antique Mall as soon as she can. When those doors open, please go in and see what she has to offer.

Where am I going with this? This is simply my reaction to a controlled rant from a different local business owner, who bemoaned the fact that some who cry "buy local" the loudest have never darkened her doorstep. I don't want that to happen to the antique mall.

—J. K. M.

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Opinion

Letters to the editor

To our brave firewood thieves

It requires a lot of nerve to steal a half-cord of stacked firewood from a Cascade River forest cabin whose nearly 80-year-old owners depend upon a Franklin fireplace for their only winter heat.

Our neighbor reports seeing you, a man and woman, exiting our gate driving a large, dark-green pick-up with a full load of split hemlock.

Enjoy the warmth of someone else's labor. Please feel no shame if you do possess some hidden moral fiber.

Bob Keller
Marblemount

More than one way to treat sewer

[Concrete's wastewater treatment] plant was designed for a housing expansion—why is there a capacity problem? Runoff water from roofs and property is not sewage and should go into the lagoon or directly into the river.

Road runoff in Concrete with minimal traffic should have minimal contaminants and could be held in the lagoon, where contaminants could settle out. If oil was present, it would float to the surface and could be skimmed off.

Converting the lagoon to a wetland would be the best way to filter and clean all sewer water and runoff water before it entered the river. There would be no need for the sewage treatment plant.

For more information, go to www.criticalhabitats.com/our-projects.html or Google "wetland vegetation identification northwest."

Alex Wright
Concrete

Gratitude for PSE grant

With great gratitude, Skagit River Bald Eagle Awareness Team thanks Puget Sound Energy Foundation for its financial

support of the Skagit River Bald Eagle Interpretive Center education program. A longtime supporter of our efforts, PSE Foundation provided a \$5,000 grant for the center this year.

With these funds our experienced environmental educators can provide school-age instruction and foster memorable outdoor learning experiences that cannot be duplicated in a classroom. The Skagit River Bald Eagle Interpretive Center introduces students to our natural area and encourages them to explore the world with respect and wonder.

The Interpretive Center is located in Howard Miller Steelhead Park in Rockport, and is open December through January during the Skagit Valley eagle

See Letters, p. 39

Correction

The "In the Service" article about Kimberly Torheim in the January issue incorrectly stated that Navy aircraft carriers have seven nuclear reactors on board. The U.S. Navy has never had a nuclear carrier with seven reactors. The USS Enterprise—the world's first nuclear carrier—had eight reactors. The Nimitz-class carriers and Ford-class carriers all have two reactors. Thanks to alert reader Corey Barnedt for setting the record straight.

Letters policy

Letters of 200 words or fewer may be e-mailed to letters@concrete-herald.com or sent to Concrete Herald, P.O. Box 682, Concrete, WA 98237. 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.

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Message from the mayor

By Jason Miller

I'm of the opinion that the best leaders are the ones who understand exactly what their staff members deal with on a daily basis.

To that end, I spent time in January meeting one-on-one with our town's full-time employees, trying to get to know them a little better. I also began some job shadowing, which should help me get a better feel for what life is like for them in the trenches. I'll do more shadowing in February and March.

I also plan to meet privately with each of our Town Council members to talk through any questions or concerns they might have. My moving from councilmember to mayor might bring up questions in their minds, and I want to be sensitive to that.

You'll remember that one of my campaign promises was to begin an effort to develop an economic development plan for Concrete. I've begun that process so that it can get under way while I'm dealing with my learning curve. I've named Eric Archuleta as my Economic Development Task Force coordinator; we are discussing who we'd like to approach to serve with that group. We're looking to bring new faces and brains into the mix, so we can get some different thought processes generating new and vibrant ideas.

I encourage everyone reading this to attend Town Council meetings as often as possible. They are held the second and fourth Monday of each month, at 7 p.m., at Town Hall, located on the east side of the post office in Concrete. Folks who live inside town limits especially should be interested in how their town is run; our decisions directly affect you.

Want to say something to the council? Simply fill out a Public Comment form at Town Hall; ask our staff there for answers to questions on that front.

As I get my footing in this new position, look for new efforts to connect with our citizenry, and I hope you'll respond. We're all in this together.

Jason Miller is mayor for Concrete. Reach him at goodwords@frontier.com or 360.853.8213.



Commentary

Skagit elk issues

By Art Olson

Elk are a magnificent species. They have been an important food/hide/bone/antler resource for North American peoples for a millennium. However, introducing animals from a different habitat to a landscape that cannot support them is wrong for the animals, the landscape, and for those who inhabit it. It's also very expensive to do—and undo.

My wife and I both worked for the National Park Service for many years; she also is an environmental educator. We own 47 acres of land in the Upper Skagit River Valley, on which we live, grow food, and make high quality hay for our own livestock and for sale. Although we have had minimal elk "visitation" with resulting damage to our agricultural land, we feel that the future may bring more problems our way.

A couple of years ago, we began to attend public meetings regarding the "elk issue" downvalley as we had (and still have) a lot of questions regarding this

situation. In addition, we heard rumors that a large number of these introduced animals are planned to be moved into the Upper Valley to prevent more complaints from farmers/landowners in Sedro-Woolley and other communities. (We have since learned that this is not just a rumor; it's the actual plan.)

We also have been alarmed regarding the number of elk suddenly appearing near Rockport in the past five to seven years, from a small, stable herd of 13 to more than 100. Our concerns are not only for potential damage to crops, fences, and safety on the roads, but also the fact that these animals are not native to the area; rather, they were introduced from a completely different habitat, apparently by the Washington Dept. of Fish & Wildlife (WDFW) with no public knowledge or approval of the state legislature, to which they are beholden.

As a current Damage Control member of the North Cascades Elk Herd Advisory Committee, I feel I can work with the WDFW, but we are not yet "bleeding" like a lot of other farmers. However, I don't see why the state refuses to do the right thing, right now. And why oh why are they wanting to increase the herd size by another 500 animals? My wife and I, as

well as many of our neighbors, understand that no feasibility study was ever done on this "project." How many of these imported animals can the Upper Skagit sustain? And why is this continuing? Introduction began here in 1912, bringing Rocky Mountain Elk from Yellowstone to Birdview, and continued in the '40s, '50s, and as recently as 2005, with "surplus" animals now coming from Mt. Saint Helens.

It is a biological fact that no Rocky Mountain Elk ever historically inhabited the upper Skagit Valley, where, until the mid-1900s, old growth forests defined this landscape (Rocky Mountain Elk evolved in open grasslands and travel widely as a habit, not unlike the whitetail deer). Western Washington did support a coastal population of Roosevelt Elk, and some most likely inhabited the Puget Sound region and Cascade foothills until Euro-Americans made their mark (Roosevelts are more adapted to living in and around forested habitats, and generally have a small range, not unlike the blacktail deer). Historical references noted that occasional elk sightings were made in the valley, even as far north and east of what is now

See Elk, p. 39

Commentary

Citizen Legislature: Get involved

By Rep. Dan Kristiansen, 39th Dist.

We are now in week three of the 60-day 2014 legislative session. As state lawmakers consider such issues as K-12 education funding, job creation, a transportation tax package, and mid-course adjustments to the operating, capital, and transportation budgets, I hope you will lend your voice to the legislative process and stay apprised of what's happening in your citizen Legislature. It's easier than you might think. Here are some ways you can get involved:

My legislative Web site

- My legislative Web site has contact information, news releases, video updates, opinion pieces, and other useful links. You can also sign up for my e-mail updates and send messages to my Mail Bag at www.representativedankristiansen.com.

Telephone Town Hall Feb. 6

- I will host a telephone town hall meeting with Rep. Elizabeth Scott on Thur., Feb. 6, from 6:30 to 7:30 p.m. You can ask us questions or just listen in to the community conversation by calling 800.759.5313.

Legislature's Web site

- You can find bill reports, committee agendas, information on visiting the Capitol, and other helpful links at www.leg.wa.gov.

Legislative hotline

- Contact any state lawmaker, toll-free, at 800.562.6000.



Kristiansen

The Capitol Buzz

- If you would like an e-mail sent to you every weekday of stories on legislative issues, sign up for The Capitol Buzz at www.houserepublicans.wa.gov/capitol-buzz.

TVW

- Our state's version of C-SPAN, TVW brings the Legislature to your computer and TV at www.tvw.org.

State agencies

- You can find a list of all state agencies, boards, and commissions at www.access.wa.gov/agency.

Commenting on bills

- Go to apps.leg.wa.gov/billinfo, enter a bill number, and click on "Comment on this bill."

Rep. Dan Kristiansen serves the 39th District. Reach him at 360.786.7967, dan.kristiansen@leg.wa.gov, or online at www.representativedankristiansen.com. Write to him at 335C Legislative Building, P.O. Box 40600, Olympia, WA 98504.

Concrete will get new Fire and Life Safety Building

The second and final piece of funding for Town of Concrete's planned Fire and Life Safety Building fell into place on Dec. 31, 2013. Word came from State Senator Kirk Pearson and U.S. Rep. Suzan DelBene that the town had secured \$1 million in Community Development Block Grant (CDBG) funds toward construction of the much-needed building.

On Jan. 6, Pearson and DelBene arrived at Concrete Town Hall with Washington State Dept. of Commerce Director Brian Bonlender to deliver a novelty check for the full amount, and congratulate the town on the completion of a crucial milestone.

The CDBG money will be combined with a \$785,000 State Capital Budget appropriation that Pearson had pushed for during 2013. The combined funds will fully finance the new building.

Concrete's current fire hall is about 100 years old and deteriorating rapidly. Perched at the crest of a hill that drops down to the Baker River, its foundation is threatened by erosion that cannot be mitigated effectively because of Critical Areas regulations that govern the slope behind it. The building's roof sags and needs to be propped up in multiple places, its tower leans, and the interior space simply isn't big enough for modern firefighting equipment.

"Public safety is the primary duty of local government, and for too long, Concrete has been forced to deliver this service from an antiquated building that is in desperate need of replacement," said

DelBene. "Securing the funding for this building has been a team effort since day one, and I'm proud to have worked with Sen. Pearson and local Concrete officials to help deliver the final piece of funding for this important building that will serve the people of Concrete for years to come."

The Fire and Life Safety Building was a priority for former Concrete Mayor Judd Wilson, who worked toward making it a reality during his term, which ended at the close of 2013.

Wilson and Concrete Fire Chief Rich Philips made three trips to Olympia during 2013, meeting with Senator Pearson and other officials and delivering a message of urgency. The town suffered a setback last year when the state legislature delayed the appropriation necessary to secure the CDBG funding. "Senator Pearson was instrumental in dealing with that situation," said Wilson. "I'm just glad it all came through and we didn't have to wait for another grant cycle. Now I know the town's going to get a nice fire station."

At Wilson's suggestion, the town had

See **Building**, p. 39



U.S. Rep. Suzan DelBene shares a laugh with former Concrete Mayor Judd Wilson during a Jan. 6 ceremony at Concrete Town Hall. DelBene, Senator Kirk Pearson, and Dept. of Commerce Dir. Brian Bonlender were in town to deliver a \$1 million "check" to help fund a new Fire and Life Safety Building. The building was one of Wilson's top priorities during his term; he made three trips to Olympia with Fire Chief Rich Philips to discuss the project's urgency with Pearson, who worked to secure a \$785,000 appropriation in the State Capital budget for the project. Photo by Denise DuVarney.

SEDRO-WOOLLEY MUSEUM & GIFT SHOP
SEDRO-WOOLLEY MUSEUM
Photo by Lisa Corp

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Concrete's planned Fire and Life Safety Building will be modeled after the McLean Road Fire Dept. Memorial Station on Memorial Hwy. west of Mount Vernon, above.

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No clear answers after Cape Horn assault reports

Officials still don't have any suspects after two alleged assaults were reported in the Cape Horn park late last year.

Just before Christmas, two incidents occurred in the park involving two separate female victims and a suspect who they described as a taller white male with a dark complexion, wearing a dark hoodie.

Beyond that, the trail seems to be little more than lukewarm, according to SCSO East Detachment Sgt. Chris Kading.

"We have sent evidence to the Washington State Patrol Crime Lab for analysis," said Kading. "We're waiting for those results. At this point, we can't confirm or deny that an assault occurred."

The incidents occurred approximately 10 to 14 days apart from each other, said Kading. The first incident was not reported immediately. "It wasn't until the second incident occurred that we found out about the first," he said, adding that the two victims know each other.

An investigation is ongoing; detectives plan to interview more individuals. Known sex offenders in the area already have been contacted, but law enforcement does not yet have any person of interest. "We have big ears and small mouths at this point, to try to determine what happened," said Kading. "It's likely that something may have occurred. We go with the facts taken; right now they're not taking us in any specific direction."

Anyone with information about this case may call 360.336.9450 or 360.853.8532, or go to the Sheriff's Office page at www.skagitcounty.net and submit an anonymous tip.

—J. K. M.

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Recycled Art Show showcased trash transformed into treasure

By Anne Bussiere

A room full of highly creative artwork constructed of mostly recycled materials entertained visitors to the Recycled Art Show during Skagit Eagle Festival's final weekend.

Taking top votes from art patrons in the Youth category was Braldis Ketah with his depiction of a hawk done with carefully cut and arranged magazine scraps. His work was accompanied by more than 20 other imaginative works from classmates in Mary Bianchini's thirdgrade class at Concrete Elementary School.

Other youth winners were Olivia Greso with a paper tube flower and Anja Roozen with a colorful butterfly.

Concrete Cub Scouts worked together to build a Boy Scout Tin Man out of cans and other containers. They won a prize in the group category.

The adult favorite was an entry by Jean Bass of Mount Vernon, who built a humorous and clever paper maché collection of Dancing Chickens.

Erika Danielson of Sedro-Woolley decorated an old kitchen cabinet door with painted eggshells, winning second place among voters. Third place was won by Darcie Lloyd of Concrete with a banner constructed of old jeans pockets.

More than 30 entries from youth and adults were submitted in the contest, which was sponsored by Annie's Pizza Station and Northwest Garden Bling. Prizes for the winners were supplied by 5b's Bakery, Concrete Theatre, and Two Old Dogs Tea.

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Concrete Resource Coalition and SCSO get grant to reduce underage access to alcohol in East County

The Concrete Resource Coalition and Skagit County Sheriff's Office are partnering together to reduce underage access to alcohol in East County.

The partnership received a grant from the Washington State Department of Behavioral Health and Recovery to implement local education and enforcement of underage drinking. The focus of the grant effort is on providing education to local retailers and adults in the community, with a goal of reducing the amount of alcohol that gets into the hands of local youth.

During the winter months, local retailers will receive three visits by local Sheriff's deputies. The first will be an educational visit to provide information about not selling to minors. The second visit will be an educational "purchase survey" in which an adult barely over 21 who looks young attempts to purchase alcohol as a reminder to ask for ID. The third visit will be a compliance check, where an underage youth attempts to purchase alcohol.

"The goal is to provide as much education to retailers as possible before the actual compliance checks. We would love to see 100 percent compliance by local retailers as a message that they refuse to sell alcohol to minors," stated Alyssa Pavitt, coordinator for the Concrete Resource Coalition.

According to a recent survey with local youth, another top source for youth alcohol access is adults over 21 providing alcohol to minors, which is illegal. In a recent Concrete Community Survey, 91 percent of East County adults agree that adults giving alcohol to minors should face fines and/or consequences. In addition, 95 percent of East County adults do not allow youth to consume alcohol in their home.

The Concrete Resource Coalition applied for the grant in partnership with Skagit Sheriff's Office and the Concrete School District. The mission of the Concrete Resource Coalition is to develop and implement ways to respectfully meet the needs of youth, families, and individuals through collaboration, networking, and building community relationships.

In The Service



Concrete High School graduate Jacob Massingale has been assigned to the 2nd battalion 75th Ranger Regiment at Fort Lewis, Wash., as his official duty station. He graduated Jan. 16.

Imagine Concrete Foundation gets nonprofit status

Imagine Concrete Foundation received welcome news late last year.

A letter from the IRS dated Nov. 20, 2013, confirmed the fledgling foundation had finally been granted 501(c)(3) status, allowing it to accept donations for Imagine Concrete initiative projects and provide receipts for tax purposes. The foundation may pay out funds only to municipalities and other 501(c)(3)-designated nonprofits.

The news is a long time coming for ICF, which has existed as a nonprofit corporation in Washington since December 2010. It will now have better access to grants for such projects as the Superior Building roof project.

The ICF board of directors is composed of President Jason Miller, Vice President Eric Archuleta, Treasurer Stephanie Morgareidge, and Secretary Lou Hillman. Concrete School District Superintendent Barbara Hawkings and Concrete Chamber of Commerce President Valerie Stafford also sit on the board.

—J. K. M.

Council summary

Concrete Town Council met for regular meetings Jan. 13 and 27. Following is a summary of those meetings. Complete and council-approved minutes for every council meeting are posted on the town's Web site at www.townofconcrete.com/cminutes.php.

Jan. 13 regular meeting

- Sue Madsen with Skagit Fisheries Enhancement Group presented an idea to create a river access trail from the WSDOT parking access area at the east end of Concrete down toward the Skagit River. Council discussed with Madsen the length of the trail, its composition, and where it would lead. A Forest Service crew would do the heavy clearing work; local youth could be involved with planting of native-species plants. A plan is forthcoming from Madsen.
- Public Safety: Sgt. Chris Kading reported that calls in December were below average, with most calls being of domestic nature or motor vehicle accidents.

The Eagles Nest property continues to garner a disproportionate number of calls to the Sheriff's Office. The new owner of that property, Greg Bowlin, was made aware of the current situation. Bowlin stated that it is not his intention to have transitional housing and only wants to offer office space to a company called Washington Home of Your Own, which will assist underprivileged individuals in getting housing or housing assistance. He stated this will create revenue for him so he can improve the hotel. He stated he wants the conditions of the pending conditional use permit set up so that in the future, if someone approaches him about transitional housing or something outside of the permitted use, they would have to come before council first for approval.

- Public Works Dir. Alan Wilkins reported on high water along Pine St., Park Ave. South, and Cedar St. He stated the town needs to get those portions of Lorenzen Creek dredged. He stated he is going to contact Skagit County to see if this is something it would be able to do for the town.
- Council voted to appoint Councilmember Dave Pfeiffer as liaison between the town and the Upper Skagit Library Board as it

- seeks a new site for the library.
- Councilmember Pfeiffer was elected Mayor Pro-tem.
- Council appointed Councilmember Marla Reed as Parks Committee Chair, replacing Jason Miller.
- Council appointed Councilmember Ginger Kyritsis to the Historic Preservation and Landmarks Commission, replacing Jason Miller.

Jan. 27 regular meeting

- Marjorie Bell, program planner for Community Health Outreach Programs at United General Hospital, came before council, stating she would like to be a resource for the town as it completes its Comprehensive Plan. Bell would like to assist in the creation of healthful policies as they relate to the Comp Plan, as well as be a resource with regard to the transportation portion of the Comp Plan, including the Complete Streets requirement.
- Assistant Fire Chief Darrel Reed suggested an alternate location for the planned Fire and Life Safety Building. After input from town engineer Cody Hart, council decided to stay with the originally planned location.
- The "scope and manpower" phase of a planned secondary access road from SR 20 to the east end of Airport Way was approved by a narrow vote of two for, two against. Councilmember Reed recused, and Mayor Miller breaking the tie with a yes vote. Reed's recusal grew from the discovery that her property could be affected by the road's position.
- Hart explained the street-crossing project at SR 20 and Superior Ave. to include a flashing light for pedestrian use. The light would be triggered by a push button on either side of SR 20. Cody was given approval to proceed.
- For several reasons, council agreed that the town should continue its relationship with Advanced Refreshmen and not continue discussions with Niagara Bottling, which had approached the town to buy water.

—Compiled by J. K. M.

Keep track of your council

To have Concrete Town Council agendas and meeting minutes e-mailed to you automatically, e-mail your request to andrea@concretewa.gov or call 360.853.8401. Concrete Town Council meets the second and fourth Mondays of each month, at 7 p.m. at Town Hall.

Water, water everywhere

Town urges residents to halt illegal discharge into sewage system

By Jacen Martin

Edited by Katy Tomasulo

On Jan. 21 a letter was sent to Town of Concrete sewer utility customers reminding them of those liquids that are illegal to discharge into the town's sanitary sewer system and urging them to unhook illegal connections. Section 13.04.220 of the Concrete Municipal Code states that no person shall discharge or cause to be discharged any storm water, ground water, and roof runoff, subsurface drainage, cooling water, or unpolluted industrial process water to any sanitary sewer.

Illegal discharge carries a maximum fine of \$100 and up to \$100 a day until resolved.

In the letter, Concrete Public Works Director Alan Wilkins warned that the possible amount of inflow and infiltration (known as I and I) from those sources had driven the system close to exceeding its allowable daily flow at the wastewater treatment plant. "If the town is unable to reduce the flow, an upgrade to the system will have to occur and an increase in rates would be needed," he wrote.

In fact, the level of I and I became so great during the heavy January rains that the town had to bypass the wastewater treatment plant and run the sewage into its sewer lagoon. The problem is compounded by the fact that the town's aging sewer infrastructure allows storm

water into the system—more water than it should.

It's not only precipitation that's to blame, however. The amount of inflow and infiltration in the town's sewer system may not be directly related to recent increase of precipitation, but more indirectly due to the water table. An influx in water makes the process of separating the inflow more difficult. Sometimes replacing 40- to 80-year-old piping is no easy and cheap task. Many times, simply exposing the problem lead to more leaks.

Wilkins said that his main concern for illegal discharge is mostly sump pumps discharging directly into the sewer. Such water should instead be drained outside and added to the surface water (which is composed of roof runoff, storm water, and groundwater that have not yet penetrated much below the surface). Surface water, including storm water and all other unpolluted drainage, is discharged toward the Skagit and Baker rivers.

The National Pollutant Discharge Elimination System permitted monthly 164,000 gallons of water during the storm, but the town was running 200,000 gallons of water monthly. This amount was substantially higher than previous years. These factors, plus the aging infrastructure, mean all extra water is then diverted to the lagoon.

The wastewater treatment plant uses, in part, a series of membranes to clean incoming sewage water. The expense of the membrane and additional labor come out of the operating budget. If the excess I and I is not mitigated, upgrades to the membranes and other infrastructure may need to be made. "That's more money on top of the loans for the wastewater treatment plant that are not yet paid off," said Concrete Mayor Jason Miller.

The diverted water in the lagoon will be run through the wastewater treatment plant when the I and I have returned to manageable levels, said Wilkins.

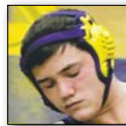




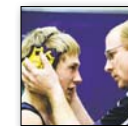
Rick Lemley
Doug Hutter
Tobi Stidman

360-855-1288

1008 Third St. • Sedro-Woolley, WA 98284
www.lemleychapel.com info@lemleychapel.com



Sports



Wrestlers begin road to state tournament

By Jason Miller

With Mat Classic XXVI scheduled for Feb. 21–22 at the Tacoma Dome, Concrete wrestlers first will have to deliver strong performances at Subregionals on Feb. 8 and Regionals on Feb. 15.

Men's Head Coach David Dellinger said several on the team have a shot at going to state, naming freshman Louie Ketchum first. "If I had to pick any kid on the team to go the furthest toward state, it would be Louie," he said. Ketchum wrestles at 106 lbs. and has wrestled strongly during the season so far.

Kyle Nushart is a foregone conclusion to make another appearance at state this year, said Dellinger.

Spencer Hindsley, Donovan Dellinger, Donnie Olmstead (who went to semi-finals last year at state), Randall Beacham, Justin Medlock, Brayden Olmstead—all have it within themselves to push through Regionals and Subregionals and make the trip to Tacoma, said Dellinger.

January matches

The men's team logged several matches last month, including a 39–34 win against Lakewood. They took on Friday

Harbor and La Conner on Jan. 23, where they notched two wins, 66–6 and 51–9, respectively. The Lions lost to Darrington twice last month, on Jan. 15 (42–34) and Jan. 29 (45–33). January 31 matches against Chief Leschi and Tacoma Baptist found the Lions on top 54–6 and 42–18, respectively.

"My prediction is we'll be better next year than we are this year," said Dellinger.

All eyes on Koenig

The Lady Lion wrestlers have dwindled in number from seven to only two: Anjelika Koenig and Madeline Corn. They'll travel to Burlington for Subregionals on Feb. 8, then Squalicum High School for Regionals on Feb. 15.

Koenig has racked up more than a few medals this season. In January she took 6th at the Sedro-Woolley Tournament on Jan. 4. She grabbed a 2nd place medal at the Lady Tiger Tournament at Burlington-Edison on Jan. 18.

Going into the post-season, Corn has nine wins and 11 losses; Koenig has 23 wins and seven losses. "I intend to go to states," said Koenig.



Concrete sophomore Donovan Dellinger gets a leg up on Darrington senior Tyler Hollifield during a Jan. 29 match on Concrete mats. Dellinger won the match by two points with seconds left in overtime, but Darrington took home the team win 45–33.



Lady Lion wrestling standout Anjelika Koenig wrestles Nicole Boardman of Mt. Baker during the Sedro-Woolley Tournament at Sedro-Woolley High School Jan. 4. Koenig got the pin and took 6th overall in her weight class that day. A back injury in late January has slowed the grappler, but Koenig is keeping her eyes on the prize. "I intend to go to states," she said.



Concrete senior Spencer Hindsley wrestles Darrington's William Woodworth during the Jan. 29 home match. Seconds after this photo was taken, Hindsley got the pin.



Concrete's Becca Torheim looks for an open pass during the Lady Lions home-court game against Shoreline Christian Jan. 17.



Lady Lion Muriel Troka threads her way through coverage and lays one up during the Jan. 17 home game against Shoreline Christian. Concrete lost this one 52-39.

Lady Lions team "most courageous"

By Kevik Rensink, head coach

John Wooden said, "Success is never final. Failure is never fatal. It's courage that counts." There is no better way to describe the Concrete women's basketball team this season. We cheer when we accomplish our goals, and we pick our heads up and move forward when we fall short.

This is one of the most courageous teams I have ever coached. The way they have stuck together throughout this season is unbelievable. I am proud of everything the girls have accomplished so far. The Lady Lions are in the thick of league play right now and are ready to finish strong down the home stretch. We had a very exciting January and have continued to learn and improve as the practices and games have piled up.

After a couple of poor shooting performances, the girls bounced back with a huge game in Darrington on Jan. 10, shooting 46 percent from the floor, out-rebounding the Loggers, and having a season low in turnovers. So even though we lost a close game, it almost felt like a

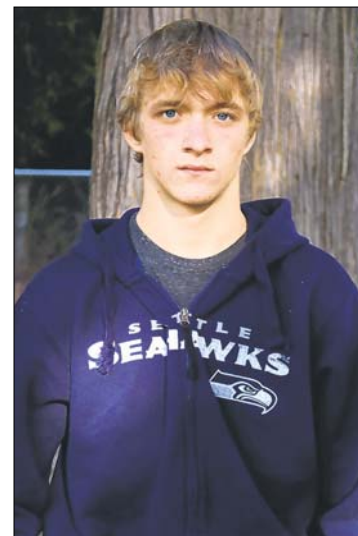
win, and we celebrated our success in the locker room.

The girls battled well against Shoreline Christian on Jan. 17 as well, losing another hard-fought game.

Another game where the girls really showed some grit was at Tacoma Baptist on Jan. 25. Tacoma Baptist is a very good and well-coached team. The Concrete girls hung with them for all four quarters, but came up short in the end.

Xyomara Ramos currently leads the team in scoring, Muriel Troka leads in rebounds, Chloe Stidman leads in assists and steals, and Rebecca Torheim leads the team in 3-point shooting accuracy (38 percent). We haven't won a lot of games on the scoreboard this season, but it is not because of lack of effort. The heart and hustle of this team helps to make up for inexperience. They continue to listen, learn, and improve, and they do it together. A Lady Lion takes advantage of every opportunity to become the best she can be, and these girls are doing just that.

Athletes of the Month



Athletes of the Month are Chloe Stidman and Kyle Nushart

Freshman Chloe Stidman plays at point guard for the Concrete Lady Lions basketball team, and currently leads the team in assists and steals. "She's a fierce competitor and wants to succeed in everything she does," said Head Coach Kevik Rensink. "Her desire to push herself inspires others to play harder. Chloe always gives maximum effort, focus, and concentration both on and off the floor. She is still young and she is still learning—a lot. Her team's future is bright."

Senior Kyle Nushart wrestles in the 152-lb. class. With Justin Medlock he serves as a team captain. "He commands respect," said Head Coach David Dellinger. "With him as captain, complaining is nonexistent. He pushes the other wrestlers—for one more run, something extra. His record speaks for itself: He's lost only four matches so far this year, some of which were above his weight class. He's definitely a team leader."

Stidman and Nushart were selected by Concrete Lions Booster Club members based on their leadership, being team players, and demonstrating sportsmanship and character.



Concrete women's basketball Head Coach Kevik Rensink goes over strategy with his players during the Jan. 17 home-court match against Shoreline Christian.

Sports schedules:

nw1a2bathletics.com

Varsity basketball fights back

Struggling through sickness, medical issues, and challenging opponents, the Concrete men's basketball team turned a corner at the end of January.

The boys had a rough start, playing a Jan. 7 home game against Cedar Park Christian and losing 62–55. “We had the lead going into the fourth quarter, but then had turnover issues,” said Head Coach Larry Tyndall. “Still, it was one of our better games.”

Strong performances helped the Lions hand Darrington a 60–55 defeat on Jan. 10. “They showed a lot of poise,” said Tyndall.

On Jan. 14 at La Conner, the team switched into what Tyndall called a “learning process” when the Braves bruised Concrete 79–29. “They just killed us,” said Tyndall.

A brilliant bright spot occurred on Jan. 17, with Shoreline Christian at Concrete. A close game went into overtime, and with seconds left, Dallas Newby hit a jumper for two points and a 36–35 win. “It was nice to see them pull that one out,” said Tyndall.

On Jan. 21 the team traveled to Cedar Park for another try. Unfortunately, the score at the buzzer was even worse than the first time: 86–58 in Cedar Park's favor. “We almost beat them the first time, when we played them at home. But they came out this time ready to go. They shot good percentages and beat us,” said Tyndall.

A Friday Harbor away game saw the Lions suffer a 72–27 loss. “I feel like we beat ourselves during those three games that week—Cedar Park, Friday Harbor, and Tacoma Baptist,” said Tyndall.

That third game—against Tacoma Baptist on Jan. 25—was a tough one for Tyndall. “They mopped us up,” he said. “Probably the worst loss that I've been a part of; it really hurt.”

January 30 found Concrete hosting Darrington and beating the Loggers 69–59.



Tyndall



Concrete senior Forrest Barnert puts one up during the Lions' game against Shoreline Christian on Jan. 17.

That same day, the Lions' JV squad beat Darrington 35–24. “JV has really, really improved,” said Tyndall. “The look on the kids' faces was great.”



Lion Dylan Clark gets creative in the key during the Jan. 17 game against Shoreline Christian. The Lions won this one 36–35.

“We've learned from all the bad losses and we're a better team for it,” said Tyndall.

—J. K. M.

Tough lessons, good attitudes for K-8 girls' hoops

Jan. 6 kicked off the 2014 middle school girls' basketball season. Twelve girls were at the first practice; that number grew to 16 by the end of the first week: five 7th graders and 11 8th graders.

Rather than splitting the two teams evenly, the 8th grade players were given the choice to play with the 7th graders and one player volunteered, which has enabled the 7th grade team to have one player coming off the bench.

After 13 days of practices, the first game was at home against Lopez. The 8th graders found themselves on the short end of a 53–20 score against a faster, more athletic, and more experienced team.

Highlights for the Lions included great hustle throughout the game, as well as five different players scoring for Concrete.

The 7th graders fared better as they came from behind for a hard-fought 20–15 victory. Four of six players scored for the Lions, which provided a balanced attack.

Concrete's first road game (against Edison) was a tough learning experience. In both games, the Lions' struggle to

rebound on the offensive end provided Edison with too many fast-break opportunities. The Concrete players' inability to rebound on the defensive end enabled Edison to get three and four shots with each possession. Although overwhelmed in both games, the Lions never quit hustling and maintained a great attitude throughout both games.

The team's focus this season is being “together.” In practices and games, the players are reminded that everything they do affects their teammates. It's a life lesson that hopefully will be embraced as the teams move forward throughout this season.

We desire to show improvement with each game. One example of this was seen between the Lopez and Edison games, when both Concrete teams were more aggressive offensively in their second game as they got to the free-throw line. That shows growth in the players' understanding of what needs to happen as the season continues.

At the end of January, the girls had eight games left in the season: four home games and four away games, including trips to Orcas and Lopez. The girls welcome your support in the final three weeks of the season.

—Rob Thomas, 8th grade coach



Concrete 8th grader Jenna Whorten fights to send the ball to the bucket as the K-8 girls hosted Lopez Island Jan. 23.



Concrete 8th grader Becky Azure looks to get the ball away to a teammate during the Jan. 23 home court match against Lopez Island.

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 at 360.826.3075.

Monthly meetings are held year-round on the third Wednesday each month, at 7 p.m. at the museum. Meetings are open to the public.

Election of officers

The annual election of officers was held

with the following results:

President: Leatha Sullivan
Vice President: Sandi Jones
Secretary: Gail Boggs
Treasurer: Cheri Cook-Blodgett

New museum Web site

Our new home on the Internet can be found at www.concreteheritagemuseum.org. Our new e-mail address is concreteheritagemuseum@gmail.com.

—Dan Royal

At the Upper Skagit Library

In 2013, 24,206 people came through our doors. Whether you were a visitor or a new or returning member of the Concrete/Upper Skagit community, we are glad you came in. We hope you found your next good read, a new DVD to watch, and comfortable time reading or sharing with friends. Maybe you used one of the computers or laptops—thanks! When the library moves into our new home, we look forward to more space for these simple pleasures.

We also encourage you to access the many online resources available from our homepage at www.upperskagit.lib.wa.us. Take a look at the new databases, e-books, and the IT Academy computer courses from Microsoft. Remember to check our calendar and Facebook for updated activities and programs.

An additional reason to stop by the library is to meet our new director, Brooke Pederson. She's from Lynden, spent time with the Peace Corps in Mongolia, and most recently called Lake Quinalt, Wash., home. She's looking forward to getting to know the Concrete community.

Our winter hours of Tuesdays and Wednesdays from 10 a.m. to 7 p.m., and

Fridays and Saturdays from 11 a.m. to 5 p.m., will end March 1 when we revert to the regular schedule:

- Tuesdays and Wednesdays, 11 a.m. to 8 p.m.
- Fridays and Saturdays, 11 a.m. to 5 p.m.

We are happy to announce that we will participate in World Book Night again this year, which will be on April 23. We will post the title we will be sharing on Facebook as soon as we know it. More info to come.

The guitar classes have moved to Fridays from 10 to 11 a.m. in the conference room next door at Community Action. This is the same room that Knitting and Crocheting with Sylvia is in, on Thursdays from 5 to 8 p.m. Join us when you can.

Upcoming board meetings at the library include the capital project committee meeting on Thur., Feb. 13, at 5 p.m., and the regular meeting on Feb. 20 at 5 p.m.

—Kim Mitchell, library associate

Concrete Herald archives now online

Thanks to Puget Sound Energy and Concrete Heritage Museum member Bill Pfeifer, archive issues of *Concrete Herald* have been digitized and are being posted online at the Concrete Heritage Museum's Web site, www.concreteheritagemuseum.org.

From the home page, rollover "Concrete Herald archives" and select the desired decade, then year.

Lions ROAR



During the first month of 2014, your Concrete Lion's Club met on the 15th. The projects for January included building a set of steps, cooking salmon for the Concrete High School Class of 2014 at the Annual Eagle Festival, and a barbecue at the Concrete Center.

Nine members met at Mike Atkinson's Christmas tree farm with the Town of Concrete wood chipper to clean up a bunch of trees and limbs that were too big or misshapen. The wood chips were donated to the Angele Cupples Memorial Garden, located at Superior Ave. North and Main St. in Concrete. A big "thank you" to the members who came out and

helped, and to the town for working with us to create a win-win arrangement.

In February we will plant approximately 500 Christmas tree starts to replace the ones sold in 2013 and the ones that had to be removed.

This month's meetings will be held Feb. 5 and 19 in the front room at Annie's Pizza Station. The meeting starts at 6:30 p.m.; however, there is always a group that shows up around 6 p.m. to eat and socialize before the meeting starts.

All existing members, mark your calendars for the February meetings. For those interested in becoming a member, submitting a request, or just want to see what we are about, please feel free to stop in.

All Concrete Lions Club members wish you a Happy Valentine's Day.

—Connie Smithhart



How much wood can these wood chippers chip? A Concrete Lions Club crew gathered Jan. 21 to chip dozens of noble firs. From left, Luther Galbreath, Jim Parker, Chad Hawkings, Larry Mosbey, Tom Jones, Bill Newby, and Conrad Claybo. *Not pictured:* Andy Anderson, Connie Smithhart. *Photo by Connie Smithhart.*

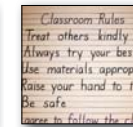
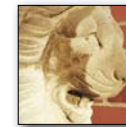


Concrete Lions Club members unload wood chips at the Angele Cupples Community Garden Jan. 21. The chips were used to line pathways in the garden the next day, courtesy of volunteers from Washington Conservation Corps (see p. 35).

From left, Bill Newby, Chad Hawkings, Larry Mosbey, Jim Parker, and Tom Jones.



Academics



Academic Achievers



Concrete Elementary School recognized its January academic standouts with awards of achievement. *Front row from left:* Tomas Buchta, Cassidy Smith, Anna Kiele, Hayley Daniels, Anja Roozen, Raley Collins, Isabelle Dominguez, Jake Bronoske, Cail Wilson, Ashlynd Sells. *Back row from left:* Jonathan Akers, Dalton Newby, Matthew Hendry-Conrad, Tiana Brookshire, Jaidyn Swanson, Izabela Ramos, McKenna Kononen, Madisyn Renzelman, Madeline Edwards, Robert Thompson, Hannah Haskett. *Not pictured:* Mellydee Howry.

YD update

This has been a very topsy turvy month. Most of us started off the year a little inspired, maybe making New Year's resolutions, setting goals, and looking ahead at the next 12 months in anticipation of birthdays, anniversaries, and family vacations. The weather isn't what we expected, and losing Christopher Zitkovich is not what any of us expected.

Chris was a huge part of our community, and impacted a lot of lives in the 25 years he was on this earth. He was heavily involved in Concrete Youth Dynamics when he was in high school, and he left a lasting impression on all of us. Christopher was a mover, a shaker, a doer, and a leader. He led in the greatest way: He led by his actions. Chris was active and he had a sense of adventure that was unmatched. He loved going on all of our outdoor adventure retreats and never missed one that I know of. In fact, during his senior year he skipped his senior trip to go on his last YD trip. That was our annual Rock-n-Roll trip to Leavenworth, where we would go rock climbing and whitewater rafting over a three-day weekend. He never wanted to miss out.

This just proved to me his love for people, God's creation, and of course, adventure! I thank him for the 25 years of wonderful memories he has left us with, but it is tough to lose someone so young, someone in whom you have invested so much. He is missed.

Chris has helped motivate me more than ever to reach out to teens of the Upper Skagit Community. Youth Dynamics is full of highlights this month, and the inspiration I feel has been inspired by both tragedy and joy.

On Jan. 6 we hosted the Winter Olympic Games and played a lot of super fun games, none of which were in the snow, but playing pretend is still okay when you're a teenager. Anyway, that night I talked to the students about "purpose." I asked them big questions, none bigger than "Why are we here?" Each one of us is designed for a specific purpose in life, and we are created unique and special (e.g., no two people have the same fingerprints). I encouraged them to live for this purpose, love like they are on borrowed time, because it is good to be alive.

After a great night of "Ultimate

See YD, p. 13



Young artists from Concrete K-8 School showed off their award-winning creations from the Recycled Art Contest, one of many events during last month's Skagit Eagle Festival. At left is Youth category winner Braldin Ketah, 10, who created a bald eagle out of colored strips of paper cut from magazines. He used paper to build the twig on which the eagle sits, and constructed what he called a "stand" of layered paper beneath the eagle to give the piece three dimensions. "The feathers took time!" he said.

Anja Roozen, right, chose her favorite insect as her subject and landed a second place showing for her effort. The 10-year-old also used magazine paper, but added plastic bags for a different texture. Her butterfly's antennae are wire. The border is glued tinfoil.

Ketah's and Roozen's pieces were accompanied by more than 20 other entries from their classmates in Mary Bianchini's class at Concrete K-8. Other youth winners included Olivia Greso with a paper tube flower.

Town seeks student applicants for scholarship fund

Town of Concrete is accepting applications for the AWC Center for Quality Communities Scholarship fund. The scholarship is available through a statewide competitive process for students who are actively engaged in their city government and/or community, and plan to attend a post-secondary school in fall 2014.

To be eligible, students must be graduating from high school or home school, or receiving a GED in spring/summer 2014; live in the Concrete School District boundaries; plan to continue their education at an accredited, post-secondary institution in the 2014–2015 academic year on a half-time or more basis; and have been involved with a city or town government or with a community/school leadership activity.

Information and application materials can be obtained at www.townofconcrete.com or www.cfqc.org. Completed applications are due no later than February 21, 2014. Submit completed materials to:

Town of Concrete
ATTN: Andrea Fichter
P.O. Box 39
Concrete, WA 98237



Concrete High School students (and one young 'un) gathered on Blue Friday Jan. 17 to show their support for the Seattle Seahawks before the NFC Championship game on Jan. 19 against the San Francisco 49ers. The Seahawks won the game, sending them to the Super Bowl on Feb. 2, where they defeated the Denver Broncos 43–8. Boom.

The Upper Skagit Library must find a new home.

The process of accomplishing this goal has begun. Please contact the library if you have any concerns, questions, or suggestions, or if you would like to help.

360.853.7939
info@upperskagit.lib.wa.us

YD, cont. from p. 12

Football” on Jan. 13, Paul Rider spoke on “hope.” No matter how bad things seem to be, we all have a hope in the One who created us.

The following weekend was our annual snow retreat (Hotdoggin’ 2014) in Leavenworth. Although there was no snow, 15 Concrete High School students and four YD staff still made the most of it and had a great time. Even more, four of our students found that hope that Paul spoke of, and are pursuing that life of purpose we have been talking about.

The students had a chance to share their stories from that weekend this last Monday night at “Jeopardy Night.” I left that night thanking God for the purpose and hope that these young people had found. I left that night wishing I could talk to Christopher one more time.

—Kevik Rensink

Read
Concrete Herald
The Voice of the Upper Skagit Valley

PTO update

Concrete PTO is looking for photo submissions for this year’s yearbook.

Parents and other family members are encouraged to upload photos from events or activities involving their Concrete K-8 student at <http://lpx.me/vncu-bcga-4mae/>.

After accessing the site, click on the appropriate folder and click “add images.” If no folder exists for your pictures, add the images to the main file.

Submission of photos does not guarantee publication in the yearbook.

—Sheena Daniels



Clear Lake



Penguin Dip lures 100+ brave souls



Above: Pat Cuffel, 39, from Alger is in no hurry to leave the chilly waters of Clear Lake after the initial rush of splashing bodies during the annual Penguin Dip Jan. 1. Right: Excited and apprehensive "dippers" line up at water's edge just prior to the Penguin Dip. Concrete pastor and middle school coach Rob Thomas (in orange) seems to be having second thoughts. See p. 20 for an action photo of this year's Penguin Dip.



Girl Scouts race at annual Powderpuff Pinewood Derby



Girl Scouts Powderpuff Pinewood Derby Speed results

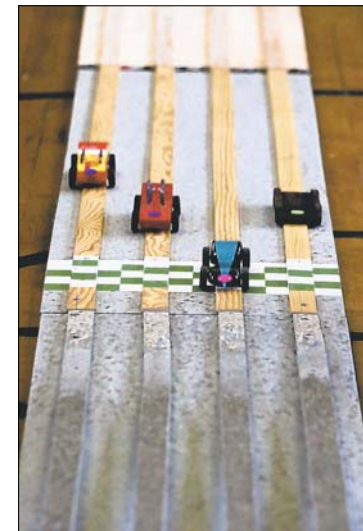
Daisy 1st Place: Ella Griffith
Daisy 2nd Place: Madelynn Johnson
Daisy 3rd Place: Gracey Dills

Brownie 1st Place: Jenna Snyder
Brownie 2nd Place: Isabelle Smiley
Brownie 3rd Place: Jocelyn Carkner

Junior 1st Place: Zoie Grenier
Junior 2nd Place: Autumn Hutchison
Junior 3rd Place: Meghan Snyder

Open 1st Place: Paul Grenier
Open 2nd Place: Isaiah Pena
Open 3rd Place: Joan Cromley

Champion 1st Place: Zoie Grenier
Champion 2nd Place: Jenna Snyder
Champion 3rd Place: Autumn Hutchison



Left: Participants watch the finish line with great expectations during the annual Girl Scouts Powderpuff Pinewood Derby competition at Clear Lake Elementary School Jan. 4. Right: Pinewood Derby racers cross the finish during one of the heats at the competition.



Community Calendar



FEBRUARY

- 8 Future Business Leaders of America regionals, Sedro-Woolley High School, 8:30 a.m. to 4 p.m.
- 8 Upper Skagit Library reception for new Director Brooke Pederson, Upper Skagit Library, 10 to 11 a.m.
- 8 Marblemount poet Andrea Weiser reads from her works accompanied by flutist Peter Ali, North Cove Coffee House, 1130 S. Burlington Blvd., Burlington, 6:30 to 7:30 p.m.; info at 360.873.2118, 360.318.4010, or 360.755.3246
- 9 Sedro-Woolley Museum Model Train Open House at the museum, noon to 3 p.m.; see ad, p. 4, and notice, p. 16
- 14 Valentine's Day
- 15 Holy Clothes on Wheels (free clothing distribution), The RIVER Gathering Church, 720 Puget Ave., Ste. B, Sedro-Woolley, 10 a.m. to 2 p.m.; see notice, p. 16
- 15 Encore Fitness Open House, Concrete Theatre, 45920 Main St., Concrete, 1 to 2:30 p.m.; info at valerie@encorefitnesscoaching.com or 360.466.8754
- 19 "Love Handles & Muffin Tops" workshop, Encore Fitness, 45920 Main St., Concrete, 6 to 7:30 p.m.; free admission; see ad, p. 17
- 21 Deadline for applications submitted to the AWC Center for Quality Communities Scholarship fund; see notice, p. 12
- 21 "Love Handles & Muffin Tops" workshop, Cascade Mall (Community Room), Burlington, 8 to 9 a.m.; free admission; see ad, p. 17
- 22 Skagit Land Trust planting party at Lyman Slough, 9:30 a.m. to 12:30 p.m.; bring raingear; RSVP to volunteer@skagitlandtrust.org; info and driving directions at www.skagitlandtrust.org
- 27 "Read Across America Family Night," Concrete K-8 School, 6 to 7:30 p.m.; free admission; books and snacks provided; wear comfortable clothes or PJs; bring pillow, blanket, and favorite book
- 28 Marblemount poet Andrea Weiser reads from her new collection, *Thunder Blossom: Wilderness Can Heal*, Village Books, 1200 11th St., Bellingham, 7 to 8 p.m.; info at 360.873.2118 or 360.671.2626

MARCH

- 1 Mardi Gras in Concrete, parade at 3 p.m.
- 1 Marblemount/Rockport Fire Depts. Scholarship Fundraising Dance, Marblemount Community Hall; dinner 7 to 8 p.m., dancing and raffle 8 p.m. to midnight; tickets in advance and at the door; see ad, this page
- 1 WWU Children's Literature Conference, Western Washington University, 8 a.m. to 4 p.m.; info at www.wwuclc.com, nancy.johnson@wwu.edu, or 360.650.3227
- 13 FIRST Robotics Districts competition, Mount Vernon High School, 5 p.m.
- 15 "Tugboats on the Skagit River" plays at Sedro-Woolley Museum, Sedro-Woolley, noon; \$5 admission; see notice, p. 16
- 15 FIRST Robotics Districts competition, Mount Vernon High School, 6 p.m.
- 22 Birdview Firemen's Dance
- 27 FIRST Robotics Districts competition, Auburn High School, 5 p.m.
- 29 FIRST Robotics Districts competition, Auburn High School, 6 p.m.

APRIL

- 5 Whatcom County Dahlia Society Dahlia Tuber Sale, Bloedel-Donovan Park, Bellingham, 10 a.m. to 3 p.m.; info at 360.354.4346

*Community Calendar is updated daily at www.concrete-herald.com/calendar

Community meetings

Coffee Talk, a casual conversation about Concrete's transformation, meets the third Fri. of each month at 8 a.m. at Perks Espresso & Deli in Grasmere Village. 360.853.8213.

Community Chat, an informal conversation about projects in Darrington, meets the second Fri. of each month at 8 a.m., at Mountain Loop Books and Coffee, 1085 Darrington St., Darrington. 360.436.2167

Concrete American Legion Post and Auxiliary meet the second Tue. of each month, Sept. through May, at 5:30 p.m. in the American Legion Building. 360.853.8940.

Concrete Chamber of Commerce meets the second Thur. of each month at 8 a.m. Meetings usually are held at Concrete Center in Concrete. 360.466.8754 or concretechamber@mac.com.

Concrete Heritage Museum Board meets the third Wed. of each month, at 7 p.m. at the museum. Meetings are open to the public. 360.826.3075 or concreteheritagemuseum@gmail.com

Concrete Lions Club meets the first and third Wed. of each month, at Annie's Pizza Station, Concrete. Social at 6 p.m.; meeting at 6:30.

Concrete Resource Coalition meets the third Thur. of each month, at 1 p.m., at the Concrete School District offices (usually in the north room at the eastern end of the building).

Concrete School Board will hold a work session on Feb. 24, at 6 p.m. in the high school Commons. The board will hold its regular meeting Feb. 27 at 6 p.m. in the high school Commons. 360.853.8141.

Concrete Town Council meets the second and fourth Monday of each month at Town Hall, 45672 Main St., Concrete, at 7 p.m. 360.853.8401 or andrea@concretewa.gov.

Darrington Area Business Assn (DABA) meets the third Wed. of each month, 7 p.m., at Cascade Senior Center, 1115 Darrington St., Darrington. 360.436.2167.

Darrington Town Council meets the second Wed. of each month at Town Hall, 1005 Cascade St., at 7 p.m. 360.436.1131 or darrcityhall@glacierview.net.

Forest Park Cemetery District No. 5 meets the second Wed. of each month at the cemetery office on Compton Lane in Concrete, at 8 a.m.

360.708.3656.

Friends of Upper Skagit Library (FOUSL) Board meets the third Tuesday of odd-numbered months at the East County Resource Center in Concrete, at 1 p.m. Public welcome to attend. uslfriends@gmail.com.

Hamilton Town Council meets the second Tue. of each month at Town Hall, 584 Maple St., Hamilton, at 7 p.m. 360.826.3027.

Imagine Concrete meets the third Tue. of each month in the Pilots' Lounge at Mears Field in Concrete, at 6 p.m. Open to the public. 360.853.8213 or goodwords@frontier.com.

KSVU station info and host training, second Wed. of each month at Portable B behind Concrete K-8 School, 1 to 4 p.m. Call 360.416.7001 to confirm appointment.

Lyman Town Council meets the second Tue. of each month at Lyman Town Hall (Minkler Mansion), 8405 S. Main St., Lyman, at 7 p.m. 360.826.3033 or clerk_lyman@msn.com.

PFLAG (Parents, Families, and Friends of Lesbians and Gays) Skagit County Chapter, meets the second Monday of each month at The Safe Haven Room, Central United Methodist Church, 1013 Polite Rd. Sedro-Woolley, from 7 to 8:30 p.m. 360.856.4676, www.pflagaskagit.org.

Saukrates Cafe meets the last Wed. of each month at Annie's Pizza Station in Concrete, at 6 p.m. Conversation topics are posted at Upper Skagit Library and <http://saukratescafe.wordpress.com>.

Sedro-Woolley High School Alumni Association meets the third Wed. of each month, at 1 p.m., at the Sedro-Woolley Senior Center. 360.424.7243

Sedro-Woolley Town Council meets the second and fourth Wed. of each month, at 7 p.m., in the Council Chambers at City Hall, 325 Metcalf St. 360.855.1661.

Sedro-Woolley School District Board will meet Feb. 10 at 7 a.m. at the high school, and Feb. 10 at 7 p.m. at Mary Purcell Elementary. Support Services Building. 360.855.3500 or kcarlisle@swsd.k12.wa.us.

Upper Skagit Library District (USLD) Board meets the third Thurs. of each month at 5 p.m. in the library, located in the Ted Anderson building on Main St. in Concrete. Public is welcome. 360.853.7939 or info@upperskagit.lib.wa.us.

MARBLEMOUNT AND ROCKPORT FIRE DEPARTMENTS PRESENT

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MARBLEMOUNT COMMUNITY HALL

SAT., MARCH 1

DINNER: 7 TO 8 P.M.

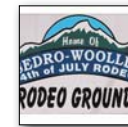
DANCING AND RAFFLE: 8 P.M. TO MIDNIGHT

LIVE MUSIC FROM "OUT OF THE ASHES"

ADVANCE TICKETS: \$25/COUPLE, \$15/SINGLE
AT THE DOOR: \$30/COUPLE, \$20/SINGLE



Sedro-Woolley



Redevelopment of Northern State Hospital to be explored

The Port of Skagit announced in January it has formed a partnership with Skagit County and the City of Sedro-Woolley to explore possibilities for the redevelopment of the former Northern State Hospital campus and grounds, according to an interlocal agreement among the three entities completed Jan. 13.

The partners pledged to work together to develop a long-term vision for Northern State and, if feasible, acquire full ownership of the property. Under the agreement, they will investigate the nature and condition of Northern State while keeping five goals in mind:

- Encourage the private sector to create and sustain jobs at Northern State benefitting all of Skagit County.
- Continue and promote public recreational use of Northern State.
- Protect environmentally sensitive areas of Northern State, particularly Hansen Creek.
- Acknowledge and protect the historic significance of Northern State.
- Acknowledge and respect the neighboring Upper Skagit Indian Tribal Nation's interests in Northern State.

The first step in the effort is to complete a thorough investigation of the property, including condition assessments, potential environmental liabilities, a feasibility study, and more. This work is expected

to cost about \$325,000, to be paid with a combination of local funds contributed by the partners and grant funds. The Port of Skagit has been asked to play a leading role in the planning for Northern State and possibly to serve as landlord if Northern State comes under local ownership.

Located just east of Sedro-Woolley, Northern State Hospital opened in 1909 to provide high-quality patient care for the mentally ill. The 225-acre hospital campus was a self-sustaining facility that included staff and patient housing, a dedicated reservoir, a lumber mill, quarry, steam plant, and gardens. It included pathways through forested areas and reflecting ponds. Eventually, more than 80 structures and architectural ornamentation were built in Spanish Colonial Revival style. The campus abutted about 700 acres of farmland and livestock operations.

The hospital closed in 1973, and the agricultural land was subsequently turned over to Skagit County for recreational use. The state currently owns the hospital campus, which is managed by the state Department of Enterprise Services.

In 2010, DES expressed interest in surplusing the Northern State property, which is only partially occupied and has declined in condition and structural integrity. Since then, efforts have been under way to bring the entire property—both campus and agricultural land—under single ownership to satisfy community desires for a local redevelopment effort.



Loggerodeo President Jeanne McLennan presents a check for \$3,000 to Sedro-Woolley Mayor Mike Anderson on behalf of Loggerodeo during the City Council's Jan. 22 meeting. The check was meant to help fund the annual flower basket program, which helps to enhance the look of the community's downtown business district. This is the third year that Loggerodeo has helped fund the annual flower basket program. *Submitted photo.*

Museum to host model train open house

The Sedro-Woolley Museum will hold its annual Model Train Open House on Sun., Feb. 9, from noon to 3 p.m. Refreshments will be served.

Families are encouraged to bring children, grandchildren, and parents to the museum for the popular winter event and

watch the trains run.

Tugboats in March

The museum will show the film, "Tugboats on the Skagit River" on Sat., March 15 at noon. Admission is \$5 per person. Seating is limited; attendees are asked to call the museum for reservations for this first-time showing.

The film is narrated by Dan Vandenburg, who will be on hand with Elmer Engen after the showing to answer questions.

For reservations, call 360.855.2390.

—Carolyn Freeman

Nick VanJaarsveld
Financial Advisor

Edward Jones
MAKING SENSE OF INVESTING



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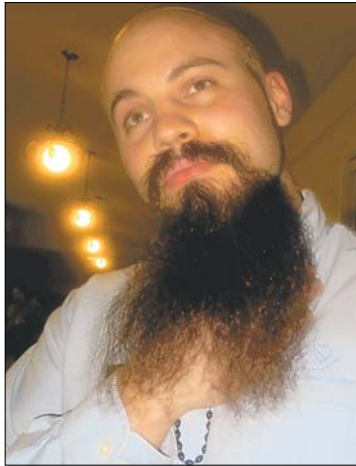
Holy Clothes on Wheels

Handing out free clothing, shoes, and coats to anyone in need.

Sat., Feb. 15, 10 a.m. to 2 p.m.

The RIVER Gathering church
720 Puget Ave., Suite B, Sedro-Woolley.

Donations of clothing and cash are greatly appreciated. Men's and children's clothing is needed.



Clean chin for a cause

Sedro-Woolley Boys & Girls Club Director John Garman allowed his famous goatee to be shaved off as one of many dollar generators at the Winter Fundraiser for the club on Jan. 25. The event included a silent auction, a raffle, and a gourmet pasta dinner courtesy of Cascade Job Corps' Culinary Arts Program. *Photos by Becky Taft.*

Is Your Household Eligible for Basic Food Program Benefits?

The Basic Food Program, or SNAP or EBT (formerly called Food Stamps), is a federal program that helps people buy food at the grocery store. EBT benefits are used just like a debit card and are accepted at most grocery stores. Benefits are renewed each month.

United General Hospital's Community Health Outreach Program, in an effort to increase access to healthy foods, has a coordinator available to help residents apply for Basic Food Benefits.

"In a series of assessments and interviews we conducted in 2012 in which we asked people what prevented them from eating a healthier diet, most said that cost was a barrier," said Marjorie Bell, program planner for United General Hospital's Community Health Outreach Programs. "We want to reduce that barrier so that everyone, regardless of income, has access to healthy foods, especially fresh fruits and vegetables. Just 25

percent of Skagit County adults eat the recommended five servings a day of fruits and veggies, and if cost is an issue, that's where the Basic Food Program can really make a difference."

Individuals may be able to receive Basic Food if they live in Washington State, are a U.S. Citizen or legal immigrant, and meet the following income guidelines:

Family size	Gross monthly income*
1	\$1,916
2	\$2,586
3	\$3,256
4	\$3,926
5	\$4,596
6	\$5,266
7	\$5,936
8	\$6,606
9	\$7,276
10	\$7,946

The gross monthly income figures shown should be used only as a general guideline. A household's gross monthly income will still need to be under the Net Income Standard to receive benefits.

For more information or to make an appointment, call 360.856.7388 or e-mail brianna.phillips@unitedgeneral.org.

—United General Hospital

February is Heart Health Month



Love Handles & Muffin Tops



Excess body fat can make you a candidate for heart disease and other chronic health issues, and get in the way of work and fun. In this workshop, presented by Valerie Stafford, M.S., community educator and fitness coach, you'll learn about the latest fitness trends, tips and technology that can help you get active and healthy.

Free Workshops:

Wednesday, February 19

Encore Fitness
45920 Main Street, Concrete
6:00 p.m. – 7:30 p.m.
Free presentation, blood pressure screenings.

Friday, February 21

Cascade Mall in Burlington
Community Room
8:00 a.m. – 9:00 a.m.
Free presentation, blood pressure screenings.

Registration Required: (360) 856-7245,
events@unitedgeneral.org or unitedgeneral.org/hearthealth



Wear Red, Save Money

Cholesterol screenings are available for just \$5 on Fridays from 8:00 to noon in February, for anyone (women and men) wearing red. No appointment required, just come to our main lobby.



UnitedGeneral.org/HeartHealth



UNITED GENERAL HOSPITAL



Lyman



Levi Mandrell (above left), a sixth-grader at Lyman Elementary, captured top honors at the school's Spelling Bee Jan. 29. Kalin Adkerson (above right) was runner-up. *Submitted photos.*



Spelling Bee includes a s-u-r-p-r-i-s-e

A Lyman Elementary Spelling Bee Jan. 29 saw winners rise to the top, as usual, but also included an interesting twist.

The winner of the bee was sixth-grader Levi Mandrell. Fifth-grader Kalin Adkerson was runner-up.

The winning word was "gladsome," which Levi spelled correctly after the 12 round. The bee lasted 38 minutes.

An astonishing turn of events had earlier transpired during Round 4, when four of the five remaining sixth-graders were all eliminated; some of them had been considered favorites to win the contest.

Round 7 began with only one sixth-grader competing against five younger

students. Nonetheless, Levi, that sole remaining sixth-grader, went on to prevail—despite wearing number 13!

Elijah Sanders, Jaelle Werner, Dusty Rhodes, and Beau Mitchell tied for third place.

Bryan Ribera, Logan Maloney, Dalton Le'Roy, and Elijah Price tied for fourth place.

Dana Revey took fifth place.

In sixth place were Myah Maloney and Kaitlyn McKibbin.

Matthew Eriksen, Ariah Macagba, and Elizabeth Thramer tied for seventh place.

—Gary Bletsch

Skagit Land Trust Lyman Slough Planting

Sat., Feb. 22 – 9:30 a.m. to 12:30 p.m.

More information: 360.428.7878

Council summary

The Lyman Town Council held a regular monthly meeting on Jan. 14. Following is a summary of that meeting. Complete minutes for every council meeting are posted in the hall by the front door of Lyman Town Hall.

Jan. 14 regular meeting

- Mayor Debra Heinzman swore in councilmembers Eddie Hills, Rita Burke, and Gail Ganga.
- Councilmember Hills gave an update on the cook shack project. A letter has been sent to Senator Pearson, telling him about the project. Several bids have come in and the plans have been submitted for permitting. The total cost could be about \$40,000 to \$50,000. There is a grant that will be applied for in May.
- Mark Kitchen reported on water loss in December and 2013. The December report is not completely

accurate because the November reading was a five-week period and the December reading was just over three weeks.

On Jan. 9 the Krohne meter was certified to 99.5 percent accurate. The technician said to use the Krohne meter only for readings. This should give a true picture of the water usage. Councilmember Burke asked if the lost water was treated or untreated, and is it even real water loss or virtual loss due to inaccurate metering equipment. Kitchen stated that he thinks a source meter at the storage tank would make a big difference.

Kitchen gave each councilmember his completed work schedule. He wants to schedule a work session with the council.

- Councilmember Couch asked Kitchen if he was aware of a downed tree near pumphouse 2.
- An executive session was held to discuss an employee issue.

Lyman charity announces February offerings

Heart to Heart Charity's KIDS Club will meet Wednesdays, Feb. 5 and 12 at the old Lyman Town Hall behind the fire department from 4 to 5 p.m. Kids may ride the school bus to the meeting. We will make Valentines on Feb. 5; on Feb. 12 we will deliver these special crafts to local seniors.

This is a free event for children 4 years and older (younger with a parent/guardian present), and all are welcome.

Heart to Heart Charity is hosting a self-defense class taught by Elaine Kohler on Monday nights through Feb. 10 from 6 to 8 p.m. The course is made up of three classes and although this course has filled up, a waiting list for the next course has been started. The class has no fee, but donations are appreciated.

Another course will start after Feb. 10. Participants must register prior to class starting. To get on the waiting list or for more information, e-mail hearttoheartcharity@gmail.com or go to www.facebook.com/hearttoheartcharity.

—Tammie Werner

Lyman Library tales

With all the sunshine and dry weather, we have had a nice increase in folks coming to the library. Lots of new puzzles have been donated and more will come.

One donation we had this month was a set of *The Dark Tower* series by Stephen King. I personally do not read his books—too scary—but I know we have several fans who do. Come in and check them out.

This weather also has made the gardeners regain hope of an eventual

spring. A box left for me had several hardbound books on varied subjects related to gardens. I have a set of these same books and they are very informative.

I am starting to get the plant and seed catalogs. We put them in the craft/garden section; they may be taken home to keep. If anyone has extras, please feel free to donate them for the newbies just starting to learn how to grow flowers and food.

Remember to thank the ladies who donate their time to keep the library open.

—Elaine Kohler



Day Creek



Community notes

The store is still a vision. The Day Creek Store project is still under way. The owner has brought in a retired store owner from Mt. Vernon to look over the project and evaluate what kind of refrigeration will be needed.

The **Angel Tree Project** that kids put together was a huge success in December! The kids adopted one family through the *Skagit Valley Herald* Christmas Fund, and chose another local family as well. They were thrilled to provide gifts for the parents and children, along with the Christmas meal. It was great to see everyone participate in providing the gifts. The Sunday School Group at Day Creek Chapel is looking forward to making this a tradition.

The Sunday School class at Day Creek Chapel has grown in size, creating the need to add another classroom. This will make it possible to divide the kids into two groups, allowing each class to grow and have fun together within their own level.

The upcoming event will be a rollerskating trip; we invite members of the Day Creek community to join the fun. Watch for details.

Day Creek Chapel's **metal scrap drive** kicked off the fundraising effort

last July and is continuing; donations are still being accepted too. Look for a container from Skagit Steel parked on the Chapel grounds. Gather up scrap to drop off or call Pastor Travis for pick-up at 360.661.4533. The plan is to fill another container and reach \$20,000 to fund the next project: the roof.

To make a monetary donation, mail cash or check to:

Day Creek Chapel
31438 S. Skagit Hwy.
Sedro-Woolley, WA 98284

Relationship Encounter: "Our Secret Paradise," featuring Jimmy Evans of MarriageToday, is planned for March. Childcare will be provided. For date and time, call 360.826.3581.

Women Hand in Hand will present LeAnn Hart as the special guest at its next women's conference, slated for April 25–26. Hart sets priorities as God first, husband second, kids third. Vivacious and talkative, Hart is a country singer who has performed for thousands. Hart and her husband, J.W., a retired bullrider, operate a cattle ranch in Oklahoma. She is a much-loved speaker at women's events, sharing honestly of her struggles and joys.

Any women's ministry group that wants to be involved with **Women Hand in Hand** is encouraged to contact any one of the following:

Sylvia Miles	360.826.3696
Sharon Herring	360.661.5037
Bonnie Lintz	360.856.1385
Sue Walden	360.826.3944
Kathy Henderson	360.826.3581

Donna Pulver and Kathy Henderson, co-directors of **Kingdom Builders**, are back on the road. Along with traveling the roads of Day Creek, meeting community members, and gathering information, they will be available to the community for hospital visits and crisis calls. Kingdom Builders has been out helping those in need right here in Day Creek. For more information, call 360.826.3003, 360.826.3581, or 360.826.3822.

The **Day Creek Walkie Talkies** are up and at 'em. Every day around 7 a.m., there is a group walking the streets of Day Creek. When you see them, wave or

honk—or better yet, join them. For more information, call 360.826.3175.

Day Creek Book Club meets at Cedar Springs Lodge on Barben Rd. For more information, call 360.661.0247.

Garden dirt

February usually brings rain and more rain. What does all this water do to the soil? It becomes saturated, creating a problem for all of us who love to be in the garden. My solution is to occupy myself with other gardening projects.

- Check for local garden events and get the dates marked on your calendar. Bring a colorful new houseplant home to cheer up your room. There are lots out there, so get something you love.
- Late February is a good time to start your seeds indoors. Gather the items you will need to get this project started. There are seed packs in our

local stores; however, you should use those seed catalogs for reference and different varieties.

- Do some early planting of native trees and shrubs. Look over the ones already in your garden to see if they need some shaping or cleaning up from the latest storm.
- Ornamental grasses in all zones should be trimmed back or groomed.
- By the end of February, spring weeds germinate. Winter weeds go to seed from now till March. Pull out what you can now, before they spread.

We are looking for **ideas for the community**—fun events and fundraisers to support the fire hall and get to know the neighbors. If you have an idea, call Donna Pulver 360.826.3003 or Kathy Henderson at 360.826.3581.

—Kathy Henderson

2014 Community Potluck dates

February 18, 6:30 p.m.
March 18, 6:30 p.m.
April 15, 6:30 p.m.
May 20, 6:30 p.m.
June 17, 6:30 p.m.
July 15, 6:30 p.m.
August 19, 6:30 p.m.
September 16, 6:30 p.m.
October 21, 6:30 p.m.
November 18, 6:30 p.m.
December 16, 6:30 p.m.

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January in pictures



Above: Very, very brave people splash into Clear Lake during the annual Penguin Dip Jan. 1.



Above: Salmon Run participants get started on the right foot during the Jan. 4 Skagit Eagle Festival Event. The 5K Fun Run/Walk wound through Ovenell's Double O Ranch property just south of Concrete. Walkers took their time, enjoying the natural setting at their own pace. Runners were led by Jaylon Nelson-Sellers, a freshman at O'Dea High School in Seattle, who ended the race first. The top woman was Sharon Watson of Mount Vernon. "I took a wrong turn!" she laughed at the finish line.



Above: A good group of good kids showed up at the Birdview Fire Hall for a visit with Santa Dec. 14. (Yes, I know this happened in December, not January. But it's a cute photo.)



Above: A bald eagle looks skyward during a Sarvey Wildlife Care Center raptor show at Challenger Ridge Winery near Concrete Jan. 25. The popular show was one of three held by Sarvey in January: The first was Jan. 4 at Concrete High School; the second was Jan. 18 at Concrete Theatre. *Photo by Taleah Werda.*



Above: Concrete Cub Scouts worked together to build a Boy Scout Tin Man out of cans and other containers. They won a prize in the group category. *Submitted photo.*



Above: Several Cape Horn youth showed their community pride by getting involved with a community cleanup day on Jan. 26. From left, Hope Carpenter, Adam Day, Zach Carpenter, Jeff Morgan, John Morgan, Carissa Bates, Riley Morgan, Logan Fisher. "Lots of people drove by and thanked them for their community help," said Delaine Vanderlinden, who organized the effort. *Photo by Delaine Vanderlinden.*



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MD



Jeffrey E. Feld
MD, FACC



Elizabeth Gauer
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MD



Duncan T. Landreth
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**Skagit Regional Health
Heart & Vascular Institute**



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Vidhu Paliwal
MD



Yelena Rosenberg
MD



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Sanjeev Vaderah
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Our Team You

Begins With

At Skagit Regional Heart & Vascular Institute you and your heart health are important to us. It's the reason we built the Institute. Within the Institute, we have put together a team of highly-skilled cardiologists and support staff, all of whom are locally based.

Each team member serves you with compassionate and personalized care utilizing state-of-the-art equipment critical to your diagnosis and care.

Call today and schedule your screening; it's important to you and important to your heart.



Skagit Regional Health
Skagit Valley Hospital · Skagit Regional Clinics
Heart & Vascular Institute

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Call 360-814-2424 for more information.



Women's Health Event
Dr. Karen Wolfe: Balancing Work and Life for Optimal Living
Thursday evening, February 20 · 5:30pm - 7:30pm
McIntyre Hall, 2501 East College Way, Mount Vernon
\$19.00 includes hors d'oeuvres, wine available for purchase.
RSVP: 360-814-2424 · Information: skagitvalleyhospital.org/events

To find out more, please call **360-814-2424**

www.skagitregionalhealth.org



Hamilton



Council summary

The Hamilton Town Council held a regular meeting Dec. 10. Following is a summary of that meeting.

- Council voted to adopt Ordinance 308, amending the 2013 budget to accommodate additional expenditures in the water and street funds.
- Council voted to adopt Ordinance 309, the town's annual budget for 2014.
- Council discussed areas in town that have not been vacated and the properties are being used by private citizens. Mayor Cromley stated the town does not have a formal policy on how these areas are to be used. Mayor Cromley stated the town could have a street use permit. Mayor Cromley will prepare a street vacation policy detailing the steps to vacate a property and a right of way use permit.
- Council reviewed the water rates for 2014. Rates are set to increase by 5 percent every year unless otherwise dictated by the council. Mayor Cromley pointed out the Greater Seattle Construction cost Index was increasing by 7.629 percent. That is an indication that costs for maintaining the water system could outpace our 5 percent increase in rates. Mayor Cromley asked council if they wanted to raise the 5 percent increase. Council voted to leave the projected rate increase at 5 percent.
- Council approved Resolution 05-13, a policy declaring that Town of Hamilton will not enter into agreements with any person or group that currently owes money on water bills since that money is tied to the stability of the town.
- The monthly water report showed a 16 percent water loss, indicating a small leak somewhere. This will be investigated.
- Estimates on street signs are coming.

—compiled from staff notes

Young bald eagles released at Rasar

Staff from the Wolf Hollow Wildlife Rehabilitation Center released two young bald eagles back to the wild on Jan. 3 at Rasar State Park, following the birds' rescue and rehabilitation. The birds were released in a hay field between the day-use area and the Skagit River.

The young eagles were hatched in spring 2013 and needed help because they were injured and too young to survive on their own without their parents to feed and care for them, according to Shona Aitken, education coordinator for the Wolf Hollow Wildlife Rehabilitation Center.

"We're excited for the opportunity for the release to happen at our park, which is a habitat area for eagles," said Rasar Park Manager Kevin Kratochvil. "This is the time of year when the eagles arrive in the Skagit Valley to feast on the spawned-out salmon, so there's plenty for them to eat.

And the location for the release is a good place, because it gives the young eagles a chance to gain some altitude in an open setting."

The first eaglet was found in the spring by a family on Henry Island. The bird was sitting on the ground under a nest on the family property. The family kept their distance and watched, noticing that eagle parents were caring for another young bird in the nest above, but not caring for the youngster on the ground. The family called the center, and the eagle was taken there for rehabilitation.

The second eaglet arrived at the center in early July, after residents found it caught in a barbed wire fence near Mount Vernon. By mid-August, both eaglets were strong, healthy, and flying well, so they were moved to an eagle flight enclosure to build up their muscle strength.

The Wolf Hollow Wildlife Rehabilitation Center on San Juan Island serves all of San Juan and Skagit Counties, as well as north Whidbey Island.



A young bald eagle gathers speed after being released at Rasar State Park Jan. 3. The eagle was one of two released that day by Wolf Hollow Wildlife Rehabilitation Center, based on San Juan Island. The eagles were hatched in spring 2013 and needed help because they were injured and too young to survive on their own. See story, this page. Photo by Denise DuVarney.



Rockport



Park Ranger Ben Cooksey points out a fungus growing on the bark of a cedar tree during a Deep Forest Tour of Rockport State Park Jan. 18. The tour was one of many given every Saturday in January as part of the Skagit Eagle Festival. Listening to Cooksey are members of the Thomas family from Mt. Vernon, from left, Joanne (tan jacket), Sarah, Martin, and Kathryn.

PIONEERING TODAY

Plan your garden now

By Melissa K. Norris

The pioneers knew the importance of planning. If they didn't plan accordingly for the seasons, they risked death. One of the most important things for them beyond shelter was their food supply. Up until about 100 years ago, people depended upon what they could hunt, gather, and grow for their food. I believe we could stand to learn a lesson from them.

If you plan to grow a vegetable garden this year, whether you're a beginner or a seasoned veteran, here are some tips to ensure your best year yet.

Get your seed orders in this month. We grow an exclusive organic heirloom garden. I save our seed for all of our beans, but I do purchase other varieties through a few favorite companies. It's harder to find heirloom varieties in the store as commercial seed companies like hybrids (they hold patents) and, unfortunately, GMO seeds.

I order from www.rareseeds.com of the Baker Creek Heirloom Company. You need to place your order now to ensure you have

it in plenty of time for planting and that it will still be in stock to fulfill your order. Plus, if anything happened unexpectedly, you'll be set with your seeds no matter what.

Look through your remaining harvest of preserved foods. Are you running short on anything? Then you'll know to plant double or where to scale back. We're about halfway through the time frame before we'll do our major harvesting again, so it's an excellent time to take stock. Keep a gardening journal of what you planted, how much, its crop yield, and how well it did where you had it planted. This will become invaluable as you continue to garden.

Pick a new variety or vegetable to grow. It keeps things interesting and fun in the garden. Plus it introduces new tastes and experiences to gardening.

If you'd like more information on heirloom gardening, I have a free e-book on www.melissaknorris.com/freebies when you sign up for my e-mail list titled *Heirloom Gardening Guide—Planting to Save Money*, that will help you plan your garden for you and your family.

Melissa K. Norris is a Christian fiction novelist who lives in Rockport. Find her online at www.melissaknorris.com.

Interpretive Center gets \$5,000 grant

In addition to this year's contributions, Skagit River Bald Eagle Awareness Team received a \$5,000 grant from the Puget Sound Energy Foundation. Puget Energy, the parent company of Puget Sound Energy, created the foundation in 2006 to maintain PSE's leadership and support

of worthy, community-based nonprofit programs. Puget Sound Energy has been a long-time supporter of the SRBEAT.

The Interpretive Center is located in Howard Miller Steelhead Park in Rockport and is open December through January during the Skagit Valley eagle migration.

For more information go to www.skagiteagle.org or send an e-mail to kellyregan@fidalgo.net.

—Judy Hemenway



Massive dolosse line SR 20 just east of milepost 100 in preparation for placement in the Skagit River. WSDOT will combine about 1,000 of these concrete jacks with about 5,000 logs to create an engineered logjam along the shoreline at this point, stabilizing the area in an effort to prevent road washout.

Riverbank restoration project in full swing this month

With a temporary roadway detour in place, WSDOT crews will begin this month to install engineered logjams along the Skagit River shoreline and SR 20 approximately three miles east of Rockport.

The \$20 million project aims to preserve the riverbank and shoulder of the highway, which the river erodes when it's running at or near flood stage; it's come close to

washing out the road on several occasions in recent years. The road failed in 2000.

The manmade logjams eventually will line the riverbank along the southern edge of SR 20. Up to 5,000 logs will be combined with about 1,000 "dolosse"—massive concrete jacks that are used worldwide to stabilize marine shorelines.

Crews expect to have the dolosse in place and traffic back on the mainline in April, but weather could influence how quickly the work will be completed.

More information is available at www.wsdot.wa.gov/projects/sr20/skagitriverrestoration.

—J. K. M.



Darrington



Darrington High School Homecoming royalty this year are, from left, freshmen Shelby Stafford and Preston Johnson, juniors Baileigh Rumsey and Trent Green, Homecoming Queen Riley Anderson and King Colin Davis, seniors Monica Franke and Tyler Simmons, and sophomores Sydnie Burtenshaw and Mason McKenzie. *Photo by Marla Skaglund.*

Homecoming events brighten January

Darrington High School Homecoming landed on Fri., Jan. 17, with all four basketball teams playing in games against the visiting team, Cedar Park Christian-Mountlake Terrace Lions.

Darrington's varsity women's team took a 30-8 lead into halftime and finished with a 51-31 win.

Amy Miles scored 12 points to lead the way for the Lady Loggers, followed by Devan Wilson with eight, including two 3-point shots.

Between games the crowd was introduced to the Darrington Homecoming royalty. The court, chosen by their peers, has an impressive list of accomplishments.

Homecoming Queen Riley Anderson, a senior, recently organized a food drive for the community, which yielded 1,255 pounds of food in addition to monetary contributions. Anderson plays guard/forward on the varsity basketball team and made first team All-League in volleyball.

Colin Davis, a senior and Homecoming King, is a point guard for the men's varsity team. Recently he was inducted into the Snohomish County Football Officials Hall of Fame and was awarded a plaque and a chance to meet Seahawks punter Jon Ryan and kicker Steven

See Homecoming, p. 25



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Randy Ashe, Kevin and Sheila Ashe, owners.



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360.436.0141
d.iga@frontier.com

Homecoming, cont. from p. 24

Hauschka.

Senior Princess Monica Franke is a forward on the women's varsity basketball team and was named to the first team All-League in volleyball.

Senior Prince Tyler Simmons is a guard/point guard on the men's varsity basketball team and is known for his dedication to shooting hoops before school in the mornings.

Junior Princess Baleigh Rumsey is a guard/forward on the women's varsity basketball team and excels in volleyball.

Junior Prince Trent Green is a guard for the men's varsity basketball team. He also received an award of 1st Team Offense and 1st Team Defense from the Northwest 1A/2B Football League.

Sophomore Princess Sydnie Burtenshaw is very busy in school and the community, with her latest claim to fame being the winner of the "Best Ugliest Holiday Sweater" contest.

Sophomore Prince Mason McKenzie shoots hoops, plays football, and is on the wrestling team.

Freshman Princess Shelby Stafford is a point guard on the JV basketball team, is a cheerleader, and is involved in her school.

Freshman Prince Preston Johnson excels in math and science and is on the track and wrestling teams.

On Jan. 18, Darrington High School held its Homecoming Dance.

—Marla Skaglund

February at the Darrington Library

Children and family programs

- LEGO Club, Thursdays, Feb. 6, 20; 3 to 4 p.m., K through 5.

All ages programs

- Winter Community Band, Feb. 10, 24; 6 to 8 p.m.; pre-registration required.

Teen programs

- Winter Warnings: Movies to Make the Blood Run Cold, Wednesdays, Feb. 5 ("The Exorcism of Emily Rose"); Feb. 26 ("The Darkest Hour"), 4 p.m.

Adult programs

- Beginning Guitar for Adults, Feb. 5, 12, 19; 12:30 p.m.; pre-registration required.
- Intermediate Guitar for Adults, Wednesdays, Feb. 5, 12, 19, 26, 1 p.m.; pre-registration required.

- Darrington Bibliophiles (book lovers), *Giants in the Earth*, by Oe Edvart Rølvaag, Wed., Feb. 5, 6:30 p.m.

In concert

Darrington Library welcomes award-winning singer-songwriter Dave Nachmanoff for an evening of folk rock music on Mon., Feb. 10 at 7 p.m.

Nachmanoff has written hundreds of original songs and released nine solo albums, and has toured with Al Stewart for many years. Admission is free, thanks to funding from Darrington Friends of the Library.

February closures

The library will be closed on Mon., Feb. 17, in observance of President's Day.

For more information, go to www.sno-isle.org?ID=1194 or call 360.436.1600.

—Bryan Stratton, branch manager

Darrington Community Dance

Feb. 8, Mansford Grange, Darrington

Potluck, 5:30 p.m.

Introduction, 7 p.m.

Dancing, 7:30 p.m.

Questions: 206.402.8646



Top: Darrington senior Garrett Green, the third-ranked wrestler in the WIAA 1B classification, puts the squeeze on Concrete's Justin Medlock during a Jan. 29 match on the Concrete mats. Green pinned Medlock for the win. **Middle:** At the same match, senior Tyler Hollifield fell by two overtime points to Concrete's Donovan Dellinger. **Bottom:** Brittney Smith wrestles Jasmine Cuellar of Bellingham/Squalicum during the Jan. 18 Lady Tiger Tournament at Burlington-Edison High School. Smith won the match with a pin.



Marblemount



Edgar James "Jimmy" Robinette is shown in this undated photo. The Marblemount man has been missing since around midnight on Jan. 3. *Submitted photo.*

Marblemount man still missing; suspect in jail

A Marblemount man is in jail on suspicion of involvement in the disappearance of a second Marblemount man, Edgar James "Jimmy" Robinette, 32.

Steven Frederick Gest, 57, is being held on a magistrate's warrant while the investigation into Robinette's disappearance continues. Gest is charged with first-degree manslaughter and second-degree assault with a deadly weapon.

Robinette has been missing since the early morning hours of Jan. 4. He was last seen in the Cascade River Park on Cascade River Rd. near Marblemount. Nobody has seen or heard from Robinette since Jan. 4.

Skagit County District Court records include a Skagit County Sheriff's Office affidavit that tells one version of the events that occurred in early January.

According to witnesses, Robinette and Gest lived in separate mobile homes in Cascade River Park. The evening of Jan. 3, Robinette told one witness that he had gone to a party with Gest earlier that night. Robinette had tried to keep

Gest from driving because Gest was drunk. Robinette ended up walking home from the party, which took a couple hours. Gest followed Robinette in Gest's Toyota 4Runner and kept trying to run over Robinette. The two got into a fight. Gest threatened to burn Robinette's motor home, and Robinette believed Gest would carry out that threat. Several witnesses stated that Gest was known to become violent when he was drunk. Gest was convicted of fourth-degree assault (domestic violence) in March 2000, in Skagit County.

Robinette was last seen by a witness between midnight and 1 a.m. on Jan. 4.

On Jan. 6, Robinette's sister reported him as a missing person. Friends visited his motor home and discovered personal items that Robinette never left the motor home without.

On Jan. 11, friends searching for Robinette along Cascade River Rd. discovered a Cleveland Indians ball cap, a cigarette lighter, Drum brand tobacco, a

See **Marblemount**, p. 27



Angela Janda of Marblemount (above left) maneuvers Bruce the Bear, a marionette puppet, during the Komo Kulshan Outdoor School puppet show, "How Sockeye Salmon Came to the Baker River," organized by Christie Fairchild. The show was performed twice during the weekend and was one of many attractions at Marblemount Community Hall on Jan. 11. **Upper right:** Rosie Cayou of Guemes Island, a history and legend storyteller of the Samish Indian Nation, shares history and legends of the Northwest ecosystem through story and drum on Jan. 11.

OPEN FOR BUSINESS

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60103 State Route 20, Marblemount

7 a.m. - 2 p.m.

360.391.9069 // cascademountainmudd@hotmail.com

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DANCING AND RAFFLE: 8 P.M. TO MIDNIGHT

LIVE MUSIC FROM "OUT OF THE ASHES"

ADVANCE TICKETS: \$25/COUPLE, \$15/SINGLE
AT THE DOOR: \$30/COUPLE, \$20/SINGLE



Newhalem



A massive boulder tumbled a short distance down the hillside along SR 20 in January, prompting WSDOT crewmembers to begin the task to remove it. The boulder fell in the vicinity of milepost 133, near what WSDOT staffers call "Seven Culverts" for the number of culverts under the road at that location. The two men standing on the rock are Bob Hopfield (left) and Gary Claybo. Standing on the ground at left is Curt Goche. "Things are always on the move in the mountains," WSDOT employee Dick Warner told *Concrete Herald*. "We have an old saying as we work up there: 'If you're worried about getting hit by a rock, then just don't look up.'" *Photo by Dick Warner.*

Marblemount, cont. from p. 26

piece of cloth, and a large piece of black plastic with a red liquid on it. The piece of cloth appeared to be from a plaid shirt or jacket. The Indians cap was consistent with one Gest typically wore. A field test of the red liquid was positive for blood.

Sheriff's detectives attempted to contact Gest at his residence on Jan. 12 and discovered in an open carport black plastic similar to the bloody black plastic found along Cascade River Rd. Gest was not at home, and his 4Runner was gone.

On Jan. 14, the search for Gest shifted to Ocean Shores, where his vehicle was spotted. That same day, Gest was taken into custody in front of his room at a motel. At that time a Skagit County Sheriff's detective observed a flannel shirt missing a pocket. Gest's vehicle was searched.

On Jan. 16, detectives searched Gest's

residence and property, and discovered blood spatter inside the carport. Blood on a piece of plastic in the carport tested positive for human blood. A large piece of black plastic consistent with the bloody plastic located along Cascade River Rd. was located in the carport, and a shirt with blood spots on it was located inside the residence, in the bedroom.

Detectives also searched Gest's vehicle, inside which they found a pair of men's boots with blood on them, blood on the driver's seat, blood on the driver's seat kicker panel, and a pack of gauze with blood on it.

Gest is being held on \$750,000 bail. His next court date is Feb. 14.

An effort to raise \$1,000 for an aerial search of the Marblemount area has begun. For more information, go to www.giveforward.com and search "help find Jimmy."

—J. K. M.



WSDOT employee Dick Warner also snapped this photo of the same boulder in 2001, long before it got any ideas about making a break for it. *Photo by Dick Warner.*

AREA FOOD BANKS

Clear Lake

Community Covenant Food Bank

Next to church at 12605 Hwy 9, Clear Lake
For a referral, call Love Inc. at 360.419.7061
between 9:30 a.m.–3 p.m.

360.826.4090

Lyman

Shepherd's Heart Food Bank

8334 S. Main St., Lyman
Every Thur. 10:30 a.m.–1 p.m.
Self-help classes after food bank closes; call
for subjects: 360.853.3765

Concrete

Concrete Food Bank

112 E. Main St., Concrete
Second, third, and fourth Thur. each month,
Noon–3 p.m.
360.853.8505

Darrington

Darrington Food Bank

First Baptist Church
1205 Emmens St., Darrington
First and third week each month:
Wed. and Thur., 10–noon and 1–2 p.m.
360.436.9603

Hamilton

Hamilton Community Food Bank

951 Petit St., Hamilton
Every Tue., 11–noon and 1–3 p.m.

Marblemount

Bread of Life Food Bank

59850 State Route 20, Marblemount
First and third Wed. each month
11 a.m.–5 p.m.
360.873.2504

Sedro-Woolley

Helping Hands Food Bank

601 Cook Rd., Sedro-Woolley
Wed., 10–11:45 a.m. and 12:30–4 p.m.
Commodities distributed first Wed. each month
360.856.2211

*Changes? Call 360.853.8213.



Seniors



Coffee Break

In hindsight

By Patrick Kennedy

All seniors have the power of hindsight.

Hindsight is always better than foresight, some say, but a senior can use both to create a better retired life. Creating a mindset or perception of the significance and nature of events before they have occurred is an important tool for all seniors to develop.

Memories and recollections can be used as building blocks to put together or avoid a future path, the act of looking forward to or dreaming about the retirement stage.

"Hindsight is always 20/20," said Billy Wilder. And foresight is always a blind spot until planned.

Planning can be a meticulous, time-consuming, and creative process that may escape many seniors who are not familiar with using the process. But it's important to think about it because it is your future. This usually isn't a structured or formal plan, but informal or makeshift plans that are created by individuals in all of their pursuits. It usually starts with

personal wants and desires, and falls back on a lot of memories—hindsight—to make decisions.

It might be best to start with a pen and pad and start taking notes of what you want and don't want. Then answer some basic questions about what you want: Why? What? Who? When? These are all very personal planning questions, and no one can answer them but you. Identify the problem(s) and value of this process: what will work and not work, who will be involved besides you (a mate, family members, close friends), and when this is to begin—both the plan and the actual fact of living the plan's process called retired life.

The idea of a good retirement plan is to find the things that have made you happy throughout the years of your former life and coordinate that enthusiasm into a plan that will make your retirement happy. It is time to transform your hindsight into the viewing lens of a camera and record the future.

Patrick M. Kennedy is the author of Two Seniors and Friends. Find it at www.funwithretirement.com.

Concrete Herald

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Way Back When

80 years ago

Feb. 8, 1934: The building of an airfield at Concrete was assured today when a letter was received from State Airport Supervisor Ellsworth French, stating that the plans for the airport to be built on the flat behind Capitol Hill were satisfactory and that the project had been granted his approval. All that remains now is the necessary appropriation from Congress to continue Civil Works Administration work and then work will be started immediately.

Feb. 1, 1934: Early Tuesday morning, as Rawson Hornbeck was returning from working across the river, he drove on to the Faber ferry with his Chevrolet truck and trailer. After setting the brakes, he got out and spent the time on the way across the river talking with the ferryman.

As the ferry reached the other side of the Skagit, the front end of the ferry tipped up and the truck and trailer slid backwards into the water. Hornbeck and the ferryman managed to stay on the boat, but the truck was swept down the river, now lodged against a sand bar some distance from the ferry.

70 years ago

Feb. 3, 1944: Housewives who wish to can early fruit may now obtain 5 lbs. of sugar from their retailers for this purpose by using sugar stamp 40 in War Ration Book 4.

Sugar stamp 40 will be valid from Feb. 1, 1944, through Feb.

28, 1945, and will be the only sugar stamp used for buying canning sugar. Additional amounts will be made available later upon application to the ration board.

The 5 lbs. obtainable now is part of the total sugar allowance for the 1944 home canning season. Additional sugar will be made available to persons who wish to can and preserve more fruit than can be put up with the 5-lbs.-per-person allowance.

60 years ago

Feb. 4, 1954: Mrs. Alice Powell, mother of Mrs. Ray Johnson Sr., of Rockport, yesterday could look back over an enviable span of history since her birth on Feb. 3, 1856. She is 98 years old—the oldest citizen in the county.

Powell was 3 years old when John Brown and his men made history at Harper's Ferry and the Comstock Lode was discovered in Nevada. She was 5 when Abraham Lincoln became president, and can remember clearly the boys coming back from the Civil War.

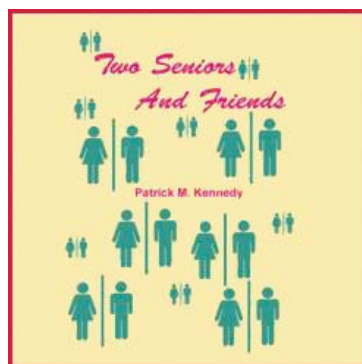
Such thoughts must have passed through her mind yesterday as the usual "open house" was held at the Johnson home in honor of her birthday.

50 years ago

Feb. 6, 1964: Cascade Supply was the target of a safe-cracking burglar early last Friday morning. The careful and unhurried job failed to pay off in great amounts, however, as the hardware store's total currency was not all in the safe and the burglar received less than \$200 for his work.

The locked drawers inside the

See **Way Back**, p. 29



Concrete Center February 2014 Activities

Mon. - Fri., 10 a.m. to 3 p.m.
Lunch served Tue. - Fri., noon

Mondays

10 a.m. Jigsaw puzzles
Noon Coffee Bar
Noon Birthday party, 2/24
12:30 p.m. Skip Bo, Yahtzee

Tuesdays

10 a.m. Jigsaw puzzles
10:30 a.m. Tai Chi
Noon Lunch
12:30 p.m. Skip Bo
12:30 p.m. Leap of Faith, 2/25

Wednesdays

10 a.m. Jigsaw puzzles
10:30 a.m. Advisory Board mtg., 2/12
Noon Lunch
12:30 p.m. Skip Bo
12:30 p.m. White Elephant Bingo, 2/5
12:30 p.m. Bingo, 2/12, 2/26

Thursdays

10 a.m. Jigsaw puzzles
10:15 a.m. Income tax assistance
Noon Lunch
12:30 p.m. Skip Bo, Cribbage

Fridays

10 a.m. Jigsaw puzzles
10 a.m. Watercolors
11 a.m. Indoor walking
Noon Lunch
Noon Valentine's Lunch, 2/14
12:30 p.m. Dominoes, Skip Bo

Furlough/Holiday closures

2/17 Furlough

Foot Care

Until further notice, Foot Care is not being offered at Concrete Center.

For foot care, call Sedro-Woolley Senior Center at 360.855.1531.

Way Back, cont. from p. 28

safe were all opened in the search for valuables. C. C. Baughman, owner of the store, told of the methodical way in which the visitor did his work. To break open the safe, he used a small ball pein hammer taken from the stock hanging on the display; this was carefully returned to its place after use. Larger hammers, more readily accessible, apparently did not meet the need.

40 years ago

Feb. 28, 1974: Plans for a motel-restaurant complex, possibly in connection with other enterprises, were announced this week by the recently formed Grandy Creek Inc.

The corporation has completed negotiations to purchase the land between Grandy Creek and Baker Lake Highway from Truman Sparks. The new owners have titled the property "Grandy Creek Junction."

30 years ago

Feb. 23, 1984: Charged with a determination to clinch a win and a chance to play in the State Basketball Tournament, the Concrete Lions boys varsity team ended the first round of the Tri-District Tournament with two wins last weekend.

Facing schools from three B league districts in the tournament in Coupeville, the Lions are now assured a first or second place finish and a berth at the state finals in Spokane Feb. 29 through March 3.

Concrete High School's coming trip to the State B League Basketball Tournament will be only the second in the school's history. The 1947 Lions basketball team traveled to the state tournament, then held in Seattle, and placed fourth in the competition.

—Compiled from archives

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8⁰⁰
8 Giant Roll
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Manager's Special!



While Supplies Last!

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Blade

340472

Sale ends 2/28/14

Sweetheart deals wait for you at Cascade Supply!

Wrap up your projects
before spring arrives!



Special Buy!



While Supplies Last!

3⁰⁰
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Twist Bulb

514811

Sale ends 2/28/14



Special of the Month!

8 Oz.
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Wood Filler
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Rebate

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Choice

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300417

Sale ends 2/28/14

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Obituaries

Tod W. Ross, a resident of Concrete, passed away Tue., Jan. 7, 2014, after a brief illness.

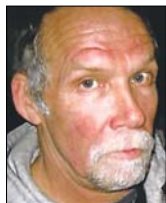
Tod is survived by his children Ray, Duane, Tiffany, and Frank; sisters Sharon and Sheryl; brothers Frank and Gary; 10 grandchildren; and numerous friends and family.

Tod was preceded in death by his parents, brothers Scott and Tracy, and grandson Dakota.

Tod was an awesome dad and a friend you could count on. He was funny, loving, supportive, and had a heart of gold.

Services will be held after final arrangements are made.

Donations can be made to any Wells Fargo Bank to help the family with expenses.



Obituaries published in Concrete Herald

from May 2009 to present are posted online at:

www.concrete-herald.com/obituaries

For more information, call 360.853.8213

or e-mail editor@concrete-herald.com.

Read
Concrete Herald
The Voice of the Upper Skagit Valley

Sunday School lesson

How is your house built?

By Bruce Martin

In the hill country of Galilee, the winter and early spring rains caused flash floods that swept out the debris that had collected in the stream beds the season before. When summer came the stream beds would dry up. If a person were a stranger to that country, they might be tempted to build upon this flat surface, rather than go to all the work of clearing a space in the surrounding rocky areas. The local folks from Galilee would certainly say that man was foolish to build in that spot.

Jesus concluded His "Sermon on the Mount," by encouraging those who listened that day to put into practice the truths they had just heard. "Therefore who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. But everyone who hears these words of mine and does not put them into practice is like a foolish man who built his house upon the sand" (Matthew 7:24, 26).

We are all spiritual house builders. We are planning, laying foundations, and erecting walls in a spiritual sense, even if we do not realize it. The truths of God's Word are meant to be integrated into our lives in ways that will reflect the character of Christ and the truths He extended to us through salvation. As believers we receive or hear the Word of God through preaching, teaching, reading, and personal and prayerful Bible study. It is the foundation upon which we build our lives.

Jesus tells us that the wise builder is a man who, when he hears the truth of God's Word, responds by applying it to his life. He begins to live these truths daily. It is not just an emotional or momentary response, but a truth, when applied by simple faith, that brings the joy and peace of obedience. Not only did the wise man receive the Word, he put it into practice.

The Apostle James challenges us: "Do not merely listen to the Word and so deceive yourselves. Do what it says!" (James 1:22). "The man who looks intently into the perfect law and continues to do this, not forgetting what he has heard, but doing it—he will be blessed in what he does" (James 1:25).

So what happened to the wise man's house? "The rains came down, the streams rose, and the winds blew and beat against that house; yet it did not fall because it had its foundation upon the rock" (Matt. 7:25). Conversely, the foolish man also built a house, but he built it upon the sand. That house represents the life of a person who hears and is touched by the truth of God's Word, but never puts it into practice or applies it to their life. "The rain came down, the streams rose, and the winds blew and beat against that house and it fell with a great crash" (Matt. 7:27).

The apostle James describes this same truth in James 1:23–24: "Anyone who listens to the Word, but does not do what it says is like a man who looks at his face in the mirror, and after looking at it goes away and immediately forgets what he looks like."

The key element in the construction of each of these buildings was the foundations upon which they were

placed. The Apostle Paul reminded us in 1 Corinthians 3:11, "For no one can lay any foundation other than the one already laid, which is Jesus Christ." Paul's thoughts here relate to the building of the Church. But we know that the church is made up of many individual Christian lives, walking in personal relationship to the Lord, putting into practice the basic truths of God's Word with the help and leadership of the Holy Spirit.

There was a man who was a gifted builder in his community, but he had fallen on hard times and lost his contracting business. A wealthy man in that same community heard of his friend's trouble and had mercy on him. The contractor had built some fine houses for this man before.

Knowing the contractor's skill level, the wealthy man asked him to build a fine house and to spare no expense. The contractor decided it would be a chance to make some extra money for himself. He built a very fine house, but he cut corners and pocketed the money at every stage of the process, using cheaper materials while concealing them. When the house was finished, the wealthy man called the contractor into his office. The builder wondered if he had been found out. But the wealthy man extended his hand and thanked the builder for the careful and timely completion of the house. Smiling broadly, he held out a key to the contractor and said, "This is the key to the house you just built for me. I want to give it to you as your new home."

Bruce Martin is pastor of Concrete Assembly of God.

Worship directory

Assembly of God
Concrete Assembly of God
45734 Main St., Concrete; 853.8042
Sun. worship: 10 a.m.
Tue.: Men's meeting, 8:30 a.m.
Wed.: Adult Bible study, 6 p.m.
Thur.: Women's Bible study, 6:30 p.m.
Bruce Martin, pastor

North Cascade Community Church
59850 SR 20, Marblemount
360.873.2504 // www.mmag.net
Sunday School: 9:30 a.m.
Sun. worship: 10:30 a.m.
Thur.: Men's meeting, 8 a.m.
Thur.: Bible Study, 7 p.m.
Dave Nichols, pastor
E-mail: pastordave@fastmail.fm

Baptist
First Baptist Church
12732 Hemlock St., Clear Lake
360.856.2767

Sunday School: 9:45 a.m.
Sun. worship: 11 a.m. and 6 p.m.
Wed.: 7 p.m.
John Batts, pastor
E-mail: pastorjohn@firstbaptistclearlake.com
Hamilton First Baptist Church
797 Hamilton Cemetery Rd. at SR 20
Office: 360.826.3307
Sunday School: 9:40 a.m.
Sun. worship: 11 a.m. and 7 p.m.
Ron Edwards, pastor

Lyman Church
31441 W. Main St., Lyman
Office: 360.826.3287
Sunday School: 9:30 a.m.
Sun. worship: 11 a.m.

Catholic
St. Catherine Mission Church
45603 Limestone St., Concrete
Mail: 719 Ferry St., Sedro-Woolley
Office: 360.855.0077
Weekday hours: 9:30 a.m.–3:30 p.m.
Sat. Mass: 8:30 a.m.
Father Martin Bourke, pastor
www.svcc.us/sscm

Covenant
Community Covenant Church
12605 Highway 9, Clear Lake
360.856.1023 // covenant@wavecable.com
www.clearlakecov.org
Sunday School: 9:30 a.m.
Sun. worship: 11 a.m.
Call for weekly youth group/Bible studies
Tim Hedberg, pastor

Free Methodist
Day Creek Chapel
31438 S. Skagit Hwy, Sedro-Woolley
Office: 360.826.3696
Sun.: 9:15 a.m. prayer svc, 10 a.m. worship
Tue.: Women's Bible study, 9:30 a.m.
Thur.: Bible study at Louise's complex, Mt. Vernon, 6:30 p.m.
Fri.: Women's Bible Study at Kathy's in Day Creek, 8 a.m.

Methodist
Central United Methodist Church
1013 Polke Rd., Sedro-Woolley
360.856.6412 / centralumcsw@yahoo.com
<http://centralumcsw.org>
Adult Sunday School: 9:30 a.m.

Sun. worship: 11 a.m.
Marilyn Kallshian, pastor

Presbyterian
Mount Baker Presbyterian Church
45705 Main St., P.O. Box 246, Concrete
Church 360.853.8585; office 360.595.0446
www.mtbakerpresbyterian.synodnw.org
Sun. worship: 9 a.m.
Tom Ross, pastor

Lutheran
Shepherd of the Hills Lutheran Church
46372 Main St., Concrete / 360.853.8814
Sun. worship: 10 a.m.
Chris Anderson, pastor

Nondenominational
Agape Fellowship
Meets at Mount Baker Presbyterian,
45705 Main St., Concrete
Second and fourth Weds., 7 p.m.
360.708.4764
Dolores Elliott, pastor

Community Bible Church
45672 Limestone, Concrete; 360.853.8511

E-mail: cbcofconcrete@earthlink.net
Sun. School: 9 a.m.; Worship Svc: 10 a.m.
Childcare/Children's Ministries at both
Contact church for other ministries
Rob Thomas, pastor

The RIVER Gathering
720 Puget Ave., Sedro-Woolley
Sun. worship: 10:30 a.m.
Tue. potluck/study: 6 p.m.
Thur. ladies group: 6:30 p.m.
Last Fri./mo. potluck/games: 6 p.m.
www.facebook.com/therivergathering
360.853.6676 // Pastor Larry Weston

Rockport Christ the King Comm. Church
11982 Martin Rd., Rockport, WA 98283
Church office: 360.853.8746
Pre-service fellowship: 9:30 a.m.
Sun. service: 10 a.m.
Sun. eve. Bible study: 5 p.m.

Wildwood Chapel
41382 SR 20, Concrete
Sun. worship: 10 a.m.
Bible studies: Call for times
360.708.4330

Skagit County Sheriff's Office Blotter

Jan. 1

Around midnight on New Year's Eve, an anonymous Concrete caller reported someone shooting a gun. The caller said the person shooting the gun had just gotten out of jail and had fired into the air. Deputies were unable to determine who the person may have been, but are following up on leads. There were no injuries.

A deputy stopped a van with Alaska license plates towing a trailer near Rockport. It was driven by a local resident. The license plate on the van expired in 2012, and the tabs on the trailer expired 23 years ago—yes, 23 years ago. In addition, the driver of the van had no valid license. That person was issued several tickets by the deputy.

Level 3 Sex Offender NOTIFICATION

The Skagit County Sheriff has released the following information pursuant to RCW 4.24.550 and the Washington State Supreme Court decision in *State v. Ward*, which authorizes law enforcement agencies to inform the public of a sex or kidnap offender's presence.

Harms, Norman Lyle

Age: 41
Race: W Sex: M
Height: 5' 6"
Weight: 180
Hair: Brown
Eyes: Hazel
Address: 332xx
Hamilton Cemetery
Rd., Hamilton

Harms was convicted of two counts of sexual exploitation of a minor and possessing depictions of a minor in a sex act in Island County in 2007. His victims were a 12-year-old and a 17-year-old female, strangers whom he contacted via the Internet.

Harms is not wanted by the police at this time. Citizen abuse of this information to threaten, intimidate, or harass registered sex or kidnap offenders is a punishable offense and also will result in the removal of the online notification resource.

Source: Skagit County Sheriff



A resident in the 60400 block of SR 20 near Marblemount reported a possible theft. A man's truck full of wood had broken down nearby. The resident allowed him to use the phone and get the truck moved in a few days. She then discovered items missing from her house. She called deputies, who spoke to the man. The man denied the accusation, but was told not to return to the property after he retrieved his vehicle.

Jan. 2

A female caller from the Carpenter Rd. area near Lyman reported a domestic assault. She said her live-in boyfriend had assaulted her and she fled to call deputies. She also had warrants for her arrest. The deputies spoke to the man and discovered there was probable cause to arrest him. Both parties were booked into jail.

An early morning house fire destroyed a home on SR 20 just east of Healy Rd. An alert dog woke up the lone youngster in the house, who grabbed the dog and jumped out a window to safety. A volunteer firefighter driving by stopped to assist and confirmed everyone got out safely. The home appeared to be a total loss. Fire departments from Lyman, Punkin Center, and Sedro-Woolley responded. The Skagit County Fire Marshall's office is investigating.

Jan. 3

A male driver pulled into Loggers Landing in Concrete about noon to grab a snack. He left his car unlocked and had his laptop computer on his front seat. As he drove downriver, he discovered his laptop was gone. He's afraid someone stole it while he stopped at the store. There are no suspects.

As a deputy stopped a car in Concrete, the passenger opened his door and started to walk away. The deputy asked the subject to stop and he did. The passenger had a warrant for his arrest (imagine that) and felt the jail might not take him. He was right; there was no room for his specific offense, but please, don't exit the car unless it's on fire or some other emergency. It makes the police nervous.

A resident near Powerline Rd. near Marblemount called to report shots being fired in the area. The caller was riding a horse and felt they may be shooting toward him. The deputy didn't hear any shots when he arrived. Remember, safe gun handling procedures include being sure of your backstop.

Jan. 10

A 53-year-old Marblemount female was arrested for domestic assault. She allegedly got into an argument with her boyfriend, knocked over his woodpile, ripped the awning on his trailer and kicked

Sergeant's corner Exercise safely

By Chris Kading



Happy 2014. With the ringing in of the new year, many people commit to positive changes in their lives. Whether it's saving money, getting a new job, or losing some of those extra holiday pounds, let's talk about how to do it safely.

One of the most common resolutions is to get into better shape. As a rule of thumb, start slow, speak to your doctor prior to embarking on this journey, and stick with it.

If you're going to get out and start walking or running, here are some safety hints. Think about what you're wearing, especially if it is dark outside. Wear light-colored clothing, preferably with reflective material. If you can convince someone to be your running or walking partner, it's always better to be out in pairs. Two people can motivate each other, catch up on gossip, talk politics—whatever it takes. Just get out there and stick with it. Yes, I've said it twice now: Stick with it.

Plan the safest route to your destination and use it. Make someone else aware of the route you'll be taking.

Stay on well-lit, well-traveled streets,

him in the leg. She denied the allegation, but was booked into jail.

Jan. 11

SCSO detectives are looking into the disappearance of a local 32-year-old man. He was reported missing Jan. 6 and has not been located. Detectives have questioned several persons close to the man and are continuing to investigate leads. If you have any information on the whereabouts of Edgar "Jimmy" Robinette, please contact 911 or any East Detachment deputy.

Jan. 12

911 received several reports of a drunk driver leaving Sedro-Woolley eastbound. The silver SUV then struck a fence in Lyman. Deputies were not far from town and found the SUV swerving all over Pinelli Rd. The female driver was processed, arrested, and booked for her second DUI. Her SUV was towed, and thankfully no one was injured.

Jan. 15

A male caller reported a possible

follow all pedestrian laws, and cross at designated crosswalks. Stay away from alleys, entries, and bushes. Avoid shortcuts through wooded areas, parking lots, or alleys.

Do carry a cell phone in case of emergencies, but keep it concealed and in a place where you can get to it quickly. Call 911 if you see anything suspicious or witness any criminal activity. Remember, if you call 911, don't hang up. The dispatch center may be able to determine your location based off the GPS on your phone.

If you're listening to music and wearing a Walkman (yes, it's 2014 and that Walkman may be worth something on eBay) or wearing earbuds, keep the volume low enough that you can hear important noises like cars, trains, animals, etc. Don't jam out to your music at a level where you cannot hear the traffic around you. Unfortunately, folks have been killed while walking train tracks and listening to music.

If you are followed, be vigilant. Keep looking behind you and you may discourage the follower. If someone is following you on foot, cross the street, change direction, or vary your pace. If someone follows you in a car, turn around and walk in the opposite direction. Remember, you have your phone; use it if you need to.

Chris Kading is sergeant for the Skagit County Sheriff's Office East County Detachment in Concrete.

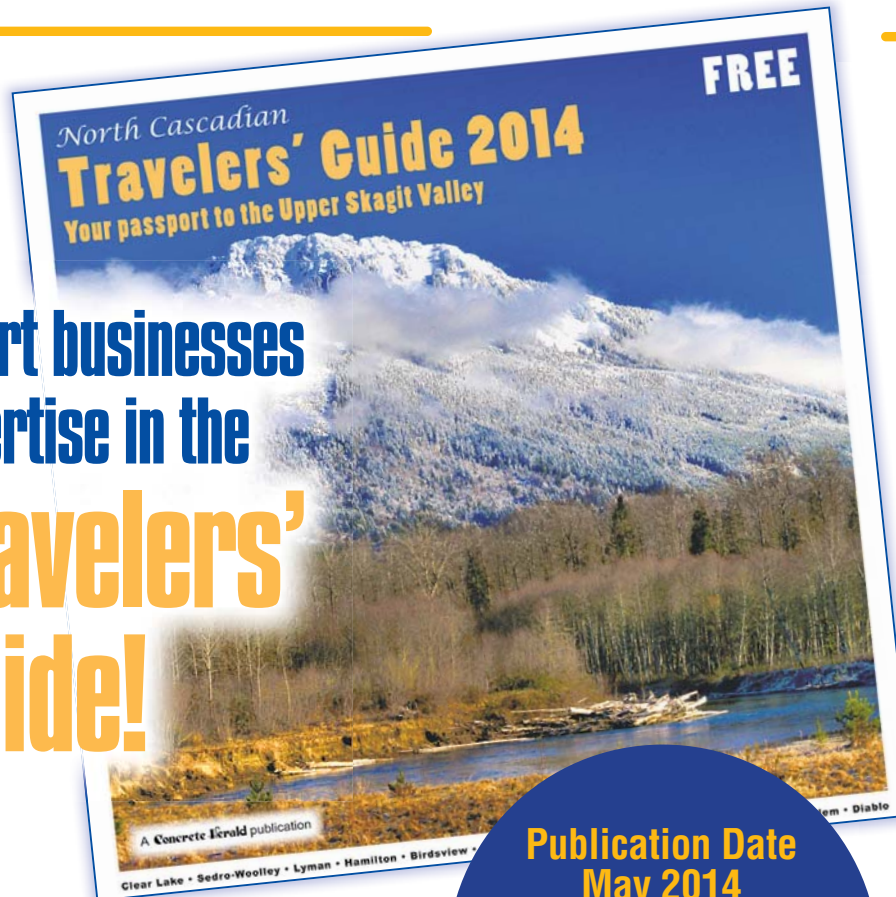
fraud. He said he had begun an online relationship with an unknown female (first clue). He then sent this unknown female several thousand dollars. He thinks he may have been scammed. He's right. There are numerous online frauds, and this is another one. Never wire an unknown subject money. Face-to-face dates are still allowed.

Deputies have responded several times to a Concrete residence about noise complaints. Although this ordinance is enforced by the town, deputies spoke to the residents as a courtesy, asking them to be respectful of their neighbors and keep the music low. They may face further sanctions by the town if the complaints continue.

Jan. 16

A suspicious note was found inside the Concrete Laundromat. The note indicated it may be a suicide note and made references to that. A few hours later,

Smart businesses advertise in the **Travelers' Guide!**



Reach visitors to the Upper Skagit Valley by advertising in the 2014 North Cascadian Travelers' Guide.

The Travelers' Guide will showcase the history, plus current activities and events for visitors to:

Clear Lake, Sedro-Woolley, Lyman, Hamilton, Birdview, Grasmere, Concrete, Rockport, Darrington, Marblemount, Newhalem, and Diablo.

A **Concrete Herald** Publication

**Publication Date
May 2014**

**Circulation: 15,000
Pages: 56**

**Deadline for ads
and payments:
April 4, 2014**

For more information or to request an advertising rate card, send an e-mail to editor@concrete-herald.com.

Call 360.853.8213

State Parks offers "free days" to park visitors in 2014

No Discover Pass needed to visit parks on designated days

OLYMPIA — Washington State Parks has announced "free days" in 2014, 12 days on which visitors are not required to display the Discover Pass to visit a state park.

The 2014 State Parks free days are as follows:

- January 19 and 20, in honor of Martin Luther King Jr. Day.
- March 19, Washington State Parks birthday.
- April 19, A spring Saturday "free day."
- April 22, Earth Day.
- May 11, A spring Sunday "free day."
- June 7 and 8, National Trails Day and Washington Department of Fish and Wildlife Free Fishing Weekend.
- June 14, National Get Outdoors Day.
- August 25, National Park Service birthday.
- September 27, National Public Lands Day.
- November 11, Veterans Day.

The "free days" are in keeping with legislation that created the Discover Pass, a \$30 annual or \$10 one-day permit required on state-managed recreation lands managed by Washington State Parks, the Washington Department of Fish and Wildlife, and the Department of Natural Resources.

The Discover Pass legislation provided that State Parks could designate up to 12 "free days" when the pass would not be required to visit state parks. The free days apply only at state parks; the Discover Pass is still required to access DFW and DNR lands.

**Not advertising in Concrete Herald
is like winking in the dark***

***You're the only one who knows
what you're doing.**

**Call 360.853.8213 today to be
seen in Concrete Herald.**

Sheriff's Blotter, cont. from p. 31

a Whatcom County deputy located an unoccupied car near the county line. A female was found nearby. She appeared to have taken her own life. The preliminary investigation indicates the note from the laundromat matches the female, who was found deceased.

Jan. 20

A deputy responded to a residence in Rockport for possible stolen chainsaw. Several persons were on scene, except the female resident. The female had warrants for her arrest and fled like she always does. She likely knew the truth about the saw, but she didn't want to speak the truth. Suspected drug abuse will do that to a person. It's a sad truth that this story will continue. The missing item was eventually located and accounted for.

Jan. 21

A 600-lb. safe was reported stolen from a Hamilton building, whose owner discovered it missing. Neighbors indicated people have been seen coming and going from the building, but no one actually saw the safe being removed. Deputies are

following up on leads.

Jan. 23

Two reckless drivers are being sought by the Sheriff. After leaving a funeral, one driver intentionally ran over a street sign as the crowd cheered. Another vehicle apparently left the area with the sign. A second truck did a burnout in the parking lot of the church while the crowd cheered on and irritated parents waited nearby for the school bus. The driver's identities are known and they are facing several charges. Anyone with additional information can contact Sgt. Kading at the East Detachment. Drivers included—you know who you are.

Jan. 24

A red heeler hound dog was found wandering the streets of Lyman. He was unable to tell us his owner. He was transferred to the Humane Society, where he's howling the blues, waiting for a ride home. Please call 360.755.0445 to claim "Red."

A resident of Rebel Way in Rockport reported a small computer stolen. He indicated it may have been taken while he was asleep. He recalled using it the night

before, and in the morning the item was missing. There was no forced entry and no suspects come to mind.

Jan. 25

A resident of Healy Rd. near Hamilton reported the death of a goose. The tame goose had been missing since November and the remains were found in some blackberry bushes. Because of issues in the neighborhood, a person of interest will be contacted. At this time it appears a natural death, but somewhat suspicious.

Jan. 26

Deputies and Concrete School District officials are looking into an incident involving inappropriate pictures being sent via phone between students. At this time no criminal charges are pending, but the investigation continues.

A resident in the 60400 block of SR 20 near Marblemount reported a burglary. Someone apparently entered the unoccupied home via a back sliding glass door. Several items were discovered missing, including a TV, a string trimmer, and CDs. There are no suspects.

Jan. 27

At least six birdhouses and two signs

were damaged and/or stolen in the Angele Cupples Community Garden in Concrete sometime during the weekend of Jan. 25–26. There was also evidence of a vehicle being driven recklessly in the area. That vehicle damaged the lawn and may subject the driver to additional charges. A vehicle and person of interest are being sought by Deputy Harrison.

A man summoned an ambulance for a friend on Mill Ave. in Concrete. It was nearly 8 p.m. when the would-be lawn maintenance man climbed into the rafters of a garage looking for a string trimmer. Alcohol and gravity did the rest. He went to the hospital.

Jan. 28

Deputies responded to a domestic disturbance on Nolle Rd. in Hamilton. The parties were separated, but deputies spoke to all involved. The 22-year-old male resident was booked into jail for felony harassment charges based on the statements he made.

—Compiled by Sgt. Chris Kading

Concrete Herald

<h2 style="text-align: center;">BUSINESS DIRECTORY</h2>			
<p>Bookkeeping UpRiver Bookkeeping Services 360.853.7667 or 360.708.9761 upriver21@hotmail.com Reasonable rates Payroll services to full-charge bookkeeping</p>			
<p>Brew pubs Birdsview Brewing Co. Fresh micro beer brewed on our premises Great food! Family friendly! Open Tuesdays through Sundays 38302 SR 20, Birdsview // 360.826.3406 www.birdsviewbrewingcompany.com</p>	<p>Drain Cleaning Sconce Home Service, Darrington *Drain cleaning & root removal 24-hr. emergency response. *Home repair/renovate. *Home/Apts. maint. Annual, monthly arrangmnts; on-call w/rentals (home) 360.436.2141 or (cell) 253.343.4762</p>	<p>Liquor Stores Concrete Liquor Store & Convenience Store 45895 Main Street, Concrete // 360.853.7149 Monday thru Saturday 11 a.m. – 7 p.m. Sundays Noon to 5 p.m. Gifts, Rocks, Tobacco, Cigars, and much more!</p>	<p>Self-storage Concrete Self-storage Located on Fir Street, Concrete Heated and nonheated, security surveillance, coded entry. 4x5 to 15x32 units, locks for sale. Customer service is our top priority! 360.853.8100/concreteselfstorageinc@live.com</p>
<p>Construction Don Payne's Backhoe Services Extensive experience, reasonable rates Trenching for electrical and plumbing lines, site preparation, road- and lot-clearing 360.853.7838 / 770.0178 / #PAYNE*066BC dpaynes2001@yahoo.com</p>	<p>Gifts All Valley Storage & Gifts 31687 SR 20, Ste. 102, Lyman/Sedro-Woolley Our prices can't be beat! Beanpod candles, home/garden items, decorating ideas, more! 360.826.6001 / allvalleystorageinc@live.com Online: www.allvalleystorageinc.com</p>	<p>Restaurants Cascade Burgers 45292 State Route 20, Concrete Featuring great burgers, fries, and milkshakes in a 1950s, family-style atmosphere! OPEN DAILY: 11 a.m. – 7 p.m. Ask about our daily specials! 360.853.7580</p>	<p>Septic Services Cinema Septic Inspection, troubleshooting and pumping Serving all of Skagit County Fred West, owner. 360.466.8753 fred@cinemaseptic.com www.cinemaseptic.com</p>
<p>Donald K. Moore Construction Dump truck / Sand / Gravel / Topsoil Complete excavation and lots, to acreage cleared / log loads, underground utilities avail. Licensed, bonded, and insured 360.853.8525 / Reg. #DONALKMO15KE</p>	<p>Matty's on Main 45905 Main Street, Concrete UNIQUE & ANTIQUE / JEWELRY & PAWN Fall Special: 20% off! NEW INVENTORY WEEKLY 360.333.8851</p>	<p>Perks Espresso & Deli Full breakfast, espresso, sub sandwiches, drive-thru and take-out. Find us on Facebook. M–F, 5 a.m. to 2 p.m.; Sa.–Su. 7 a.m. to 2 p.m. 44586 SR 20, Concrete 360.853.9006</p>	<p>Towing services Dave's Towing 360.853.7433, Concrete, WA Cash for clunkers, towing and extractions, abandoned vehicle removal, lockouts, fuel delivery. Credit cards and insurance accepted. Discounts for locals. 360.853.7433 or 360.770.6705</p>
<p>Dental care Metcalf St. Dental Jeffrey A. Jech DMD Adult DSHS Dental Care New Patients, Emergencies OK. Gentle Dental Care Since 1983. 360.855.1105</p>	<p>Hair salons Hair Fitness Complete family hair care, specializing in: PERMS / COLOR & CUTS / WAXING More than 25 years' experience! Call Kathy Monrad and Becki Hoover for appt 360.853.8684</p>	<p>RV Repair Goldner RV Repair, Concrete Mobile RV Maintenance & Repair LP gas systems, water, heating systems, AC/DC electrical 360.826.3303 // rvrepair@frontier.com</p>	<p>To add your business to this directory, call 360.853.8213 or e-mail editor@concrete-herald.com</p>



Out & About



Burlington

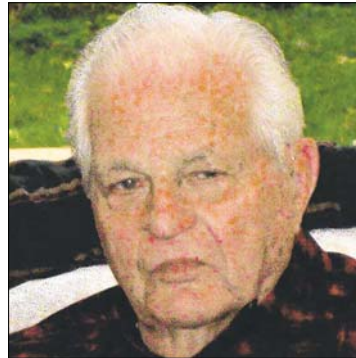
Search continues for missing Burlington man

As of Feb. 1, the Skagit County Sheriff's Office was still looking for an elderly Burlington man who was reported missing Jan. 17.

Fred Lahrmann, 93, is a white male with gray hair and blue eyes. He is 5' 6" and weighs 145 pounds. He uses a cane and often wears cowboy boots. He has been missing since Jan. 14.

Lahrmann's silver 1999 Buick Park Avenue sedan also is missing; its Washington plate number is 763 YUP.

Lahrmann's disappearance is not being viewed as suspicious in nature, according to the SCSO. No strong leads have been developed.



Fred Lahrmann, 93, of Burlington, has been missing since Jan. 14. *Submitted photo.*

Anyone who sees Lahrmann or his car should call the sheriff's office at 360.428.3211.

Parks and Rec seeks instructors

Burlington Parks and Recreation is looking for qualified instructors to expand its enrichment classes for youth and adults.

Interested persons are encouraged to submit an instructors application packet, which can be found online on the Burlington Parks and Recreation Department Web page under the "Instructors Needed" tab at www.burlingtonwa.gov.

For more information, send an e-mail to recreation@burlingtonwa.gov or call 360.755.9649.

Read
Concrete Herald
The Voice of the Upper Skagit Valley

Skagit County

County looking for new emergency services director

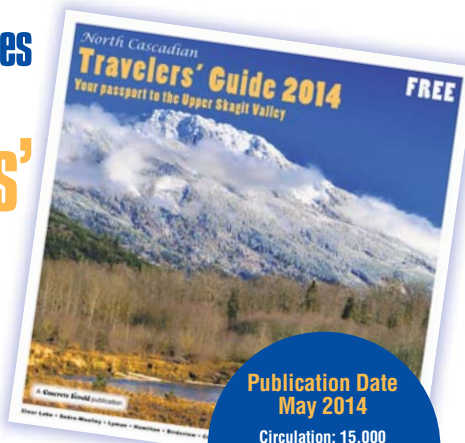
Skagit County has begun the application process for an Emergency Medical Services (EMS) Director.

The EMS Director will provide oversight to all areas of Skagit County's EMS delivery system, with services provided via external professional services contracts. Initially, the individual in this new position will be responsible for assisting in the development of structure of the EMS delivery system.

A job description is available under the "Employment" button at www.skagitcounty.net, with no current closing date on applications. For more information, call 360.419.7602.

Smart businesses advertise in the Travelers' Guide!

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Publication Date
May 2014

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April 4, 2014

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For more information or to request an advertising rate card, send an e-mail to editor@concrete-herald.com.

A **Concrete Herald** Publication

Call 360.853.8213



Jerome Chandler (center) plays Don Quixote in the ALTA Theatre production of the musical "Man of La Mancha," at Alger Community Church, 1475 Silver Run Lane, Bellingham. Remaining shows are Feb. 7, 8, 14, and 15 at 7 p.m. (dessert theatre), and a matinee Feb. 16 at 2:30 p.m. (show only). Joining Chandler onstage are Kathleen Sasnett as Aldonza and Carson Callis as Sancho Panza. For directions and tickets, go to www.altatheatre.com or call 360.424.5144. *Photo by John Schmidt.*



Home & Garden



Garden Patch

By Gladys Silrus

Beautiful pollinators, butterflies are one of any garden's most welcome guests. Here are tips and ideas for creating a butterfly-friendly backyard.

With a little planning, the right plants, and some water and shelter, they will come. Location is everything. You don't have to have an open, sunny meadow; you can offer destinations as small as a few pots on your back porch, or as large as your whole yard. Include some shade; some butterflies prefer it.

Before you plant

Avoid using pesticides, herbicides, and synthetic fertilizers; they can have harmful effects on butterflies.

Begin by preparing the soil with plenty of compost so your plants will thrive without much additional fertilization. If you need to kill off grass, cover it with a layer of newspaper, cardboard, or landscape fabric, and add about four inches of mulch on top.

Favorite plants

Most butterflies get most of their diet from nectar-producing plants. Choose native plants when possible; they will thrive with little care.

Be sure to choose plants that flower in early spring as well as late fall—times when butterflies struggle to find food.

Good plant choices include salvia, lantana, pentas, aster, marigold, zinnia, and cornflower. Butterfly bush can be a good option in some areas, but make sure it's not considered an invasive plant (it is considered a noxious weed in Whatcom County, for example).

Not all butterflies rely on nectar; some prefer to feed on tree sap or rotting fruit. To attract these varieties, offer bananas,

strawberries, and oranges. Keep ants away by filling a shallow dish with water and set the fruit in the middle.

Water

Butterflies get most of their water from nectar, but still get some from dewdrops and puddles—the mud provides much-needed salts for them. You can mimic this with a shallow dish of wet sand or mud, or spray down your garden.

Host plants

You will need host plants to attract a wider variety of butterflies—they lay their eggs on these plants and then leave the young caterpillars to fend for themselves. Remember that the purpose of these host plants is to feed caterpillars, so the plants will get chewed up and defoliated. These holes in leaves means you are doing something right.

Find out which butterflies are regular visitors to your area, then determine the best host plants for your garden.

Shelter

Butterflies are small and fragile creatures. Raindrops can seem more like bowling balls to them, so when bad weather threatens, butterflies seek shelter. They also need places to roost overnight. You can buy ready-made houses, but they are more likely to use natural areas like tall grasses and thick shrubs. Some even overwinter in crevices in tree bark and rocks. Others spend winter as caterpillars or chrysalides buried deep in leaf litter beneath trees, so don't be too quick to remove all that fallen foliage each autumn.

Happy Gardening!

Got a gardening question? Send it to Gladys for an answer! Call her at 360.826.4848, or write to her at gsilrus@frontier.com or 42002 Pine St., Concrete, WA 98237.

Become a Master Composter/Recycler

Applications are being accepted for free March/April "learn and serve" volunteer training sessions in composting, recycling, and other waste reduction and sustainability techniques.

Training begins in early March and will occur Thursday evenings, March 6

through April 24, from 6 to 8:30 p.m. at the Padilla Bay Interpretive Center in Bayview.

Space is limited and pre-registration is required. For more information, call 360.424.7817 x208 or e-mail calliem@co.skagit.wa.us.

—J. K. M.

WA Conservation Corps volunteers log two more days in community garden



A crew of six Washington Conservation Corps volunteers spent Jan. 21–22 in the Angele Cupples Community Garden in Concrete (just like last year), providing much needed support for one of the town's assets. **Above:** The crew digs a foundation area for the planned garden shed. The crew also dug out a foundation for the first of three greenhouses and spread a massive pile of wood chips throughout the pathways. **Below:** The volunteers pause for a group shot at the end of the second day. From left, Caleb Dobey, Mitchell Biggs, Ali Trout, Josh Henderson, Katy Burmaster, Cody Hendrix.





Smile



Dwelleysms

**Wit from former
Concrete Herald editor
Charles M. Dwelley**

"This is the time of year when young men are apt to show up with a big box of candy for their lady-love, in hopes that an enjoyable present will provide a blissful future."

"Lending money is supposed to lose friends, but we would like to see statistics of the number of friendships ruined when two good friends marry each other."

"Due respect will be gained by our government throughout the world just as soon as they treat other nations with the same firmness as our own taxpayers."

"It is now generally agreed that TV will not kill radio or newspapers. The way it is going, the best bet is that it will commit suicide instead."

"Of all the plans to make this a better world, not one includes first establishing what a better world should be."

—April 1, 1954

"Modern life is a continual emergency in which you can either fight or ride with the blows. Happiest are those who are too busy to recognize what a mess scientific progress can make of a human race."

"New telephones are being made in a variety of different colors. You can get them to match your desk, room, or disposition."

"A California church deacon decided in favor of cleanliness instead of godliness. He 'cleaned' his pals of \$400,000."

"One thing that can be said of the natives of this valley, they don't dissolve easily from dampness."

"One thing the politicians never want to tax is the voters' memory, especially in an election year."

"This is the land of opportunity. So many ways to make a dollar, so few to keep it."

—April 8, 1954

"With the contract let for a new road at Rockport Hill, we don't know who is going to enjoy it most: the newcomers who will drive over it or the old-timers who soon will be able to tell how bad it was back in 'the good old days.'"

"Sunday is the opening of fishing season, which, according to some wives, was invented by a bachelor."

—April 22, 1954

"There is so much excitement around a small town that few of us can get excited over faraway events. What happens in the far east, the far west, the far south, or the far north cannot compare to the personal interest in what happens today in the far corner of town. Call us 'the sticks' if you will, but if the rest of the world got along as well and were as kind and helpful to their neighbors, there wouldn't be any need for a world crisis."

"The fact that the Army takes a transcript of all phone calls is about as indecent, illegal, improper, and dishonest as making a carbon copy of a letter or maintaining a filing cabinet for those received."

"For many years we have known what 'taking a schine' to someone meant, but it was just recently that we found we were misspelling the last word."

—April 29, 1954

"The guy with all the answers usually finds himself surrounded by people with no questions."

"Too many problems are approached as an open and shut case: open mouth and closed mind."

—May 6, 1954

"A human being, under his own power, has not reached the four-minute mile. Motorists are still trying to find highways for their four-mile minute."

—May 13, 1954

"The strength in respect for law lies in saying what is meant and meaning what is said. We suggest that the 2-hour parking signs on Main St. be taken down before someone laughs himself to death."

—May 6, 1954

Concrete Harold

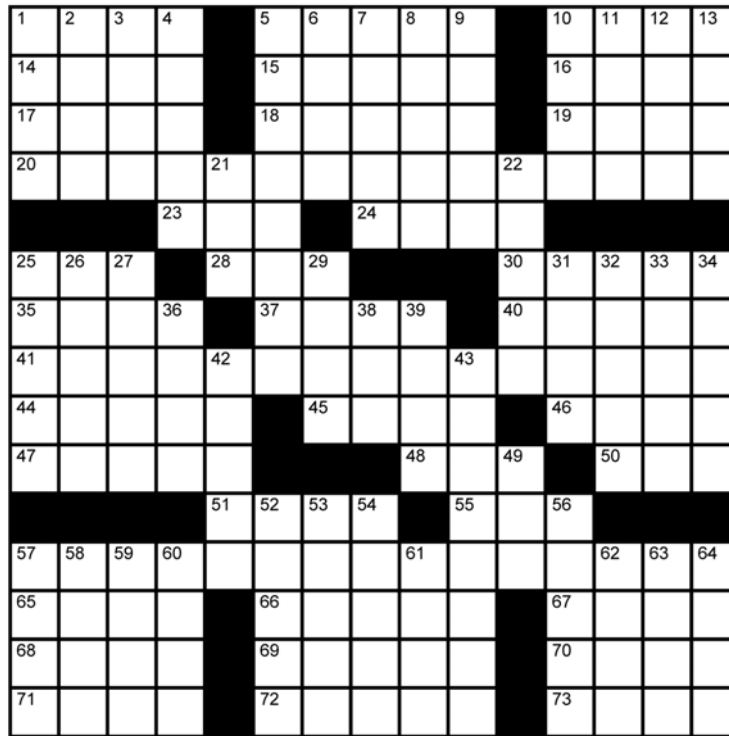
By Joyce Harris



Public Service Announcement

By Stig Kristensen



Crossword: "The good and the bad"**Across**

1. Invites
5. Biblical hill
10. Nanking nanny
14. Advanced
15. Twelfth Night role
16. Vermin
17. House of Lords member
18. "Otherwise..."
19. Nuncupative
20. "Here he is now!"
23. Carry the day
24. Chop finely
25. Queen, maybe
28. Goose egg
30. Drink garnish
35. Lower the _____
37. Word with bar or color
40. Removes with a dipper
41. Brown thriller
44. Neotropical mammal
45. Tribe of ancient Media
46. Bummed out
47. State in NE India
48. Double curve
50. _____ kitten
51. Savor enjoyment
55. It has moles: Abbr.
57. "On the _____" (Rimes

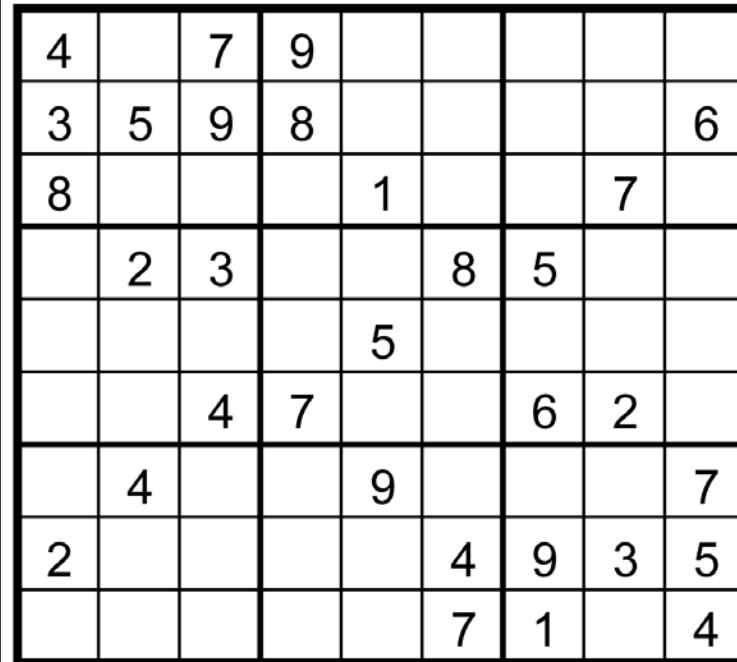
Down

1. View from Lake Como
2. Escape, in a way
3. Cap site
4. Hot material
5. Electronics science
6. Annoy
7. Time division
8. _____ Bowl
9. Execrates
10. African flower
11. Ballistic missile sys.
12. Berry
13. Hot spot
21. Connections
22. Wild Asian dog
25. Bananalike plant
26. Taboos

- single)
65. Throb
66. Princes in waiting?
67. Bushels
68. Guffaw
69. Bud Grace comic strip
70. Man, for one
71. With understanding
72. Breaks
73. Bar request
27. One-piece garments
29. Good earth
31. Gyro meat
32. Murtis
33. Locus
34. Antique auto
36. Intro to physics?
38. Chain letters?
39. "The _____ of Night" (old soap)
42. Belafonte dance
43. Strips
49. Kind of tax
52. Behind
53. Mall component
54. Mongol rulers
56. Another time
57. Draped dress
58. Graphical user interface feature
59. Spicy stew
60. Mysterious: Var.
61. Tinker with, in a way
62. Different
63. "Come Back, Little Sheba" wife
64. Galley mark

Sudoku

To solve the Sudoku puzzle, place a number in the empty boxes in such a way that each row across, each column down, and each small 9-box square contains all of the numbers from one to nine.



*Solutions to both puzzles are on p. 38.

Funny as Facebook

The following funnies were pulled verbatim from Facebook status updates in January.

- "January just shouldn't even be a month."
- "Had to stop machine quilting during this game. Nearly sewed my fingers together. Focus ..."
- "Who needs an exercise program after that. I lost at least 5 lbs."
- "Note to self: Videos of children doing creepy kung fu movie voice acting to their favorite song is not funny, and spam. I'm going to bed. My filter is not functioning and I am going to say something ... terse."
- "Surefire way to make me not want to use your business is use the term 'peekaboo' to describe the view in your house listing write-up. If you use that word, you're a vapid twit who isn't going to tell me about the plumbing issues or the fact the neighbor is a registered predator. Ranks up there with 'vacay' or 'staycay.' Those aren't words. If society is going to treat them as such, then I am using *flarkenschloag* to describe the feelings I have when I pick the one bathroom stall that doesn't have toilet seat liners and I don't have time to construct one out of toilet paper."
- "There are always funny and unexpected things happening at the store. One local man comes in often in the morning for coffee. He fills his insulated mug with hot water at home to preheat it, so when he fills it with coffee it will stay warm longer. He dumps the hot water out in the parking lot on his way in. One morning the newspaper vending machines caught his attention. He bent forward, peering through the glass of the vending machine to read the headlines. Without taking his eyes off the newspaper, he snapped the lid off his preheating cup and tossed the hot water behind him. He realized he did not hear the water hit the cement. He turned around to see a horrified boy standing there covered in hot water."
- "Why is it that the older I get the more I want to bejewel everything I own?"
- "Getting my new phone ... and a super expensive toilet-waterproof case!"

The Bear Tail, part 2

By Joyce Harris

Editor's note: This is a monthly serialized story by Joyce Harris of Marblemount, who draws the "Concrete Herald" comic strip for this newspaper. Installments will run on this page until the story is complete. This is a true story.

Conversation between us had ceased because all of our brain cells were focused on surviving our predicament. My mind in particular was occupied—even straining—with remembering. I was amazed at what could be remembered when you really had to—some of the most minor incidents and details. I even recalled bits of conversations that had occurred at this place or that on the trip before.

We trudged on in silence ... and once again my memory was sharply jogged. Underfoot the trail had become level and even, like a sidewalk, only now it was soft and silent, padded by years of falling fir needles. To the right, I remembered, was the steeply ascending hillside, but to the left—fear stabbed me as I remembered the earlier scene—the trail dropped away sharply for hundreds of feet, into a steep ravine. The earlier image was crystal clear in my mind as I poked to my left with my walking stick and felt nothingness.

Our walking sticks remained in our left hands, feeling, touching, probing as we crept along. We crowded slightly to the right of the trail. We felt reassured when the foliage of the steep, ascending slope on the right brushed against our legs.

We rounded a corner and I could hear the thunderous Kulshan Creek ahead. Up to this time, the memory of that creek had been a nagging worry in my mind, because I knew there would be no snow bridge to cross this time. I couldn't imagine how we'd get across. I knew that this creek had no manmade bridge across it, because I had learned earlier they kept getting washed out because of the vast fluctuations of flooding during the creek's seasonal runoffs.

The clearing in the trees, made by the creek's rampages, created somewhat of an opening that allowed a meager bit of starlight to filter into the area. The white water of the rushing creek was barely visible, but it was extremely audible. We could tell when we'd reached the water's edge. I could see the creek was considerably lower and tamer than earlier in the spring, but still there was enough

current in the swiftly moving water to be dangerous as it plunged steeply down the ravine.

I felt dizzy as the white water rushed past the rocks, which looked only slightly darker in the dim light. Keeping in mind that wet rocks were apt to be very slippery, we slowly groped from one rock to another, taking turns anchoring each other as we moved from rock to rock in the water until we had crossed the creek. We had tied our shoes together and draped them around our necks. By rolling our pants up to the knees, we managed to keep from getting too wet, but the glacial melt water was still numbing.

We rested for a while after reaching the other side to get over the shaking from the rush of adrenaline caused by the fear of that ordeal—also to warm up our legs a bit and put our shoes and socks back on.

We didn't rest long, however, because we were aware the deeper you get into the night, the blacker things get. When we rose to continue our blind hike, we found quite to our dismay that we had crossed in the wrong spot and the trail didn't continue on from where we had landed. (When we came back down the trail the next day, we discovered that very lovely, large stepping stones had been placed strategically in the creek farther upstream, making a very safe and easy crossing.) It took us about 15 minutes of groping up and down the bank of the creek before we once again located the trail where it continued on up the steep side of the creek bank.

We were amazed at how well we could see again, no matter how dimly, while we crossed the creek. At that point we knew we had gained worlds of admiration for those who are permanently blind, and maybe a little understanding of what they may be going through. This realization created an intense desire to stay by the creek so we could continue to see, even faintly. With much regret, we plunged back into the dark, inky forest.

As we continued, there were more and more spots that were unfamiliar to me. I couldn't remember them because the snow had been up to 10 feet deep here or there in the spring, and now it was full of tall huckleberries and other underbrush. At one place, all I could remember was crossing a broad, snow-covered slope with many tall fir trees growing out of the snow, looking kind of like a forest of ski

poles arbitrarily stuck there. On the May trip, there didn't seem to be any specific trail and each person made his or her own trail of footprints up the slope that wound through the trees. On this second hike, there was a trail that was obviously different from the surrounding brush. It seemed to be cut into the soil a couple feet or so, as if it had been eroded by water. Here and there were exposed roots that made footing uneven and somewhat treacherous.

All the effort it took to constantly concentrate on what I remembered was making me weary. Combine that with the anxiety I felt from the responsibility I had placed upon myself for both of our safety; I felt emotionally drained. I wanted to believe the worst had to be over. Also, I was trying to believe the cabin couldn't be far. I was less able to concentrate. I kept trudging, but more carelessly.

Suddenly, the trail seemed to come to a abrupt end. I couldn't go forward or sideways. The only place we could find the trail was directly behind us—the way we had come. All around us seemed to be a foliage-covered bank about waist high. We probed and felt and poked and it was the same: huckleberry brush, Oregon grape, salal, ferns, moss. I thought maybe there were steps up the bank, but we could find nothing but bank on three sides.

I could make no sense of this. I had no memory of anything like this. How could this be? I thought. I felt frustrated. We had been through so much so far; how could it come to this? I couldn't even think how to proceed.

I was about to despair when Jim came to the rescue with a wise suggestion. He told me to stay in the spot where the trail seemed to end. Then we would talk to each other constantly as he circled, to keep track of each other. He was calm and reassuring. I readily agreed and was glad

that he was taking the lead. I felt weary and frustrated.

He proceeded with his plan and discovered that a large tree had fallen over the trail. It had broken into many pieces, with one piece settling right into the middle of the trail. The tree was covered with moss, ferns, and other foliage. He picked up the trail on the other side of the tree and helped me scramble over the huge trunk. We were on our way again.

Once I had calmed down, I remembered that soon we would be coming onto a hogback ridge, which means the trail runs along a ridge and both sides slope downward away from the trail. It was a little worrisome to traverse this hogback because the trail was narrow and one didn't want to step off from it on either side. Before long I realized we were already on the hogback because I could hear the roar of the streams far below on either side. Also our walking sticks weren't contacting much of anything on the sides of the trail anymore. My spirits really picked up, because I was sure the cabin couldn't be farther than a couple hundred feet ahead.

"We're only about 100 feet from the end of the hogback," I reasoned. We just had to remember, in our anxiety to reach the cabin, to go slowly and carefully until we had cleared the hogback. One agonizing foot in front of the other ... slowly ... carefully ... oh, good, we're off, I thought.

In that 100 feet before we reached the cabin, there was a lot of high brush. Just as we reached that area, there was a huge crash nearby. We heard sticks cracking like a large animal was stepping on them. Was it in front of us? Behind us? Maybe it's stalking us! Our thoughts ran away. We couldn't make out where the animal was or which direction it was heading. We stopped in our tracks.

—to be continued

Sudoku solution, from p. 37

4	1	7	9	6	3	8	5	2
3	5	9	8	7	2	4	1	6
8	6	2	4	1	5	3	7	9
7	2	3	6	4	8	5	9	1
6	8	1	2	5	9	7	4	3
5	9	4	7	3	1	6	2	8
1	4	5	3	9	6	2	8	7
2	7	6	1	8	4	9	3	5
9	3	8	5	2	7	1	6	4

Crossword solution, from p. 37

1	A	S	K	S	5	A	M	M	A	H	10	A	M	A	H	13	
14	L	E	N	T	15	V	I	O	L	A	16	L	I	C	E		
17	P	E	E	R	18	I	F	N	O	T	19	O	R	A	L		
20	S	P	E	A	K	21	O	F	T	H	22	E	V	I	L		
23	W	I	N	24	H	A	S	H									
25	A	N	T	26	N	I	L	27	O	L	28	I	V	E			
29	B	O	O	M	30	C	O	D	E	31	L	A	D	E	S		
32	A	N	G	E	L	S	A	N	D	33	E	M	O	N	S		
34	C	O	A	T	I	35	M	A	G	I	36	B	L	U	E		
37	A	S	S	A	M	38	E	S	S	39	S	E	X				
40	B	A	S	K	41	C	I	A									
42	S	I	D	E	43	O	F	T	H	44	E	A	N	G	E	L	S
45	A	C	H	E	46	T	O	A	D	S	47	A	L	O	T		
48	R	O	A	R	49	E	R	N	I	E	50	I	S	L	E		
51	I	N	L	Y	52	R	E	S	T	S	53	N	E	A	T		

Elk, cont. from p. 3

the Ross Lake basin, but the main herds were in the Nooksack River watershed, rather than the Skagit.

Why does WDFW want to continue to import a non-native species/subspecies here? It is not only wrong for the creatures, this habitat, and the environment in general, it's irresponsible and only causes problems for all concerned. In addition, with no natural predation to keep the herds in check, and hunting/shooting around homes and farms not safe or acceptable, we think this situation is ripe for a class action lawsuit. What is happening now is the apex of bad government and bad biology.

We look forward to working together with you to right this wrong. Please attend the March 6 public meeting in Sedro-Woolley to learn more. Write to your legislators with your concerns. And please drive carefully when on Highway 20, especially at dawn and dusk, especially between mileposts 70 and 104.

Art Olson is a retired National Park Service employee. He owns and operates Glacier View Mules with his wife, Christie Fairchild, in Rockport.

Letters, cont. from p. 2

migration.

For more information go to www.skagitagle.org or send an e-mail to kellyregan@fidalgo.net.

*Judy Hemenway, president
SRBEAT*

Powderpuff Pinewood Derby thanks

Thank you, Brittany and Jake Hoyt, for making the trophies and helping during the annual Girl Scouts Powderpuff Pinewood Derby last month. Thanks also to Mike Yeoman for announcing, Olivia Garza and Tammy Roberts for registration, Jessica Poppe and Jesse Carkner for car handling, and our Service Unit 140 for making it such a fun event!

*Joan Cromley
Hamilton*

Building, cont. from p. 4

tapped Michelle Mazzola of Leavenworth-based Resource Solutions to write the CDBG grant application.

"This project is a great example of what we can accomplish when we all work together to get the job done," said Pearson, who represents Concrete as part

of the 39th District. "I am grateful that I was able to work with my colleagues in the Legislature, Dir. Bonlend, Congresswoman DelBene and the Town of Concrete to make the new Fire and Life Safety Building a priority and secure the funding necessary to make it a reality."

The new Fire and Life Safety Building will be modeled after the McLean Road Fire Dept. Memorial Station on Memorial Highway west of Mount Vernon. That single-story structure has three large bays and includes two mezzanines inside, one of which could be finished off later to create offices.

The building will be located on Main Street in Concrete, out of the flood inundation zone, between the Superior Building and the community garden, on what is now a stockpile for the town's Public Works Department. The building will be placed on the site to accommodate possible future expansion of a fourth bay to the west and a training facility along its east side.

Concrete volunteer firefighters had long pushed for a new facility; the news that funding had come through was met with enthusiasm. Firefighter Jim Past quipped on Facebook, "Hats off to the volunteer firefighters who spearheaded this idea many years ago. Way to go, Concrete Volunteer Fire Dept. and Chief Philips. No more mouse droppings in the boots!"

Gov. Jay Inslee commented on the town's win in a press release, calling the announcement "an example of creative and effective problem-solving at its best, with all levels of government working together for the good of a community in need. It simply would not have happened without elected officials joining forces toward a common goal."

"Congratulations to the Town of Concrete, former Mayor Judd Wilson, current Mayor Jason Miller, council members, and all who worked so hard to bring this project to reality," said Skagit County Commissioner Sharon Dillon, who works for District 3.

Wilson pointed out earlier efforts by Congressman Rick Larsen, who visited Concrete on numerous occasions to discuss the existing fire hall and other projects in town before redistricting moved his efforts away from Concrete. "If it wasn't for Larsen handing it off to Pearson instead of letting it die, I don't think we'd have gotten anywhere," said Wilson.

The town will advertise for a contractor by the end of March, with construction planned to start in May, and completion by the end of November.

—J. K. M.

Classifieds

MOVIES & EVENTS AT THE HISTORIC CONCRETE THEATRE**WEEKEND MOVIE SCHEDULE:**

Fri., 7:30 p.m.; Sat., 5 and 7:30 p.m.; Sun., 4 and 6:30 p.m.

TIX: \$7 gen admission, \$9 balcony, \$6 over 65/under 12

24-hour MovieLine: 360.941.0403

www.concrete-theatre.com

EMPLOYMENT

Drivers wanted. Dave's Towing. 360.853.7433.

FOR SALE

Wood-bricks firewood. Throw down your axe and saw. 100% wood bricks burn clean and hot. No more bugs, bark, or creosote. No more aching back. \$220/ton (90 / 22.5-lb bundles); \$120/ 1/2 ton (45 / 22-lb. bundles). Fill up your car! Fill up your truck! Jump for joy—you're in luck! Come in for your free sample. Pacific Rim Tonewoods, 38511 SR 20, Concrete. 360.826.6101. Mon.–Thur., open 8 a.m.–3:30 p.m. Info at www.pacificrimtonewoods.com.

**LOST AND FOUND**

FOUND: One pair of prescription sunglasses in their case, on the bridge near Howard Miller Steelhead Park in Rockport, on Jan. 26. To identify, send an e-mail to cyndemarie@yahoo.com.

NOTICES

**Town of Concrete
Surplus Property Sale
Bid Date**

November 15, 2013 to February 28, 2014

**Call for Sealed Bids
Town of Concrete**

Notice is hereby given that sealed bids will be received in the office of the Town Clerk-Treasurer, Town Hall, Concrete, WA, until 12:00 p.m. on February 28, 2014 for the following surplus item:

45501 Main Street, Concrete, WA 98237.
Parcel #106620 and Parcel #43708 Land Only
* Minimum Bid \$22,000.00

For a bid package on this property, please visit www.townofconcrete.com, call 360.853.8401 or email Clerk Treasurer Andrea Fichter at andrea@

concretewa.gov. The person whose bid is selected must be able to pay all closing costs associated with this sale as well as the funds available to complete the purchase within sixty (60) days of bid opening or the property may be offered to the next highest bidder. This property is listed as is.

The purchaser shall construct or place a structure on this property within two (2) years from the bid submittal deadline date or no later than February 28, 2016. This date will assist the purchaser in the construction or placement of the structure while still meeting current local regulations as described in the bid package and will insure the purchaser will not have to pay town water and sewer utility connection fees.

The Town of Concrete reserves the right to reject any or all bids, waive information and sell the property at the best interest of the Town. Sealed Bids are to be sent to the Town Clerk-Treasurer, Surplus Bid 45501 Main Street, P.O. Box 39, Concrete, WA 98237 or hand delivered to 45672 Main Street, Concrete, WA 98237 using the surplus bid form provided.

Published in the December 2013 issue and the January and February 2014 issues of *Concrete Herald*.

SERVICES

Attention 5K Runners. Want to take minutes off your previous best? Request info: mlbmarsh@toughcountry.net

Do you have High Blood Pressure?

Research the Food that can help reverse your problem. www.argi9solutions.com/mlbmarsh

Eagles In Flight Motorcycle Sales and Service / Sissy Bar. 360.853.7000.

Gladys' Upholstery Shop. Quality work, reasonable prices. 360.826.4848.

Headstones. Traditional & One-Of-A-Kind.

TODD'S MONUMENTS, 360.708.0403.
www.toddsmonuments.com.

Home Business - NSF Certification: Listed on Forbes 100 Most Trusted; In Doctors 2014 Reference Manual.
www.argi9solutions.com/mlbmarsh

To place a Classified ad, call 360.853.8213 or e-mail ads@concrete-herald.com. Ads are \$5 per every 10 words, rounded up to the nearest 10. Payment is due at time of placement. Deadline for the March 2014 issue is Feb. 24.

Read
Concrete Herald
The Voice of the Upper Skagit Valley

Dear Darla,

I hate your stinkin' guts. You make me vomit.
You're the scum between my toes.

Love,
Alfalfa
"The Little Rascals"

REGISTER TODAY!



*Every woman
tell a woman.*

Women's Heart Health Luncheon

Friday, February 28 | 11:30 a.m. to 1:30 p.m.

Registration begins at 11:00 a.m.

Skagit Valley Casino Resort

5974 N. Darrk Lane • Bow, WA

\$10 admission



Learn How to Take Care of Your Heart...and Yourself.

- Presentations by top female cardiologists
- Heart-healthy lunch
- Heart health info
- Door prizes



Keynote Presentation

**Your Well-Fed Journey:
Stories from the Trail**

Susan Levy

Author, Blogger, Healthy Living Expert



PeaceHealth



UNITED
GENERAL
HOSPITAL

To register call 360-856-7245 or visit unitedgeneral.org/heartlunch